

BIKE LIKE A BOSS

ISSUE #2

LEADING LADIES



“If your actions create a legacy that inspires others to dream more, learn more, do more, and become more, then, you are an excellent leader.”

- DOLLY PARTON, *LADY BOSS*.





WE CAN BE HEROES.

They say: “Not all heroes wear capes” and we agree 100%. Some wear Lycra and weird clippy shoes; some wear baggy shorts and kneepads; and others, well... they wear whatever they want. And who needs a cape anyway when you have an aura of badass radness flowing from within you, available for others to absorb and follow?

Inspiring people to ride is actually pretty easy. Just show up and do your thing—that’s half the battle. Then leave clear tracks for others to follow your inspiration. Both metaphorically and literally. Be the organizer if that’s you. Share your knowledge, inspirational images, and spirit with the world. Get out there and get going. Because we can all be heroes for someone, and guess what? We’re willing to bet that it’ll be for way more than just one day.

Lead on!

GET A GIRL GANG GOING

Sometimes all it takes to inspire someone to ride is simply to ask them, “Hey, what are you doing on Saturday?” Leading Ladies lead by doing, so plan a route, set a time, and send out the call. We’ve compiled some pointers to get you going and remember: Friends don’t let friends not ride.

INVITE INFO CHECKLIST

- **HOW FAR?**
How fit is your gang? Set a distance to suit the group.
- **HOW LONG?**
State in hours & add time for mid-ride café or rest stops.
- **HOW FAST?**
Be specific: “Average 15-20mph.” OR mood-speak it: “Mellow, chatty pace.”
- **HOW HIGH?**
Climbing all the things? Make sure your gang knows what they’re in for.
- **ROLL TIME?**
That’s roll out, not roll up. When everyone’s kitted up and ready—let’s go!
- **NO DROP OR HAMMERFEST?**
A no drop ride = no one left behind. A hammerfest is every gal for herself.

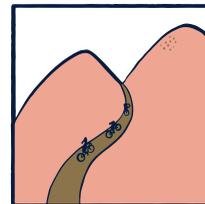
WHAT’S YOUR FLAVOR?

You got your girl gang going, now what sort of ride have you got a taste for? Here are a just four ride-type suggestions to build from.



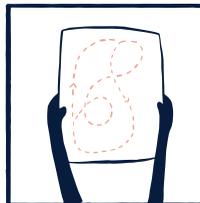
1. THE STRICTLY SOCIAL

The caffeine is casually calling. Get out of the house and catch up while getting some miles in.



2. TRAIL BLAZER

The mountains are ready for you! Take your girl gang on the trails and share the shred.



3. WANDER WOMAN

Get lost (on purpose). Map a route you’ve never done and invite some intrepid wanderers along.



4. THE HAMMERFEST

Go fast, sweat lots, hammer all the nails, and climb all the things. Invite guys—thrash them too.

ETIQUETTE IS NO ACCIDENT

Be smart, be kind, and be wise on the road or trail, because a little bit of good karma goes a long way.



BE A TRAIL HERO

DON'T BE A BLOCK HEAD

Get out of the way and move to the side when you stop on the trail to take a break.

NO UPHILL BATTLES

If you're flying downhill, yield to uphill riders—they'll thank you for it.

PRACTICE PASS PROTOCOLS

Be cool when passing slower riders. If that slower rider is you, let others pass.

HAVE HORSE & HIKER SENSE

Yield to horses and hikers. Lean off the trail to let people pass. Be friendly.

LOVE THE TRAIL

No bushwhacking—stay on the trail. Mud-fest? Respect trail closed signs.

CONTROL YOUR ROLL

Stay in control, and ride within your limits. You are the Captain of your Shred Sled.



BE A ROAD HERO

SEE SOMETHING, SAY SOMETHING

Leading the group? Call out hazards and such. Right turn. Hole. Car up. Squirrel!

SURGE PROTECTOR

In a paceline? When you pull through, don't up the speed. Not heroic.

NO KARMA DRAMA

Don't run red lights, ride 4 abreast, or attack the group during a warmup. Ommmmm.

HELPING IS HEALTHY

Someone got a flat? Offer to help and soak up those good karma vibes.

SNOT-ROCKET CEASE FIRE

If you have to clear the pipes while riding in a group, pull to the side or drop back.

QUEEN OF THE HILL

Wait at the top of hills for slower climbers, and don't charge off as soon as they get there.

CATCH A DRAFT

Sitting on someone's wheel, also called pacelining—or wheelsucking if you never take your turn at the front—is key skill on the road for a group ride. Particularly if there's a headwind. Someone 'sitting in' is sheltered and uses less energy to pedal than the person in front—between 20-40%. When working together and rotating off and to the back over-and-over, the group is more efficient over rolling and flat terrain. Here are some quick tips. Sit in and enjoy.

STAY CLOSE

About 6" (15cm) to a wheel length works.

HEADS UP

Don't stare at the wheel in front.
Practice judging distance without looking down.

KEEP STEADY

Don't surge and splinter the group.

