

CLARE NEENAN



Age: 39

Club: Chain Gang Cycling Club

Discipline: Road | Leisure

Started Cycling at the age of: 34

Why did you start cycling:

I wanted to do the Ring of Kerry

What is your favourite thing about cycling?

A great sense of freedom and the wind in your hair. A bit like a dog with their head out the car window.



What have been your cycling highlights?

The Ring of Kerry, The Ring of Beara, Cycling Sleah Head, The Healy Pass, Ballyhoura.

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

Find a group and get in touch with them. A good cycling club won't leave anyone behind so pick a day and just go with them.

A
D
V
O
C
A
T
E



A D V O C A T E

What has been your involvement in cycling, your story?

I got a Dublin Bikes card in 2010 and that got me back on the bike on a daily basis, later I cycled with my daughter everywhere when she was a baby. I got a bit more into cycling for leisure in 2015 when I started training for the Ring of Kerry. After that I started doing triathlons so being out on the road became a more regular thing.

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

You can. End of story.

How do you feel cycling has benefitted you?

I like how the bad weather and tough conditions can make you more resilient both physically and mentally. It's great to finish a spin freezing cold, soaked to the skin and still say "that was great"



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

The more people that can be encouraged to start something new, especially cycling, the better. Roll on 2021.