

# 2018 JUNIOR NATIONALS



## ***Race Reports***

### **Keaghan Robinson (10 years old):**



To get to Ttown it was a 5 hour flight, on our plane we were with Elsa and Reid Tomko, Ethan Colson, Amara, Joe Spranger, and Ben Raknes. Once we got there we had an hour drive to get to our hotels, as soon we got to the hotels we all went over to where the majority of people were staying, including Amara and got all our bikes built up.

After that we all went to the track for practice. At first I was kinda worried about the fact that the corners looked kinda steep, but when I got on the track I was no longer worried cause it felt exactly the same as our track. That night we had a team dinner at BJ's. The next day was the first day of racing. One of the first races was my sister in which she crashed on the first lap after the neutral and was okay so they restarted the race then on the last lap she crashed again and the medic said she might've slightly dislocated her shoulder and might be able to race later that night. But, my sister wanted to go to the doctor just in case and at the doctor they took an x-ray and learned she had broken her shoulder and couldn't race.

The next day was Sunday and that day I got to do a 500 TT in doing so I got a time of 54.11 beating my fastest time by two seconds at the track it was super muggy and hot

but me and my friend Elsa Tomko ran around and took photos of everyone as they raced. That night we all went to where practically everyone was staying and had pizza and messed around at their pool. Monday was the day Ben did his sprints we got to see the first round of his sprints and then my family left and went to Philadelphia for the day.

Tuesday was my birthday and I turned ten and that day we went and got Philly Cheese Steak with Joe Spranger and Amara then we went to the 5th best ice cream place in the world. The title was Big Gay Ice Cream. I got vanilla ice cream with caramel infused and coated in crumble Nilla Wafers and it was delicious. That day we also had our plane flight back to Seattle.

I had a really fun time thanks to the track racing community and board.



### **Elsa Tomko(10 years old):**

This year I had the opportunity to go to Nationals in Pennsylvania. I really liked the track at T-Town. It is 333m instead of Marymoor's 400m track. It also had a bridge over the track so you could cross the track during races. If Marymoor had a 333m track, we'd be able to host Junior Nationals too. I wasn't old enough to compete at Nationals this year, but I got to do a non-championship 500m race. I enjoyed the number of people there because I got to meet a lot of people from other places. I look forward to seeing them again at the next Nationals or at another race somewhere.

### **JC Pile(11 years old):**

My name is JC Pile and I am 11 years old. I have been racing at the track for 2 seasons. I trained for Nationals by riding my bike as much as I could. I practiced with the Juniors 3 days a week. At practices we worked on a lot of things. My favorite thing to work on is starts. The hardest practices were the ones that we did endurance. When it was raining we did indoor practices, it was cool because I got to ride on the trainers and see how many watts I was putting out.



I have really liked racing this season. I enjoy competing against other people. My favorite race this season has been the stayers race. It is fun to pair with an adult rider that I know and actually get to draft. My goal for racing is to get the leader jersey by the end of the season, I really want those yellow socks! Something I have accomplished is earning my upgrade to Cat 4. Racing with the Cat 4 women is really hard but fun.

I was excited and nervous about going to Nationals. When I got to the track my first thoughts were that it was a pretty fancy track with the bridge over to the infield. The first thing I did was some open track time. It felt kinda weird riding on a different track but I really liked it because the laps felt shorter. When we had team practice, it was really hot and humid and I felt it was really hard riding in the humidity. Fortunately for my actual races it wasn't humid. My races went pretty good, starting the races was different



because they had 2 lines and I started on the bottom with a holder instead of the rail. In my first neutral lap someone bounced off me with his bike which was really scary and I almost crashed. I ended up placing 9<sup>th</sup> in the Omnium and am happy about that. It was fun to be part of a team because I got to cheer on my teammates and they cheered for me. I also had someone to talk to between races. It was fun having team dinners and playing in the pool together.

I feel lucky for several things this season, I feel lucky to get to use an awesome bike that was donated by one of the members. I was lucky to be loaned a bike bag to transport my bike to Nationals, I feel lucky to have Amara as my coach because she is very experienced in racing, good at teaching and overall an amazing coach. I also feel lucky that I got to ride and race so many times a week.



