

# On Top Of The World

Hindman wins World Junior Triathlon, becomes top young triathlete



An exhausted Austin Hindman hangs the finish line banner over his head after a triumphant first place finish. Hindman also won the Junior North American and Junior Pan-American Triathlons to qualify for the World Junior Triathlon. (photo from Austin Hindman)

**Arpan Das**

sports reporter

**O**n Sept. 16, 2016, Austin Hindman proved his athletic prowess to the world by winning the Junior Men 2016 ITU World Triathlon Grand Final at Marina Fonatur, in Cozumel, Mexico.

Hindman was also one of just three representatives of the United States in the event.

The triathlon consisted of three legs: a 750-meter swim, a 20-kilometer bicycle race and a 5-kilometer run. Hindman crossed the line with the best total time of 54:02, after surging ahead of Canada's Charles Paquet, who led for much of the event.

In the swim, Hindman finished in 12th with a time of 9:06, just six seconds behind the top swimmer. It seemed that the swimming event was too short to separate the athletes, as first and 75th place only had a one minute difference.

In the second event, biking, Hindman had the 23rd best time with a time 28:08, but came just 25 seconds behind the fastest time in the event. Entering the 3rd event, he was just three seconds behind first place.

However, the final event was running, Hindman's biggest strength. In running, he came back to beat Paquet, who was in first at the time by three seconds, by 13 seconds, capturing the victory.

For the majority of the running section, Hindman sat in fourth place, well behind Paquet, who was in first early on with a seven second lead early in the running.

Then, Hindman made his charge late into the race and overtook Paquet.

As he finished, Hindman slowed

down, picked up the finish line banner and hung it by his head.

Getting to that win however, was no accident. In fact, Hindman's roots lie in triathlons.

"I've actually been competing triathlon longer than I've done cross-country. I started triathlon when I was five," Hindman said.

The win was still a combination of Hindman's natural talent and the hard work he has consistently done into unlock that talent.

"It was a lot of volume and intensity both. I would, in the 4-5 weeks leading up to the race, run really hard, be putting in three workouts a day, wake up at 5 a.m. and go swim before school and do two workouts after school," Hindman said. "Going into it I knew I had a shot to go top three and make the podium, but I knew that it would take kind of a monumental effort to win"

By winning World Juniors, Hindman cements his place as one of the best US triathletes in recent history, and is recognized as possibly the best in the triathlon for his age and division.

"It's pretty hard to wrap my mind around to be honest. It's just weird to think about when you realize how many people there are in the world, and how many people are in the sport. It's a strange feeling, but there's really nothing else like it," he said.

He plans to continue doing Triathlon and aims to make a career out of it.

"[To do triathlon professionally] is really the goal, and to try to make the Olympic team in 2020. I'll definitely continue it in college and hopefully be able to make a living as a professional throughout the rest of my life," Hindman said.

Hindman's focus remains doing his best running and in triathlons in the near future, while quietly still waiting for the Olympics in 2020.

## Balderston finishes top ten at World Crossfit 2016 Tournament

**Arpan Das**

sports reporter

**I**n the Worldwide Crossfit 2016 games in the Female 16-17 division, senior Addie Balderston achieved seventh place. The event was held at Stubhub Center in Carson, CA.

The first event was the California Club, an intense starting workout with deadlifts, glute-ham developer sit-ups, double-unders, rope-climbs, and wall ball shots.

Next was the Adios Amigos event, with first 12 reps, then nine reps and then six reps of snatches and muscle ups, with the load on the snatches increasing each round.

After that was the Feel the Berm, with four rounds consisting of a long run around the stadium (called a Berm run) and 20 burpee box jumps. Balderston came first in this event.

Then came the Deuce-Deuce, with

22 toes-to-bars, 22 clean and jerks and a 160-meter shuttle sprint.

Fifth was the Squat Clean, a single rep clean max squat.

Lastly came the D-ball Triplet, three rounds of 12 thrusters, six bar muscle-ups, and three D-ball cleans, lifting an 80 pound ball up and over the head.

Doing as well as Balderston did in a worldwide event was also, no fluke, as training for the event was a big part of her life.

"Usually everyday I would train for four hours, in two, two-hour periods. It's just a combination of cardio, gymnastics and weightlifting exercises," Balderston said.

Training all the time can be taxing on the mind and the brain, but Balderston does her best to make the workout fun and stay strong mentally.

"I always worked out with my little workout group, and it's just keeping it light and fun, laughing about the movement we hate or we

were bad at. We just keep pushing through,"

However, despite the seventh place finish, Balderston was not entirely happy about her placement.

"I wished I had done a little bit better, but I did finish seventh in the world and fourth in the US. I plan on going back when I get older and have trained more."

Experience with Crossfit will be key for Balderston. She has done Crossfit for almost two years, with February marking her full second year.

To Balderston, Crossfit is more than just an event, a sport or just a simple hobby.

"When I get older I will definitely do Crossfit every day. I'll either be a coach on the side of my job or something, but it's never going to leave."

With more experience, Balderston can come back stronger and finally finish her dream of being the best in the world.



Addie Balderston does snatch as a part of the Adios Amigos workout. She came in 10th in the event. (photo from Addie Balderston)