



*Growing up, Mark Alden was addicted to motorcycles, starting off with a little Honda XR-75 when he was 13. He progressed to racing both motocross and hare-scrambles, even dabbling with racing motorcycles on the road.*

*By the time Mark was 21, local off-road riding areas had pretty much dried up, so Mark ditched his body armor for a cheap steel Peugeot road bike. Initially repulsed by the form-fitting Lycra cycling outfits, he wore sweatpants with white gym socks pulled up over the cuffs (a sweet look that was much better than Lycra!). After a few months of riding several times a week, Mark noticed he could catch and pass much more serious-looking riders...*

*Time for a real bike – Mark ventured into Westwood Cycle and bought a 1990 Trek 2300, neon green and all. Wearing matching neon clothing (another sweet look), Mark spent the next few years riding a ton and doing the occasional race. However, it wasn't until 2000 that Mark really took to racing, and the rest is history. Mark has progressed to Category 2 in road racing, while also becoming one of the state's strongest pure climbers, skills honed from years of doing epic, hilly rides that cut through Harriman's toughest hills...*

*Mark Alden has been a member of the Blue-Ribbon Translations team since 2005, previously racing for the Axis and Westwood Velo squads.*

**Height:** 6'0"

**December Weight:** 158-160 lbs.

**Race Weight:** 152 lbs.

**Birthdate:** September 24, 1968

**Childhood Heroes:** “The soldiers in old black and white WWII movies. I spent countless Sunday afternoons watching those movies. I suppose you could also throw in B.A. Baracus.”

**Hobbies and Interests:** “Art, hiking.”

**Favorite Movies:** “Let’s do a John Cusack trio here: *Grosse Pointe Blank*, *Better off Dead*, and *Say Anything*.”

**Musical Tastes:** “Anything from Miles Davis to Joy Division to Iron and Wine.”

**Favorite TV Shows:** “*Heroes*, *So You Think You Can Dance?*, *The Daily Show*, and *The Colbert Report*.”

**Favorite Meal:** “Almost every year at the Interbike show in Vegas one of our clients takes us out to Nobu for sushi. That’s my favorite meal!”

**Favorite Breakfast Cereal:** “Trader Joe’s Shredded Wheat.”

**Favorite Pre-Race Meal:** “Cereal, banana, and a glass of OJ.”

**Favorite Ice Cream Flavor:** “Never stays the same.”

**Childhood Dream:** “To be a soldier in black and white WWII movies.”

**First Car:** “1978 Audi 5000. I grew up in Ridgewood, NJ, so I felt some pressure to have a cool car and consequently ended up with this piece of crap. It was faded brown and I had to get in through the passenger side door. When I hit hard bumps the driver’s side window would partially open. When I floored the car on the highway it would let out huge clouds of black smoke and I remember that when it rained in order to start the car I would spray – from an aerosol can – some sort of toxic smelling liquid onto the engine.”

**First Job:** “I worked the parts counter at a motorcycle shop.”

**Favorite Vacation Spot:** “Adirondacks, the Saranac Lake region. Hawaii.”

**Pre-Race Feeling:** “Sometimes nerves, sometimes calm, and before a Central Park race – asleep.”

**Early Racing Memory:** “Winning the now defunct Atlantic Highlands Race for the Hills. The course was very challenging with a big climb and a twisting decent. A few laps in I went for a prime and ended up getting a gap and soloed the rest of the race and lapped most of the field.”

**Funny Racing Memory:** “At Jiminy Peak a few years ago on the descent I was in 2<sup>nd</sup> place going about 40 mph when I started to feel some sort of liquid spraying all over me. At first I thought that the guy’s water bottle had popped open but unfortunately the dude was pissing his shorts. It wasn’t funny at the time but it is now.”

**Greatest Racing Moment:** “Winning Unionvale. It was just the type of win that I was looking for. A hard road race with a finishing climb. The field was intact going into the climb and I dropped everyone.”

**Most Painful Moment In Life:** “Losing my Dad.”

**Worst Injury from Racing:** “I wasn’t racing but I slammed into a tree while mountain biking. I broke seven ribs and my shoulder blade. I also partially collapsed a lung. After the impact I sat up and was wheezing and coughing up blood. I kept telling my riding partner that I was really fucked up. He looked very pale. It took a small army of people about two hours to carry me out of the woods on a stretcher.”

