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| **Full name** | Denise Marie Ramsden |
| **Date of birth** | November 21, 1990 |
| **Age (as of January 1, 2012)** | 21 |
| **Birthplace (Birth)** | Hay River, NWT |
| **Hometown (Grew-up)** | Yellowknife, NWT |
| **Residence (Currently reside)** | Yellowknife, NWT/ Vancouver, BC |
| **Discipline** | Road |
| **Cycling Club** | Optum Cycling p/b Kelly Benefit Strategies |
| **Current coach** | Denise Kelly |
| **Pro Team** | Optum Cycling p/b Kelly Benefit Strategies |
| **Bike Company you ride on** | Orbea |
| **Years on National team** | 6 |
| **Nickname** | Denny, Ramshackle, Rammer |
| **Website** | [www.denise-ramsden.blogspot.com](http://www.denise-ramsden.blogspot.com)  |
| **Twitter**  | @dennyramshackle |
| **Language you speak** | English |
| **Father’s name? Occupation?** | David Ramsden, Engineer/ Management |
| **Mother’s name? Occupation?** | Fran Ramsden, Nurse |

**Key Results (Location, Results)**

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| **Pan-Am/Para Pan-Am Games** | * 7, 2011 Pan American Games, Time Trials
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| **World Junior Championships** | * 16, 2008 World championships, Time Trials
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| **Canadian Championships Titles** | * 2007 Junior Canadian Champion, Road Race
* 2008 Junior Canadian Champion, Road Race
* 2011 Elite Canadian Champion, Road Race
* 2011 U23 Canadian Champion, Time Trial
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| **Why and how did you start cycling?** |
| I speedskated competitively for 12 years. A member of our speedskating club ran a kids triathlon so he got a bunch of us into doing triathlons in the summer. My dad and another coach ran a bit of a club and we raced through the summer to make training more fun. I realized speedskating made me a much better cyclist than swimmer and one summer my dad realized I was old enough to race the OBC grand prix. That was my first and only bike race that year and I dropped my chain on the main climb but it was fun enough to come back for more the next year. |
| **What is your first memory of cycling?** |
| Riding up and down my street in Yellowknife decked out in full bug wear learning to ride my pink and teal bike. |
| **Why is cycling so much fun to you?** |
| I love cycling because you get to explore so many different places and go fast while training and racing. We’re not trapped in a pool or arena. We can go wherever the road will take us, and get to see so many different areas that you might not otherwise. |
| **Who has had the most influence on your career and why?** |
| My parents have definitely had the most influence on my career. My dad was my speedskating coach from when I was 4 until I was 16 and supported me in my switch to cycling. He didn’t care what I did, just that I was happy and committed to what I was doing. My parents supported my racing both financially and logistically, not to mention the emotional support through all the ups and downs. |
| **Do you currently support a charity of any kind? Why?** |
| I have been volunteering with Fast and Female this year because I think it is important to promote sport for young girls. I was given a lot of opportunities growing up to stay in sport and I’d like to give other girls those opportunities. |
| **Do you do competitive sports other than cycling?** |
| I used to speedskate and cross-country ski. In high school I ran cross country and played soccer and volleyball as well. |
| **What do you do in the when not competing?** |
| Between September and April I’m typically in school or at least studying in between training and competing. Otherwise I’m cooking/baking/eating, killing time on the computer, hanging out with my boyfriend, reading |
| **How would you describe your style of cycling?** |
| I’m more of a worker bee. I do better in races that break up the pack, but don’t have massive amounts of climbing in them. |
| **What was your first job? Was it interesting? What did you do?** |
| Doing data entry of NWT gas prices for my dad to buy a scooter. Real job – T.I. Cycle in Gananoque, really helped me get in to cycling. I did sales, cleaned, put the easy parts of bikes together. |
| **What was your first car? What was interesting/fun about it?** |
| Honda Fit, it can fit a shocking amount of stuff, enough for a vagabond cyclist, it is a fit after all! |
| **What is your highest level of education?**  |
| Working on a university degree, University of British Columbia – BSc . HS- Frontenac High School |

Thank you,

Canadian Cycling Association