I have been having a lot of fun this season racing and training and going to Nationals and I can't wait to go again next year!



**Joe Spranger(12 years old):**



Bike racing has been my main sport since I was 5 years old. I've done cyclocross, cross country, downhill, and Enduro mountain bike, road and track. Track has become my new favorite and nationals was my main goal.

My training experience at practice was good. My favorite things we did were motorpacing behind the E-bike, mock races, and standing starts. I liked how Amara gave the best tips and tricks to make us the best we could be.

Local races helped me gain experience and gain confidence riding in a large group. Often I would race with the Cat 4 women, having a smaller gear taught me to spin faster.

I was excited to go to T-town. Amara told us about the bridge over the track and the Jumbotron. I was a bit nervous when we first arrived about the steeper banking but once I was riding it felt fine.

I was nervous for my first scratch race with the big crowd in the stands and large field of kids to race. I was very happy with my results; 6th in 2km scratch, 6th in 1km scratch, 4th in 500M scratch which allowed me to be 5th in the omnium. It was exciting to be able to stand on the podium twice and receive medals that I worked very hard for. I liked watching my teammates race and cheering them on. My favorite race was the 17-18 Madison.

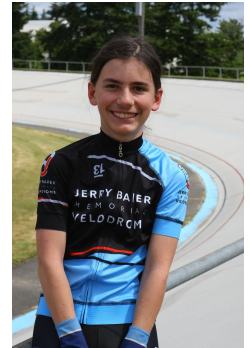


Almost every night we went to the hotel pool with waterslide, it was really fun. The food in Pennsylvania was pretty good.

Thank you to JBMV board for supporting us and allowing us to have tons of race and practice time. And our great coach Amara! My goal is for next year Nationals is top 8.

### **Reid Tomko(13 years old):**

The best part of Nationals was the sheer number of people to socialize with. When you're going to spend several days out there, having the ability to talk to an endless supply of people my age is great. The facility was super awesome, and made me want to revisit TTown at some point. Being able to use the bridge during racing was especially fun. Nationals was an extremely valuable experience and having gone this year will make future Nationals even more fun.



### **Itai Malakoff(13 years old):**

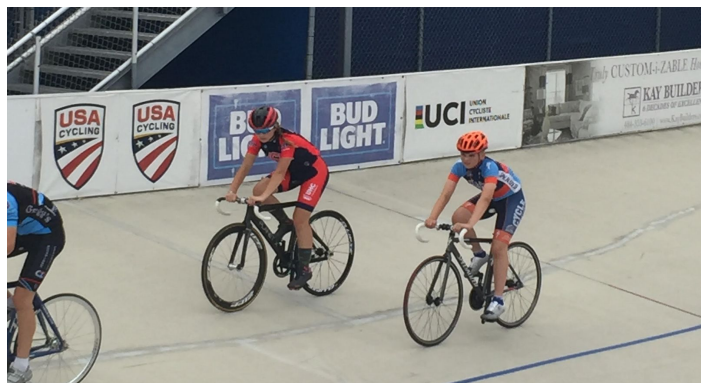


Training: Because at one point we were not sure if I was going to nationals, I did not start my training plan until mid April. That is a bit too late. For my training, I worked out on trainer at home, I went to practice which consisted of riding, pacing on the e bike which really helped build my endurance, and indoor track bike trainer rides when it was rainy. We had guest coaches come sometimes and help pace with us. This all prepared my for nationals because it was how I built my fitness up and became a stronger rider.

Local racing: Racing at marymoor on Monday nights for Juniors, and Wednesday nights for Cat 4 women really helped build my confidence at a higher speed, even though some of my competitors are faster than me. Riding with Cat 4 women really improved my pack riding skills and was very fun to race with a new group.

Traveling to Nationals: We flew to Philadelphia two days prior to the rest of the team to get adjusted to the time difference before riding. It really helped me in the first ride day.

