



Photo by Craig T. Greenlee
Winston-Salem Prep's Deonica Reid is an eight-time state champion.



In addition to the sprints, Deonica Reid will compete in the long jump at Campbell University.

Reid

from page B1

high school career," said Reid, who ended the year as No. 1 in the NC Runners Class 1-A state rankings in her three individual events and the relay. "There are a lot of athletes who don't get that opportunity. Looking back on everything, I'd say that I had a pretty good high school career."

Reid's output was a key element in the Phoenix quest to secure its first team title since bagging back-to-back championships in 2008 and 2009. Prep tallied 64 points to win by eight points over second-place Community School of Davidson County. Reid delivered 38 points with her finishes, which accounted for 59 percent of the team total.

"Being the 1-A team champion is a great way to finish a career," she said. "Even if we hadn't won, my feelings wouldn't have changed any. I'd still be happy regardless of the outcome. That's because I know I did my part, and I know my teammates did their part. We all had a good day and that's all you can really ask

for."

First-year coach David Lindsay has developed a deep appreciation for Reid's ability to motivate and inspire by example. At this year's state meet, Lindsay had to carry Reid to the trainer's tent when she collapsed after crossing the finish line in the 200-meter dash.

"Deonica pretty much passed out (right after the 200)," said Lindsay. "Even before the race started, she knew she was going to pass out. But she also knew that we needed the points to help us win the team championship. So, she just went out and won the race that helped her team to win. Deonica has so much heart and she's always done everything that we've asked her to do."

In the weeks leading up to the regional championships, which is the state qualifier, Reid personally contacted every team member and shared her expectations. Reid's willingness to get vocal, Lindsay explained, set a tone in practices that put everyone in the right frame of mind to compete to the best of their ability.

"I didn't even have to talk to the team (before regionals)," said Lindsay. "She took care of it herself. Everybody under-

stood what they needed to do. We went out with a bang and she had a lot to do with that. Deonica is a natural-born leader."

Reid, who has a 3.5 grade-point average, has signed with Campbell University. She's excited about competing at the next level in the sprints and the long jump.

"We have new coaches in the sprints and jumps, so I'm really looking forward to the next couple of years," said Reid, who plans to have a double major in Homeland Security and Criminal Justice. "My senior season of high school was the first time that I began to get better with technique."

"I've learned how to build up my speed coming down the runway, how to approach the board, and how to jump and get height and distance. There's a lot of work for me to do, but I feel like I'll get there with the coaches I'll have in college."

As Reid gets ready to begin a new

chapter in her athletic career, she has fond memories from her four years with the Phoenix. What will she miss the most?

"My teammates," Reid answered. "No matter what, we were always there for each other. As team leader, I learned that it's always helpful to have someone to tell you that things are going to be all right, that you can make it, that you can succeed. There's nothing wrong with giving people encouragement."



Lamont Wilson rekindled his passion for cycling in his mid-30s.



Wilson of High Point (middle) competed in the Winston-Salem Cycling Classic last weekend.

Photos by Craig T. Greenlee

Cyclist

from page B1

Wilson rediscovered his passion for cycling. He purchased another bike and joined a group of recreational cyclists who frequently went on 30-mile rides.

During that time, Wilson, who lives in High Point, learned all the nuances of the sport and eventually ventured into competitive cycling as an amateur. "When I first started out, I had so much trouble keeping up with others," said Wilson. "But I got a lot encouragement from a lot of people who

kept telling me about my potential. Lee Woodall (veteran cyclist from Lexington) has been a mentor to me. He's pushed me, encouraged me, and motivated me."

Today, Wilson, 39, competes for Team MS - HerbaLife/Maui Jim of Winston-Salem. In the latest USA Cycling rankings, Wilson is No. 8 in North Carolina in his age group (30-39) in Men's Category 3 Criterium racing.

"I truly enjoy all the challenges that cycling provides," said Wilson, who competed in the Winston-Salem Cycling Classic last weekend. "Sure, there's plenty of competition from

the other riders, but I'm always competing against myself, so I can measure my level of improvement. I've learned that when I do well against me, I'm able to hold my own against everybody else."

