

Weekly and Monthly Rides Throughout the St. Louis Area 2019

***Women Only**

[FB = facebook site]

always bring helmet, water, tire repair gear, snack, cash, and bike in good condition with tires pumped—ready to roll

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Spoked Bikes & Stuff: every Sunday 8:30am – 11:00am, from 7612 Cherokee Street. Easy pace. 314.875.0368 spokedbikes.com/events</p>	<p>*The Monthly Cycle: First Monday of the month. Medium paced ride about 15 miles long. Route and events found on the facebook page. facebook.com/groups/themonthlycycle/</p>	<p>Alpine Shop (Kirkwood): April – September. wheels rolling at 5:45pm. Moderately hilly with three pace groups: A Group-fast, B Group-moderate, and C Group-leisure (14mph) 314.962.7715 Alpineshop.com</p>	<p>*Alpine Shop Women's Ride 15 mi. No Drop. Leaves lot at 6pm. Lisa Q leads. 14-15mph ave. Alpineshop.com 314.962.7715</p>	<p>Velofix's Thirsty Thursday casual rides on 2nd & 4th Thurs. Meet 6:15 p.m in the parking lot of Civil Life Brewery 3714 Holt Ave, St. Louis fb: velofixSTL velofix.com/locations/st-louis/ 855-835-6349 francesca@velofix.com</p>	<p>Bike Stop Café Mountain Bike Ride to Bangert Island. Meet at the shop in historic St. Charles, 701 S Riverside, roll at 5 p.m.; Bring lights. 636-724-9900; bikestopcafes.com</p>	<p>Trek Women's Beginning Rides Series. 10-mi rides in April; 16-mi in May; 20-mi in June. Depart 8am; 7:30 in June. 10-12mph. No drop. Mostly flat. Meet at 1000 Columbia (IL) Center Schnucks lot. June 22: Brunch Ride: 15 mi at 12mph. Stop at Café on the Abbey. Led by Jessica I. jessicavita@gmail.com 636.287.6700 trekbikes.com</p>
<p>Big Shark/Urban Shark: 38 mi. Rolls out at 8am. Meander through South City, SoCo ,with rigorous loop through Oakville's hilly roads. 314.862.1188 bigshark.com/articles/group-training-rides-pg334.htm</p>	<p>Trailhead Bicycles' Roll out at 9:30 a.m. from the shop in Ellisville, Missouri. 636-220-6753; trailheadbicycles.com</p>	<p>St. Louis Adventure Group Leisurely pace for beginners along Grant's Trail. Wheels down at 6pm; 20mi. Meet at Alpine Shop Kirkwood lot. 314.962.7715 Alpineshop.com</p>	<p>The Hub: A 'race pace' ride. April – September, ride starts at 6:00pm. thehubbicyclecompany.com/group-rides/ 314.963-0300</p>	<p>*The Cyclery & Fitness Center Women's Ride: Leaving from the trailhead behind the courthouse downtown Edwardsville. Option of 20- or 40- mi. ride. Casual pace, no drop. thecyclerys.com 618.692.0070</p>		<p>The Hub *Women's Only Ride June to August, rolls at 8:05 a.m beginners pace (11-12mph) thehubbicyclecompany.com 314.963.0300</p>
<p>Billy Goat Bicycle Company: 50 mi. at a 16-17 mph pace. 8am roll out. billygoatbicycleco.com/ 314.821-0216</p>	<p>Chesterfield Cycling Club 1st & 3rd Mondays, 9:30 am. 55+. olderadults@chesterfield.mo.us; 636.812.9500</p>	<p>Bike Surgeon: 6pm from 201 E. State, O'Fallon IL. Group A (25-30 miles at 20+ mph pace). Group B (20-25 minutes at 16-18 mph); Group C (12-15 miles at 12-15 mph)--No Drop. 618.392.5595 bikesurgeon.com</p>	<p>Bike Stop Café Wednesday Night Lights: Year round Katy Trail bike ride, rolls out at 5pm. Call Bike Stop for conditions. Mountain bikes preferred as the trail diverges to include Bangert Island. * lights needed until daylight is longer. bikestopcafes.com 636.724.9900</p>	<p>The Bike Factory: Rolls out at 5:45pm. 15-17 mph primarily on Madison County Trails with some roads in the SIUE campus and short sections of public streets. No drop. 618.659.8706 thebikefactory.com</p>		<p>The Cyclery & Fitness Center: Year round rolls out at 7: 00am. A great ride for all levels of cyclists. Two groups: short (20 miles averaging 12-15 mph) and long (40+ miles averaging 15-19 mph). Flat to rolling. No drop. thecyclerys.com 618.692.0070</p>
<p>Bike Stop Café: 8am roll out. Slow to moderate. Some hard climbs, followed by wicked fun downhill. No drop. bikestopcafes.com</p>		<p>St. Louis Adventure Group Road Bike "B" Ride. For details: meetup.com/StLAdventurers/</p>	<p>Mike's Bikes shop ride: starts in April and leaves the shop at 6pm. Details at mikesbikesstl.com/events</p>	<p>Bike Surgeon Family Ride. A casual, no-drop ride rolling out at 6 p.m. at the O'Fallon, IL location. 618-622-1693 bikesurgeon.com</p>		<p>Big Shark: All three Big Shark Locations rollout at 7:30am or 8am; routes vary by location. All of the rides from the Big Bend and Downtown Locations are no drop rides. 636-534-8080 bigshark.com/articles/group-training-rides-pg334.htm</p>
<p>Wild Trak Bikes: 25-40 miles Bagel Ride; leave from Alton St. Louis Bread Co at 7am; http://www.wildtrakbikesracing.com/</p>		<p>World Championship Criterium Training Series: March – August at Carondelet Park; Criterium racing format, with 4 races based on age, gender and skill level. Bigshark.com</p>	<p>Alpine Shop Escargot: Rolls out at 6pm. Relaxed group ride on quiet backroads. Two groups: short (12-14 mi 10-12 mph) and long (16-20 mi. 13-15 mph ave.). No drop alpineshop.com 888.347.2879</p>	<p>Trailhead Bicycles' Hammer Drop Ride. (Advanced/Speed) Wheels roll at 6 p.m. from the shop in Ellisville. 636-220-6753; trailheadbicycles.com</p>		<p>The Hub Saturday, April - September, 30-miles, 3 groups: 7:30am 30mi.Race Pace (finish at 19+mph); 7:45am Fast Pace (finish at <19mph); 8am Conversation (finish at <16mph). thehubbicyclecompany.com</p>

