

Central Australian Rough Riders (CARR)

SheShreds Alice Springs (SSAS)

2024

What:

This is a social mountain bike group for women and gender diverse people designed to provide a safe and supportive environment to develop mountain biking. The group will enjoy social rides, events, may participate in competitions and other opportunities of interest to its members.

Why:

To encourage women and gender diverse people to mountain bike, overcome barriers, develop mountain bike confidence, learn about their bike and gear, connect with other women, ride on singletrack, feel alive, empowered, improve health and wellbeing, and have fun.

Who:

This group is for women and gender diverse people only.

Where:

The group may meet and finish at Telegraph Station or West Side at the Scout Hall or Morris Soak. Rides will be followed by a gathering at a local café for the essential café, cake, and connection!

When:

The group will ride monthly on Sunday mornings 7-9 am in the summer and 8.30-10.30 am in the winter.

The proposed dates on a Sunday for 2024 are:

11 Feb with Hour of Power

17 March

21 April

19 May

23 June

21 July

25 August

15 September

20 Oct

10 Nov

In 2024 we are trialling **Thursday evening rides** every two months followed by dinner out somewhere like Epilogue or The Brewery. These rides will happen around 5.30pm - 7.00pm in the summer and 5pm - 6.30pm in the winter.

The proposed dates on a Thursday for 2024 are:

29 Feb

6 June

8 August

10 Oct

28 Nov

5 Dec

How:

The Group Rides

The social rides go for **1-2hrs** depending on the experience and skill of the group. If sufficient leaders are available, the group may split into smaller groups based on experience, skill and desired length of ride.

No drop policy - no one will be left behind.

Not a learn to ride program - come able to balance, pedal, brake, change gears, and open to riding singletrack.

The **average maximum speed will be 12km p/hr**. This means the groups will not ride faster than an average of 12km/p/hr. The group will ride at a speed that is comfortable for all riders.

Be prepared to ride between 10-15kms.

The group is **affiliated with Central Australian Rough Riders (CARR)**, the Alice Springs Mountain Bike Club. Riders are welcome to try a session and then are expected to get [AusCycling](#) and CARR membership.

Options are many and include:

- a 4 week free trial
- an adult monthly Lifestyle membership \$13
- an adult 12 mth Lifestyle membership \$134. This includes a CARR joining fee of \$20.

If a rider is not yet a member they will need to sign an electronic waiver that can be simply completed via <https://www.carralicespringsmtb.com/>. A leader can help you with this before the ride.

Membership includes the following benefits:

- Insurance
- organised social women's only MTB rides and events
- free coffee and cake after social rides at various café's
- access to all CARR's programs, activities, and events
- opportunity to hang out with like minded women

Communication:

WhatsApp is the main communication channel for this group. Text George Landy on 0414 091 533 and ask to be added. Otherwise [The CARR Facebook page](#) and [the CARR website](#) also have information. Check out the website for what to bring on the social ride.