

# OlympicEdge

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## **Olympic silver medalist and world champion Jennie Reed believes all cyclists can use the track to find their Olympic Edge**

**SEATTLE (10 January 2018):** Olympic silver medalist and world champion track cyclist **Jennie Reed**, who launched her Seattle-based **Olympic Edge Cycling** coaching outfit with the dawn of the New Year focused on developing juniors for Olympic competition, believes more elite and masters riders should be out on the velodrome.

“Track cycling will make a cyclist stronger in every cycling discipline because it enhances the four main requirements of all cycling disciplines: strength, coordination, agility and safety. In addition to cultivating the handling skills that will make the rider safer, riding the track helps build an enormous baseline of strength that really sets up the athlete for success on the road or anywhere they ride. Riding track cultivates a massive foundation that makes cyclists stronger racing criteriums, time trials, road races – even cyclocross and BMX,” said Reed, a three-time U.S. Olympian (2004, 2008 and 2012) and the only

track rider in history to go from a sprint discipline (keirin) to winning an Olympic medal in an endurance event (team pursuit).

Reed's mission for Olympic Edge Cycling is to inspire the next generation by creating a clear path for juniors to become Olympians while teaching elite and masters riders from every cycling discipline how to use the track to achieve their goals – on the velodrome, road and off road.

“Lots of roadies don't understand the physical demands of track cycling and how it directly impacts and benefits road cycling. The strength required is tremendous. Cardio training comes much easier and faster than the arduous years it takes to develop base strength on the bike. Track cycling accelerates the process dramatically. It's really the fastest way for a masters rider to ride at a higher level,” said Reed, who retired from competition after winning silver at the **2012 London Olympic Games** as part of **Team USA**'s unlikely triumph in the team pursuit where she partnered with **Sarah Hammer, Dotsie Bausch** and **Lauren Tamayo** for the stunning achievement that was chronicled in the documentary film “**Personal Gold: An Underdog Story.**”

At Olympic Edge Cycling, Reed and performance coach **Tela Crane**, a multi-time national champion and a multidimensional rider across all track cycling disciplines, craft Olympic-caliber training protocol personalized for each athlete and includes an emphasis on group dynamics for those who are locally based. Masters, elite and junior riders train together, which benefits the development of all the athletes. Reed and Crane skillfully balance individual training time with group workouts so that the athletes benefit from friendly competition as well as the athlete-to-athlete learning that takes place organically. Olympic Edge Cycling's personalized training methodology melds physical, mental and emotional elements, and provides a weight training program along with the customized daily workouts delivered via **TrainingPeaks**. Both coaches furnish power file analysis and feedback.

“I love helping cyclists of all levels achieve their goals. It's what I am passionate about - helping athletes with the process of truly believing in themselves, committing to working hard and ultimately surprising themselves with what they are capable of achieving,” said Reed, who has been coaching for the better part of a decade.

While Olympic Edge Cycling offers coaching services to track cyclists across the globe, riders in the Seattle area who train at the **Jerry Baker Velodrome** can take advantage of trackside coaching. Reed and Crane are also available to provide race day support wherever their athletes compete.

Olympic Edge Cycling's junior coaching programs are specifically tailored to riders 13-18 years of age for which there are a limited number of 2018 scholarships available. Interested juniors should contact [info@olympicedgecycling.com](mailto:info@olympicedgecycling.com).

For additional information about Olympic Edge Cycling, including coaching plans and fees, please visit <https://olympicedgecycling.com/>.

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