



Samuel Elson

Cycling Coach
JM Coaching LLC

My name is Samuel Elson. I am a professional mountain biker and cycling coach. I grew up in Minnesota and began mountain biking around the age of 10 chasing my dad around in the Minnesota Mountain Bike Series. At the age of 15, I started to take cycling more seriously and began working with a coach to reach my goal of becoming a

professional cyclist. Coaching had a profound effect on me and it changed the way I looked at training and cycling in general. When I turned professional at the age of 18, I started attending national level XC races across the country, chasing after points and the fastest mountain bikers. I am now 20 years old and still pushing myself to be the fastest cyclist I can be.

I am a two time MN State High School Champion and have top 5 finishes at the Junior and Elite level in Pro XCT races across the country. My ultimate goal is to race at the World Cup Level

I am currently finishing up my two year college degree online so that I can continue to train, travel, and compete professionally. This last year I was introduced to Joe Maloney, who is now my coach and also offered to train me in coaching other athletes. Again, this was a game changer for me – to understand more of the science behind training. It has helped me grow as an athlete and makes me want to help others do the same.

My journey, like many others, has not been a smooth road. Things like broken bones, road rash, school, relationships have all tried to derail me. My passion for cycling has been tested but not deterred. These events in life have just helped strengthen my focus. I want to share my experiences and passion for cycling by helping others achieve their goals and be the best cyclist they can be.