

# SPORTS WEEK

Also Religion and Classifieds

JUNE 4, 2015

## Tri-City heating up for summer

BY TEVIN STINSON  
THE CHRONICLE

Memorial Day is the unofficial start of summer. For some that means vacationing or heating up the grill. For the members of Tri-City Relays, the summer is just the beginning of what they hope will be a successful outdoor track season.

Tri-City Relays Track Club is a member of the NCAAU Track organization and exists to mentally and physically develop local youth from ages 5-18 through year-round athletic programs.

At the peak of the track season, Tri-City has been known to have over 50 participants competing in track and field events across the nation.



Head Coach Donald Grant fell in love with the sport while he was a student at Carver High School, and has been passing on his knowledge ever since.

Grant who is also the sprint coach at Reagan High, has been with Tri-City for over 15 years and enjoys helping the youth improve on and off

the track.

"I fell in love with track a long time ago at Carver, probably before a lot to these kids were born," Grant laughed. "I continue to come back because I want to pass my knowledge of the sport on to others. Track and field can really take you places if you are dedicated and put in the work."

Over the years, Tri-City Relays has helped a lot of student-athletes obtain scholarships from a variety of schools, including Appalachian State, Guilford College and UNC Chapel Hill.

"All you have to do is put in the work," Grant said. "The results will come."

Chace Washington-Saunders,

See Tri-City on B2

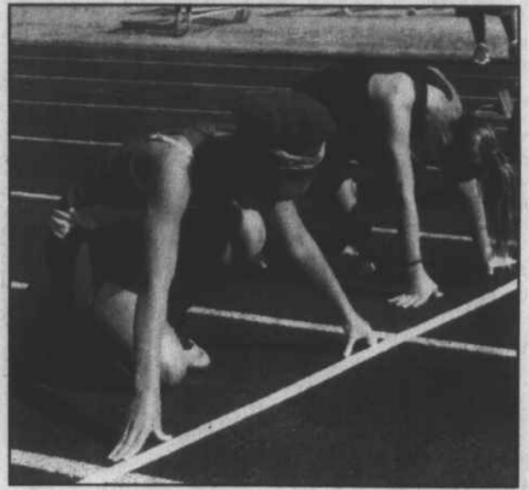


Photo by Tevin Stinson

Emily Morrison (far left) preparing for the gun to fire at the start of 110 hurdles at the 12th annual Johnson-Riley Invitation which was held at the High Point Sportsplex.

## CYCLING

# Cyclist rediscovers passion from years past

As a teenager, Lamont Wilson used to watch bicycle races all the time. He marveled at the skills the cyclists showcased as they navigated the 1.3 miles-long course that surrounded Lake Montebello in his home town of Baltimore, Md.

Wilson was intrigued, so he purchased an old 10-speed bike for \$20 with the hopes of gaining first-hand experience in road racing. About that time, Wilson moved to North Carolina and

See Cyclist on B22



Photo by Craig T. Greenlee

Lamont Wilson ranks eighth in the state in his age group in Criterium racing. Photo by Craig T. Greenlee

## Winston-Salem welcomes National Cycling Center

BY TEVIN STINSON  
THE CHRONICLE

According to cycling enthusiasts, in a few years Winston-Salem will be known as one of the premier cycling cities in America.

On Friday, May 29, a ceremony was held to mark the beginning of renovations to the 42,000 square foot building at 505 North Liberty St. The building will be home to the National Cycling Center.

The center will be an official training site for USA Cycling. Dr. Richard Rauck,

chairman of the National Cycling Center, said he couldn't be more excited about the future.

"The day has finally arrived," Rauck said, "and we couldn't be more thrilled for the future of cycling in this community."

The National Cycling Center will house state-of-the-art cycling training equipment, a meeting room, open kitchen and lounge areas, as well as laundry facilities and study areas for young athletes who may be in school while training. The upper level will include 10 double-occupancy rooms that will be used for teams from

See Cycling NCC on B2



Photo by Erin Mizelle for the Winston-Salem Chronicle

Sterling Swaim, (left,) an organizer of the event, introduces sponsors at the ground-breaking ceremony as Councilman Derwin Montgomery, (center,) and Mayor Allen Joines acknowledge those who brought the National Cycling Center to Winston-Salem on Friday, May 29, 2015.

## State champ Reid reflects on career at Prep



Reid

BY CRAIG T. GREENLEE  
FOR THE CHRONICLE

There's no denying that Deonica Reid of Winston-Salem Prep has had a stand-out high school track career. Over the past four years, Reid, who will graduate from Winston-Salem Prep on Sunday (June 7), has won eight state titles in the short sprints, long jump and two sprint relay events (indoors and outdoors).

At the Class 1-A State Outdoor Track and Field Championships three weeks ago,

Reid closed out her career in grand style with an impressive sweep in the 100 and 200 to go with her sizzling anchor leg on Prep's title-winning 4x200 relay.

Aside from the three gold medals, she was the state runner-up in the long jump. Even though Reid didn't win that event, her leap of 18-feet, 4 inches was still the best jump in Class 1-A for 2015.

"I'm so grateful that I got to run in the state championships all four years of my

See Reid on B2

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