First impressions: When I got to the track in T Town for the first time, I was amazed at all the things they had there like grandstands, locker rooms, a scoreboard, and a bridge over the track. I thought it looked really cool.  
Warm Up Sessions: In the 2 warm up sessions that we got on Thursday and



Friday, I really got a feel of the track and the distance difference and the banking. I realized quickly that the track was very smooth and was faster.

Racing: I was a bit nervous before my first race because I didn't know what to expect. But after that first race I felt better. In the final of the 1k scratch race, right as fellow rider Henry made a move, a crash happened and slowed me down and I got trapped behind the sprint. That was my only moment of anger and disappointment during this nationals. I did feel a bit annoyed after the qualifying points race because I did not judge the speed right and missed the final. In my 3k scratch race, I made the final and stayed in the pack. But in the final, speed got to me and I couldn't hold on.

Watching peers: It felt really good to cheer my friends on, and see them do well, and it was really cool to see my teammates put out the effort that they have been training for all season. Non racing experiences: At the Hotel, it was really fun to go "float" in the pool as Amara would say and go to the Wawa with friends and buy food for the next day. I got a lot closer to the kids on this team from just hanging out in places like these.



I would like to thank the track racing community for supporting the junior team this year, it has made a huge difference! We wouldn't have been able to without you! Also, I would like to thank everyone who has come out to watch us race! Thanks for all of the support! My goal for next year is to come into the year a bit stronger, make all finals at nationals, and stay higher up in the pack.

### **Henry Kaeser (14 years old):**

Coach Amara got us started early. She gave me my very first training schedule and I hung it on the fridge. Everything wrapped around that schedule. What I ate, when I exercised, how much I slept. I have never felt so focused in all my life. No one had to push me. It all came so naturally.

Amara lent me a Blue TR250 track bike. Thank you to the person who donated that bike I knew that bike was fast the minute I saw it. I would also like to thank Ben's dad for letting us train at his gym. I miss going there. I am very curious if my numbers have improved.



The few weeks before Nationals my family had a conversation about East Coast time. We found out that my race was going to be early in the morning. It had not occurred to me that 9 AM in Pennsylvania is 6 AM in Seattle. The next day I woke up 30 minutes earlier than normal and headed to the gym to walk the treadmill. My Aunt Diane recommended that I walk on an incline to help my legs prepare for the race. I kept waking up earlier and earlier each day until I was waking up 5 AM without an alarm. I loved the feeling of waking up before everyone else. Turns out the gym in our apartment complex was active at that time. I would see the same groggy people walk in every morning.



Flying to Pennsylvania was a lot of fun. Coach Amara lent me a very cool bike bag. We packed up the bike during the Fourth of July BBQ at the JBMV and we loaded it into the back of our car. That bike bag was very helpful. I am grateful to the person that lent it to Amara. I am going to ask for one for my birthday. It was so easy to pack the bike. We didn't even have to take the handlebars off. It made flying with a bike feel so easy.

Since it was the night of the Fourth of July the lines at the airport were super short and everyone was in a good mood. I rolled my bike up to the check in counter and we chatted with the Alaskan Airlines worker for a long time. We chatted so much that she forgot to give us all of our boarding passes. When we arrived at security, they sent us back to the check in counter. The same woman checked us in again and we went back to security. Then it happened AGAIN! The woman made the same mistake twice and we were still missing one of our boarding passes. By then we were all laughing, even the security worker. We went back to the same check in woman and she started laughing too. The cool thing is that we were still early for our flight because the airport was empty.

We arrived at our gate so early that we caught an earlier flight. It was a little plane down to Portland and it was completely empty. I have never flown on an empty plane before. They sat us along the wings and told us not to change seats. The plane was so light that we had to stay over the wings to keep the plane balanced. We arrived in Philadelphia very early on Thursday morning. We decided to head to Trexlertown so that I could ride open track at 1 PM.



During open track I met Chloe Patrick's dad. He was very nice. He lent me a bike pump. Chloe Patrick is an amazing 14-year-old racer from Team Velosport Junior in California. I became friends with her on Instagram and her Dad told me that I look like a hill climber. It was crazy hot during open track. I realized how good we have it in Redmond. It doesn't get that hot very often. We ran to the grocery store and bought Pedialyte because Gatorade makes me feel worse. I think that it helped me stay hydrated.



