

INFORMATION SHEET

WOW Board. Please feel free to contact the board at wow@wowcycling.com, if you have questions, want to talk about WOW, have suggestions or want to volunteer.

New Rider Contact. If you are new to cycling and have questions, e-mail the new rider coordinator at wow@wowcycling.com. She will be happy to answer your questions, give you an idea of what to expect on a group ride and in general get you pointed in the right direction to begin your cycling experience.

Jerseys. New club jerseys are ordered every other year. Extra jerseys are ordered for members joining after the order is placed. If you would like to purchase a jersey, send an e-mail to, wow@wowcycling.com

WOW Monthly Club Gathering. We have a meeting/social gathering on the last Monday of the month (except for November through March) at David's Pizza (one of our sponsors) at 6:00 p.m. David's Pizza is located at 829 E. Boone Avenue. During the months of April through September, a ride will precede the meeting. (Be ready to ride at 6 p.m.) Monthly meetings include a short business meeting and social get together to stay connected with other members.

Club Rides. WOW is an opportunity to network with fellow WOW members, other area cyclists and local cycling clubs. This club also provides members with training opportunities, social events and clinics. Members are encouraged to actively communicate with other members via the website forum. All club communication is done via our website. Each month there will be several rides led by members who choose to volunteer. These rides will be announced via the website forum one week before they will occur and will specify the type of ride (duration, level and pace). The rides are not supported except to the extent that there will be a contact person who will be the ride leader. If YOU have a favorite route or just planning to go for a ride, why not send out an invite to your fellow WOW members to join you! You don't have to be a certified ride leader to lead a ride. Just instigate the ride, invite riders and be the point person.

Benefit Ride. One of our key projects has been our involvement as participants and volunteers for the Eight Lakes Leg Aches Ride, held in August. The ride is a fundraiser for the Sexual Assault & Family Trauma (SAFeT) Response Center, a program of Lutheran Community Services. Proceeds from this event benefit vital programs for children and families in our community. Group Health is a major sponsor of this event and the Group Health Corporate Office, at the top of Sunset Hill, is the start/finish location. If you're interested in volunteering or need more information, please e-mail wow@wowcycling.com.

Group Health Kids Bike Race Series. One of the ways we enjoy giving back to Group Health is to be involved and assist with the kids' bike race series. The 3-race series takes place in September of each year. WOW members are in attendance to assist with organization, lead the racers around the course and offer encouragement to all riders.

WOW Sponsors. Our sponsors are Group Health, David's Pizza, Bicycle Butler and Pegasus Media Group. Please support them.

WOW Mission Statement: *To promote women's cycling (road and off-road) for all ages, levels and abilities. To create a network of cyclists so members may find women of similar skill levels and interests with whom to ride.*