



Rider: Lisa Stapelbroek
Age: 36
Province: Munster
Discipline: Road & Cyclocross
Club: Kenmare Cycling Club, Co.Kerry

What age and why did you get involved? I started at cycling at 29. As a kid I used cycling to get places then as an adult I switched from triathlon to more biking as I'm a shockingly slow runner.

What has been your involvement in cycling, your story?

Having cycled as part of Triathlon racing I saw RasnamBan pass by my house and decided I wanted to give that a try so focused on road cycling and did RasnamBan in 2013



What is your favourite thing about cycling? The freedom to go anywhere my legs can take me! The view from the top of any climb is always worth it!!

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Do you have a quote that you live by or inspires you? What doesn't kill you makes you stronger.

What have been your cycling highlights? RasnamBan 2013&2014, Winning Fixx Cyclocross league 2019, Soigneur at the 2018 Ras, Cycling Mizen to Malin in 2 days in 2016 & meeting so many inspiring cyclists along the road.



How do you feel cycling has benefitted you? More mental & physical strength a wider group of friends who share the love of the open road and the mud

What would you say to other females who may be interested in cycling? Just do it! All the people I have met through cycling have been so friendly and willing to share advice and their spare tubes.

Any other cycling stories you would like to share to inspire other females into cycling?

There are so many stories it would be hard to pick one. They all have a similar story line in that the fun, hardship, camaraderie, suffering & friendships found on the bike or at the side-lines & behind the scenes is what it's all about. For anyone not sure about getting into cycling I would suggest you go to watch a race or event near where you live, you join a cycling Ireland's ladies training day in any discipline or you check out your local clubs Facebook page for more info. If you cycled a bike as a kid you will now rediscover how much fun it is as an adult :)

Bike Like Me — Your Story

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