My teammates met on Thursday night to ride the track together. The sun had finally cooled and we had a great time. The track is way shorter than the JBMV and a bit steeper. A big thank you to the people who run the Westshore track in Victoria. Riding the that track helped me prepare for the new size and I felt like I was faster than at home because there wasn't much of a headwind.

During my months of training and my stay in Trexlertown, I tried to eat very clean and get a good night's rest. I felt ready to compete. The night before my first race my entire family showed up. I didn't grow up in Washington and most of my family lives on the east side of the US. Since they had never seen me race before they all decided to surprise me. Everyone was staying at our hotel; both sets of grandparents, my Aunt Katrina, her husband Bill, my uncle Jack and his family. I have never had that many family members or that many friends all in the same place at the same time. It was very exciting. They all let me stay focused on my race. I still went to bed on time.

My first race was on Saturday. It was a Scratch race. I did well. I finished 6th and I realized right away that your heat finish determines your starting position during the actual race. TTown also uses the inside of the track to start off from. I have never started a race with riders pulling in from both sides. Amara told me where to go at the start of the race. Twice during the racing we had a false start, so I got two chances to redo my start. Every time we started, I learned a little more about getting to the front of the pack as quick as possible. It was very clear that moving up during the race was even more difficult and that the strongest racers always stayed in the front.

My second race was a Points race. I met the same kids in the front again. Elbows out. No one looked before pulling out. It felt dangerous. The 13-14 girls crashed twice during their first race. My teammate, Callah, was in both of those crashes. I





started feeling nervous for the first time, but I pushed myself to stay with the boys in front. Beckett Tooley from Texas and the boys from TTown Grant Carter, Divik Verma, and Zac Olszewski were in front both races. I think that they were surprised to see me there. I pushed hard and lead a bit of the last lap. It was a very tight finish and they passed me at the finish line. I took 4<sup>th</sup> and I got to stand with most of them on the podium. After Nationals I became friends with all four of them on Instagram. I hope that they race again next year. I would love a rematch.

My Time Trial came next. The first thing I noticed is that Beckett, Divik, and Zac did not do the Time Trial. It made me wonder why they skipped it and whether or not I should have skipped it too. Although I achieved my PR I misjudged the finish line and stopped racing just before the actual finish line. I bet I could go sub 40 if I had another chance. Grant Carter finished in 36.5. I would love to train sprints with him.

My last race was another Scratch race. I am not sure why the officials decided to do two Scratch races. It would have been more fun to try something new. I am looking forward to next year when I am in the 15-18 category. They have many more races to participate in. I cannot wait to ride a team race with Ben and Ethan. The 15-16 field was enormous. The officials should have split it up. Once the main pack formed you were stuck. There simply wasn't enough room to maneuver around the group. If it is that big next year I will have to start in the front and stay in the front.

Just before my last race the girls crashed again. That crash was different. The girl was not able to walk away. They had to carry her out on a board. I had never thought about that before and I guess it affected my racing. Beckett Tooley stayed by my side the entire time and I hesitate just long enough to miss my opportunity to get to the front. Once the door closed I got pushed back to 15<sup>th</sup>. It happened quickly, but it also felt like we were in slow motion.

I finished 8<sup>th</sup> overall. My goal was top half and my super goal was top 10. Making the podium during the Points race was my highlight. The boys in front were amazing. I would like to thank the JBMV Cat 4 Women and Men for allowing me to race with them. They taught me how to race in a big pack and how to push myself to the front. I would also like to thank Amara and my teammates. Training with them made all the difference in the world. I would not have podiumed without them.



