

Amanda Coker

"Just seize every opportunity you have, embrace every experience. Make a mark, for all the right reasons." - Chrissie Wellington

Name: Amanda Coker

Nickname: TBD ☺

D.O.B.: July 27th, 1992

Birth city and state: Raleigh, North Carolina

Current City: Zephyrhills, Florida

Height: 5' 7"

Specialty: Time trials and ultra distances

Previous sports: Running races and triathlons

Years racing: 3, complete

Personal Website link: goamandacoker.com

Instagram link: https://www.instagram.com/amanda_coker/

Facebook link: <https://www.facebook.com/goamandacoker/>

Twitter link:

Amanda grew up in North Carolina, competing on a swim team from ages five to thirteen. Once in high school she was on the school's cross country and track teams. She started riding a road bike at the age of 15, participating in triathlons, and in 2009 she competed in her first cycling race. Having to take extensive time away from cycling to recover from injuries, she has been back to riding since 2015, and racing since the end of 2017.

Amanda is an only child, enjoys spending time with her family and friends, taking day trips to Disney World, working on and learning about bicycles, and going to antique auto shows/festivals. She recently started a women's specific group ride in Tampa, Florida where she welcomes and encourages female cyclists of all levels to connect and share the love of cycling.

Career Highlights

- World Record Holder - 8,012 miles ridden in 30 days
- World Record Holder - 86,573.2 miles ridden in a year
- World Record Holder - 100,000 miles ridden in 423 days

2018

- Florida State Time Trial Champion
- 1st Amateur Kristin Armstrong Chrono Time Trial
- 1st Overall Women's Fort DeSoto Time Trial Series
- 1st Winters Road Race



What inspired you to become a bike racer?

My dad has always been a competitive athlete, racing in running and triathlons events for decades. Being around his training and racing success inspired me to compete in my first triathlon at the age of 15, which resulted in me falling in love with cycling. Since then he has been my coach, training partner, and motivator, always reminding me to have fun and enjoy the ride!

Who is an inspiration to you in your life, both on and off the bike?

Anyone who sets a goal for themselves and devotes their efforts to achieve it! During my world records attempt I met so many people who expressed how inspired they were by me, sharing stories of their life journeys. In turn they inspired me to continue to push on through my records, no matter what my fatigue levels were or the climate conditions. It's because of these wonderful people that prompted me to adopt my favorite saying, "inspiration is contagious!"

Favorite meal when training?

Baked chicken with fresh herbs from my mom's garden, roasted potatoes, and a salad.

The best thing about being a bike racer is?

Having the opportunity to travel for races. Along with competing in races, I really love exploring the surrounding cycling routes, checking out the local's favorite spots, and making new connections with people in the hosting cities.

What is your biggest accomplishment on the bike?

So far, setting three world records for the most miles ridden in 30 days, most miles ridden in a year, and fastest completion of 100,000 miles on a bicycle.

Favorite place you've raced your bike and why?

Boise, Idaho. I loved being able to roll out of the front door with endless route possibilities, the scenic landscape, riding up Bogus Basin, and especially getting to ride on so many roads that actually have bike lanes. It was also nice getting to know and ride with so many great cyclists in the community.

Favorite cross training or off-season activity?

Swimming and running.

Best tip for a new bike racer?

Always remember to have fun while training and racing. Also, never hesitate to ask fellow cyclists for advice, we all had to ask the same questions at some point!

What are one or two things that you do daily that are the keys to your success?

Making sure I'm staying well hydrated throughout the day.

If you weren't bike racing what would you be doing?

There's more to life than bike racing?! Just kidding. I would more than likely be focusing on competing in triathlons.



If you could spend 10 days anywhere, where would it be?

I would go to Australia. Spend the trip exploring every city possible, both on foot and by bike, trying local cuisines along the way.

Tell us something about yourself that people may not know

During the summer of 2015 I rode my bicycle from Fernandina Beach, Florida to Ventura, California. I rode through the Mojave Desert with temperatures reaching 120 degrees, stood on the corner in Winslow, Arizona, spray painted the Cadillacs on Cadillac Ranch, rode hundreds of miles on Historic Route 66, visited the Eifel Tower in Paris, Texas, and many more memorable experiences with my parents by my side. It was because of this trip that I rediscovered my love of cycling, having never imagined I'd ride again after being struck by a car in 2011.

Favorite things to do off the bike:

1. Going to Disney World
2. Hanging out with my friends and family
3. Modifying recipes to make them healthier but still flavorful
4. Drinking coffee
5. Being outdoors

Top 5 warmup/pre-race songs on your iPod:

I usually listen to a shuffled playlist of fast-tempo EDM music

Favorite things to eat:

1. Bananas
2. Sushi
3. Pizza
4. Home baked sweets
5. Baked Chicken