The criterium is a bike race that's held on a short course, which is typically less than one mile long. Races are usually conducted on blocked-off city streets. In this event, riders complete multiple laps for a specified period of time.

The nature of Criterium racing places a number of demands on cyclists. Because of the shortness of the course and tight spaces, the ability to handle the

bike in close quarters is crucial in avoiding collision and injury. Equally important is the ability to maintain top speed or close to top speed while maneuvering around sharp turns.

At last week's cycling classic, Wilson raced against 60 riders on a .7 mile course for 50 minutes. The course, which featured tight turns and a punishing stretch of incline, presented its share of challenges.

"Cycling is a lot like what I remember about high school wrestling," said Wilson. "As a wrestler, you go all out for six minutes. It's no different in criterium racing. You're thoroughly tested from start to finish."

"It's hard. Sometimes I ask myself why I continue to do this. But the very next week comes and I'm back out there again. For me, there are two main goals: finish each race without getting lapped and finish with the pack."

For those folks who know little or nothing about cycling, it's just as demanding as other sports such as running, swimming and gymnastics. Conditioning is crucial for success and so is diet and rest. During the season, Wilson races two to three times a month at various venues in North Carolina with an occasional visit to South Carolina and

Virginia.

Now that Wilson has fully reconnected with the sport he fell in love with as a youngster, he has no plans to turn in his bike and racing gear anytime soon. "For me, racing goes beyond recreation," he explained. "You can't beat the camaraderie."

Being a cyclist is like being part of a community. "Plus, it's a good way to stay active and stay healthy. I know several cyclists who are in their late '50s. So, I want to keep doing this for as long as I'm able."

Cycling NCC

from page B1

across the country that will come to Winston-Salem to train.

The center, which is a 501(c) (3) non-profit, will begin a campaign in October to generate approximately \$5 million for renovation of the training site, and ongoing support. Rauck said funding for the Cycling Center is also being sought from

sources outside of the Winston-Salem area.

"Projections are that the building renovation will cost between \$6 [million] and \$8 million," Rauck said. "The cost range is partly dependent on whether the historic tax credit will be available."

The historic tax credit makes it possible to preserve and reuse old buildings at a cheaper cost after taxes.

Rauck and other cycling enthusiast in the area are also pursuing additional Olympic designation for the center to

become a Community Olympic Development Program.

"Getting the CODP designation would be a wonderful addition to the National Cycling Center," Rauck said. "CODP centers exist to look for young talent and train athletes who may later become Olympians."

The announcement of the Cycling Center couldn't have been made at a better time.

Winston-Salem also was selected to

host the 2016 and 2017 Volkswagen USA Cycling Professional Road & TT National Championships.

Rauck said Winston-Salem is well on its way to becoming one of the nation's best cities for cyclists.

"With the National Cycling Center and next spring's world-class competitions, Winston-Salem will become the premier cycling city in America," Rauck said.

Tri-City

from page B1

who has earned a full ride to Hampton University, enjoys running for Tri-City because it gives him a chance to focus more on his individual events unlike track practice at his high school. He feels like practice and meets with Tri-City are more exciting and competitive.

"Out here, it's all business" Washington-Saunders said. "When I come to Tri-City practice, I know that I have to bring it every day."

According to first-year volunteer Sandria Woods, children of all ages can get something out of running for Tri-City, like the value of hard work and discipline.

"Track can be very humbling," Woods said. "When you're out here running in 85-degree weather, it's easy to just give up or

quit. But when you learn to fight through that pain is when you really find out how strong you are."

Although it is her first year volunteering, Woods' son Tazhae Woods has been running for three years. Sandria Woods said she has seen the difference in her son since he began running.

"He had a few issues in school, but with the help of Tri-City and our coaches and volunteers, I have seen a major improvement in his behavior in school and home."

On Saturday May, 23 Tri-City Relays hosted the 12th Annual Johnson-Riley Invitational at the High Point Sportsplex in High Point. Results from the meet can be found at www.ptgrouponline.com

For more information on Tri-City Relays Track Club visit www.tricityrelays.com



Photo by Erin Mizelle for the Winston-Salem Chronicle
Young athletes practice their takeoff during a recent Tri-City practice at WSSU. Tri-City welcomes all children ages 5 to 18.