



2017 Mountain Bike Rides and Events

- 3/29 Women's Season Launch and ABC's of Safety Clinic
- 5/7 Stretchy Clinic for Cyclists
- 5/28 Women's Basic Maintenance Clinic
- 6/7 Bi-weekly mountain ride: Lebanon Hills
- 6/10 WEMS Romp in the Swamp Epic
- 6/11 Ride Like a Girl MTB Clinic
- 6/21 Bi-weekly mountain ride: Carver Lake Park
- 7/5 Bi-weekly mountain ride: Murphy-Hanrehan
- 7/19 Bi-weekly mountain ride: Theodore Wirth
- 7/22 Race Like A Girl 1
- 7/23 Day Trippin' to Eastwood Trails
- 7/23 Stretchy Clinic for Cyclists
- 8/2 Bi-weekly mountain ride: Lebanon Hills
- 8/12 Ride Like a Girl MTB Clinic
- 8/16 Bi-weekly mountain ride: Carver Lake Park
- 8/26 Day Trippin' to Traverse des Sious Park
- 8/30 Bi-weekly mountain ride: Murphy-Hanrehan
- 9/3 Stretchy Clinic for Cyclists
- 9/9 Race Like A Girl 2
- 9/13 Bi-weekly mountain ride: Theodore Wirth
- 9/16 Day Trippin' to Levis-Trow Mounds
- 9/27 Bi-weekly mountain ride: Carver Lake Park
- 10/11 Bi-weekly mountain ride: Lebanon Hills
- 10/25 Bi-weekly mountain ride: Murphy Hanrehan
- 11/4 Season Wrap Party

Events printed in pink are local events that require separate registration.

Bi-weekly Women-only Mountain Bike Rides

This popular ladies-only Wednesday night ride has been empowering women on the single track since 1997. It's not a training ride, hammer fest, nor will you be racing for Strava points: we just want to ride our bicycle. Our no-drop ride gives all riding abilities the chance to saddle up and pedal in the company of chicks from all types of riding backgrounds. Bring your bike and can-do attitude because we're going to conquer the dirt together. Helmets required. Ride time is approximately 1-1 1/2 hours.

Day Trippin' with Ride Like a Girl Cycling

Pack your bike, plenty of water, food/snacks and a change of dry clothes for a day trip with the ladies of Ride Like a Girl Cycling. We'll meet at Penn Cycle in Eagan, and either car pool or caravan to the trail. The adventure begins promptly at 9:00am as we start the trek towards our day destination. After the ride, we'll hit a local eatery, share ride stories, enjoy a meal together, and snap a few selfies before beginning the journey home.

- Eastwood Trails
Rochester, MN
This five mile singletrack has short, punchy climbs, tight switchbacks, and fun flow.
Recommended Skill Level: Beginner/Intermediate
- Traverse des Sious Park
Mankato, MN
Bring your climbing legs and make sure your granny gear is tuned up. The climbing is worth the work as fun awaits around every corner. The view is spectacular and you might even see your house from there. Bring cash to pay for the \$8 trail pass.
Recommended skill level: Advanced/Intermediate
- Levis-Trow Mounds
Neillsville, WI
Listed as one of IMBA's Epic Rides with 30 miles of twisting single track, many short steep hills and 900-1,200 feet of elevation. Levis is a must-ride and legendary day trip destination.
Recommended skill level: Advanced/Intermediate

ARE YOU READY TO RACE?

Have you always wanted to ride your mountain bike really, really fast in a race setting? Maybe you've wanted to race with a group of women but weren't sure who to ask. Team up with the Ride Like a Girl Cycling Ride leaders, and we'll navigate this crazy race scene together. Our approach is low key with two rules: have fun and keep smiling.

- WEMS Romp in the Swamp Epic
Nine Mile County Forest, Wausau, WI
June 9-11, 2017 Race Date: June 10, 2017
The Plan: Drive to Wausau on June 9th, pre-ride, stay overnight, race, and then relax and celebrate our finish.
The Wisconsin Endurance Mountain Bike Series (WEMS) offers Two and Four-women team options for Mid-distance (6-hr/50-60 miles) or long distance (10-12 hours/90-100+miles)

Helmet and flat fix kit required on all rides, lights strongly recommended.