



## **Board of Directors Applicant Profile: Stephanie Larbalestier**

### **1. How do you think you can help the FVMBA through a role on the Board of Directors?**

Promoting, Advocating, Recruiting as well as assisting with events &/or volunteers.

### **2. Please enter a brief history of any Board experience or other volunteer work: (list org, dates and responsibilities.)**

- Women's Only Mountain Biking - Volunteer & Coach 2001-2003
- MuddBunnies (FV Chapter) - Ride Lead Volunteer 2020-Present

### **3. Please list up to 2 examples of specific contributions you've made while serving on a previous Board / Committee / Team in a volunteer setting.**

- Assisting on Trail Days, Empowering Women with skills & confidence in regards to mtn biking.
- I have also volunteered with the Abby's West Coast Women's Show, Vancouver Christmas Bureau, Maple Ridge Ceed Ctr, A Loving Spoonful, Intergenerational Neighbourhood Garden & Maple Ridge's Earth Day through my work at Vancity Credit Union.

### **4. Please include a short bio:**

I live in Maple Ridge and work in Abbotsford and started mountain biking at the age of 27 in 2001 when there were very few females on bikes. I'm extremely passionate about riding, inspiring others to try and enjoy the sport as well as ensuring we have trails protected in local communities now and in the future for all levels of riders and trail users.