



BIOFILE: Peter Warner, Whole Wheel Velo Club

Life has been a bit of an adventure for Peter Warner during the last ten years. After he turned 30, he decided enough was enough and it was time to get back into shape. No more excuses. On a challenge between a few co-workers, Peter completed the San Diego marathon in 2001. Yes, he couldn't walk normal for three days afterward, but it was enough to ignite the competitive fire.

Peter spent the next several years focused on triathlon. After achieving his best year ever in 2008, Peter decided to take a step back from the hours required for triathlon and focus on his favorite sport – cycling.

2009 was a big year for learning the ropes. Peter enjoyed getting outside his comfort zone and experiencing cycling races throughout the Mid-Atlantic region. Now he's hooked!

Height: 6'2"

December Weight: 180 lbs.

Race Weight: 175 lbs – “Praying for under 170 in 2011 if I can control my sweet tooth.”

Birthdate: September 23, 1969 – “I'm not over the hill just yet!”

Childhood Heroes: “The Lone Ranger, George Brett, Kenny Stabler – I loved the Raiders when I was a kid. Not so much now.”

Hobbies and Interests: “Anything outside! Learning how to perform my own bike maintenance. And now that I'm a homeowner – home improvement projects!”

Favorite Movies: “*Saint Ralph, Tommy Boy, Planes Trains and Automobiles, Lord of the Rings* trilogy and any western with Clint Eastwood.”

Musical Tastes: “I like everything! Thankfully my wife keeps me up to date with the hot songs. She keeps my iPod up to date with lots of good songs to roll with.”

Favorite TV Shows: “*The Office, The Soup, Lie To Me, Flipping Out.*”

Favorite Meal: “A filet mignon with garlic mashed potatoes.”

Favorite Breakfast Cereal: “Lucky Charms – but sadly I substitute with oatmeal now that I know better.”

Favorite Pre-Race Meal: “A couple eggs and oatmeal with good coffee.”

Favorite Ice Cream Flavor: “Simple – Chocolate!”

Childhood Dream: “To be a cowboy.”

First Car: “Dodge Omni. I forget what year but it was definitely sore on the eyes. I finally sold it to our company’s receptionist for \$500.”

First Job: “I was a cart boy at a golf course.”

Favorite Vacation Spot: “No special place in particular. I love to travel to new places. In 2007, my wife and I took a trip to Germany which was unbelievable.”

Pre-Race Feeling: “I tend to get very quiet, always thinking about the various scenarios for how the race may play out. I don’t get butterflies quite like I used to, but for the big races, it still happens.”

Early Racing Memory: “Since 2009 was my first year racing bikes, I’ve got a ton of ‘lessons learned’ memories. I’m still working on getting my Cat-5 brain to catch up to my Cat-3 legs.”

Funny Racing Memory: “Although this wasn’t funny at the time, I’d have to say my adventure during the Tour of Washington criterium race. All I needed to do was finish the race with the pack to secure the GC title. Before the race started, I was warned about five times about the final corner being dangerous. I managed my way through that turn about 20 times with no problems until the final lap. Yep, I slid out sitting around 5th wheel. I was in total shock and dismay with myself for the stupidity. Somehow, I managed to get the bike across the line with a flat tire and all. Geez, what a crazy day. Just glad I can laugh about it now!”

Greatest Racing Moment: “Winning the time trial at Tour of Washington by a healthy enough margin that I knew I had the GC in the bag – see above, though.”

Most Painful Moment In Life: “Breaking my collarbone not once – but four times!”

Worst Injury from Racing: “Knock on wood, but I’ve been pretty fortunate. I’ve been able to walk away from a few crashes with just some road rash and a trip to the LBS. But I did run into a gate one time during a training ride. I severed my fork right off the bike and very nearly ending my ability to procreate.”

Closest Racing Friends: “Michael Flanagan, Grayson Church. I still train with a bunch of extremely talented triathletes – Ted Waugh, Sean Ward, Chip Berry, Kyle and Laura Yost, Bart Forsyth, Ken Delraso, Cheryl McMurray, Ashley McWilliams, Haig Colter.”

Funniest Racer: “I don’t know him all that well personally, but Kevin Cross and his brother post some stuff on their blog that kills me. www.bikerackheads.blogspot.com.”

Favorite Race: “Tour de Millersburg.”

Embarrassing Racing Memory: “See Funny Racing Memory.”

Toughest Competitors: “Hard to really say. Since I started out as a Cat-5 this year, it always seemed like the strong riders were always a category ahead, so I never really went head-to-head on multiple occasions with the same riders. Hopefully that will change next year as I move up!”

Favorite Athletes to Watch: “Ironman World Championships in Kona- those pro triathletes are on another planet.”

Qualities You Most Admire in People: “Do’ers, not talkers. Also, people that can become so completely focused that nothing will stand in the way of them achieving their goals.”

What You Love Most About Riding Your Bicycle: “I love the freedom of riding. It’s addictive. I love the suffering. And above all else, I love that cycling has enabled me to make many great friends along the way which I otherwise would never have met.”

PALMARES

2010

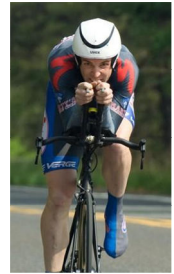
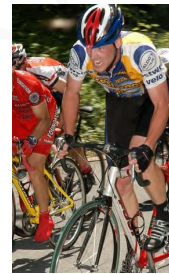
- 1st Jefferson Cup
- 1st Tour de Millersburg GC
- 1st Church Creek TT, MABRA Championships
- 2nd Stony Creek TT, VA Championships
- 2nd Deep Blue TT
- 2nd Tour de Millersburg TT
- 2nd Tour de Millersburg Criterium
- 3rd Chantilly Criterium
- 4th Vint Hill Criterium
- 4th Murad Road Race
- 4th Giro di Coppi Road Race
- 5th Church Creek TT
- 6th Tour de Millersburg Road Race

2009

- 1st Tour of Washington TT
- 1st Tour of Washington GC
- 1st Church Creek TT
- 1st 540 Dev Series Criterium
- 1st Tour de Ephrata TT
- 2nd Tour de Ephrata Criterium
- 2nd Tour de Ephrata GC
- 2nd Jefferson Cup Road Race
- 2nd Tour de Ephrata RR
- 3rd Tour de Millersburg TT
- 3rd Syn-Fit Criterium
- 4th Tour of Lancaster TT
- 5th Ride Sally Ride Criterium
- 5th Tyson’s Criterium
- 6th Carl Dolan Criterium
- 7th Tour of Washington Road Race
- 12th Tour de Millersburg GC

2008 USA Triathlon All-American 35-39 Age Group

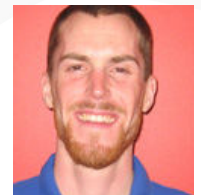
- 1st Savageman Half-Ironman 35-39
- 1st American Zofingen Long Course 35-39
- 3rd Kinetic Sprint Triathlon 35-39
- 6th Columbia Triathlon 35-39
- 21st Ironman Lake Placid 35-39 (10:21:07)



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.



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