|  |  |
| --- | --- |
| **Full name** | Monique Sullivan |
| **Date of birth** | February 21, 1989 |
| **Age (as of January 1, 2012)** | 22 |
| **Birthplace (Birth)** | Calgary, AB |
| **Hometown (Grew-up)** | Calgary, AB |
| **Residence (Currently reside)** | Calgary, AB |
| **Discipline** | Track |
| **Cycling Club** | Team PCL |
| **Current coach** | Richard Wooles |
| **Training center** | Calgary |
| **Pro Team** | Team PCL |
| **Bike Company you ride on** | Look for Track, Helios for road |
| **Years on National team** | 4 |
| **Sponsors** | PCL Construction |
| **Website** | <http://Moniquesullivan.wordpress.com> |
| **Twitter** | @mo\_sullivan |

**Key Results (Location, Results)**

|  |  |
| --- | --- |
| **Pan-Am/Para Pan-Am Games** | * Gold, Sprint, 2012 Pan-American Championships * Gold, Keirin, 2012 Pan-American Championships |
| **Commonwealth Games** | * Bronze, Team Sprint, 2012 Delhi, IND 2012 (T. Whitten) |
| **World Championships** | * 9, Keirin, 2010 Copenhagen, DEN * 9, 200m Time Trial, 2012 Melbourne, AUS |
| **World Junior Championships** | * 3, Keirin, 2007 Palma, ESP |
| **World Cup/Pro Tour (Top 3 only)** | * 6, Sprint, 2011 Cali, COL * 7, Keirin, 2011 Cali, COL |
| **Canadian Championships Titles** | * 14x Canadian Champion |

|  |
| --- |
| **Why and how did you start cycling?** |
| I started cycling because I needed something to do after school, and my friend was in a cycling program here in Calgary. I had tried all sorts of sports as a kid but I was never any good at them and I never really liked any of them but I liked trying new things. I fell in love with cycling right away and now you can’t keep me off of bikes! |
| **What is your first memory of cycling?** |
| I remember the first time we tried the track. It is such a cool sensation, almost like riding a roller coaster. |
| **Why is cycling so much fun to you?** |
| I love every bit of cycling. I love going out for long easy rides and being outdoors, but I also love going really fast. I love all the tactics in cycling, how you have to outsmart your opponents. I feel most comfortable when I am sitting on a bike! |
| **Who has had the most influence on your career and why?** |
| Many people, but a few years ago I had let the pressure and expectations of performance get me down. My boyfriend Mark was a cyclist at the time and he helped remind me of how fun cycling can be. He has been a constant support for me, I’m not sure where I’d be without him. |
| **What is the most memorable moment you had in your career? What made it interesting?** |
| When Tara won her first World Championship it was pretty special, we are good friends and always share rooms on the road. To see her make it to the top like that, it was great. |
| **Do you currently support a charity of any kind? Why?** |
| Fuel for School, providing breakfast for public school kids who don’t get properly fed at home. Breakfast is such a simple thing to provide and makes such a difference, I am happy to support them. |
| **What do you do in the when not competing?** |
| I love sewing and reading. |
| **How would you describe your style of cycling?** |
| I am a sprinter, short and fast is good for me! |
| **What is your highest level of education?** |
| University of Calgary, Mechanical Engineering, about half done. |