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Team LUNA Chix New York Mountain Bike

Brought to you by LUNA Bar – Whole Nutrition for Women
www.lunabar.com

Ride & Event Schedule for April, May and June 2010

April:

- 🚲 17th-18th – Come check out our booth at the Battenkill Roubaix, Cambridge
- 🚲 24th – 10am-2pm 5th Annual Trail Clean-up and BBQ at Shenantaha Park (Luther Forest), Malta

May:

- 🚲 3rd – 6 pm Women's ONLY MTB Ride at Luther Forest, Malta
- 🚲 10th – 6 pm MTB ride at Colonie Town Park, Colonie
- 🚲 17^h – 6 pm Women's ONLY MTB Ride at Central Park, Schenectady
- 🚲 24th – 6 pm MTB Ride at SMBA Trails, Saratoga Springs

June:

- 🚲 7th – 6 pm MTB ride at Luther Forest, Malta
- 🚲 14th – 6pm Women's ONLY MTB Ride at Colonie Town Park, Colonie
- 🚲 21th – 6 pm MTB Ride at Central Park, Schenectady
- 🚲 28th – 6 pm Women's ONLY MTB Ride at SMBA Trails, Saratoga Springs

Required Equipment: Helmet, water and mountain bike

Suggested Equipment: Bug repellent, sunscreen, spare tube, tire levers, pump/CO2, multi-tool, gloves, arm/knee/leg guards, emergency identification information and first aid basics.

Notes: Our rides are open to all ability levels and participants must sign a LUNA waiver. Each week, we will offer a skills building group and a standard group ride with a women's only group offered every week! Please visit our website (www.teamlunachix.com/new_york_mountain_bike) for trail specifics including directions, difficulty level and ride reports and photos of each of our events and rides. Please be ready to ride at 6:00pm and we will plan on riding for 1½-2 hours even if there is light rain but will not ride in a thunderstorm. Cancellations will be e-mailed to our mailing list by 3:30pm on the day of a ride.

*** For ride cancellations due to weather, please sign-up for our e-mail list or call Theresa Crombach, team leader, at 421-0551.***