

The Volcanic Interviews: Fredrik Lindstrom

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This is the first in a series of interviews conducted by John Ozman, of Volcanic Productions. As part of the run-up to the Maryhill Festival of Speed, we'll be feature the entire series of gravity sports athlete interviews on the 'Fish. We start now with Fredrik Lindstrom... Fredrik, first off, I would like to congratulate you on an impressive 2006 IGSA World Cup Season. Becoming Downhill Skateboarding Champion is very impressive. Fredrik -Thanks! It's been a great year. A lot of new friends. A lot of partying. And some riding. Volcanic - Tell us a little bit about who Fredrik Lindstrom is? Fredrik -Ask my friends! Not an uncommon look for the cheerful Lindstrom. photo: Simon Brismo

Volcanic - Come on, I am sure you can dig deep and tell us something. Fredrik - Well, my sport when I was young was alpine skiing. I have competed since I was 5 but I gave it up for snowboarding when I was 17, since then I just ride boards. Me? I'm married with a beautiful wife and two kids. I run a tire and wheel shop in Stockholm. Age? Well I'm somewhere between young and stupid and old and wise.

Volcanic - Are you teaching your kids about Downhill Skateboarding? Fredrik - My oldest son is amped on speed. I have to hold him back, but he's riding with Snakeman and Miniman and those guys dont hold back. Tough case, I love the sport but I know the risks. Volcanic - Where do you live? Fredrik - Stockholm, Sweden. Volcanic - What foods do you like? Fast Food or Home cooked? Shrimp or Steak? Beer or Soda? Fredrik - BBQ and beer!! photo: Simon Brismo

Volcanic - How long have you been involved and/or racing Downhill Skateboard? Fredrik - My first race was in 2002. A local race called High Valley Downhill Classic. The funny thing with the race was that they banned leathers that year. The crowd wanted blood and they got blood for sure, 6 man heats down a narrow road and instead of using hay they had used tires, some with iron studs. The crowd placed rocks on the road and tried to hit riders with rolling tires. I broke my tailbone. But from that day it has all been about skating downhill! Volcanic - Are Gravity Sports your primary sport? Do you cross-train or compete in others? Fredrik - I do some wake skating, snowboarding, and some skateboard slalom. But nothing too serious. Volcanic - Why did you choose Downhill Skateboarding, Not Streetluge? Fredrik - I ride boards, that's what got me into this. Luge, No! That's some scary shit! If you crash you're stuck with that thing. Yard Sale at the High Valley Downhill Classic. Volcanic - What have been your favorite events you have competed in? Fredrik - It's hard to pick one. Every time I come home from a race I say "this was the shit". Well if I have to pick one, I'll have to say Åre 2004, it was our first real race, full face helmet and leather, first time we rode a closed road. We stayed with John and Dave (Rogers) for a week, partying, riding and learning. They had a race school and taught us how to tuck, draft and take the right lines. Åre is always crazy, 90% party and 10% riding. And this year it's gonna explode! Did I tell you, the sun never sets....? Volcanic - What makes Åre so special of an event? Ask Marcus!!! (IGSA) Volcanic - What has been your toughest day on a race course? Fredrik - Every time it rains on race day. I hate rain, it makes us go slower. It fogs my visor, it sucks. Volcanic - How about your toughest competition? Fredrik - IGSA World Championships 2006. The competition was sick from the first turn in the first heat to the last turn in final. There was almost no drafting so the pack was super tight all the way down. 5 hairpins that coned your wheels and 5 footbrakes that put your shoe on fire. And if you slid just an inch you were out. Congrats again Martin! Volcanic - How do you prepare for an event? Fredrik - It's hard to prepare for a new hill, you will always be surprised, and so I don't. I just ride as often as I can with the boys. Volcanic - How do you take your first run at a race? Fredrik - I try to go 100%, you don't have too much time you know. Volcanic - Tell us what your thoughts are when you are at the start line for a Final? Fredrik - How the hell did this happen?! And then I try to figure out which cards I got to play with. Volcanic - Do you focus everything out or do you just enjoy the moment? Fredrik - It depends. Sometimes you're just having fun, sometimes you wanna win. And it's when you're having fun you win. Volcanic - So you have been having fun this year? Fredrik - I'm still laughing! '06 Finals at Åre, Switzerland. photo: Simon Brismo

