



Hometown: Truckee, CA
Email: julie@julieyoungtraining.com
IG @julieyoung.training

Julie Young



Coaching Specialties:

- **Cycling (road, mountain and cyclo-cross)**
- **Road and Trail Running**
- **Road and Off-Road Triathlon**
- **Injury Prevention**
- **Return to Sport**

Present Profession: Director of the Kaiser Sports Medicine Endurance Lab

Certifications:

- **Exos (formerly Athletes' Performance) Performance Training Mentorship**
- **Fellowship and continuing ed - Advanced Functional Biomechanics of the Lower Quarter: Integration of Technology into Practice, USC – Movement Performance Institute**
- **Specialized Body Geometry Bike Fit Certified Technician**
- **Medicine of Cycling, Bike Fitting Certification.**

Education:

- **Graduate of U.C.L.A. where she earned status as a NCAA Academic All-American**
- **Masters in Sport Science and Human Performance**
- **Pursuing grad degree in Performance Nutrition**

Recent Results:

- **Overall amateur winner at Carson Epic 2018 and 2019, on single speed**
- **Overall amateur winner at Oz Epic, 2019**
- **Overall Pro/amateur winner at Tahoe Trails 2018 and 2019, on single speed**
- **Leadville 2018 - winner single speed and SS course record, 6th overall pro/amateur**
- **Single Speed World Championships 2018 - 2nd**
- **Single Speed National Championships 2019 - winner**

Through her extensive race career at the elite international level, Julie brings firsthand knowledge of science-based, individualized training programs combined with nutrition, mental conditioning and race tactics produce winning results. Julie is considered one of America's most dominant European stage racer of her era.

- **12-year US and World Tour Pro Cyclist for Kahlua, Saturn, Timex, Autotrader, & Team Fannini**
- **US National A-Team Cyclist**
- **6-time UCI Road World Championship Team Cyclist**
- **Tour de L'Aude (women's equivalent to Le Tour de France) General Classification Victory**
- **Multiple stage wins and podiums, Tour de L'Aude, Tour d' Aquitaine, Tour of the EEC, Molenheike, Tour de Quebec**
- **Multiple winner, Xterra Lake Tahoe and Tahoe City**
- **Winner, 50k Trail National Championships**
- **Winner, US Amateur Single Speed Mountain Bike Cross-Country and Marathon National Champi-**