



Kristy is a curious adventurer with a penchant for new experiences. Growing up, she was always involved in outdoor activities and sports, but it wasn't until 2012 that she discovered her passion for road biking. From the moment she first hopped on a bike, she knew that it was something special and she hasn't looked back since.

At first, cycling was simply a recreational activity for Kristy, but as she began to spend more time on her bike, she quickly fell in love with the sport. She found that cycling provided her with a sense of freedom and adventure that she had never experienced before. In 2015, she joined her first charity cycling tour and continued to do so annually to raise money for causes that she was passionate about and meeting other like-minded individuals along the way.

Unfortunately, like many other activities, the COVID-19 pandemic put a temporary halt to Kristy's charity cycling tours. But that didn't stop her from continuing to push herself on her bike. In fact, during the pandemic, cycling became even more important to her as a way to stay active and maintain a sense of normalcy in an otherwise chaotic world.

As she continued to grow as a cyclist, Kristy's interests began to expand beyond just road biking. She became intrigued by the world of triathlons and decided to give it a try. It wasn't easy, but she was determined to succeed. She worked hard, trained rigorously, and finally, in 2022, she completed her first Ironman event. It was an incredibly proud moment for her and a testament to her dedication and hard work.

A passionate and dedicated cyclist who has found a sense of joy and purpose in the sport. Whether she's riding for charity, training for a triathlon, or simply exploring new routes on her bike, she is always pushing herself to be the best that she can be.