

# LIZ MCLAUGHLIN



**Age:** 56

**Group:** NTSR (Not The Sunday Run)  
and The Rossi

**Discipline:** Mountain Biking | Road

**Started Cycling at the age of:** 30

## **Why did you start cycling:**

When my kids were small, I was doing a bit of running to keep fit but always felt it wasn't enough. My husband got involved in a local cycling club and really enjoyed it. One Christmas he bought me a mountain bike and said, "when you can keep up with us you can come out on the mountain with us!" Well, I love a challenge so that's where it all started.

## **What is your favourite thing about cycling?**

The sense of wellbeing and achievement I get be that from a leisure spin with a group of friends or participating in events like the Wicklow 200. I had planned to take a month off this year to bike pack round the Wild Atlantic Way- next year I hope. Just thinking about the lovely cycling, beautiful scenery, and interesting people you meet along the way is keeping me going.

## **What have been your cycling highlights?**

Eventually being able to ride technical stuff on my mtb without falling off!!! Seeing women who I encourage to get on a bike get fit, confident and enjoy it. Some of them went on to join local clubs and race - one of them made it to the Ulster team for the Ras Na Mban 2019.

## **Do you have a quote that you live by or inspires you?**

"Every day is a learning day" and "what doesn't kill you makes you stronger"

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### **What has been your involvement in cycling, your story?**

I started mountain biking with my hubby and a few mates. Through them I met an amazing woman called Anne Duffy. She is a terrific cyclist and inspiring sportswoman. One evening Anne arrived at my house with her road bike for me to borrow to see if I liked it. I did! So my journey of road riding, club racing and mountain biking began including road cycling trips and events in Ireland, Majorca and Lanzarote, mountain-biking trips to Wales, Scotland and Spain, bike packing in Slovenia, adventure racing, Gravel events, road challenges etc ...and all mighty craic.

### **What would you say to other females who may be interested in cycling?**

Cycling is for everyone- all levels and all ages and there is so much choice from solo spins to clear the head, group rides for a bit of craic, lots of events where you have something to work towards getting a real buzz at the start and a great sense of achievement afterwards and of course cycling holidays that'll create terrific memories.



### **How do you feel cycling has benefitted you?**

Great for my physical fitness and importantly for my mental health. I have found it particularly helpful this year. I've met some brilliant people, had amazing cycling holidays and great fun.

### **How do you feel about becoming a Bike Like Me Advocate?**

I feel privileged to advocate for the sport and Bike Like Me. It was one amazing woman who encouraged me to cycle and I would like to share what I have gained from it with other girls/women.