### Callah Robinson (14 years old):

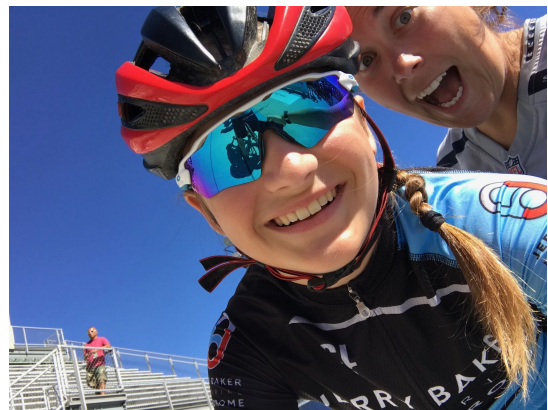


It was a 6 hour flight to Pennsylvania and almost all the team was on the same flight together. Amara sat in the row in front of me and Elsa came and sat with me and my sister because we had an empty seat in our row. Unfortunately we weren't in the same hotel as everyone else but we still went and hung out with everyone during meals. The T-town Track was super cool because the track had a bridge so you get to the infield during racing with big bleachers all the way around the track with permanent concessions and real bathrooms with showers. It was a really neat track and when we first got to the track it looked tiny and steep but I got more comfortable the more we rode. We

practiced diving down from the top to the bottom of the corners, where to attack and worked on just getting used to the track during the upcoming days.

On race day we had a pace line while we could before coming in and riding on the rollers to prepare with breaks to go cheer for teammates on the big grassy area by the backstretch.

During my race there were two crashes both of which I was a part of. The first one was in the first corner after the neutral lap because someone was elbowing and fighting because she was super boxed in and someone fell because of it and took out about ten of us and I



rolled a tubular. Once everyone replaced and fixed everything they needed to the race was restarted and this time we made it to the third corner of the last lap before there was a crash. I was in the front when a couple girls dropped down in front of me and one tried to drop in between the others but it wasn't clear so the girl in front of me crashed in front of me and there was nowhere to go so I hit her bike and went over the bars flatted Henry's wheel which I was borrowing and broke my shoulder.

The rest of the racing was spent watching and cheering on my teammates which was a ton of fun. I also on occasion got Amara's food and drinks from the parents. After everyone raced we had a pool party with pizza which was interesting to eat one handed and I watched and laughed at everybody messing around in the pool since I could only

stick my feet in. In the end despite my broken arm it was a really cool and fun experience thanks to the track community and board.

### **Ben Raknes (15 years old):**

The entire experience at the 2018 U.S. Junior Track Nationals was pretty amazing. It was a great opportunity to experience another track and see how riders from around the country compared to me.

#### Getting Ready for Nationals

Leading up to Nationals, I was training very hard. One week especially, I was at the track 6 days for 6 hours a day. My home track, the Jerry Baker Memorial Velodrome, and, more specifically, the track and junior team Director, Amara Edwards, were incredibly helpful. The track recently purchased a new E-bike and that made a huge difference managing my pace and building endurance while training for the kilo. The training sessions also provided a great opportunity for the Nationals kids to get to know each other and help us all become good friends.

#### The Trip to Trexlertown

Traveling to Nationals was pretty easy. It was fun to see all my track friends at the airport so very early in the morning since we were all on the same flight. The flight was relaxing, and I watched a couple of movies. Luggage pickup was very simple, once they actually posted our carousel, and my bike box emerged without a scratch. The only small, annoying thing about it was that TSA opened my bike box and inspected it, which could've been very risky. If they had even misplaced my seat, I would've been in big trouble for racing!

#### Welcome to Ttown

After the short drive from Philadelphia to Trexlertown, we grabbed a quick bite, and I put my bike together in a hurry so we could get to the track in time for the Thursday night open track session.

Ttown looked very official at first glance.

The first thing I noticed was that there were giant grandstands on either side of the track, which is very different from the Jerry Baker Memorial Velodrome where there are only small bleachers. Also, there was no warmup circle. It is very lucky that I learned how to ride rollers, because if I didn't, there would've been no way for me to warm up! But, the most impressive and convenient thing at Ttown was the bridge over the track! I didn't have to wait for the 72 lap points





race to be over before crossing the track; I could just walk over at my leisure.

