

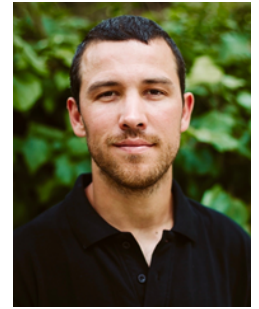
## PERSONALI INFORMATION **Lorenzo Suding**

**Born** Dormagen, Germania | **Date of birth** 15/03/1986

**Address** Via Chabod 16, 11100 Aosta, IT | **Nationality** Italiana

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I'm a professional Mtb racer, turned guide and coach living in Aosta. I collected six Italian national downhill titles, six "top 20" downhill World Cup finishes and one national enduro overall title.

For the past four years I specialised in alpine Mtb guiding and as a tour leader in Mtb adventure holidays, also coaching skills locally in the valley and organising camps around Italy.

I'm also a trail builder, cleaning trails at home with the local crew, building new ones and bringing old ones back to life in Sardinia.

From an early age I've moved around the world constantly with my family and can speak five languages fluently.

## PROFESSIONAL EXPERIENCE

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### From 2017 to 2020 **GUIDE AND PARTNER IN AOSTA VALLEY FREERIDE**

Aosta Valley Freeride L.L.C Aosta (Italia) - [www.aostavalleyfreeride.com](http://www.aostavalleyfreeride.com)

- Guide, Tour Organiser, Groupe Management, Tour Leader and Partner

### From 2018 to 2019 **TOUR LEADER AND PARTNER IN DOLCE VITA BIKE CO.**

Dolce Vita Bike Co. Tour Operator - [www.dolcevitabike.com](http://www.dolcevitabike.com)

- Tour Leader, Tour Organiser, Group Management and Partner

### From 2015 to today **COACH AND MTB SKILL CAMPS ORGANISER**

Places: Sicily, Sardinia, Piemonte, Lombardy, Aosta Valley e Tuscany

- I organise Camps of 2/3 days for groups of 8 to 14 people of different levels of riding
- I give private lessons covering all skill levels; from basics to race preparation

### From 2005 to 2017 **PROFESSIONAL MTB ATHLETE**

Member of the Italian National Team from 2008 to 2016

- 2017** • Italian Overall Enduro Champ - Tavernerio (CO)
- 2013** • Italian Overall Downhill Champ - Prali (TO)
- 2012** • Italian Overall Downhill Champ - Sestriere (TO)
- 2011** • Italian Overall Downhill Champ - Sestriere (TO)
- 2010** • Italian Overall Downhill Champ - Abetone (PT)
- 2009** • Italian Overall Downhill Champ - Collio (BS)
- 2008** • Italian Under 23 Downhill Champ Pila (AO)

#### Best World Cup results

- 2014** • 20° World Cup Downhill Cairns
- 2013** • 16° World Cup Downhill Leogang
- 2013** • 16° World Cup Downhill Mont Ste Anne
- 2013** • 16° World Cup Downhill Val di Sole
- 2012** • 17° World Cup Downhill Val d'Isère
- 2012** • 19° World Cup Downhill Leogang

From 2009 to today **BRAND AMBASSADOR AND PROMOTER**

Creating video content to promote Mtb related companies

- Car Advertisement - Peugeot Italia - Il Ciocco 2013 - [Link video](#)
- Mtb Destination - Pinkbike Video Norco Intl. - Pila 2014 - [Link Video](#)
- Mtb Destination - La Thuile 2016 - [Link Video](#)
- Mtb Destination - Etna Bike Land - Catania 2019 - [Link Video](#)
- Mtb Destination - Dolce Vita Bike - Sardegna 2019 - [Link Video](#)
- Mtb Destination - Dolce Vita Bike - Toscana 2019 - [Link Video](#)
- Mtb Destination - Ulassai Personal Production - Sardegna 2019 - [Link Video](#)
- Mtb Destination - E-Touring CP Gang / Aosta Valley Freeride Collab 2020 - [Link Video](#)
- Mtb Destination - Suding is Unlocked - Aosta Valley Freeride 2020 - [Link Video](#)

**EDUCATION / QUALIFICATIONS****2019 REGIONAL MTB GUIDE/COACH**

Obtained from the regional government "Regione Autonoma Valle d'Aosta"

**Dal 2018 FEDERAL MTB COACH LEVEL 2**

Obtained from the Italian federation "Federazione Ciclistica Italiana"

**2016 IMBA - TRAIL BUILDING CERTIFICATE**

Obtained from the International Mountain Bike Association for Mtb trail building

**2006 IB HIGH SCHOOL DIPLOMA**

"Hochalpinen Institut Ftan" International baccalaureate boarding school - CH

**PERSONAL SKILLS**

**LANGUAGES** Living in four continents and traveling around the world taught me to speak five languages

**Mother Tongue** German

Other languages	Understanding	Spoken	Written
Italian	Very Good	Very Good	Very Good
English	Very Good	Very Good	Very Good
French	Very Good	Very Good	Good
Spanish	Very Good	Good	Sufficient

**Communication and social skills**

- I have developed excellent communication skills moving around the world and living for years in different places from an early age. My fathers job made us move from Germany to Africa, Ecuador, China, then at 16 I went on to finish school in Switzerland then finally living in Italy since '07. My family life style was to always fully immerse into the local culture to interact and integrate better. We settled, made friends, learned the language and lived like locals.

- My carrier as a downhill racer has roots in Ecuador with BMX, XC then DH. My WC carrier brought me to work and collaborate with different experts of the sport and using different languages to adapt to different contexts (journalists, athletes, mechanics, sponsors, ecc..)

- Working as an Mtb guide made me constantly interact with guests from around the world. I'm used to changing languages and translating into different languages and understand the needs of my clients, trying to match their experience with what they expect.

**Organisational skills**

- As a coach I organise Mtb camps, events or tours along with the logistics of tours and the itinerary, managing up to 14 people at once. I easily capture and maintain peoples attention as a respected coach and guide, prioritising in peoples safety yet keeping a good vibe.

**Digital skills**

- Good in Office Automation