



Rider: Beata Golczak
Age: 40
Province: Leinster
Club: Orwell Wheelers
Discipline: Road, Cyclocross/
 Gravel, Mountain
 biking, Bikepacking

What age and why did you get involved?

I probably started cycling when I was around 4 but seriously I only bought my first proper racing bike when I was 31. I wanted to take part in a triathlon race and I needed a decent bike to be able to do it.

What has been your involvement in cycling, your story?

I joined Pulse Triathlon Club in 2012 and one of the first events I took part in was a hill time trial. This was definitely a shock to the system but I loved it. Then somebody from the club mentioned sportives to me and I had no idea what was that so in 2013 I signed up for Wicklow 200. Bought my cycling clothes in Lidl, did few hilly spins with two friends and finished Wicklow200 in „I don't know how many" hours because there was no Strava in my life back then.



In 2015 I discovered Corkagh Park in Dublin. I found on Facebook that there are girls racing there every Tuesday in the summer and I decided to join. So little I knew about racing in a bunch. It was a steep learning curve, with

few podiums in B league in a very friendly environment. I definitely recommend this place to every woman. If you want to meet like minded people and learn some bike handling skills there is no better place. As we know appetite grows with eating" so I did a ½ Ironman race in Dublin in 2015 and because somehow water was becoming colder each time I swam I just quit triathlon and turned into a (full time) cyclist in 2016.

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

“Life is like riding a bicycle. To keep your balance, you must keep moving.” — Albert Einstein



What have been your cycling highlights?

It was definitely all what happened in 2017. I sat down and planned all the things I wanted to do almost as if it was my last year of life. There was loads of things done for the first time. First MTB race (Biking Blitz), first spins on a track in Sundrive, first open road race – Nenagh Classic, first Audax – Mick Byrne 200, first cross country mountain bike sportive – Nire Valley drop, for the first time I finally managed to stay with A race bunch in

Corkagh Park till the end without being dropped which was like a milestone for me at that time, first stage race – Tour of Omagh, followed shortly by another stage race Ras na mBan – which was like a cherry on top of the cake after a season full of all sorts of racing events and an experience once in a lifetime for an amateur cyclist.



How do you feel cycling has benefitted you?

First of all I have to say that it definitely didn't benefit my pocket. But this might be the only disadvantage that I can think of. When you take up cycling you will be fitter, healthier, you will spend more time outdoors, you'll meet loads of people, you will discover new places, learn new skills and one day when you follow the rule n+1 and invite more bikes into your life you'll find out that you place is not big enough which might be another disadvantage;-)

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

Buy a bike that you will enjoy looking at and that you feel comfortable on and just hit the road!

I'll see you somewhere on the road/off-road!

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‘To promote cycling as an accessible and enjoyable pursuit, where every cyclist may participate and develop to their full potential’