(This listing was prepared for the St. Louis Women's Bike Summit using various sources. Some ride and group details may have changed.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>Trailhead/Mesa Dirty Tread Mountain Bike (Traci Berry) 3rd Sunday of the month. Ride times dependent on weather. MTB and helmet required. No drop. Pace determined morning of the ride. Specifics posted on stlbiking.com and Trailhead/Mesa Facebook pages 314.645.4447</p>		<p>Maryland Plaza Tuesday Night Ride (MPTNR) ABEA/Cycling Savvy: from MP fountain in the Central West End (Euclid & Maryland), St. Louis. 8:00 – 10:00pm. Lights required. Routes vary. Karen Karabell & Janice Branham. See FB & website: Cyclingsavvy.org/event/</p>	<p>Recycled Cycles: March 22–September 6. Rolls out at 6pm. This mid-county ride is geared for the adult recreational cyclist. Low traffic streets, some big hills. Routes are marked and maps are provided. Drop ride; be prepared. Routes are 16, 26 or 31 miles depending on rider preference. Meet at 829 N Hanley Rd, UnivCity. recycledcycles.net 314.862.4041</p>	<p>Billy Goat Bicycle Company Thursday Night Throwdown: 30 m. (20 mph) Drop ride. Leaves from the shop at 10211 Manchester Rd, Kirkwood www.billygoatbicycleco.com/rides 314.821.0216</p>	<p>Big Shark Chesterfield, 31-mi. gravel ride along the Monarch Levee Trail and August A. Busch Memorial Conservation Area. Rolls at 8 a.m. 636-534-8080; bigshark.com</p> <p>Bike Surgeon Coffee Shop Cruise: 10AM roll-out for “C pace” fun (12-15 mph avg.), shooting for 15-20 mi. Coffee at Sweet Katie Bee's by Noon. Leaves from Bike Surgeon at 201 East State, O'Fallon, IL 618-622-1693 Bikesurgeon.com</p>
<p>Trailhead/Mesa Gossip Road Rides (Traci Berry) 2nd Sunday of the month. Leave 1035 S. Big Bend store promptly at 9:00am. No drop. 314.645.4447 Trailheadbicycles.com</p>				<p>Penrose Track Races: May-Aug. facebook.com/pg/PenroseParkVelodrome/events/?ref=page_internal</p>	<p>The Cyclery & Fitness Center Edwardsville. No-drop ride. 40+ or 15 miles (optional short cut). leaves at 7 a.m. 618-692-0070; thecyclerys.com</p> <p>Trek Arnold & Ballwin 32 mi. May4 &18, Jul 13&27, Aug 10, Sept 21. Roll out at 7:30am from Columbia Center (IL) Schnucks lot (Rte 3) 13-15 mph ave. Country roads and some town. Trekbikes.com 636.287.6700</p>
<p>The Bike Factory no-drop rides departs 1530 Troy Road, 6:30 p.m. Groups A and B ride roads and MCT trails; group C rides MCT trails only. 618-659-8706; thebikefactory.com</p>				<p>Maplewood Bicycle 20mi. No-drop ride starts at 7:30 p.m. in Maplewood, Missouri. 314-781-9566; maplewoodbicycle.com</p>	<p>Swim Bike Run O'Fallon, MO, 37-mi. Drop/regroup. Roll at 7 a.m. 636-688-8181; sbrtrishop.com</p> <p>Granada Cyclery: Year-round rolls out at 8:00am. Leaves from the shop at Mid-Rivers mall and rides to St. Charles. 27 mi. rolling hills. Cancelled if raining, snowing or temps are below 20 degrees. granadabicycle.net 636.936.2453</p>
					<p>Momentum Cycles in O'Fallon, MO, 25-mi. No drop. Leaves shop at 7:30 a.m.; Regroups midway. 636.240.9232 momentumcycles.com</p> <p>Urban Shark (Big Shark's downtown St. Louis location) ride along the Mississippi Greenway starting at 7:30 a.m. from the shop on Locust Street. Moderate-pace. 314-881-0322; bigshark.com</p>
					<p>Bike Surgeon Gears & Beers rides, 8:05 am 25-30 mi. back by 10am for beer. B pace bikesurgeon.com</p> <p>Billy Goat Bicycle Company: 30 mi. Depart 8am, 10211 Manchester Rd, Kirkwood. 18mph Neighborhoods. No drop. billygoatbicycleco.com/rides</p>

CHECK AREA BIKE SHOPS FOR ADDITIONAL WOMEN RIDING AND CLINIC OPPORTUNITIES

and these suggestions for listings of rides and events throughout the year:

Terrain-mag.com/magazine/ --- STLBKING.com ---- trailnet.org/work/bicycling/rides/