



Lizzie Deignan is a famous cyclist. She helped make women's cycling popular. Young riders like Imogen Wolff and Cat Ferguson look up to her.



Deignan shows girls that cycling is for everyone. She won big races, proving women are strong. Social media helps support women's cycling.



Wolff and Ferguson are new to cycling. They remember Deignan's races and speeches. They feel pressure but are happy to be part of the sport.



Deignan says it's good to have hobbies like baking. She tells young riders to balance cycling with other fun things.



Ferguson and Wolff are grateful for Deignan's work in cycling. They now have more opportunities, like fair pay and support. Deignan hopes they keep.



Seeing strong women in cycling shows it's for everyone. Young riders are inspired to keep going and improve the sport for the future.