Below is a picture of the Ttown track from the final turn:



The Thursday night open track session was so helpful – and hot and humid! It was absolutely sweltering on Thursday night while we were testing out the track from 8 – 10pm. It was so humid, I couldn't use my visor due to the moisture, and I was also incredibly thirsty. (I would recommend water fountains be added to the infield at Ttown, so riders don't have to go over the track whenever they needed a drink or a refill of water.) Despite the humidity, I had a great ride and learned a lot about the Ttown track. The Jerry Baker Velodrome is a 400-meter track, while Ttown was a 333-meter track, so it was very nice to give it a test run and figure out how to ride a track a little steeper than my own. I even set a new PR for the 200-meter flying Sprint that night at Ttown – 12.8 seconds!

### The Omnium

Racing in the omnium was incredibly fun, but sometimes VERY frustrating (and a little bit scary!). The men's 15/16 field was 35 riders strong where the limit of riders racing in the Ttown track is supposed to be 33. Yet, the official allowed it so that my field was 35 riders in a pack 6 wide and 5 deep on a 333-meter track. This was challenging because most juniors are experienced riding with at most 20 competitors at a time at their local track. It was very hard to adjust tactics in a field this big. Plus, many of the riders didn't follow proper riding rules. There were riders coming out of the sprinters lane and passing underneath so much, it was incredible. Kids were shouting, and the entire ride was unsafe, especially in the 2k scratch race, which was basically a 6-lap sprint with 35 riders! The overall feeling in the mass start races wasn't determination; it was fear. Many kids were scared to get into the middle of a giant peloton and ride because of the unsafe number of riders and unsafe behavior of certain riders. I was told in my hotel by a random man in the elevator that if I came away from that crazy 15/16 mens category with all my skin, I did good!

The picture below is the 35 riders in the 15/16 mens age group during the neutral lap for one of my races:



There were so many crashes at Nats – more than I had ever seen at my local track. The crazy thing is that there weren't any crashes in my age group, even though it was by far the biggest. I think it was because riders were more cautious because of the giant field. I had a front row seat to one of the most preventable crashes I've ever seen. My coach, Amara, and I were watching the 13/14 men's race when one of the kids didn't look and came out of the sprinters lane and caused a rider to crash almost into my coach, and another rider to ride right into my foot (it's a good thing I'm quick on my feet!) Also, and sadly, my teammate in the 13/14 womens category crashed twice in one race because of other's poor bike handling skills. Many of the crashes could have been prevented with smaller fields or more calls and relegations by the officials because some of these crashes were very bad. At least 3 riders were taken to the hospital, and one girl was knocked unconscious and left on a backboard.

Watching my teammates race was very fun. I could give advice, and cheer for them a lot, which was super cool. I had so much fun cheering for my team, that this is something I'll definitely do more often. As for kids from other teams, it was cool to see other strategies they used and to try and apply some to my own racing. Every crash was scary, however, and that was not very fun to watch.

Sprints and the Kilo

Even though I had signed up to compete in the omnium, my main targets for Nationals were the sprint tournament and the individual one-kilometer time trial. One of the masters from my track, Daniel Tomko, was kind enough to lend me his disk wheel and tri-spoke for these events. I already had a PR at Ttown when I was unofficially timed during the Thursday night warm-up. My goal was to better that PR of 12.8 and shoot for a 12.5. Thanks to mostly Daniel, I managed to ride a 12.37 which was way beyond my goal, and a very good benchmark time for the years to come. The Kilo also went well. I motor paced a 1:16 Kilo back at my home track, and at Trexlertown, I pulled out a 1:15 time trial! That was good to put me in the top 20 which was just fine with me given the amazing talent in the 15-18 age range. I'm really proud of my PRs at Nationals and feel like I learned a lot to prepare myself for even better performance as I get older and stronger in this field.



### Fun Between and After the Races

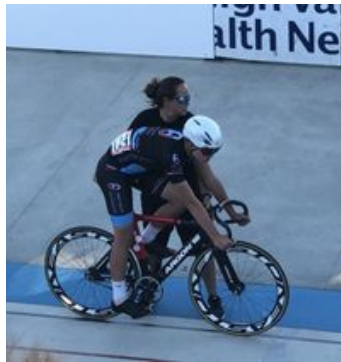
The times outside of the track at Nationals were spent very well. There was a great number of restaurants to eat at, and it was fun to swim in the hotel pool with some of my teammates (lots of floating, but NO KICKING to save our leg strength... right Amara). There was always something fun to do when we weren't racing. One of my favorite things to do was to walk a block from the hotel to the Wawa gas station for snacks. I saw a movie, swam in the pool, and hung out with my friends. When I wasn't racing, I was usually watching my other teammates race. The most fun race to watch was when my very good friend, Ethan Colson, placed 2nd overall in the Madison with Daniel Park, a team member from Southern California. It was a great race to watch, except for when a kid had health problems and had to come off the track with an oxygen tank hooked up to him. He is recovering well. I spent a lot of time with Ethan, and this trip really made our friendship even stronger.