FEATHER BRAKES

No sudden braking—lightly feather.

HOLD THAT WHEEL!

Losing a wheel will bring much suffering.

AVOID WHEEL OVERLAP

If rider in front swerves, you go down.



HOW TO RIDE SWEEP

On a large group ride, riding 'sweep' means you're making sure no-one gets left behind. This term works for both road and mountain. Good sweeps know the route or trail, and are ready to help with basic mechanicals or encouragement. Here is a quick guide to being a good sweep on a ride.

KNOW THE ROUTE

If a rider loses touch, you can show them the way.

DO THE COUNT

How many in your squad? Keep checking so no-one's left behind.

DRIVE THE STRUGGLE BUS

A good sweep pilots struggling riders through bad days.

THE WAITING GAME

Don't abandon sweep duty for personal glory—wait, encourage, inspire.

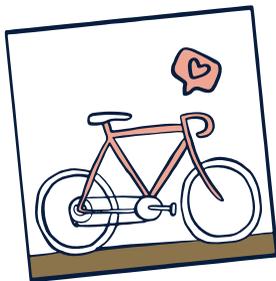
SMILE

Pass it on—it's infectious



STOKED TO BE STOKED

One of the best ways to get people pumped to ride and explore the world by bike is share your rides with the world. One surefire way to make sure people experience extreme FOMO (Fear of Missing Out) is to post amazing photos on your Instagram or Facebook. Here are a few hashtags to get your shutterbug brain working and to help you inspire others to ride. Time to turn that stoke meter all the way to Stoke-e-mania.



#BAAW

Stands for "Bike Against A Wall" and is one of the most popular tags for posting pictures of your bike at rest. Simply find a sexy wall while on a ride, stand your bike against it, and shoot away. BOOM #BAAW'd!

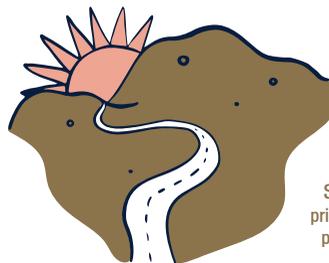
PRO BIKE TIP:

Shoot the drive-side (the chain-side facing you and in the big ring), and turn the crank closest to you a forward position running level with your chainstay.



#MTBLIFE

A flowy section of singletrack; you, railing a berm or hucking a sweet jump. You live the life—share the stoke.



#ROADSLIKETHESE

Sweeping corners; vistas on vistas; primo pavement for days—these are the pictures that get people riled up and reaching for their helmets.

#WHATSWORTHIT

Is it the friends, the epic climbs, the feet up and ice-cold brew after the ride, or something else entirely? Only you know the answer—do share.



SPEAK BIKE SPEAK

BEATER BIKE: A bike that's seen better days, but is still great to get around on.

BLOW UP: To ride so hard, you explode mid ride. No more energy. No more... anything. Also called bonking, hitting the wall, or cracked.

BROOM WAGON: A support vehicle that follows a race or event and "sweeps" up those who have thrown in the towel or are not going to finish in the time permitted.

CAR UP/BACK: The call made by riders in a group to let the group know there is either a car coming towards the group-up—or one approaching from behind to pass (back).

CHAINRING TATTOO: The grease imprint of your chainring on your calf/leg. While most commonly associated with newbies, it can happen to anyone and if someone points it out, scoff and say "Who cares? I'm too busy being rad."

CLOSE THE GAP: If you are getting "dropped" you must close that gap between you and the group/rider in front of you i.e. Catch up and grab that wheel!

DRAFTING: When you ride directly behind someone, they act as a windbreak and you use less energy. Fun fact: If you always sit behind and never take your turn at the front, you might get called a wheelsucker.

DROPPED: When you lose touch with the group. Other terms for this include: "Fell off the back" or "Shelled."

ECHELON: In a headwind, you draft by getting directly behind the wheel of the rider in front, but in a crosswind, the group should try a formation called an echelon—essentially still behind but riding to the left or right depending on the direction of the wind. The paceline becomes diagonal to avoid the wind—it's science in action!

FULL GAS: To ride as hard as possible.

FLOW: When you ride a section of single track that fills you with a sense of complete and utter nirvana? That's good flow.

GAP: In MTBing, this is a jump between two places with a 'gap' in the middle. In road riding, to gap someone means to drop them.

GRANNY GEAR: This is the lowest gear ration you have available to you on your bike. Smallest chainring in the front, and largest in the back. The granny gear can save your life on a climb.

HERO DIRT: Soil that has just the right amount of moisture for perfect traction on the trail, making you think you can do anything. A Hero Dirt Day is the best day on a mountain bike, ever.

JRA: Stands for Just Riding Along. Mechanics hear this a lot, usually when a bicycle with some catastrophic damage appears along with the suspect story of "oh, I was just riding along and hit a stick".

LBS: Local Bike Shop. Go there! They are your best resource.

LSD: A training ride done at a steady or slow-ish pace for many hours, aka Long Slow Distance.

