

Name:	Helen Rodd
Nationality:	Dutch
Date of Birth (dd/mm/yy):	18/07/1960
Sex	Female
Marital Status	Married to Jon, 3 children Natascha, Carina and Sophia
Height (cm):	1.70m
Weight (kg):	57kg
Riding with the Roadsters since:	2005
Recent Cycling Achievements:	I compete in triathlon and time trials for the sense of achievement rather than the placing
<i>(example: 7th in Men category at Wolfi Team Time Trial 2006)</i>	

I love the Friday rides and always feel so good on completing it as it really pushes me to the limit. The Lime Tree is a fantastic place to end the ride and have some breakfast or a cup of coffee and chat with the rest of the riders.



My Profession	Gymnastics coach, mother
The Bike I am riding	Trek
My Favorite Bike gadget	Tri Bars
Why I am Cycling	Keep fit and the social aspect
My favorite spot to ride a bike	Holland
What's the best about cycling	Keeps me young