### Final Thoughts





One key thing I learned from Nationals was how to ride in a pack. Now that I am back with the Cat 4 men, it feels very relaxing, and not nearly as nerve racking as it was at Nationals which was very scary, but very beneficial as it turns out.

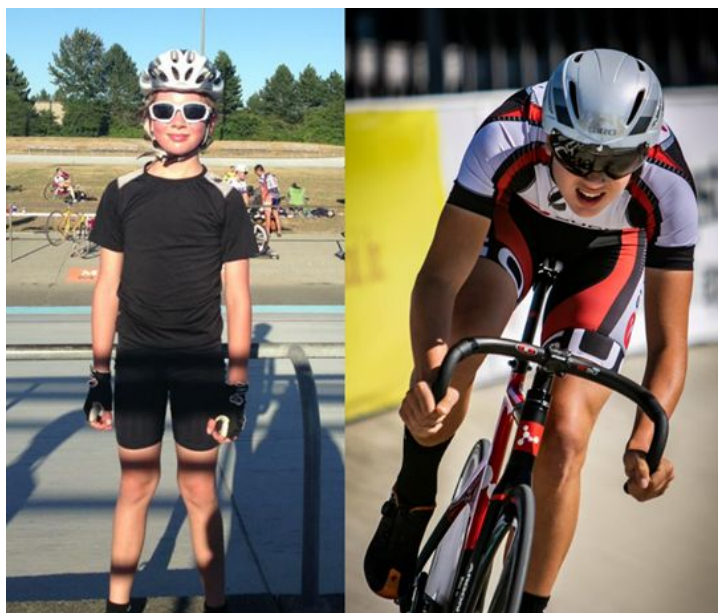


I'd like to thank Ttown for making this Nationals an event to remember. However, more importantly, I'd like to thank Amara Edwards for coming to Nationals, supporting us no matter how we were doing, giving us advice, helping us train, and for helping me ride, and making me love the track in Redmond in the first place. I've been riding for 5 years now and she's always been there to help, with the track, and its riders' best interest. She slept on a couch bed and carpooled the entire time because (at least I think) she didn't want to spend money

that could go towards the track, and more specifically, the junior team. It was such a good idea to put the team together, and I hope it stays together for a very long time. I look forward to next year on the team, and the years to come.

My goal for next year's Nationals is very simple. Win. I will train very harder year-round, and by the time we go off to Nationals next year, I will be ready to put myself, the Jerry Baker Memorial Velodrome, and the Jerry Baker Juniors, on the podium.

Below is a picture of me before my first ever race at the Jerry Baker Memorial Velodrome, 5 years ago, next to a picture of me during the flying 200M qualifier for Sprints at Nationals. I've progressed a lot, and am excited for 3 more years as a junior.



**Ethan Colson (17 years old):**



Nationals Race Report This year's National championships was more than I could have ever wished for. The combination of great race results and amazing memories with friends and family has made nationals a time to remember. With how great this year's national championships has gone, I still have some plans for my future.

Day 1 of racing was a roller coaster of emotions. I placed 7th in my omnium, which I was extremely happy about considering my disappointing finish in the elimination race. Overall, I was happy with my performances in the Scratch, Tempo, and Points races.

