



## BIOFILE: Rob Havemeyer, Krebs Cycle

*As a teenager, Rob's favorite activities included riding and racing his BMX bike... He clearly remembers having a halfpipe in his driveway. "I used to jump over anything I could, including my parent's station wagon."*

*During college, he turned to gym training and bodybuilding, but in 2007 his brothers introduced him to road cycling... and it didn't take long for him to buy his first road bike on eBay...*

*After riding for only one month, Rob entered his first road race – and definitely caught the cycling bug.*

*Rob Havemeyer is now dedicated and committed to improving as a cyclist and racer. With some success in his first two seasons of racing, Rob is looking to a great 2009 and beyond.*

**Height:** 5'9"

**December Weight:** 168

**Race Weight:** 158

**Birthdate, Location:** January 18, 1968 – Princeton NJ



**Childhood Heroes:** "I was always partial to the Hulk."

**Hobbies and Interests:** "Aside from my love for the bike, I would say my second big passion is photography. I also enjoy the outdoors – hiking, backpacking, and skiing."

**Favorite Movies:** "I would have to say *The Hunt for Red October*, *Chariots of Fire*, *Dead Poets Society*, *A Few Good Men*, *The Fugitive*, *Jurassic Park*."

**Musical Tastes:** "A range or mix of easy listening to hard stuff – Matchbox 20, Creed, Nickelback, AudioSlave, God Smack, Collective Soul, Daughtry, 3 Doors Down, Saliva, U2, David Cook."

**Favorite TV Shows:** "*Lost*, *American Idol*, CNN, *The Today Show*, and most Discovery Channel programs."

**Favorite Meal:** "My wife's meatloaf, with the baby carrots, onions, and potatoes – hmmm, I'm getting hungry!"

**Favorite Breakfast Cereal:** “Total High Protein, with a scoop of cookies and cream whey protein and raisins mixed in. Delicious.”

**Favorite Pre-Race Meal:** “Please see above.”

**Favorite Ice Cream Flavor:** “Mint Chocolate Chip.”

**Childhood Dream:** “Can’t remember any big specific ones.”

**First Car:** “1970 Blue Camaro, total hot rod – complete with a hood scoop, big fat 50s on the rear, and a chain link steering wheel. It was fast!”

**First Job:** “Worked as a fitness specialist at a gym. My nickname was ‘The Punisher.’”

**Favorite Vacation Spot:** “Acadia National Park. Yosemite National Park.”

**Pre-Race Feeling:** “Feeling of nervous energy, going over the race in my head. Everything is much better when the race is underway.”

**Early Racing Memory:** “As a teenager, I use to race BMX, and I remember building a working startgate and ramp for practice in my driveway. I got pretty damn good at jumping out of the gate on the start.”

**Funny Racing Memory:** “Anybody who relieves themselves on the start line at Prospect Park.”

**Greatest Racing Moment:** “Winning the Calvert Toefield Memorial as a Cat-5. It was a cold rainy morning, and on the last lap I had good position. Everyone was waiting for someone to go. Eventually one racer took off, and I immediately locked onto his wheel, stuck like glue. He lead out, up until the last 100 meters when he started to crack, and I jumped, went right around him for the win. It felt like a textbook finish. Everything I wanted to go right... went right.”

**Most Painful Moment in Life:** “Learning that my first child had Trisomy-13 during the pregnancy, which has a mortality rate of nearly 100%.”

**Worst Injury from Racing:** “During the final sprint at Central Park, I got caught up in a nasty crash that launched me off my bike. I landed very hard on my side, cracking some ribs.”

**Closest Racing Friends:** “Larry Uhrlass, Dave Kim, Steve Douville, and my brothers.”

**Funniest Racer:** “The guy at Prospect Park who sits in every race, barking out, “GO HARDER, GO HARDER!”

**Favorite Race:** “Battenkill, without a doubt.”

**Embarrassing Racing Memory:** “Jiminy Peak 2008 – I got dropped on the first lap up the big climb. I was only a few hundred yards back, and I tried to latch back on for what seemed like miles. I was above my limit and knew all the matches were burning at once. I pushed as hard as I could until I blew, I had the chase vehicle right on my wheel the whole time and once I gave up the chase, I had to wave it around me in defeat.”

**Toughest Competitors:** “Larry Uhrlass, Dennis Schwandter, Joe Zaverdas.”

**Favorite Athletes to Watch:** “Lance is back! Tiger Woods, Michael Phelps, The Celtics.”

**Qualities You Admire in People:** “Honesty, drive, humility, thoughtfulness, and devotion.”

**What You Love Most About Riding Your Bicycle:** “I love the feeling of going fast, the feeling of the sun on my face and becoming ‘one’ with the bike. I love the feeling of each pedal stroke in perfect harmony with your mind and body.”

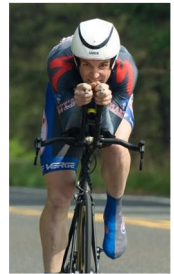
## PALMARES

### 2008

- 2<sup>nd</sup>     Kreb Cycle Friday Night Race Series
- 5<sup>th</sup>     New York City Spring Bicycle Racing Series
- 7<sup>th</sup>     Al Toefield Memorial Road Race
- 39<sup>th</sup>    Tour of the Battenkill

### 2007

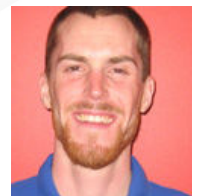
- 1<sup>st</sup>     Calvert-Toefield Memorial Road Race
- 3<sup>rd</sup>     YMCA Rose Pedal Criterium
- 4<sup>th</sup>     Squigglebration
- 6<sup>th</sup>     Three Village Road Race
- 9<sup>th</sup>     Kreb Cycle Friday Night Race Series



*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.*

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