**Closest Racing Friends:** “My Blue Ribbon team, Ken Lundgren.”

**Funniest Racer:** “Nick Bruno, because he doesn’t know that he is funny.”

**Favorite Race:** “Green Mountain Stage Race, Unionvale Road Race.”

**Embarrassing Racing Memory:** “My first race was the 1990 NJ State Championships. I was a Cat 4 but was training with a lot of Cat 2s and 3s and could readily drop them on climbs. I thought I was going to kick ass – the guys that I trained with thought so, too. During the race I could barely get near the front. Then I ended up crashing in the finishing sprint.”

**Toughest Competitors:** “I really admired the way that Max Lippolis (Target Training) rode this year.”

**Favorite Athletes to Watch:** “I don’t ski, but I am amazed by downhill skiers.”

**Qualities You Most Admire in People:** “The rare combination of kindness and guts.”

**What You Love Most About Riding Your Bicycle:** “The rhythm of it all. Feeling my body working fluidly while under extreme stress. Also, a good ride generally keeps me 100% in the present, which can sometimes be a very good thing.”

## **PALMARES**

### **2007**

2 <sup>nd</sup> , Battenkill Roubaix	(35+)
2 <sup>nd</sup> , Central Park Spring Series	(35+)
2 <sup>nd</sup> , Jiminy Peak Road Race	(35+)

4<sup>th</sup>, Green Mountain Stage Race TT (30+)  
4<sup>th</sup>, Green Mountain Stage Race RR (30+)  
4<sup>th</sup>, Green Mountain Stage Race GC (30+)  
5<sup>th</sup>, Unionvale Road Race (35+)  
6<sup>th</sup>, CRCA Club Race (Pro/1/2/3)  
8<sup>th</sup>, Hills of Housatonic Road Race (35+)  
9<sup>th</sup>, Lou Maltese Memorial (Pro/1/2)  
9<sup>th</sup>, Final CRCA Club Race (Pro/1/2/3)

## 2006

3<sup>rd</sup>, Unionvale Road Race (35+)  
5<sup>th</sup>, Fitchburg Stage Race GC (35+)  
5<sup>th</sup>, Fitchburg Stage Race Road Race (35+)  
7<sup>th</sup>, Jiminy Peak Road Race (35+)  
7<sup>th</sup>, Palmer Road Race (35+)  
7<sup>th</sup>, Battenkill-Roubaix (30+)

## 2005

1<sup>st</sup>, Jockey Hollow Race (35+)  
5<sup>th</sup>, Coupe des Ameriques Stage 1  
5<sup>th</sup>, Coupe des Ameriques Stage 4  
5<sup>th</sup>, Coupe des Ameriques GC  
6<sup>th</sup>, Unionvale Road Race (Pro/1/2)  
6<sup>th</sup>, Tokeneke Road Race (Cat 3)

## 2004

1<sup>st</sup>, North Stonington Road Race (Cat 3)  
1<sup>st</sup>, Unionvale Road Race (Cat 3)  
5<sup>th</sup>, Hills of Housatonic Road Race (Cat 3)  
5<sup>th</sup>, Fitchburg Stage Race TT (Cat 3)  
5<sup>th</sup>, Tokeneke Road Race (Cat 3)  
7<sup>th</sup>, High Bridge Race (Cat 3)

## 2003

3<sup>rd</sup>, Princeton Orange Crit (Cat 2/3)  
5<sup>th</sup>, Central Park Spring Series (Pro/1/2/3)  
6<sup>th</sup>, Hills of Housatonic Road Race (Cat 3)  
6<sup>th</sup>, Fitchburg Stage Race RR (Cat 3)  
8<sup>th</sup>, Jiminy Peak Road Race (Cat 3)  
9<sup>th</sup>, Fitchburg Stage Race GC (Cat 3)

## 2002

2<sup>nd</sup>, Unionvale Road Race (Cat 3)  
7<sup>th</sup>, Fitchburg Stage Race RR (Cat 3)

## 2001

4<sup>th</sup>, Bear Mountain Road Race (Cat 3)  
6<sup>th</sup>, Atlantic Highlands Criterium (Cat 3)

**2000**

1<sup>st</sup>, Atlantic Highlands Criterium (Cat 4)  
6<sup>th</sup>, Unionvale Road Race (Cat 3)

If you're interested in reading more about Mark Alden and the Blue Ribbon Cycling Team, check out [www.blueribboncycling.com](http://www.blueribboncycling.com).

Complete library of Elite Endurance BioFiles available at [www.EliteEndurance.com](http://www.EliteEndurance.com)

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