



## BIOFILE: NICHOLAS DAVID, KNAPPS CYCLING TEAM



**Height:** 6'0"

**December Weight:** 165 lbs.

**Race Weight:** "Shooting for 155 for 2011."

**Birthdate:** June 5th, 1980

**Childhood Heroes:** "Bruce Lee."

**Hobbies and Interests:** "Surfing, traveling, wine, beer, reading, and the occasional cigar."

**Favorite Movies:** "*Point Break*."

**Musical Tastes:** "99% of the time, I listen to country music, but I love all types."

**Favorite TV Shows:** "*Scrubs*, *The Office*... and *Jersey Shore* – it's a Jersey thing."

**Favorite Meal:** "Cuban, Mexican, or Sushi."

**Favorite Breakfast Cereal:** "Anything that's 99% chocolate."

**Favorite Pre-Race Meal:** "Espresso, banana, oatmeal, eggs."

**Favorite Ice Cream Flavor:** "Chocolate. Every time."

**Childhood Dream:** “Really, I can't recall.”

**First Car:** “Dodge conversion van, pimped out with a bed, TV, stereo system, neon lights. Looking back, I realize how ridiculous that was.”

**First Job:** “I worked at the NJ Rock Gym as a rock-climbing instructor. I must have been 15.”

**Favorite Vacation Spot:** “Baja, Mexico.”

**Pre-Race Feeling:** “Always nervous. I must go to the bathroom about ten times before a race.”

**Early Racing Memory:** “Showing up to my first race and trying out the Route 29 35k TT. I had no clue what I was in for and didn't train at all. I was so tired that I had my wife drive me home.”

**Funny Racing Memory:** “The start of the 2010 season at Branch Brook. I was training hard all winter and showed up for the first training race. The whistle blew and I literally sprinted off the line. I heard guys in the back say, ‘Oh, What the fuck – already?!’”

**Greatest Racing Moment:** “Winning the Rockleigh Crit. I worked my ass off all race and coming into the final lap, I was pushed off course and into the curb. I literally went from 5th position, to dead last. I was really pissed off and worked my way to the front, getting into perfect position and winning the always-fast sprint at Rockleigh.”

**Most Painful Moment In Life:** “Hearing the unexpected news of my Uncle Bob. We were extremely close. He passed away from cancer which spread so rapidly, he died in a matter of weeks.”

**Worst Injury from Racing:** “No crashes to date, but I had major knee pain from the start of Battenkill. Warming up, I didn't even think I would be able to start. After that, I battled knee pain for weeks. Took me many saddle movements to eliminate the pain. To date, I don't know what caused it.”

**Closest Racing Friends:** “My teammates, Mark, Rob, Mike and of course you, Kenny.”

**Funniest Racer:** “Matt Goldsmith. Matt always looks uncomfortable in his own skin, but he's the nicest kid around. Just a great dude, who keeps me laughing.”

**Favorite Race:** “Battenkill. I love going up to NY/VT and spending time in the country.”

**Embarrassing Racing Memory:** “The Rutgers Watermelon Crit. Completely out of shape and barely crossed the finish line. I felt pathetic.”

**Toughest Competitors:** “No single person in particular. Each race brings a new type of competition. Every race is rough.”

**Favorite Athletes to Watch:** “Professional sports is filled with cheating, drugs and bullshit. I enjoy watching kids play sports. They're out there for 100% fun and that's how it should be.”

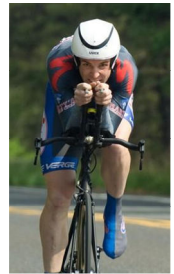
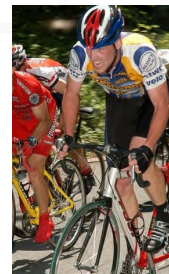
**Qualities You Most Admire in People:** “Honesty and trust.”

**What You Love Most About Riding Your Bicycle:** “Being able to spend hours without thinking about a single thing. On a nice long ride, I can literally blank out for 5 hours straight. I also love spending the time with my friends. Whether we're riding hard as hell, or cruising and laughing. Cycling is my absolute passion in life.”

## PALMARES

### 2010

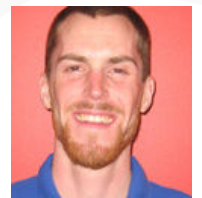
- 1<sup>st</sup> Circuito de Evesham
- 1<sup>st</sup> Rockleigh
- 1<sup>st</sup> Central Park Spring Series
- 1<sup>st</sup> Branch Brook Spring Series
- 2<sup>nd</sup> State Criterium Championships
- 3<sup>rd</sup> Colts Neck Circuit Race
- 7<sup>th</sup> Marlton-Evesham Criterium
- 9<sup>th</sup> Harlem Classic Criterium
- 10<sup>th</sup> Battenkill-Roubaix



*Kenneth Lundgren is a professional cycling coach and bike fit specialist for Elite Endurance Training Systems, a coaching service that offers training programs for cyclists and triathletes of all levels.*

*Ken also races for the Northeastern Hardware Cycling Team and is one of the area's top time trialists, in the last year winning 7 time trials as well as the overall in the Time Trial Cup. Northeastern Hardware is one of New England's strongest elite squads, competing in many of the area's Pro/1/2 events. The team has won the Garden State Cup for six consecutive years and looks to make it seven straight next year.*

*Ken can be reached at (201) 951-4732 or [Coach@EliteEndurance.com](mailto:Coach@EliteEndurance.com).*



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