



Paige Ramsey

Nickname: Rampage

Hometown: Auburn, CA

Age: 48

Certifications:

ICP Level 2 MTB Skills Instructor

ACSM Certified Personal Trainer

USA Cycling Coach

Achievements:

2014 and 2015 Masters US National Gravity Champion

2014 Northstar DH overall 3rd pro

2014 Prairie City XC 2nd overall

1998 Colorado Regional DH Champion

1998 Utah State Champion

1998 Squaw Valley World Cup

Sponsors: Specialized Women

Favorite Terrain:

Rocky and steep. Flowy and jumpy.

I like lots of different terrain. My favorite places in the world to ride ... Whistler and Moab!

Facebook: @Paige Ramsey @Women's MTB Experience

Instagram: @RampageMTB @Mtbexp

Background:

Paige has raced pro downhill, dual slalom and has spent time on the xc track as well. She is an ICP Level 2 Certified MTB skills Instructor and for 2018 will be joining the ICP as an Instructor Trainer, working to help new and current coaches reach riders in more effective ways.

Paige has been a Certified USA Cycling Coach and today is an ACSM Certified Personal Trainer and Pilates Instructor, specializing in corrective exercise, functional movement and athlete performance. This unique combo allows Paige to address dysfunctional movement patterns, pain issues and work intensity to help riders of all skill and fitness levels attain their goals on and off the bike.