OFF THE FRONT: When a rider pulls away from the front of the group.

PINNED: To ride your MTB as fast as you can—to your limit—on the trail.

PULL: To "take a pull" means you are in the front of the paceline and working the hardest into the wind—everyone is drafting behind you. You "pull off" when your turn is done and rotate to the back of the paceline.

ROOST: Dirt kicked up behind you and out to the side as you ride your MTB sideways into a corner.

SESSION: To repeatedly ride a MTB trail feature until you have perfected it.

YEW: Did you nail that jump? Are you flowing down some hero dirt? Are so stoked you can't keep it inside for a second more? Shout it out: "Yeeeeeeewwwww!"

100 MILES OF SMILES

Time to step up, Leading Lady. Centuries don't ride themselves. We've pulled together a beginner's plan to help you prep for your first century. But don't do it alone! Training is better with friends, so put your big girl convincing pants on and rope some others into doing it with you. Find a century or Gran Fondo and get going. There are numerous century training plans out there—this is just one suggestion.

WORKOUT TYPES

RIDER'S CHOICE

You should take at least one rest day per week—where you do no physical activity—on these days. (Many people will take the day after their long ride for this). Use the other Rider's Choice days for yoga, strength training, or whatever keeps you moving.

A STEADY RIDE

This is a ride that's not at full gas, but is a mix of a few longer efforts during the ride at about 80-85% of your threshold. Or to put it another way, ride hard for a couple of longer spells, but don't blow yourself up.

A FAST RIDE

Riding fast once a week helps build endurance—seriously. We're talking about intervals here. Aim for four to six hard efforts during your workout. Make those efforts 30 secs to 2 mins long, with rest in between. Search online for interval suggestions.

A LONG RIDE

It's not just about distance when we say long ride. You're actually building two types of fitness on a long ride—physical and 'saddle fitness.' Essentially, you're training your body to spend hours in the saddle. Each week adds more time and miles. You're going to crush this.

THE PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
M	RIDER'S CHOICE	RIDER'S CHOICE	RIDER'S CHOICE					
T	1 HOUR FAST RIDE	1 HOUR FAST RIDE	1.25 HOUR FAST RIDE	1.25 HOUR FAST RIDE	1.25 HOUR FAST RIDE	1.5 HOUR FAST RIDE	1.25 HOUR FAST RIDE	1 HOUR FAST RIDE
W	RIDER'S CHOICE	RIDER'S CHOICE	RIDER'S CHOICE					
T	1 HOUR STEADY RIDE	1.25 HOUR STEADY RIDE	1.5 HOUR STEADY RIDE	1.75 HOUR STEADY RIDE	2 HOURS STEADY RIDE	2.25 HOURS STEADY RIDE	2 HOURS STEADY RIDE	1.5 HOURS STEADY RIDE
F	RIDER'S CHOICE	RIDER'S CHOICE	RIDER'S CHOICE					
S	1.5 TO 2 HR LONG RIDE	2 TO 2.5 HR LONG RIDE	2.5 TO 3 HR LONG RIDE	3.5 TO 3 HR LONG RIDE	3.5 TO 4 HR LONG RIDE	4 TO 4.5 HR LONG RIDE	4.5 TO 5 HR LONG RIDE	THE CENTURY!
S	RIDER'S CHOICE	RIDER'S CHOICE	RIDER'S CHOICE					

LEAVE CLEAR
TRACKS FOR OTHERS
TO FOLLOW.

MAKE THEM
EASY TO FIND.

NOTES

Handwriting practice area consisting of multiple horizontal dotted lines for text entry.





ILLUSTRATIONS BY SHELBY LING

READY FOR THE ROAD?

- | | | | |
|--------------------------|-------------------------------|--------------------------|--------------|
| <input type="checkbox"/> | Helmet | <input type="checkbox"/> | Multi-tool |
| <input type="checkbox"/> | Jersey | <input type="checkbox"/> | Mini Pump |
| <input type="checkbox"/> | Bibs or shorts | <input type="checkbox"/> | Water bottle |
| <input type="checkbox"/> | Shoes | <input type="checkbox"/> | Snacks |
| <input type="checkbox"/> | Saddle Bag with flat supplies | | |

READY TO HIT THE TRAILS?

- | | | | |
|--------------------------|--------|--------------------------|--------------------------------|
| <input type="checkbox"/> | Helmet | <input type="checkbox"/> | Gloves |
| <input type="checkbox"/> | Jersey | <input type="checkbox"/> | SWAT bibs |
| <input type="checkbox"/> | Shorts | <input type="checkbox"/> | Spare tube and flat repair kit |
| <input type="checkbox"/> | Shoes | <input type="checkbox"/> | Snacks |

READY FOR THE BIKE PATH / PARK?

- | | | | |
|--------------------------|-----------------------|--------------------------|--------------|
| <input type="checkbox"/> | Loose fitting clothes | <input type="checkbox"/> | Water bottle |
| <input type="checkbox"/> | Casual shoes | <input type="checkbox"/> | |

THIS BOOK BELONGS TO:

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