



Gear Girls FAQs

Summer 2021

What is the schedule for Gear Girls?

Gear Girls runs for four 10-week sessions throughout the year in spring, summer, fall, & winter. You do not need to commit to all four seasons, as we hold registration for each session separately!

Drop off and pick up locations will vary, and the typical practice time will be Saturdays 9 am - 1 pm. Please see the [calendar](#) for details.

If you're interested in joining us this summer, but you can't regularly attend Saturday practices, consider checking out our thru ride series and clinics. More info on those opportunities will be posted on our website and social media accounts soon! Dates can be found on our Gear Girls 2021 calendar.

What if my daughter can't come to every practice?

With only one practice a week, it is super helpful to make as many practices as possible. However, we understand that everyone's life is very full, and even all the coaches can't make every practice. Just kindly keep us informed of practices that your daughter will miss.

What measures are being taken in response to the coronavirus?

The Arizona Trail Association's Gear Girls is implementing vigilant COVID-19 epidemic protocols. Detailed information about the virus and our safety strategies can be found in our [comprehensive document](#).

Athletes will be required to:

- Wear a mask at all times unless they are eating, drinking, riding with minimum 6 feet between one another, or are directed that it's safe to remove it.
- Carry and use disinfectants (provided by ATA).
- Refrain from sharing any gear, supplies, and personal food.

We ask that girls kindly refrain from participation if they have COVID-19 symptoms, believe they may have COVID-19, or have had any exposure to someone with a confirmed case of COVID-19 in the past 14 days.

Is there a fee?

Nope! Our program is funded by grants and private donations. We hope to remove the barriers to entry as much as possible and don't want cost to be an issue. We do however accept donations from anyone who wants to support Gear Girls or our youth programming in general; you are welcome to donate here:

<http://www.aztrail.org/donate.html>

But my daughter doesn't have a mountain bike?

We will provide a bike, helmet, glasses, and riding gloves for any girls wishing to participate who don't have the necessary equipment. Just let us know in advance what you need, and we'll make sure you're geared up!

What else will she need to participate?

- Wear a mask and bring an extra one just in case.
- A hydration pack with at least 2 liters of water; loaner hydration packs are available.
 - Through the summer, we'll provide sport drink flavors (MiO) for anyone who brings a full water bottle.
- Lunch & snacks. Due to COVID-19, we won't be providing a sandwich station this season, but we will have packaged snacks and clementines.
- Comfy weather-appropriate clothing (layers) meant for moving with nothing flapping or loose near the legs or feet. This is to avoid getting clothing caught in wheels or chains.
- Closed toed shoes.
- Glasses or sunglasses. Eye protection while riding is required.
- A mountain bike in good shape for singletrack trails. Let us know if you'll need to borrow a bike.
- Bike gloves & helmet; we have gloves & helmets to lend out.
- Sun protection: sunscreen. Optional: sunglasses and a lightweight long sleeve shirt.

- Any children who require an epi pen, inhaler, or other life saving medications must have those medications available for every practice.

What will my daughter be doing and learning?

In the simplest terms your daughter will learn the skills of mountain biking along with trail work and public lands volunteerism. But she will also learn important life skills like tenacity, citizenship, self confidence, teamwork, mindfulness, cooperation, and community building. We will use the process of learning to mountain bike to illustrate concepts like planning ahead, self care, self confidence, and being part of a thoughtful community.

We'll have a trail work volunteer event this summer on a to-be-announced date. Our last practice will be a celebration ride, complete with a stellar thru-ride, costumes, tasty food, and a whole lotta fun!

Is there a goal they are working towards?

Gear Girls is a non-competitive and pressure-free environment. Girls are free to set their own goals as they wish. We host a yearly ride from Flagstaff to the Grand Canyon (over multiple days) and we hope that every girl will have the skills and confidence to complete this ride by the end of 8th grade.

