

## **Team Speed Queen™**

### **Training the whole athlete – mind, body and spirit**

A professional cyclist with over 30 career victories, a heart condition forced Giana to retire in 1999. After retiring, Giana became the Coach and Manager of the Timex Women's Professional Cycling Team, and eventually becoming the Assistant General Manager for the Saturn Professional Cycling Team, and the Coach for the Saturn Women's Team. Under her leadership, the Saturn Women's team became the top rated team in the United States and the World.

Editor and founder of the Team Speed Queen newsletter, Giana's goal is to educate people about cycling. She founded and currently chairs the nationwide Women's Task Force on Cycling. The Task Force is developing programs to promote women's bike racing throughout the United States.

Prior to joining the managerial side of cycling, Giana owned Paradox Bicycle Center in Saratoga Springs, NY.

Giana's experience as a professional cyclist makes her a knowledgeable and accessible coach. She is also an excellent public speaker blending the inherent themes of speed, teamwork and determination in both cycling and business together for intriguing talks to corporations, athletic clubs and women's groups.

Giana is a current National Champion and was the Silver Medalist in the 2003 World Championships.



## **Team Speed Queen™**

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**www.TeamSpeedQueen.com**



## **Team Speed Queen™**

### **Giana Roberge**

**Professional Athlete – Coach –  
Consultant – Elocutionist**



***Helping people meet  
their athletic goals one  
pedal stroke at a time.***

**Phone: 707.293.5841**



## Team Speed Queen™

Giana Roberge offers the following services:

Coaching

Clinics

Public Speaking

Consulting

Group Rides

*For more information or to contact Giana please visit [www.TeamSpeedQueen.com](http://www.TeamSpeedQueen.com) or email Giana at [KaRoberge1@aol.com](mailto:KaRoberge1@aol.com).*

## Coaching – Clinics – Group Rides

Giana is a proven coach and tactician. She can help you meet your personal goals as an athlete, or your team's goals. She is also available to clinic a club or group on cycling, training and teamwork.

Giana also offers her services as a consultant to bike shops, cycling companies, tour companies and event promoters.

## The personal approach

Giana believes in layers of coaching, taking the personal approach to help her students learn from experience. Teaching lifetime skills, Giana's goal is for you ultimately learn how to be your own best coach.

After working with you to understand your goals, Giana sets up a personalized program to help you achieve your goals. She also encourages you to ride with her a few times a month to learn on the bike technique, tactics and teamwork. She encourages frequent communication via email and phone on a bi-weekly basis for most athletes.

## Consulting

Do you have questions about cycling but don't know who to ask? Do you want to buy a bike but are uncomfortable with your local bike shop? Giana will help guide you through the sometimes uncomfortable questions about purchasing a bike or about cycling comfort.

Are you an athlete or event promoter looking for sponsorship? Giana's experience at securing and servicing sponsors for the Saturn Cycling Team is a valuable tool available to you for creating proposals and finding sponsors.

Giana also offers her services as a consultant to bike shops, cycling companies, tour companies and event promoters.

Giana is available to fitness clubs, corporations, and women's groups to talk about being an athlete, training, and what how to learn to think as an athlete. Businesses will find Giana's ability to bring cycling's main themes of health, speed, teamwork and determination to the corporate environment a new way to communicate to their employees and/or customers.

Sponsorship opportunities of Team Speed Queen™ and Giana Roberge are currently available