

Andrew

Tell me what we're doing.

00:04:51

Interviewer

You're talking to me. I'm just trying to get like some background info and

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just like a little bit of your story basically. All right so first just tell me your

00:04:59

first and last names and spell both of those.

Andrew

Andrew Ingram A-N-D-R-E-W I-N-G-R-A-M.

00:05:04

Interviewer

OK. So tell me how you got into riding when you started and how you got started.

00:05:09

Andrew

It's kind of a funny story. So in seventh grade I decided that I wanted to

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start being a little bit more active for whatever reason I just felt like I

needed to be athletic since all my friends were. And so I begged my

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parents to buy me a mountain bike so I can ride to school. And I started

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pedaling to school all and I was like oh that's so crazy I can't believe

you're riding that far to school. And I didn't think it was that bad and then

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one of my friends like you should enter a race you're like Superman on

bikes. And I didn't think I was that good. So I entered the race and want to

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do in fifth place and kind of just hooked. So I had fun with it.

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Interviewer

Tell me where you're from and what it's what life is like around here.

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Andrew

Where I'm from. I'm not from here.

00:05:57

Interviewer

OK. Where are you from? Just tell me where you're from and where you grew up and stuff. 00:05:59

Andrew

I'm from Crossville Tennessee. It's a little like I don't know it's kind a small town kind of now a growing small town to be a good explanation and the 00:06:02

average population is like 70 years old. We say it's the place to die. 00:06:15

There's no more funeral homes and churches around there. It's pretty bad. 00:06:16

Interviewer

Where are you living now? How long have you been here? How do you get here? 00:06:21

Andrew

I came to Johnson City to go to school at ECSU started out trying their 00:06:24

engineering program and tried and that didn't work. So then I decided I 00:06:32

wanted to move here full time instead of just being here for school. So I 00:06:37

got an apartment now I'm at ITT tech and I'm doing there industrial engineering program.

Interviewer

Tell me about this past year you said you've been riding a lot more. What 00:06:45

made you just want to get into it more and what has this past year been

like for you?

Andrew

Well since I've moved here full time and I got my apartment and got 00:06:56

school switched around, I got a little bit more steady job working at Home

Depot so I've. I had a steady schedule going. I actually lived here instead 00:07:05

of just being on campus and then going back and forth at home. I had the 00:07:12

Andrew (continued)

mountains I really got here and learned the area a lot better. So I had a 00:07:16
better feel for the trails that are around. And then I got a gym 00:07:18
membership so everything just kind of fell together with the schedule the
time the money everything just works to where I was like I need to devote
my time to being good at something. So I decided I wanted to do 00:07:27
mountain biking full time.

Interviewer

Tell me about the first time you were just out riding and you were just like 00:07:32
I love this. I just want to do this what I'm doing right now. 00:07:36

Andrew

Oh goodness gracious. 00:07:38

Interviewer

If you can't think of a time just tell me about you know the experience, 00:07:41
when you're out riding, how it makes you feel and why you want to keep
persuing it.

Andrew

Every time I'm like oh man there's a meme of this little girl she's like two 00:07:46
years old like she's somewhere between a grin and a cry and a scream all
the same time is some kind of happiness. And the meme says this is how I 00:08:00
feel every time I ride my bike. So yeah that's that's about it every single 00:08:04
time.

Interviewer

Awesome. So what what do you want to do in the next couple of years? 00:08:09
Where do you see yourself? How are you going to get there? What's your 00:08:15
goal?

