



## Tuesday Night Ladies Ride

The Wildhorse Tuesday Night Ladies Rides provide riders with the chance to meet new people, build fitness and technical bike skills, in a supportive and fun environment. Riders choose between three groups: Green (Novice); Blue (Intermediate); and Black (Difficult). Rides are generally 1.5 – 2 hours in length consisting of pedaling as well as socializing 😊

We encourage you to join us for post ride refreshments, we alternate between the Fire Hall and the Heidout. We love to support local and are open to suggestions if there are other businesses that you would like to support. Bring it up with a ride leader!

We will meet at the Isadore Parking Lot ready to roll at 6:30. Should the time or location change, we will update the info on the Facebook Event post.

Please come prepared:

- Make sure your bike is in good working order to prevent mechanicals
- Membership forms will be available before the ride if needed (membership is mandatory for participation)
- Bring water (bottle or hydration pack) and snacks if this is a longer ride for you
- Helmets are a requirement
- Spare Tube, pump, & Multitool
- Small First Aid kit

### FAQ's

Can I bring my Dog? No – please leave your furry friends at home for these rides

Can I ride my E-Bike? Yes! We welcome Ebikes so long as they are pedal assist only and don't use a throttle

I'm coming out of winter hibernation and am slow.. should I come? Yes, Yes, Yes! We are all in the same position and the longer you wait the harder it is to start.

I don't know what group to join!! Come a bit early and chat with one of the ride leaders to find out which group would be best suited to you.