I placed 6th in the scratch race, 4th in the tempo race, and 6th in the points race. The elimination race is not my strongest race due to my lack of position awareness, therefore I was forced to hear my name called over the loudspeakers at 10th place. Day 2 was my 15-18 points race and scratch race. I came into the day feeling driven to get a great result due to my disappointment in the elimination race the day before. With a third place finish in the points race, I was happy with my placing and finally felt like all my hard work was paying off. I took third place by lapping the field with another strong rider, who worked well with me in the break. By lapping the field, we earned

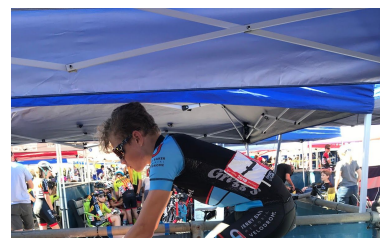


ourselves 20 points on the pack, and a good placing for the finish. Still high on the adrenaline rush from standing on the podium, I started my scratch race. My goal for the scratch race was to get an early breakaway to form, and hopefully keep it till the end. It is safe to say that my goal was not achieved since no matter how many times I attacked, the pack would not let me go. I ended that race with a horrible placing, but I felt like I tried my best. It was day 3 of racing and all I had left was my madison race. My partner for the madison was my best friend and past teammate, Daniel Park. I was excited that the madison was my final race, because I knew that it would be a great way to end my racing in Pennsylvania. Starting the excitement was my attack which I made on the 2nd lap. The race never gave out, and it was constant attacking from all the teams. Through the mayhem, me and Daniel ended up pulling off 2nd place. I was extremely delighted and satisfied with both mine and Daniel's performances. This race had definitely sealed all of my stunning memories from nationals.



Not only was it unbelievable for me to be racing at the national track championships, but it was absolutely magnificent to be racing alongside my current teammates, past teammates, and friends. I was extremely impressed and proud of my entire teams results, demeanor, and great attitudes throughout the course of nationals. I will never forget how resilient Callah was after crashing out in her scratch race, getting back into the race, then in the last lap crashing out again with a broken arm. She wasn't able to race anymore, but she stayed and cheered on the team all the while with a huge smile on her face. To me, that is

the definition of grit, and it makes me proud to be part of a team full riders like Callah. Another rider who has not only welcomed me onto the team with open arms, but has motivated me to do things that I wouldn't normally think I could do is Ben Raknes. During his sprints, I watched from the infield as he fearlessly went up against someone much older and larger than him. He is positively minded, has nerves of steel, and an unbeatable confidence. I found that Ben's amazing attitude was contagious throughout the course of nationals. Not only was I able to race alongside my current teammates, but I was given the opportunity to race the madison with Daniel Park. When I first started racing, it was with Daniel. I raced my bike alongside Daniel for two years. When I was able to race with him for the first time in 2 years, it felt as if nothing had changed. The memories of racing with a past teammate was unforgettable and made me realize how small the world really is.





Now that Nationals is over for 2018, I am looking forward to what is to come in 2019, and even further than that. I am going into my senior year of high school, so I am currently and will be continuing to look into colleges. One huge goal for my future involves going to a University which supports a cycling team. I have aspirations to race in the Junior tour of Ireland, or the tour de l'abitibi. I would also like to win first place in the 17-18 Junior track nationals international omnium, and compete in Junior track cycling worlds. However, none of the past accomplishments, or future goals would be possible without the people who have supported me and helped me improve.

First of all, I would like to thank my grandparents for always bringing me to practice and races when I lived with them in California. I would also like to thank my past coaches. Coach Carla, Coach Connie, and Coach Tela were all extremely important investors into my future within cycling and getting me to Nationals. Thank you as well to my current coach, Amara Edwards, for accepting me into your group of amazing juniors who I am so proud to call my teammates. Thank you for dedicating your time to my development. Finally, my parents, I have many things to thank you amazing humans for, but if I said everything, this would be way longer than it already is. Thank you Mom and Dad, Thank you for taking me to the track which is 2 hours away at least once a week for practice, or racing, and some weeks, both. Thank you for dedicating a large amount of your hard earned money on me and my passion, cycling. Finally, thank you so much for supporting me and believing in me. Thank you for telling me never to give up. Thank you for giving me the mental will to never give in and always give everything my best shot. It is because of the people above that I was able to race this year's nationals to my full potential. Thank you so much everyone, you made this year's national championships.