

Get to Know the Men's Track Record Holder



Peter Cannell

MEN'S OVERALL ITT TRACK RECORD HOLDER - 18:40.97 - 32.12 mph.

On July 30, 2008, a very hot and humid day at the Speedway, Peter Cannell set a new Overall Individual Ten Mile Time Trial Track Record at Lowe's Motor Speedway with a time of 18:40.97. This breaks the old record by 10 seconds. To set the new track record, Cannell raced the ten miles at an average speed of 32.12 mph.

Peter Cannell, 33, lives in Mebane, NC and rides for the Mock Orange Racing Team based in Winston-Salem, NC. This past winter, Peter was diagnosed with a rare endocrine disorder caused by a brain tumor. Early this Spring, he underwent surgery at UNC and the good news is that the surgery was successful. Peter said "I was really fortunate to be given a clean bill of health and cleared to train after just six weeks off the bike. I'm so pleased with how quickly I recovered".

Cannell is a full time professional sales rep for a technology company and he also does some professional coaching. Cannell says he utilizes a focused, power- based interval training, recovery and nutrition program to coach a small number of athletes. Peter has been racing a bike for 15 years. From his palmarès, Peter must be following his training program very closely. Since he focused his efforts on time trialing, it's paying off. In addition to the Track Record at Lowe's Motor Speedway, Pete is the 2008 USA Cycling National Masters Time Trial Champion, where he clocked the fastest overall time of the day. He turned in a time of 48 minutes, 34.0 seconds to claim the men's 30-34 national title but Cannell's time was more than two minutes faster than his closest opponent in all masters categories and set the course record.

In preparation for his focus on time trialing, Peter worked extensively with David Salazar and Mike Giraud at the A2 Wind Tunnel in Mooresville, NC. In the tunnel, they found a number of changes that enabled them to fine tune his position to achieve the most aerodynamic position while optimizing every watt that Peter can generate.

Peter said, "This has been quite a year for me. One that at one point I was very unsure of my future. Over the months, I've learned a great deal about myself and what a person can accomplish if they set a goal, accept no limits and execute a focused plan. I'm fortunate to have the support and encouragement of so many people, including my team Mock Orange Racing and my wife Kristy.

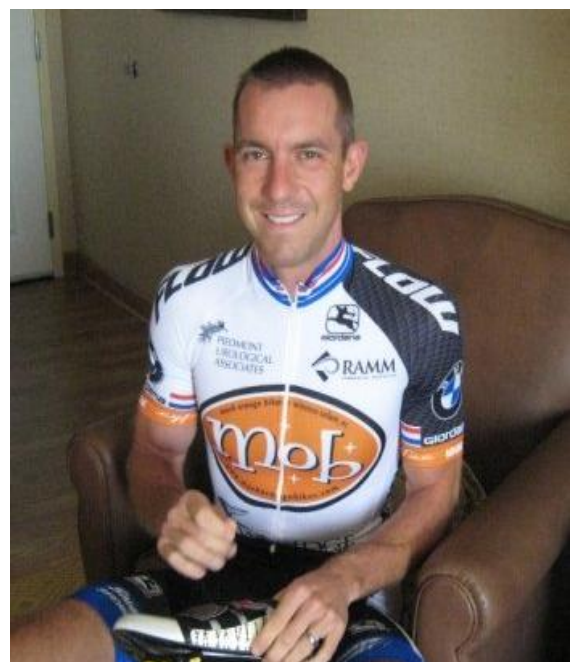
Cannell's palmarès includes:

- 2008 1st US Cycling Masters National Time Trial Championship
- 2008 1st GC, Tour of Washington County
- 2008 1st Town Hill Time Trial (course record)
- 2008 1st Piedmont Triad Omnium Criterium and Time Trial
- 2008 1st Nature's Path Time Trial (course record)
- 2007 1st US Cycling Masters National Road Race Championship
- 2007 1st Mount Joy Road Race
- 2007 3rd, Crystal City NRC Criterium



Photo R. Danson FotoOp

Pete Cannell's Record Breaking Race at LMS



Pete Cannell - Mock Orange Racing