

Estephany's Story

Peru Junior National Championships

I will tell you about me competing in the National Women's Junior Road Events in Peru. I was very eager to feel the adrenaline in the 10km time trial and 60 km road race.

A week before the competition I was training very strong. I was a little tired because I trained on the road every day. The competition was on December 2 and 3. The week before I trained and did sprints of 100 meters and series of 3 km to be prepared for any break away in the peloton.

On Thursday before the race I had to rest and organize everything necessary for the competition because the next day my father and I had to travel 200 miles to Pisco in the morning. Pisco is located near the ocean south of Lima and is famous for the drink "Pisco Sour". My grandfather lent us his car to go to the competition because his car is more reliable than ours. On Friday morning my dad drove four hours to get to Pisco.

We arrived at Pisco and we looked for a cheap hotel. That was very difficult to find because most of them cost between \$25 and \$30. After an hour we found a hotel with a room for \$9 a night because that was a good price which we could pay.

My father assembled my bike which we carried in the back seat of the car. That afternoon after lunch we met some cyclists from the southern city of Arequipa and we coordinated to go out at 5 pm to train. We rode for an hour to stretch our legs and check our bikes to prepare for the race the next day.

We went to dinner with the other cyclists. As we were all waiting for dinner we talked very little. I think we were all nervous thinking about the race and we wanted to compete. The truth is that night I could not sleep because I was thinking about how I was to perform in the first race.

On Saturday morning we had breakfast with all the riders together at 7 AM. Then the organization took us the starting point for the 10 KM Time Trial. I warmed up on the rollers for almost 30 minutes. When they made the call for the Women riders under 17 years old I was ready. The riders departed

one minute apart. I was very eager to leave and when they gave me the order to start and I left very fast. Each 3 km I went faster and the last kilometer I did very fast. I caught the rider from Arequipa who had left one minute before me.

The Time Trial finished at 11 AM. My father and I returned to the hotel and packed our things. We had to drive 4 hours back to Lima because I had an English test at my High School from 4 pm until 7:30 pm.

As soon as my English class finished I went to my house to sleep. My father and I had to get up at 2 AM to travel 4 hours back to Pisco to arrive early for the 60 KM Road Race competition. This time my mother and little brother and sister accompanied me and my father. We arrived at 6:30 AM and we had breakfast before the race started at 8:00 AM.

I wanted the minutes to pass faster because I wanted to feel the need to know what other cyclists had planned or what I had to do to win. The race pace started very fast and I was a very tired. It was very hot and there were many short climbs and the pack wanted to leave me. My specialty is the velodrome sprints and I am not a good hill climber. The pack could not drop me because I had been training on the climbs almost three times a week.

At more or less at KM 15 there was a descent and I did a sprint. The group was divided and at the KM 30 turn around point there were only three riders in the break away, two from the mountain city of Huancayo and me. On the way back we started to work together to get faster, but one of them did not want to work. So the other rider and me did a sprint at the same time to drop the third girl. I sprinted again very fast and the second rider could not endure the speed. I broke away and had to ride alone the final 9 KM to arrive the finish.

It was a strategic and strong race. With my training I was able to achieve it and I know that I can improve more. I am very happy with those results in the National Road Race and Time Trial.

Once again I was accompanied by the best bike my FUJI SUPREME 2.1 that I received last year with the help of my friends in the United States.

Everything worked perfectly and it was a fundamental part of this goal. I also thank my coach Daniel Gorina who is always helping me with my trainings. I thank my family who supports me unconditionally. I thank the people in the United States for the equipment donations that I receive. Without their help I could not achieve these goals.

Currently I am the Peru Junior National Champion in the Time trial, Road Race and Track (velodrome pursuit and sprints). Those achievements are very important for me because I can see all the sacrifice , responsibility, perseverance and teamwork have given me results. For the next year 2018 there are many new challenges, but I am sure everything will go well.