



Team LUNA Chix New York Mountain Bike

Brought to you by LUNA Bar – Whole Nutrition for Women
www.lunabar.com

Ride & Event Schedule for May and June 2009

May:

- 🚲 3rd – 10 am Trail Building & MTB Ride at Luther Forest, Malta
- 🚲 7th – 6 pm – 8 pm Bike Maintenance Clinic at Elevate Cycles, Clifton Park
- 🚲 11th – 6 pm MTB ride at Colonie Town Park, Colonie
- 🚲 18th – 6 pm MTB Ride at Central Park, Schenectady
- 🚲 29th – 6 pm MTB at SMBA Trails, Saratoga Springs
- 🚲 30th – 8 am - 3 pm Check out our Booth at the Friehofer Run in Albany

June:

- 🚲 1st – 6 pm MTB Ride at Luther Forest, Malta
- 🚲 8th – 6 pm MTB ride at Colonie Town Park, Colonie
- 🚲 13th – 10 am-3 pm SMBA MUD Event, Saratoga Springs. We will be leading rides at 10:30 am for women only -- all abilities welcome and 1 pm intermediate co-ed ride
- 🚲 15th – 6 pm MTB Ride at Central Park, Schenectady
- 🚲 22nd – 6 pm MTB at SMBA Trails, Saratoga Springs
- 🚲 27th – Beginner MTB Skills Clinic with Jimena Florit Dolzadelli at Luther Forest, Malta NY
for complete event information, please visit www.nylunachix.com or e-mail nylunachix@yahoo.com
- 🚲 29th – 6 pm MTB Ride at Gibbs Farm

Required Equipment: Helmet, water and mountain bike (unless otherwise indicated)

Suggested Equipment: Bug repellent, sunscreen, spare tube, tire levers, pump/CO2, multi-tool, emergency identification information and first aid basics.

Notes: Our rides are open to all ability levels and participants must sign a LUNA waiver. Please visit our website (www.nylunachix.com) for trail specifics including directions, difficulty level and ride reports and photos of each of our events and rides. Please be ready to ride at 6:00pm and we will plan on riding for 1½-2 hours even if there is light rain but will not ride in a thunderstorm.