

Education Ambassador

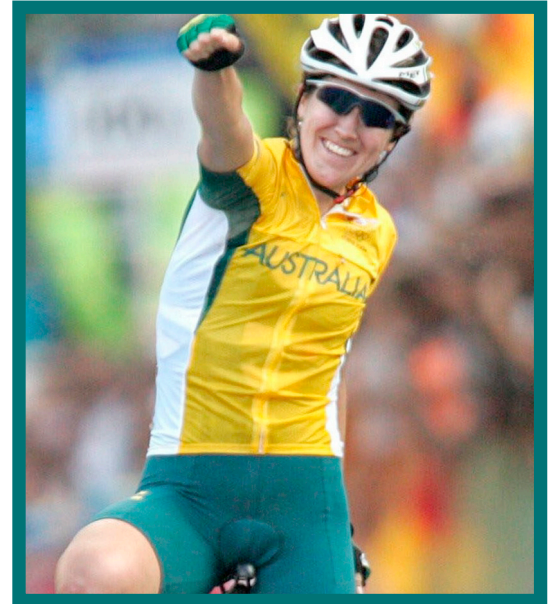


Sara Carrigan OAM

Sara Carrigan began her cycling career in 1996 at the age of 15, in her home town of Gunnedah, NSW. When Sara won Gold at the 2004 Athens Games, the lights in Gunnedah stayed on all night to mark this massive victory!

She took a break from cycling after the Athens Games returning in time to qualify for Beijing, where she finished 38th in the road event.

Sara is a Level 2 Cycling Australia accredited coach and also coaches and mentors a range of athletes from junior talent right up to the elite level and has been selected as one of only 15 coaches across all sports within Australia as part of the AIS High Performance Coaching & Leadership Program in 2013-15.



Sara has coached with both Triathlon Australia and Cycling Australia at World Championships, is a magazine columnist, is an Executive Board Member of QLD Olympic Council, and is a member of the 'Sport and Technical Committee' of the 2018 Commonwealth Games.

Age: 34

Sport: Road Cycling

Games: Athens 2004, Beijing 2008

Medals won? Gold Olympic Games, Bronze Commonwealth Games, 2x Gold National Championships, 12x Medallist National Championships

Where do you live? Mermaid Beach, Gold Coast QLD
Home town: Born Gunnedah, NSW

What sports did you compete in at school? Basketball, Dancing, Little Athletics, Cross-Country running, Pony Camp

What was a typical training day? A typical training week was around 400-800k per week with each daily training session varying from a 30km recovery day, to 180k enduring ride in the mountains. Many 'off bike' sessions were also scheduled such as gym, core strength

and yoga. The sessions I found most rewarding were those that really challenged me both mentally and physically – that pushed me to my limits where I didn't think I could go any further. I would finish these training days feeling absolutely wrecked, but feeling so content and proud of what I was able to push through. This gave me confidence and mental toughness to go even further the next time.

What is your earliest memory of the Olympic Games? 12, watching the Barcelona 1992 Olympic Games

Favourite non-sporting past time? All my favourite things are being active!

What is your favourite food? Don't mind a Tim Tam!

What is your favourite memory from school? Being introduced to cycling! My school ran a Talent Identification Program and chose 15 students and provided a bike for 10 weeks. I had no idea what a road bike was with the curly handlebars and skinny tyres or that the whole world of cycling existed but from that moment I absolutely loved it! I actually wasn't selected at first but someone pulled out and I was given the spot, and thank goodness!

What do you love about your sport? I love road cycling for its freedom! Cycling affords a beautiful way to feel free and to feel connected with either with the environment or with a riding partner. There's no better way to enjoy our wonderful piece of paradise with a panoramic view and a ride, whilst feeling fit, healthy and active at the same time! I love that on a bicycle I can explore territory that I would have not otherwise seen. There are so many beautiful places & I wouldn't have discovered half of what I have if it weren't for pedalling. I also wouldn't have met half the people I have if it weren't for the bicycle bringing people together.

To love and enjoy what you do! Find your passion.

Follow Sara on Social Media:

Twitter @saracarrigan

Instagram @scarrigans

Facebook: www.facebook.com/SaraCarriganCycling

Website: www.saracarrigan.com

