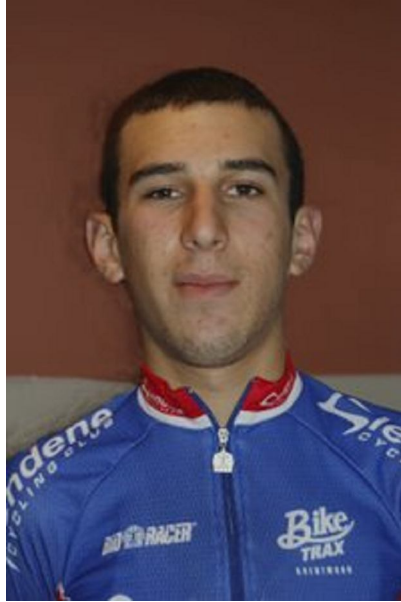


Introducing Daniel Kogan



Would you mind telling me something about yourself please? First, how old are you?
17 years old.

Where do you live?
Ilford, Essex

Could you describe it?
Err... a bit of everything really: busy, multicultural and too much traffic, but not far from some great country roads for cycling.

Are you working/studying?

Student studying A levels

What are your career aims?
Something maybe in animation.

What are your cycling aims?
To do the best for the team next season and to eventually race and be successful in Premier Calendar races and races on the continent. I would love to ride for a living as well.

What first interested you in riding a bike? I know we all rode bikes as kids but when did you begin riding seriously?
My dad rode recreationally in Epping Forest on an MTB and I did rides with him and after being introduced to LUYCC at the age of 14 I took up racing and it all went from there.

Is cycling in your family, as it were?
In someways only that my dad rode Mountain bikes just leisurely and my grandad tells me of riding from London to Southend whilst sharing a bike with 3 people.

Do you (or did you) have a cycling hero - someone you really admire and hope to emulate?

Alexandre Vinokourov is my cycling hero just because of his attacking style and never- give- up attitude which I hope I possess or can emulate in some ways.

Would you mind telling me your cycling story? In other words what have you done in cycling since you first began to consider yourself a cyclist? Have you toured, road-raced, track raced, time trialled, or ridden off-road?

I jumped straight into racing and did a few cyclo-cross races and then some road. I mostly did cross and road in the first couple of years and did a few timetrials last year as well.

What do you favour now?

Now, well road really excites me mainly because I have very little in the way of technical ability and fell off too many times doing cross.

Do you shave your legs? If so, why?

Yes, cos it makes you look fast and everyone else does it!

Do you pursue other sports?

Played tennis for a few years but now concentrate on my bike.

What interests do you have outside of sport?

Drawing and music.

What brought you to the Glendene?

Was asked by Colin Cleminson earlier this year.

What were your first impressions of the Club?

Very professional and a friendly atmosphere.

What do you think now?

Same really enjoying the experience.

Do you know many of the other members? If not, how will you get to know them?

Yeah I know a lot of the team but not so many of the club members. Hopefully, attending some club events will change that.

Does the Club meet your needs and, if not, in what way does it fall short?

Yes, it meets all my needs .

Do you have any suggestions for extra activities/events?

None I can think of presently - it seems to cater for everyone.

Do you have any cycling stories you can share with us?

Well it was a very wet day and me and another team member got stuck in huge floods in Ongar and ended up pushing cars out of the fast flowing water and then going on a 3 hour ride afterwards. Mad!

Do you have any stories you are not prepared to share with us? But are prepared to hint about?

Too many weird stories and happenings to talk about!

How do you train? Do you have a plan? If so, do you follow it?

Well this winter its been a bit of huge mileage and a bit of intensity. I am really going on feel at the moment.

Do you have any training tips you are prepared to share?

Always take more food out with you than you expect to need.

What achievement or happening has given you most satisfaction?

Racing at Eastway with the history it has and competing in the final ESLThursday League in which I got second.

What do you think of the current state of cycling in Britain?

I think there should be more opportunities for juniors at road cycling just as there's huge opportunities for track racing.

Do you have any views, or opinions, you would like to share with your clubmates?

No.