



Who Is Vicki Thomas?

Hello! I am Vicki Thomas and I'd like to tell you a bit about myself.

I'm a bicycle racer - I specialize in cyclo-cross racing. I also have ulcerative colitis.

What Is Cyclo-Cross?

Cyclo-cross is a winter sport, with the season starting in late September and ending in mid-February. Woodland trails, open meadows, mud, and short, steep hills are the main features of a cyclo-cross course. Race courses are typically 2.5-3 km in length, and the race duration is around 40 minutes. This is a very spectator friendly sport.

Cyclo-cross is the most popular discipline of bicycle racing in North America. The United States championships are held over four days to accommodate racers and fans. In Europe, spectators arrive upwards of four hours early and will pay 20 dollars to watch the race.

My proudest moment in cyclo-cross racing so far was in 2010 when I was selected to race for Canada at the World Cyclo-Cross Championships in Tabor, Czech Republic. It was the culmination of a six year journey that saw me transition from a recreational bike racer to an elite racer at the age of 36 - a time when most elite bicycle racers are considering retiring.

During the 2010 season, I was diagnosed with ulcerative colitis and have since had many ups and downs with my health. I'm not one to back down from a challenge and continued to pursue my bike racing dreams - in the process I have become a role model for others with similar auto-immune diseases - showing people that life does not need to be put on hold for illness and disease.



Over the last six years I have developed a large following of supporters - a community of people who are involved in my cyclo-cross racing career and my life. Through my website, online presence, and in person, I am able to tell others what it is like to be an athlete and ulcerative colitis sufferer. I'm honest and I don't sugarcoat the ups and downs that come with racing, training, recovery, travel, and illness.

This community has become an important part of my life. What impressed me the most is when I was dealing with an ulcerative colitis flare in a Belgian hospital that same community I was helping - ended up helping me.

With emails, messages, and comments - all encouraging me to keep up

with chasing my bike racing dreams and getting the most out of life.

Initially, I felt like I was inspiring others to live the best life possible by setting goals and working towards them. Since then, this community has also been pushing me to be at my best on and off the bike.

When I'm not out training, racing and traveling, I work as a freelance writer and consider myself lucky to have two careers that compliment one another.

To sum up, I am:

- A cyclo-cross racer
- A role model
- Someone who lives out loud



What I Offer You

I know that I have a lot to offer you, your clients and your team. I am an individual who people respond to and can relate to. I am dedicated to my sport but also to showing others that there are no barriers to having an active and healthy life. Together we really can make a difference.

As an athlete, active individual and a person who is interested in helping people achieve their dreams and goals - I can help your company get its message out. I am your target market.

I have a large following of supporters and fans in North America and Europe. I can help your company raise its profile amongst athletes, active individuals and those dealing with inflammation-related disease.

How We Can Work Together

Using my writing, communications and speaking skills I can contribute to your company newsletters, speak at trade show and other corporate events and help you put a face and personality behind your brand and products.

I can be trusted to speak professionally and knowledgeably about your company and brand. I stand behind my sponsors and I'm proud to have your logos on my racing and training clothing.

I have a great story that people can appreciate and relate to. I'm a normal person who continues to set big goals, works hard to achieve them, experiences setbacks along the way, while still moving forward.



I'd love to be a spokesperson for your company and I'm willing to participate in any charity events you support.

We share a common goal - helping people experience the best in life and have fun doing it.

I'm proud of and believe in my sponsors. I'm not shy to tell others about their products and services.

Why Support Me?

I have a dream - just like you. I am just as committed to reaching my goals as you are.

I want to be the very best I can. I want to see how far I can go.

The way I see it the sky is the limit and there is no time like the present to live my dream.

Like you: I **KNOW** my passion.

Like you: I **WILL** succeed.

Like you: I'm **FOCUSSED** on living the best life possible.



How To Reach Me

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