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Results and Records

World 6-Hour TT Championships, Borrego Springs, CA

- · 2021 Established Course Record, 60-65 Fixed Gear
- · 2022 Set new course record, 60-65 fixed gear

Track

- · 2021 San Diego Velodrome Hour Record, 37.9km
- · 2018 California Masters Track Championships 1st, Team Pursuit
- · 2018 California Masters Track Championships 2nd, 2K Pursuit
- · 2017 California Masters Track Championships 2nd, 2K Pursuit

Triathlon

2011 to 2016

· Various podiums in sprint and olympic distances





Cycling Coaching and Training

- · USAC Level 2 Coach
- · Safe Sport
- Instructor, San Diego Velodrome, intro and advanced classes, pursuit classes.
- Race Director, SD Velodrome
 Pursuit Series
- Currently coached by Benjamin Sharp

Other

- · Certificated Flight Instructor
- · Scuba Instructor Trainer
- · Corporate Leadership Trainer

September 2024