Volcanic - Which athletes do you enjoy competing against? And why? This year has been crazy, all these talented guys I have had the honor to ride with the likes of Aki, Siegrist, Meatball, Barat, MikeZ, Bradburn, Luis, Shrek, and of course allways the Swedish crew. And why? We're all just having fun! Volcanic - Who's the best racer, drafter, qualifier, all around? Fredrik - I think Martin Siegrist is the best IGSA rider in the world right now. But if Aki is in the right mood, he will give him a fight. But it's hard to say, a lot of riders don't have the money to travel and show off. Probably some unknown Brazilian guy could kick everybody's ass if you gave him some airplane tickets. Volcanic - Are you part of a Downhill Skateboarding Team? Fredrik - Team Landyachtz and our National team, Downhill Skateboard Team Sweden. Team Sweden. photo: John Ozman Volcanic - How was Team Sweden formed? Fredrik - We just wanted a team that everybody could join you know, so we made some t-shirts, but now we don't have any t-shirts left because we gave them away to all the Americans, French, Canadians and Swiss. Volcanic - By the way, thanks for the shirt in Ohio Volcanic - What is your favorite board set-up when racing? Fredrik - Carbon Evo, Randal DH baseplate with JimZ hangers, ABEC11 83mm 75a, SKF bearings. Volcanic - Do you play

around with different set ups? Fredrik -No, too lazy. Volcanic - What do you think of the Maryhill course? Fredrik -First time I saw a pic of that road, I remember thinking – “So that’s what heaven looks like”.

Volcanic - So then the World Champ will be at the 2007 Maryhill “Festival of Speed”? Fredrik -Siegrist? I don’t know. But me & Team Sweden, HELL YEAH!!

Volcanic - Who would you like to compete against at Maryhill? Fredrik -There are so many! Some I’ve met, some I’ve just heard of. Darryl Freeman, The Rogers, The Kludys, Flindt, Rizzo, JM, Caveman, D.T., Sector9 Team, Team Landyachtz, JimZ, DeKeyser, Coleman and many more, all the north American riders that rip!

Volcanic - What are your thoughts on the growth of Downhill Skateboarding in the past several years? Fredrik -I think downhill skateboarding is growing because it welcomes more regular people, not just the Xtreme athlete-adrenalin junkie-fearless- jackass-bullshitters. You dont have to be crazy to go fast on a skate and slide a corner. You have to be smart. And that’s positive. More people, more different styles, develops the art of going down a steep road.

Volcanic - The European scene is huge. Why do you think the events do so well? Some events have 200 athletes. Fredrik -Free health insurance?! No, because its fun!

Volcanic - Who are your sponsors? Fredrik -Meatball & The Swedish Government.

Volcanic - Can you tell me more about your sponsors? Meatball? Swedish Government? Fredrik -Meatball is my Godfather, I call him and ask for advice and he tells me what to do, like, Don’t let that Rayne rider win, stuff like that ;) The government gives me and a couple of riders some money for plane tickets. That’s really cool.

Volcanic - What type of music do you like? Fredrik -Different types of rock, Fu Manchu, Sonic Youth, Danko Jones, Stone Temple Pilots, Neil Young. All depending on if we’re going to a race or from a race.

Volcanic - If you’re going to a race and want to get pumped up what do you listen to? Fredrik -My buddy Mathias talk about how fast we’re going to be!!

Fredrik, great interview! Thanks for the time and Good Luck in the 2007 IGSA World Cup Series. Cheers! John Ozman Volcanic Promotions volcanicpromotions@juno.com Keep your eye on the 'Fish for more in the series of Volcanic's interviews, covering IGSA racers from around the globe!