



Advocate: Ruth Nugent
Age: 26
Province: Leinster
Club: Ratoath BMX Club
Discipline: BMX

What age did you get involved? I only got involved at the age of 24 and I wish I did it sooner! I was always on a bike when I was younger because living in the countryside meant it was the easiest way around. I only heard about mountain biking in Ireland in my twenties and always wanted to do it but had no idea how. In 2019 I moved to Ratoath and discovered the Ratoath BMX club and on impulse joined and bought a bike. From there I got the confidence to try mountain biking too and later in the year purchased my first bike.

What has been your involvement in cycling, your story? I am very new to cycling scene . The first day I joined Ratoath BMX club I felt involved, encouraged and important. The cycling community felt like home and I loved how similar it was to the Motorsport community – like another family. I began attending the female coaching held by Eugene Jackson and through that I met females of all ages and experience enjoying BMX racing which immediately drew me in to coming back again and again. Through that I also met my cycling inspiration Anna Szmyt who has been a huge influence in my taking up of cycling. She has taught me so much and alongside other members of the club encouraged me to get my cycling license and begin competing. Similar to Motorsport, what really makes the sport so great is the people involved in it and by your side. As I mentioned, I purchased my first mountain bike last year, a Kona Cinder Cone hardtail which I used to train on as I felt it was almost cheating jumping straight onto a full suspension. So I began taking myself off around trails and as cycling always seems to do for people, I met others along the way who joined me or I began bringing friends and family with me for company. Originally, I had written off enduro and had preferred downhill but after recently purchasing a gorgeous Merida full suss bike I an already feel my mind changing!

What is your favourite thing about cycling? I love that there is always room to improve and more to learn. You can never stop practicing and learning within cycling, there’s an endless amount of skills and techniques to be mastered.

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Why did you start cycling? I am heavily involved in Motorsport and I race cars so wanted to find a form of exercise I would enjoy as I had slowly lost interest in going to the gym etc. Purchasing my own bikes forced me to keep going out on them and I quickly developed a love for how cycling made me feel and how quickly my fitness improved. By the end of last year I found myself relying on it as a break from work and every day life and I just loved the lifestyle that came with it.

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

Well I always believed in “everything happens for a reason” but I think my favourite quote is “you can’t stop the waves, but you can learn how to surf”. I like it because in sport or in fact in anything in life, you will always have hard times that will test you and you can’t stop them all from happening, but you can certainly learn how to overcome them.



What have been your cycling highlights? My cycling highlights are once again very small in comparison to others as I’m so new however I think my favourite so far was competing in my very first race in the Ratoath BMX Spring Series and coming fourth. I hope to compete more and hopefully have many more highlights!

How do you feel cycling has benefitted you? Cycling has benefitted me more than I think I ever thought it would. Both physically and mentally! It’s has been the one form of exercise I have not found myself bored of once (my own fault for being an adrenalin junkie, I know!) and therefore I have been able to do it as much as I possibly can which allows me to build on my fitness. Physically I feel stronger and quicker and I love feeling the difference it makes in my body. Mentally, it’s become my headspace that I need every week. Like everyone, with work and everything else in life I get stressed and need a release.

What would you say to other females who may be interested in cycling? DO IT! I wish I did it sooner. If you have watched a BMX or MTB race and thought “I would love to try that” – go for it! I know it can be seen as predominantly a “male” hobby but it’s not. If you look at a female cyclist competing and think she’s admirable for doing it, why not admire yourself for giving it a go instead? There is nothing you can’t do.

How do you feel about becoming a Bike Like Me Advocate? I am crazy excited! And very honoured to be chosen. I’m hoping as a newbie cyclist within the community I can highlight to others how I am finding my feet within the cycling world and how they can do the same.

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

