



2007 Accomplishments

- **Over 120 women joined** Sturdy Girl Cycling as members, ages 18-60.
- Secured **12 fabulous sponsors** to support and organize the women in cycling across Philadelphia, raising over \$4500 for programs.
- Held **annual membership meeting** in January develop and plan programs and rides for 2007.
- Sponsored one outrageously successful **Cocktail Party Fundraiser**. Over \$1500 raised in support of women's cycling with over 100 people attending.
- Held a **Beginner's Spring Clinic and Bike Anatomy Workshop**, coached by George Sexton that focused on building basic bike skills and etiquette to get most enjoyment from the bike.
- Held a **Sturdy Girl Social** in May at Friday Saturday and Sunday restaurant.
- Led weekly **road rides** on Monday evenings and Wednesdays mornings, Wednesday evenings from April to August.
- Led **monthly rides**, such as the Sunday Saunter for beginners and the First Saturday ride for advanced riders.
- Hosted a **Sturdy Girl Social** in April at Creshiem Cottage restaurant.
- Sponsored a **monthly mountain bike ride** the second Saturday of every month for the dirty girl in each of us.
- Sponsored a **Lehigh Valley Bike Ride** in May to Spectrum Bicycles with Tom Kellogg, proprietor and bike-builder.
- Conducted workshop on **Preparing and Training for Endurance** Rides in May.
- Organized a Sturdy Girl Cycling Team of over ten women that **raised over \$4,000 to help fight cancer** for Annual American Cancer Society Bike-a-thon in July.
- Sponsored **bike ride, pool party and BBQ** in the dog days of summer.
- Conducted Mini-Clinics on **Cadence and Gear Selection, Climbing, and Cornering** during the summer. All coached by George Sexton, certified cycling coach.
- Conducted women's only **Bike Maintenance 101 with Keswick Cycles** in July.
- Held a **Yoga for Cyclists Series**, a six-week series at Wake Up Yoga in October and November.
- Co-sponsored **2007 VERGE Mid-Atlantic Cyclo-Cross Championship Series** with Club Wissahickon in October. Provided \$300 in cash prizes to women's masters' race.
- Held annual **Sturdy Girl Century** ride in October.
- Sponsored three women's Category 4 races in Pennsylvania to promote equality and equity in competitive women's racing.
- Fielded a competitive **women's road racing team** of fifteen members and participated in **over thirty women's road races** the Mid-Atlantic region sanctioned by the United States Cycling Federation (USCF). Race team members also participated in cyclo-cross and mountain bike races.
- The **2007 Sturdy Girl Race Team** posted excellent race results and multiple podium finishes.