



Brandt Elson

Cycling Coach

My name is Brandt Elson. I started cycling 18 years ago but I have been passionate about fitness my whole life. I have competed in over 300 races across mountain bike, cyclocross and road racing. My coaching began when I had the opportunity to help young athletes learn about cycling through the MN High School Mountain Bike League. I have helped coach the Cuyuna Lakes Mtb Team to 3 consecutive State Championships as a team. I have taken the next step in coaching and became USA Cycling certified coach at the beginning of 2018.

I provide coaching for all levels of endurance cyclists. I specialize in mountain and road biking, but can also coach athletes in cyclocross and enduro. I use structured workouts while placing an emphasis on fun! I can coach face to face or remotely. Training camps are available on an individual or group basis.

I enjoy traveling and have been able to incorporate cycling into these trips. I want to share these experiences with other cyclists and help fuel their passion for adventure and fitness.

