

This Girl Can

Ladies Only Bike Rides

A series of **Ladies Only Bike Rides** was held on Saturdays in February to provide an opportunity for females who ride a bike regularly (or not) to come along to ride with a group of other female riders. The course was to Red Cliffs and back, followed by coffee. We rode at an easy pace so that all riders were well within their comfort zone. There was an option for riders who wanted to ride less distance to turn around and head back to Mildura before reaching Red Cliffs. The rest of the group then “gathered them up” on the way back to Mildura.

The rides were a great success with up to seventeen riders participating in each ride. A total of 26 riders participated in at least one of the rides. A number of riders were riding in a group for first time. Others had not been on a bike for several years, but were motivated to dust off their bike when they saw that a Ladies Only Ride was happening. All the riders appreciated the non-racing nature of the rides.

The initial series of February Rides has now been completed, but the rides have continued with 10 – 15 riders regularly participating. A Messenger group has been set up so that riders can keep in touch and let others know when group rides are happening. Any group member can message details of a ride they are planning, including starting place, expected route, distance, date and time. Others will reply indicating their intention to join in.

More information is available from Nicolle, m. 0418 972 102 or Alison, m. 0408 257 155. Ladies who would like to join the Messenger group should contact Nicolle or Alison.

