



BIOFILE: Shawn Erickson, Tenafly Bike Workshop



Height: 6'3"

December Weight: 170 lbs.

Race Weight: 166 lbs.

Birthdate: August 25, 1965

Childhood Heroes: "Kip Keino, Dr J, Joe Morgan."

Hobbies and Interests: "Cooking, eating, hiking, exploring New York."

Favorite Movies: "A little high/low here: *This is Spinal Tap*, *Red Desert*."

Musical Tastes: "Everything from Pixies to Telemann."

Favorite TV Shows: "I have not watched for years."

Favorite Meal: "Spaghetti carbonara – peasant style – spaghetti, bacon, egg yolk, black pepper, cheese."

Favorite Breakfast Cereal: "Quaker Oat Squares with blueberries."

Favorite Pre-Race Meal: "Cereal, OJ, coffee."

Favorite Ice Cream Flavor: "Starbucks Espresso."

Childhood Dream: "To be a singer."

First Car: "1968 Olds '98. My brother and I somehow convinced my father to buy this 15-year-old POS for \$350. It rode like a dream but got 3 miles to the gallon – true! – and cost over \$1000 in repairs in the first 3 months. My father disowned it after the entire exhaust system fell off."

First Job: "Umpire for girls T-ball."

Favorite Vacation Spot: “Paris.”

Pre-Race Feeling: “Weirdly calm. I usually get ‘the nerves’ 1-2 days before a race.”

Early Racing Memory: “Just started.”



Funny Racing Memory: “2009 Mt. Washington Hill Climb. As I warmed up, I rode side-by-side with Ned Overend for a moment and we chatted. I was feeling very ‘pro.’ Then I stopped to piss and got my cleats full of mud and gravel. After re-mounting, I realized that I absolutely could not clip out! My shoes were so gummed up with crud that they were stuck. Eventually, I rolled up to a shed and leaned against it, took my feet out of the shoes and got off my bike with my shoes still stuck in the pedals! Then I got down on my knees and after a few violent pulls, ripped the shoes out of the pedals. Not feeling so ‘pro’ anymore.”

Greatest Racing Moment: “Winning in Central Park. It was just like I visualized it – jumping the sprint early and flying up that finishing climb. I needed the win and I got it.”

Most Painful Moment In Life: “Too many in a disastrous, long marriage.”

Worst Injury from Racing: “Serious damage to my ego. Physically, knock on wood.”

Closest Racing Friends: “I am not a known entity in the race community yet.”

Favorite Race: “Bear Mountain, despite crashing in my first race there. The course is made for guys like me.”

Embarrassing Racing Memory: “See above.”

Toughest Competitors: “Haven’t raced enough but there are some beastly strong Cat 4/5s who will be out in the real racing world soon enough.”

Favorite Athletes to Watch: Fabian Cancellara, old videos of VDB – yeah, he doped – or his dog did – but it was great theatre.”

Qualities You Most Admire in People: “Honesty, sense of humor.”

What You Love Most About Riding Your Bicycle: “I haven’t figured that out yet. I once read ‘You don’t find your passions, they find you.’ It sounds corny but it’s true.”

PALMARES

2010

- 1st NYC Central Park Spring Series Cat-5
- 3rd NYC Prospect Park Spring Series Cat-5
- 4th Branch Brook, Cat-4/5

2009

Mt. Washington Auto Road Hill Climb, 79:55

2008

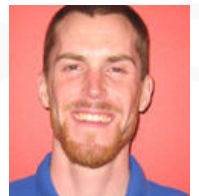
- 4th Mt. Washington/Newton's Revenge, 40-44 age group, 79:39



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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