

## Regina Bruins

Nationality	NED
City	Leiderdorp (NED)
Birth date	07-10-1986
Age	23
Height	178 cm
Weight	66 kg
Pro since	2009
Cervélo since	2009
Previous teams	2007 – 2008: Team Ton van Bemmelen - Odysis
Career highlights	<ul style="list-style-type: none"> <li>1 Open de Suede Vargarda (SWE) 2009</li> <li>2 Stage 2 Tour de l'Aude (FRA) 2009</li> <li>3 Stage 4 Grande Boucle (FRA) 2009</li> <li>1 Stage 3 Le Tour du Grand Montréal (CAN) 2009</li> <li>1 Stage 2 Tour de l'Aude (FRA) 2008</li> </ul>

### Biography

The reigning Dutch national time trial champion confirmed her talent in her first year in the elite ranks. Bruins can use her height to an advantage in the race against the clock. She also won a time trial stage at Le Tour de Grand Montréal as well as finishing 15th in the World Championships. She's not just limited to time trials, though, and is fast improving her sprint and all-around stage race capabilities. She took fifth in the Montreal World Cup and just missed the podium with fourth at the Grande Boucle Féminine International. She expects to continue her upward trajectory in 2010.

### Hobbies:

Cycling, running, speed skating and—last but not least—shopping!

### Field of study:

Human resource management

### Favorite charity:

[Right To Play](#), because they make it possible for children all over the world to participate in sport and develop themselves

### Favorite training ride:

I prefer variation in my training, so I have no favorite training ride—although a recovery training ride with a stop for a cup of coffee or tea is not bad! ☺

### Favorite race:

Tour de l'Aude

### Favorite Cervélo bike:

P4 time trial bike—really good position!

### Product development goal for 2010:

To give feedback to our sponsors in order to help achieve the best quality of the materials and improve the results as well

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**Personal cycling goal for 2010:**

To keep the national time trial jersey in 2010, and finish in the top 12 in the World Championship time trial and top 8 in World Cups

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**Personal career highlight?**

When I became national champion time trial

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**How and when did you begin riding?**

I started racing my bike four years ago. Before I was a speed skater, but I couldn't exploit my power on the skates because I was not competent enough. Someone recommended that I try road racing and so I am now involved in cycling.

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**When did you know you wanted to be a pro?**

Two years ago I decided to try to be a professional, but I realized it would be a long way to go and I would have to be patient.

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**What was the proudest moment in your life?**

Becoming national time trial champion in 2009!

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**Why do you want to be part of Cervélo TestTeam?**

I would like to develop myself as a professional rider specializing in the time trial and I would like to bring my qualities to the team to help achieve good team results.

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**Favorite cycling moment:**

Women's World Championship time trial 2009. Kristen Armstrong won it in an impressive way—a good example of how to ride your time trial bike and how to live as a professional!

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**What do you want to do after your career in cycling?**

I would like to develop myself as an HR professional, because I am studying human resource management.

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**Cycling tip for the average rider:**

Be aware that you have a special way of life that you have to enjoy, so don't forget to laugh!