



WOW! Women on Wheels 2013 Panelist's Resource Guide

Juta (YUH-tah) Geurtsen – Development Director, BBP

Words of Wisdom

“Be the change that you wish to see in the world.” — **Mahatma Gandhi**

You can do this on a bicycle. I haven't found cheaper therapy or a better way to feel like I can make a difference daily.

Ride as often as you can. Don't let perfection be the enemy of good.

Look where you want to go, whether on the trail, on the street or life in general. This has become my mantra.

Turn excuses in to barriers and then ask for help in removing them.

Act like a car and you will be treated like a car – be visible, use hand signals, learn and obey the rules. And saying “on your left” when passing on the greenbelt is just polite. Just like when you drive a car – be a defensive driver, being in the open air allows you to have all your senses tuned to what is going on around you.

Take one of BBP's free Biking Boise commuter classes – it has totally empowered me and changed the way I ride for the better.

Power pedal up! And join the Boise Bicycle Project!

Favorite Things

Momentum Magazine

Bicycle Times

PDW Bar-ista coffee holder

Crane bell

My rack

Scouring for great finds at BBP and Outdoor Exchange

Core Concepts Cowboy Pow jacket (local company)

Rubber bungees at Salvation Army

Favorite Blogs

www.velojoy.com

www.momentummag.com

Margie Rosenberg – Treasurer, SWIMBA

Riding Groups (Of which I have personal knowledge)

SWIMBA – Southwest Idaho Mountain Biking Association

Trail building and advocacy organization that holds group trail rides 1-2 times per month. Ladies only rides are planned. BBQ or meetup for refreshments afterward.

Dirt Dolls – Ladies mountain biking group with Monday evening trail rides. Usually an advanced and beginner ride. Meetup for refreshments afterward.

Community Bike Rides – Road riding group with regular Tuesday night rides. Thursday night “Fun Ride” also, a little slower pace and not as many miles.

Meet Up Groups – Boise Cyclists is a road cycling group. Boise Mountain Biking & Gravity Adventures is a mountain biking group. I know people who ride with both and they seem to be good folks to ride with.

Words of Wisdom

When buying a bike, get the best components you can possibly afford. It will pay off later in terms of frustration and maintenance. A bike that doesn't shift properly is very frustrating and discouraging. In my opinion, bikes with better components also cost less to maintain.

Find a good local bike shop that provides good customer service and treats you well. Develop a relationship with them and they will take care of you. No matter what you take your bike in for, a good mechanic should give it a quick once-over for safety issues like loose headset or something of that nature. While it is tempting to surf the internet for deals, it is my opinion that in the long run you are better off to go with a local shop. In addition to BBP, I do business with a few shops in the area that treat their women customers really well. I will be happy to provide you with those shop names upon request.

Join SWIMBA. As a member you get free mechanic and mountain biking skills classes. You also get discounts between 10% and 15% at four different bike shops, along with a discount on chiropractic care and legal services. There are many other benefits as well, people to ride with, trails to build, cycling advocacy, etc.

Buy tires pre-slimed or add slime. Lots of goat heads around the area and they can derail your riding fun in a hurry.

Tami Reed – Owner, Reed Cycle

Words of Wisdom

Keep Pedaling! Use your gears to help you pedal efficiently and comfortably either to get up the hill in an easier gear, or a harder gear for downhills. Watch your leg cadence, the number of revolutions of the crank per minute, and find your comfort zone.

Riding Groups – which I have been involved in:

Lost River Cycling Club <http://www.lostrivercycling.org/>

BOMBB SQUAD – Boise Off-Road Mountain Bike Babes

<http://sports.groups.yahoo.com/group/BOMBB/>

CBR – Community Bike Riders <http://communitybicyclerides.org/>

Riding Groups - which I know about:

Lactic Acid cycling <http://www.lacticacidcycling.org>

SPIN – Scenic Pedaling is Nearby <http://www.spinidaho.org/>

Chicked Cycling – <https://www.facebook.com/pages/Chicked-Cycling-Team-Boise/426893260691901>

Dirt Dolls <https://www.facebook.com/pages/Dirt-Dolls/232662630082308>

Cinderella <https://www.facebook.com/pages/Spinderella/134320339968714>

Lisa Brady – President, Treasure Valley Cycling Alliance

Words of Wisdom

Just Ride!

Favorite Things

Skirt Garter from Bird Industries (at Etsy.com)

Helmet Mirror

Brooks B67 Imperial Saddle

Multi-tool/parts kit on bike

Reflectorized Sash.....

Bell

Dedicated Coffee Cup

Sock It To Me Socks (I love these!)

Adventure Cyclist Magazine and website

www.bikeportland.org (lots of great urban resources)

www.funreflector.com for great reflective stickers for improved safety and style

www.biketouringnews.com a fantastic LOCAL resource for bike touring

Any of the streets blog websites for PDX, Seattle, NY, Chicago. These help me keep up to date on the happenings in other cities and let me know that we're not doing too badly around Boise

www.womenbike.org from the League of American cyclists (a great resource for the ladies)

www.iamtraffic.org which is a great resource for the street cyclist

<http://www.cyclechicrepublic.com/> for stylish accessories for your bike, fun panniers, guards, misc. These are true Copenhagen street style.

Angie Stevens – Everyday Commuter Extraordinaire

Words of Wisdom

Find a bicycle that fits your frame and is easy to ride – if you are comfortable you will ride more. Install a rack on your bike so you can use panniers. It seems easier to ride if you don't have to carry things on your back.

When it comes to transportation cycling, do what you can! You don't have to make a 100% commitment to commuting everywhere, just ride when it works for you.

Remember that every single trip you take on a bicycle, even if it's only a mile, makes you healthier and helps the environment!

Favorite Products

Basil Panniers – inexpensive, stylish, practical panniers for commuting and shopping (www.basil.nl)

Micro Wool helps you stay dry and non-stinky when commuting. I like the brands Icebreaker, Smartwool, and I/O Bio. You can find good deals in town at Sierra Trading Post and Idaho Mountain Touring, or online at www.Backcountry.com and www.Amazon.com.

Favorite Blogs

Bikeyface---transportation cycling from a woman's perspective (<http://bikeyface.com>)

Taking the Lane – feminist bike blog (<http://takingthelane.com>)

Elaine Clegg – Interim Executive Director, Idaho Smart Growth & Boise City Council

I ride for transportation and because for me it's a great way to start the day (at least compared to getting in my car) I have been commuting by bike since I was in high school and through college. I did take many years off while my kids were growing up, but bike or walk to work whenever I can again nowadays. Of course there are days I drive when my meetings or other needs require a longer trip than I have time or energy for by bike. I don't belong to clubs, when I bike for recreation it is often on the greenbelt and sometimes with my grandkids, but the vast majority of my trips are for transport. I have never felt threatened when riding in Boise even at night alone, though I am usually home before 10:00 PM at the latest. I feel safest in designated bike lanes or on low volume residential streets, I rarely ride on higher volume streets. That's why I am so passionate about getting a well noted, marked and mapped bicycle network completed. I use panniers and a basket, I wear a reflective vest (always) and a helmet; nothing very fancy. If I have any words of wisdom its that riding is just as fun now as it was when you were 10 years old, don't let anything else get in the way of remembering that.

"The great thing in the world is not so much where we stand, as in what direction we are moving."

Oliver Wendell Holmes