

EMMA LANG



Age: 42

Club: Courtown BMX Club

Province: Leinster

Discipline: BMX | Leisure

Why did you start cycling:

Five years ago my sons got into the sport of BMX racing and after a while I got involved in the club. That was it I was in for the long haul.

What has been your involvement in cycling, your story?

After my first year in the club we started running Easter, summer and Halloween camps. In doing this I ended up getting on a bike and riding the track. From the first day I loved it and it has grown from there. I ride my bike for the social/leisure side not the competitive side and would love to see more girls/women take it up as a hobby.

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What is your favourite thing about cycling?

My most favourite thing about BMX is spending time with my immediate family and my BMX family.

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

It is daunting when you first see the track but I do believe 90% will be hooked after they have tried it.

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

I'm excited about becoming a bike like me advocate but don't know what to expect so it's making the next few months look exciting.

