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Leading

In

WITH

women

BIKE SF

Some of Our favorite resources

Blogs:

www.pedallove.org
www.bikeleague.org/womenbike

Reports!

* you name it, here's a blog for it.

Groups:

Bike Like a Girl - Meetup

Bike Kitchen WTF night

She Spoke - Facebook

Tell us yours!

Women @ sfbike.org

Speaking up when
someone else can't

MAKING SPACE FOR OTHER
WOMEN & WTFS IN CYCLING

Practicing self-care

Understanding
your own
privilege

Fixing your own flats

BEING YOURSELF

Learning something new

RIDING DOWN THE STREET

Riding with someone
new to bikes, just for fun

Surprising someone
with your knowledge

Getting involved in advocacy

How do you lead
in?

All Me In



40 miles



1500 miles

How far they would go on the same amount of fuel!

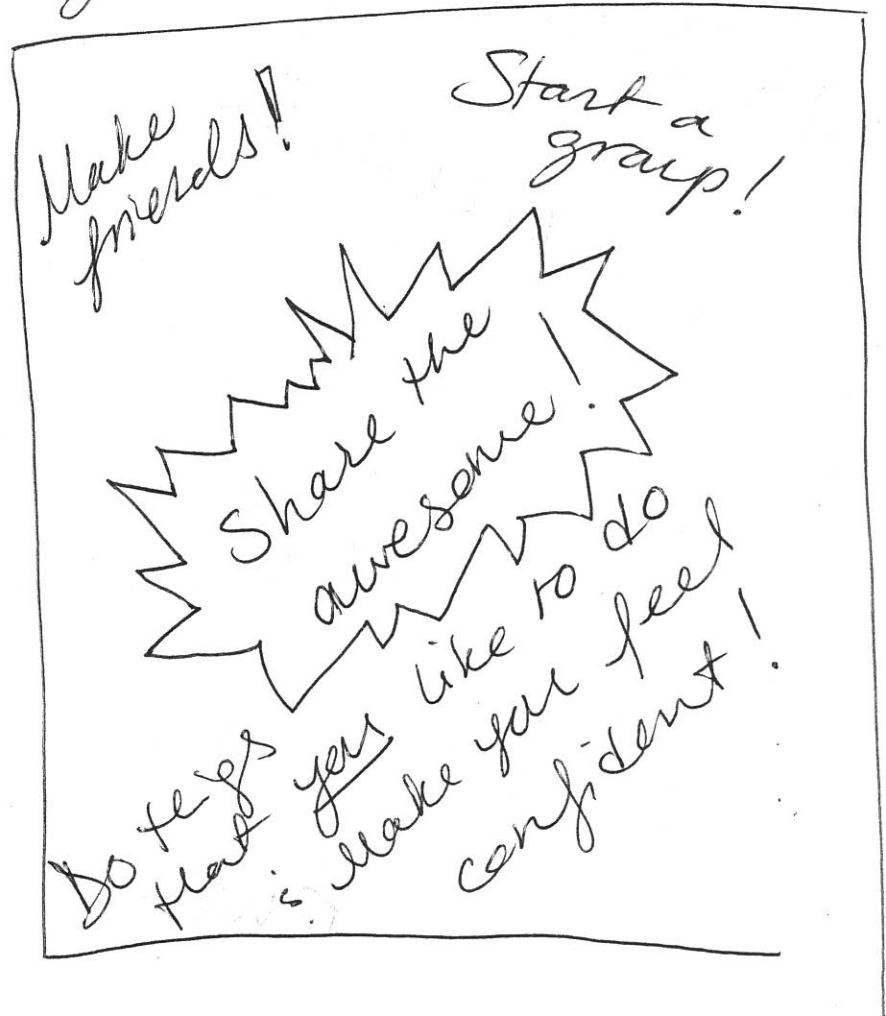
ELLIMAN'S 1 1/2
UNIVERSAL EMBROCATION

Prepared only by
ELLIMAN Sons & Co. Scotch *England*

STIFFNESS. ACHES. SPRAINS. BRUISES.

The advertisement features a detailed illustration of a cyclist in a long coat riding a bicycle on a dirt path. A dog is running alongside the cyclist. In the background, another cyclist is visible. The scene is framed by a decorative border. The text 'ELLIMAN'S 1 1/2 UNIVERSAL EMBROCATION' is prominently displayed at the top. At the bottom, it states 'Prepared only by ELLIMAN Sons & Co. Scotch England' and lists ailments: 'STIFFNESS. ACHES. SPRAINS. BRUISES.'

Leading In can
be hard if
you do it alone.



Everyone
has something
to contribute



But...

There are some things
you should know.

It is very important
that you are giving
people correct information
Their safety depends
on it! (They will also
have more fun!

Checklist

- Tires hold air?
- Brakes work?
- Bike is safe to
ride?
- Bike fits OK?

EDUCATING YOURSELF IS THE BEST WAY TO...

- Build your own confidence
- Give people the right information so they trust you and are safe
- Know WHAT information to share and how to problem solve (life skills!)

WHERE DO I LEARN ALL THIS STUFF!?

- Bike Kitchen
- Your local bike shop
- Mechanic Workshops
- Have someone show you (ask!)
- A Website or Blog
 - Sheldon Brown
 - Park Tool
 - Lennard Zinn
 - Manufacturers manuals (pdfs)
- A Book
 - Big Blue Book of Bicycle Repair
 - Zinn & the Art of Bicycle Maintenance (Lennard Zinn)

BUT I HATE ASKING! There are spaces out there, just for you and more and more: women are the fastest growing demographic for cycling in the U.S. It's sort of hard to ignore 50% of your market share.

When you're frustrated:
Call me. We'll rant
together.

