

CYCLIST PROFILE

Deb Visentin has made very significant improvements in her fitness in the last few years. This is due to her dedication to cycling and no doubt assisted by Chris, the world's most tolerant man. Deb won a bronze medal at the World Masters Track Championships last year and she continues to ride very strongly.

NAME: Deb Visentin

OCCUPATION: Contract Manager

FAVOURITE CLOTHES: ..these days are they any other clothes than 'lycra'?

FAVOURITE FOOD: Creme brulee and french toast ...but not together.

FAVOURITE DRINK: Berocca with a shot of Muscle Ease taken daily... stirred not shaken and served on crushed ice...(yes it is very sad)

FAVOURITE MUSIC: Grew up on Black Sabbath, Deep Purple and Leonard Cohen, now enjoy Micheal Buble and El Divo...also enjoy lots of the new 'techno' tunes on my ipod.

WHAT I WOULD CHANGE IN THE WORLD: I'd fit it with a good set of brakes!

PET HATES: Leschenault Hills and crap coffee after a hard ride.

REASON FOR GETTING INTO CYCLING: to stop me getting bored and spending money on things I didn't REALLY need....yep, that worked didn't it!

FAVOURITE EVENT: Team time trialling/pursuit....no, not like Pinjarra08

MOST ENJOYABLE ASPECT OF THE SPORT: there are SO many.... nice people/riding FAST/humorous banter on group rides/being treated as 'one of the boys'/learning about my strengths and weaknesses and being able to enjoy it with my fabulous husband who keeps me company when I get dropped on those hills!

ANY EMBARRASSING MOMENTS IN TRAINING/RACES: ...not telling.

TRAINING PARTNERS: Most often Chris who gets up first on early morning rides and makes the must have 'cup of tea' and is quite happy to ride and not talk. Linda and the Wednesday Ladies....when I can get there!

HOBBIES/INTERESTS: ????????.....cycling..and um...shopping in cycling stores?

SPORTING BACKGROUND: Born into a family that valued sporting success and the 'size of one's ticker!'. 1950-60's Some success at school athletics and netball

1970's Who REALLY played sport in the 70's!

1980-2000's Raising children and working fulltime but managed to fit in sporadic jogging and weight training to keep fit...and sane!

2006 Did my first Womens Traithlon, discovered a PASSION for cycling and am now possessed.

FAVOURITE TRAINING AREA: Anywhere that's flat, smooth and there are no TRUCKS

FAVOURITE TRAINING SESSION: motor pacing on the track...

SPORTING HERO: I love watching the Fabulous Fabian Cancellara ... but the BIG hero has to be Micheal Milton...the downhill skier...INSPIRATIONAL, particularly on those days I feel sorry for myself and think this cycling gig is just all too hard for this old gal.

BIGGEST INFLUENCE OF CYCLING CAREER: The ghost of my father who cracks the whip when I need it.

WEEKLY TRAINING: now that I have lights! Approx 250-300 per week (well that's the plan anyway)

GOALS THIS SEASON: Be competitive in my age group at the Masters TT & RR events in Sydney later this year

LONG TERM GOALS: To EARN the right to wear a rainbow.

BIGGEST ACCOMPLISHMENT: Marrying the most tolerant man on earth....and surviving a Thursday morning ride.

ANY OTHER COMMENTS: Stay upright and keep pedalling!

