

# Sturdy Girl Cycling

*Eliminate the fear. Embrace the power. Love the bike.*

## 2008 Proposed Calendar of Events

<p><b>March</b></p> <ul style="list-style-type: none"> <li>March 9-April 13: Six Week Yoga Series for Cyclists @ <b>Wake Up Yoga</b></li> <li>March 31: Eating Whole Foods for Optimal Health Workshop</li> </ul>	<p><b>AUGUST</b></p> <ul style="list-style-type: none"> <li>August 23: Sturdy Girl Bike Ride, BBQ and Pool Party (<i>dates to be confirmed</i>)</li> <li>August 25: Last Monday Night Ride (Water Ice for All!)</li> <li>2009 Race Team Recruitment Opens</li> </ul>
<p><b>APRIL</b></p> <ul style="list-style-type: none"> <li>April 9-April 13: Race Team Training Camp (VA)</li> <li>April 17 and 19: Beginner/Novice Clinic</li> </ul>	<p><b>SEPTEMBER</b></p> <ul style="list-style-type: none"> <li>Sept 23: End of Season Banquet for Race Team at <b>McMennamin's Tavern</b></li> </ul>
<p><b>MAY</b></p> <ul style="list-style-type: none"> <li>May 5: Group Riding Mini-Clinic</li> <li>May 21: Cocktail Hour at <b>Friday, Saturday, Sunday</b></li> <li>May 30 and 31: <b>Specialized</b>/Sturdy Girl Night and Demo Ride</li> <li>TBD: Lehigh Valley Bike Ride and Picnic @ <b>Spectrum Cycles</b></li> </ul>	<p><b>OCTOBER</b></p> <ul style="list-style-type: none"> <li>October 4: Sturdy Girl Century Ride</li> <li>October 26: Club Wissahickon-Sturdy Girl Cross Race</li> <li>Oct 10-Nov 23: Six Week Yoga Series for Cyclists @ <b>Wake Up Yoga</b> (<i>dates to be confirmed</i>)</li> <li>2008 Sponsorship Drive</li> </ul>
<p><b>JUNE</b></p> <ul style="list-style-type: none"> <li>June 8: Women's Liberty Classic Pro Race and <b>Keswick Cycle</b> BBQ on Lemon Hill</li> <li>June 22: Climbing Mini-clinic</li> </ul>	<p><b>NOVEMBER</b></p> <ul style="list-style-type: none"> <li><b>Body Basics</b> Weight Training Workshop</li> <li>Sturdy Girl Cycling Clothing Sale</li> </ul>
<p><b>JULY</b></p> <ul style="list-style-type: none"> <li>July 9: Cornering Mini-Clinic</li> <li>July 13: American Cancer Society Bike-a-thon</li> <li>TBD: Women's Only Maintenance Workshop @ <b>Keswick Cycle</b></li> </ul>	<p><b>DECEMBER</b></p> <ul style="list-style-type: none"> <li>1st Saturday Tempo Ride</li> <li>2<sup>nd</sup> Saturday Mountain Bike Ride</li> </ul>
<p><b>STANDING RIDES:</b></p> <ul style="list-style-type: none"> <li>Monday Night Women's Base Ride <b>15 MPH</b> at 6 PM (Apr-Aug)</li> <li><b>NEW</b> 2<sup>nd</sup> Monday Night Women's Base Ride <b>12-13 MPH</b>, Same route (Apr-Aug)</li> <li>Wednesday Morning Meander at 6 AM (May-Aug)</li> <li>Wednesday Night Main Line Ride at 6 PM (Apr-Aug)</li> <li>Thursday Late Morning Ride at 10:30 AM (Apr-Aug)</li> <li>First Saturday Tempo Ride at 9 AM (year round)</li> <li>Second Saturday Mountain Bike Ride at 10:30 AM (year round)</li> <li>Third Sunday Saunter for Novice Riders (Apr-Sept)</li> </ul>	

**Go to [www.sturdygirlcycling.com](http://www.sturdygirlcycling.com) for the nitty-gritty details about rides and events.**