

GAS/Intrinsik Cycling Team Presents



# Community Women's Mountain Bike Rides

Join us for friendly, non-competitive mountain bike rides with other women riders!

Meet at the trailhead every other Thursday @ 6 pm

**July 28 - History Rock Trail** ~ steady climb-single track to switchbacks - Intermediate

**Aug 11 - Brackett Creek Trail** ~ steep switchback -single track climb/descent - Intermediate

**Aug 25 - Stone Creek Trail**~ narrow switchback and long climb/descent - Intermediate/difficult

**Sept 8 - South Cottonwood Creek Trail** - gradual climb/descent between 3 bridges - Easy/moderate

**Sept 22 - Emerald Lake Trail** ~ steady climb, some steep/technical areas - Intermediate/difficult

**Oct 6 - GVL Urban Trail System** ~ meet @ Library ~ fun ride for mountain or cyclocross bikes in town

Riders must have a working mountain bike, helmet, water and proper clothing for a 2-3 hour rides in the evening

Ride updates or cancellations will be emailed via "GAS girls" Google group email.  
Join the list by emailing [gascyclingteam@gmail.com](mailto:gascyclingteam@gmail.com)

## **For More Information**

- Email: [gascyclingteam@gmail.com](mailto:gascyclingteam@gmail.com)