CTC Ride Leaders

Name - Helen Tolley

How long have you been cycling?

I have been cycling from about the age of 6

What got you into cycling?

I have always active as a child and was always out riding my bike in the entry where we lived, when I started horse riding my parents didn't have a car so the only way to the stables was to cycle and I feel in love with the freedom it gave me.

When did you join the club and why?

I joined the club just before the first lockdown as I am always out on my bike on my own and as I want to increase the miles I ride, thought it safer to be in a group, this club is very friendly and sociable and don't want to go as fast as humanly possible but prefer to take the time to enjoy the scenery which is also important to me.

Why did you decide to become a ride leader?

I love cycling and am passionate about getting more people out on their bikes, its good from a mental health perspective and makes me feel happy and by being a ride leader I can help encourage others and pass that passion on. The club are very supportive to new ride leaders, allowing them to be buddy rider leaders until you feel confident to take a group alone, there is a library of rides and sample rides on the website for you to use as planning your own route can seem slightly daunting at first.

What bike do you ride?

Genesis Eclipse

Favourite film?

Rocky Horror Picture Show – because it is so much fun

Favourite Music?

I love all sorts of music, from Metallica and Guns and Roses to Katy Perry and Rival Son's anything with a beat that makes me want to dance.

Hobbies and pastimes?

I have lots of hobbies I love horse riding, kayaking, walking my dog Alfie, running, swimming and I last year I decided to learn to dance ballet and tap, having never danced as a child, I took part in my first ever dance show and passed my bronze ballet medal test in February 2020

Picture of Alfie

My hair never stays the same colour for long as I love to dye it weird and wonderful colours

Currently my hair is rainbow coloured see picture below.