

Women's Ride Groups and Programs Throughout the St. Louis Area 2019

NAME	FOCUS / PURPOSE	CONTACT
Black Girls Do Bike (BGDB)	Supporting women of color who share a passion for cycling. Chapters in locations throughout U.S.	www.blackgirlsdobike.com ; Stacy Jo Slaughter
Girls Grinding Gravel	Enjoy riding off-road (rocks, roots, ruts, rain, etc.) with other women who support each other. Share knowledge, post rides. Develop skills, embrace challenge, and fun!	FB: Girls grinding Gravel. Wendy Davis
Maplewood Trek Women	Rides departing from Maplewood Bikes throughout the year; also classes. Various levels of skills addressed.	Maplewood Trek Women fb page; Sarah Gulseth--Trek Women Advocate
St. Louis Women's Cycling Community (WC2)	A network for finding ride pals and grow each person's own cycling goals. Various rides, events, classes and socials throughout the year. All ages. Women and nonbinary	bike.meetup.com/2407; WC2 fb group; wc2stl@gmail.com ; Jessica Ingraham-- WC2 team leader
Trek Bicycle Stores Women	Various rides and classes, organized from Ballwin and Arnold Trek Bicycle Stores. See websites FB for details.	Jessica Ingraham-Trek Women Advocate FB: TrekStLouisArnold/ 636-287-6700 TrekStLouisBallwin/ 636-394-2453
The Monthly Cycle	Foster an inclusive and more accessible bicycling community for women and non-binary St. Louisans. One ride per month, departing from a STL locale.	themonthlycycle@gmail.com; Monthly Cycle FB group Aubrey Byron

Co-Ed Groups That Offer Opportunities for Building Riding Skills and Networks for Women

AARP Boomers and Bikes	Monthly rides May-November on area trails. 55+. Must register in advance on website.	states.aarp.org/boomers-bikes-guided-bike-rides/
Chesterfield Cycling Club (City of Chesterfield)	Casual group rides for adults 55 and over, 1 st & 3 rd Mondays at 9:30am. All fitness levels. Paved trails, KATY gravel trail, some low traffic.	olderadults@chesterfield.mo.us; 636.812.9500
Gateway Off-Road Cyclists (GORC)	Various group rides, events. Trail care and more. See website's "forum" tab for details. "Design. Build. Ride."	gorctrails.com
St. Louis Adventure Group	Offers a variety of levels and activity interests throughout the year. Events posted on Meetup group site.	meetup.com/StLAdventurers/
St. Louis Recreational Cyclists	A club for mature adults who enjoy riding on weekday mornings and other special times, spring through autumn. Social opportunities. Training, Routes detailed online.	Stlrc.org; admins@stlrc.org
The Pudgy Pedaler	Group rides on paved and gravel trails to get onto shape, share interests, experiences and eventually be able to participate in bicycle tours together. No roads. No drop.	meetup.com/Pudgy-Pedaler-Bicycle-Club/

(These listings were compiled for the St. Louis Women's Bike Summit using various sources. Some ride and group details may have changed.)