



## BIOFILE: Robert Donovan, Knapps Cyclery



“My fascination with two wheels began at an early age with motorcycles. From the age of ten, I was riding motocross. I eventually transitioned to road racing and by the age of 21, I held an expert license with the AMA. I raced the local scene in the Northeast. My favorite track was Loudon International Speedway – it was dangerous, physically demanding, and very technical. I usually finished top-5 unless it was raining... then I just won! My racing career ended abruptly with a severe crash that landed me in the hospital with a broken leg, ribs, both wrists, a bruised hip, and a concussion.

“I knew I wanted to stay on two wheels, so when I healed up, I bought my first bicycle. It was a Trek Y7. The bike was sort of a hybrid but I never rode it until I got divorced. Once I started riding, I realized I preferred road riding, so I sold my hybrid for a Trek 1500. It was a heavy triple and it made me appreciate cycling before I spent a lot of money.

“I didn’t start racing until the spring of 2009. I entered a few crits and was hooked. By the end of 2010, I was racing road, crit, and time trials – anything I could enter! My very first TT was a 4<sup>th</sup> place at Harriman. In 2010, I wanted to take my racing and diet very seriously. I hired a coach, lost 60 pounds, and became very disciplined.

**Height:** 6’0”

**December Weight:** 227 pounds.

**Race Weight:** 173

**Birthdate:** May 6, 1972

**Childhood Heroes:** “David ‘Lope’ Lopez, former Flying Tiger in World War II. I was always an aviation fan and he became a close pen pal when I was laid up in the hospital.”

**Hobbies and Interests:** “Cycling and sleeping.”

**Favorite Movie:** “All of the *Alien* movies and anything Schwarzenegger.”

**Musical Tastes:** “Nada Surf and anything Rock & Roll.”

**Favorite TV Shows:** “*Seinfeld*, *M\*A\*S\*H*, *All in the Family*. They just don’t make them like they used to.”

**Favorite Meal:** “Anything Paleo.”

**Favorite Breakfast Cereal:** “I don’t eat cereal!”

**Favorite Pre-Race Meal:** “Three eggs, oatmeal, and a banana.”

**First Car:** “1979 Jeep CJ7. So rusted I could see the road through the floor when I drove! But it was fun.”

**Favorite Vacation Spot:** “My bedroom.”

**Pre-Race Feeling:** “Nervous as hell, especially on the motorcycle.”

**Early Racing Memory:** “Just not wanting to be dropped the first time out.”

**Funny Racing Memory:** “Crashing out of Branch Brook. I was just happy I didn’t break anything! And my teammate won the race.”

**Greatest Racing Memory:** “Leading out my sprinter at the Blueberry Crit. It was like I won the race. What a feeling.”

**Most Painful Moment in Life:** “Learning my brother had cancer. Thankful he beat it!”

**Worst Injury in Racing:** “High-siding, while leading, in the rain, on the last lap at Loudon International Speedway. Concussion, two broken ribs, two broken wrists, compound fracture tibia/fibula – lost the fibula after several surgeries.”

**Funniest Racer:** “Teammate Joseph Meyers-Fuchs. Space Cadet!”

**Closest Racing Friend:** “Nick David. He motivates me to work harder. Always picks me up when I am down.”

**Favorite Race:** “Tour of Battenkill.”

**Embarrassing Racing Memory:** “Still working on that!”

**Toughest Competitors:** “Nick David, my teammate. He just made it seem easy this year though I know he was working his tail off!”

**Favorite Athletes to Watch:** “Jens Voigt and George Hincapie. I really appreciate the worker bees.”

**Qualities I Admire Most in People:** “Loyalty.”

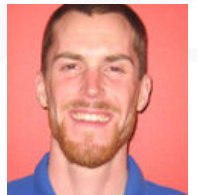
**What You Love Most About Riding Your Bicycle:** “The sense of freedom.”



*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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