Team LUNA Chix Saratoga Mountain Bike

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

Ride & Event Schedule for May and June 2011

May:

- 2nd – 6 pm Women's ONLY MTB Ride at Luther Forest, Malta
- 9th – 6 pm MTB ride at Colonie Town Park, Colonie
- 14th – 11am-1pm Cycling Gear Swap at Elevate Cycles Clifton Park location. Join us for a cycling gear consignment sale of new and gently used items either as a seller or a purchaser. We will also have some great raffle prizes. All event proceeds will be donated to the Breast Cancer Fund. Please contact a team member for more information.
- 16h – 6 pm Women's ONLY MTB Ride at Central Park, Schenectady
- 23rd – 6 pm MTB Ride at SMBA Trails, Saratoga Springs

June:

- 6th – 6 pm MTB ride at Luther Forest, Malta
- 11th – 10am SMBA Mix Up the Dirt Ride Event – We will have our booth set-up with some great raffle prizes and will be leading an AM Women's Only ride and an afternoon Co-Ed ride.
- 13th – 6pm Women's ONLY MTB Ride at Colonie Town Park, Colonie
- 20th – 6 pm MTB Ride at Central Park, Schenectady
- 27th – 6 pm Women's ONLY MTB Ride at SMBA Trails, Saratoga Springs

Required Equipment: Helmet, water and mountain bike

Suggested Equipment: Bug repellant, sunscreen, spare tube, tire levers, pump/CO_2, multi-tool, gloves, arm/knee/leg guards, emergency identification information and first aid basics.

Notes: Our rides are open to all ability levels and participants must sign a LUNA waiver. Each week, we will offer a skills building group and a standard group ride with a women's only group offered every week! Please visit our website (www.teamlunachix.com/saratoga_mountain_bike) 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. Cancellations will be e-mailed to our mailing list by 3:30pm on the day of a ride.

*** For ride cancellations due to weather, please sign-up for our e-mail list or call Theresa Crombach, team leader, at 421-0551.***