

Sara Hammer

Sara Hammer is born on August 18, 1983 in Redondo Beach, California. She is 5'7" and weighs around 130 pounds. Sara began cycling at age 8 when her father, Cliff, introduced her to the sport. Sara was quick and won her first junior national title in 1995. She is a four-time silver Olympic medalist and eight times world champion. She is one of the most decorated cyclist athlete to this date. She holds the record for the 3000 metres individual race. She did it in 3 minutes 45 seconds. One of the most remarkable American track cycling careers almost never took place after Sarah Hammer quit the sport in 2003. Burned out from the rigors of competitive cycling, Sarah gave up the sport after just two years as an elite rider. Not intending to return, she sold most of her equipment, went to school and worked various odd jobs.

