



GIRLS  GEAR

At Girls in Gear, we help girls build confidence on and off their bikes. We do this through curricula that weave together life skills with bike skills across our eight-week seasons, glide-to-ride clinics, and summer camp.

**We encourage all riding abilities to join us.**

## WHY BIKING MATTERS



Through biking, Girls in Gear helps girls stretch their boundaries, explore their leadership potential, try new challenges, and discover their inner strength, one pedal stroke at a time.



**Scan for location details!**



**FOR MORE INFORMATION, VISIT [GIRLSINGEAR.ORG/VIRGINIA](https://girlsingear.org/virginia) OR EMAIL [HANNAH@GIRLSINGEAR.ORG](mailto:hannah@girlsingear.org).**

# JOIN US FOR OUR SPRING + SUMMER PROGRAMMING



Pedal Power, is for girls of all riding abilities - balance bikes, tricycles, two-wheels, and everything in between. Each session weaves a different social-emotional learning skill with a bike-riding skill. Sessions are 90 minutes, once a week, for eight weeks for girls 5+ starting early April.

Visit [girlsingear.org/virginia](http://girlsingear.org/virginia) for locations and start dates.



During our glide-to-ride clinics, we help girls progress through the skills needed to bike on two wheels in a safe and judgment-free environment. Riders start by practicing balancing, moving on turning, and finally, pedaling on their own.

**Saturday, March 15th  
10-12pm**

**Mt. Calvary Baptist Church  
4401 Hobbs Ln.  
Richmond, VA 23231**



Through five days of biking adventures and team-building activities, girls will discover what it means to be a supportive friend and develop the confidence to tackle challenges in the classroom, at home, and on the bike trail. Each day will leave them feeling strong, appreciated, and connected to their teammates.

**Free weekly sessions run from  
June 9th to August 15th for girls  
ages 11+**

Visit [girlsingear.org/virginia](http://girlsingear.org/virginia) for locations and session dates.

Scan to  
sign up!



## FOR EVERY GIRL

We provide bikes, helmets, and scholarships to ensure every girl can participate, regardless of financial barriers.



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OR EMAIL [HANNAH@GIRLSINGEAR.ORG](mailto:HANNAH@GIRLSINGEAR.ORG).**

# BECOME A



GIRLS IN GEAR

# COACH

# HELP GIRLS NAVIGATE LIFE'S TURNS— BE THEIR ROLL MODEL.

At Girls in Gear, we help girls build confidence on and off their bikes. We do this through curricula that weave together life skills with bike skills across our eight-week seasons, glide-to-ride clinics, and summer camp. Our no-questions-asked scholarship policy provides financial support, bikes, and helmets to ensure everyone can ride with us.

## GET STARTED AT [GIRLSINGEAR.ORG/COACH.](https://girlsingear.org/coach)

Volunteer coaches are at the heart of Girls in Gear. You'll run program sessions that help girls build their confidence and discover their potential. Not a biker? Not a problem! We encourage volunteers of all abilities and genders to join us. All you need is a desire to support and encourage girls - we'll provide the rest.



### WHAT TO EXPECT:

- ★ Receive comprehensive training in safety and our curriculum.
- ★ Facilitate sessions with other coaches that help girls build their confidence and discover their potential.
- ★ Lead all-abilities, group bike rides as you connect with the community.

## EMAIL [HANNAH@GIRLSINGEAR.ORG](mailto:HANNAH@GIRLSINGEAR.ORG) FOR MORE INFORMATION.