Andrew

Ideally I wish that I could get on the perfect program get all the fitness down right and have all the perfect trails to ride and the training and the time to devote to it so that I could go pro get a pro license and and see where that goes. Realistically I would cry if I could be good enough to go race World Cups. 00:08:19
00:08:34

Interviewer

Tell me that whole thing you just told me like a little bit more concise like my goal is to become a pro race World Cup kind of convinced that a little bit. 00:08:40

Andrew

In a dream world I would like to get a pro license and start racing world cups one day. That would definitely be where I want to go. 00:08:49
00:08:54

Interviewer

How long do you think it will take to reach these goals and what you think you're going to have to do before you can get there? 00:08:58

Andrew

That's going to take a lot of work and dedication to training and just the technical skill that involves is insane. So it would take at least two years for me to be able to think of doing that or three. First I got to get a pro license and then go a few years after that. 00:09:04
00:09:14
00:09:20

Interviewer

Tell me what bike you ride. What type of you know what, downhill or whatever stuff you ride. Tell me about all that kind of stuff. 00:09:24
00:09:32

Andrew

Well I've mostly raced downhill but I've got a Trek Remedy and really it's about the best bike I've ever ridden. I love it cause I can pedal uphill all 00:09:34
00:09:42

Andrew (continued)

day long with. I can race cross-country if I want to sort of and then I can 00:09:45
go ride downhill all day with it if I want to. It works great. The best of both 00:09:50
worlds so.

Interviewer

What's your favorite thing to do when you're on your bike? 00:09:55

Andrew

Riding my bike. That's hard one man. I just like riding anywhere 00:09:59
everywhere all the time. Up down around the mountain just as long as I'm 00:10:06
on trails.

Interviewer

All right. What's something that you'll frequently, when riding frequently 00:10:09
what's the moment that you're just like most thrill like is it a certain life
getting a lot of air? Is it hitting a corner really hard like what just like 00:10:21
drives you in you are riding?

Andrew

Going as fast as I know how, having sketchy moments, and then just 00:10:27
pulling it off and going way faster than I thought was possible when I get
to the bottom of the hill and I'm like holy cow. I didn't know I could go that 00:10:41
fast. That's when I feel the best. 00:10:43

Interviewer

Ok. Tell me about how you've gotten sponsored. Who sponsors you. And 00:10:46
your relationship with your sponsors.

Andrew

Well somebody told me to check out hook it dotcom a couple of years 00:10:56
ago and I was like hook it was that? And so I got there started creating a 00:11:04
profile put up my race information and our resume said who I was and one

Andrew (continued)

of the first people that decided to sponsor me was Dero tires. They've 00:11:13
really helped me out a lot by giving me product in really really pushing me
and promoting me on their page a few times. And that got me in the door. 00:11:21
And then I got started with Hayes and EVS awesome brand you know. EVS 00:11:22
protective they make helmets and kneepads for me. When I broke my or 00:11:30
listen to me when I tore my ACL EVS gave me a huge discount on an
awesome knee brace. So that helped me out a lot and kept me going. 00:11:37
After a little while once I got some credentials built up I got on with 00:11:40
Monster Energy and they did awesome. They decided to promote me put 00:11:46
me on their web page gave me my own website. They put me out there 00:11:50
for all their athletes to see. I got entered into a few competitions with 00:11:54
them and that was really big when I found myself on the front page of
Monster Energy. That was just fantastic. I was so excited about that. And 00:12:01
yeah that's, that's about it. I mean it's been awesome. 00:12:10

Interviewer

Give me just a short sentence or two, say just tell me like what drives you. 00:12:13
What motivates you? 00:12:18

Andrew

I want to be the best in the world. At everything. That's just my 00:12:21
personality.

Interviewer

Right. Tell me, relate that to riding. 00:12:27

Andrew

It's easy to push through the pain when I'm training because I keep telling 00:12:33
myself if I push hard enough go fast enough go long enough then I'll
eventually be better than everyone else in competition.

Interviewer

What about your background, riding experience, your sponsors. Anything else you want to add? 00:12:51

Andrew

What do I need to say? You want to talk about the trails here that we're going to film? 00:13:01

Interviewer

OK. So you live in Johnson City right. Tell me you know where we are. 00:13:10

What trails around here and what you ride. 00:13:14

Andrew

Well we've got the beautiful buffalo mountain in the background. It's about the best place I've found to ride in this area. One of the trails called 00:13:17

ATV trail just because it is an ATV trail but it goes. 00:13:24