NOTES



continuation of
a myth —
Women aren't
interested

But it's all dudes!
I KNOW!!
Aargh!

Which is SO NOT
TRUE

You're helping change
the perceptions & myths
about gender &
bikes just by being

you

Rant
over

Make a Plan

My goal is: to get my
friend to ride to
work.

I want to learn: how
to land a ride.

My resources are:

this awesome zine

I have the capacity to:
land my extra bike

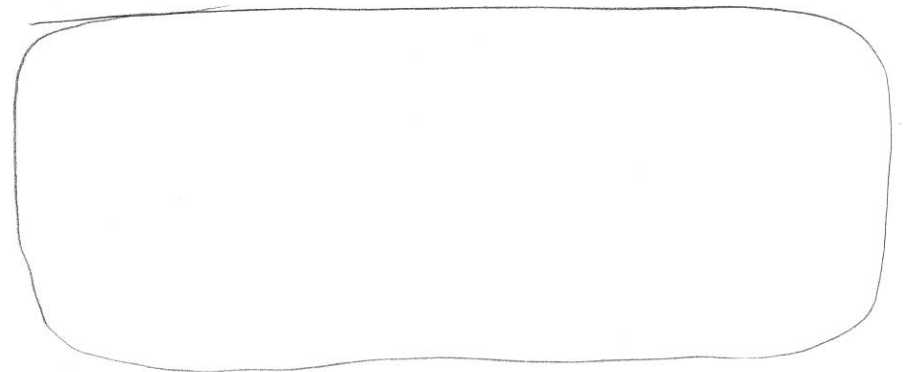
Nice 'Zine, Erin.
But we're in the
real world...

MECHANICS

I know how to...

- Fix a flat
- Tighten someone's brakes
- Put a chain back on
- Straighten handlebars
- Change someone's seat s OR seat height
- True a wheel
- Fix a chain if it snaps
- Adjust derailleurs
- Toe brakes
- Work with carbon frames

I want to learn more
about...



RIDING

I know about

- The rules of the road
- How to explain
 - Stopping quickly & safely
 - Turning
 - Going over tracks
- Rules about ear buds
- What to do if there is a crash or collision

I want to learn more about...

TOUGH CONVERSATIONS:

PEOPLE JUST WANT TO BE HEARD... SO, WORK ON YOUR LISTENING FACE AND HEAD-NOD. YOU'RE PROBABLY NOT GOING TO CHANGE THEIR OPINION.

TRICKY SITUATIONS:

BE PREPARED SO YOU FEEL CONFIDENT. DO YOU KNOW HOW TO DEAL WITH A CRASH OR COLLISION? HOW TO IDENTIFY SOMEONE IS IN TROUBLE? ARE YOU GOOD AT STAYING CALM WHEN SOMEONE ELSE IS ANXIOUS?



OH, SO OVERWHELMING! YES, INDEED. BUT OVERALL...**LIFE SKILLS, Y'ALL.**

Practice

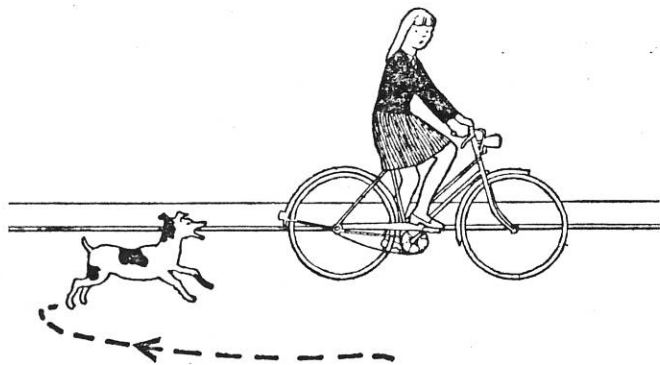
Practice

Practice

tough
conversations

tricky
situations

Validating

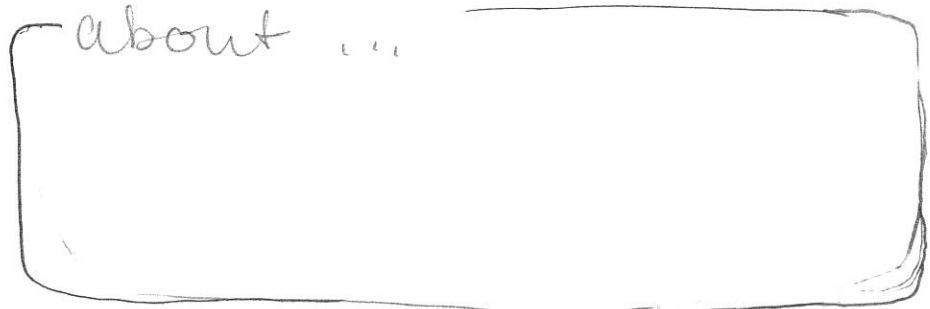


FINDING THE RIGHT BIKE

I know ...

- how to size a bike
- different styles of bikes
- Bike fit & comfort
- how much a new bike costs (used or new)
- which bike shops carry good selection of small bikes

I want to learn more
about ...



PLANNING RIDES

- Route building with
 - Strava
 - Google maps
 - Map My Ride
 - Ride with GPS
- Bring extra tubes & tools
- Bring extra water & food
- Advertise:
 - length of ride
 - difficulty
 - meeting point
 - type of ride (which bike to bring & what to wear)
- Leader & sweep

Organizing

There are some skills that aren't just about the bike!

Mirroring

Recommend, don't dictate

Validate concerns

Focus information on the person's needs

Be prepared

Clear. Calm.

Lots of people say "yes!", but they may or may not show up. It's not you!

Tip: Find ways to connect with people where they're at.

• Don't lose your friendships over "No" or flaking.