



Gear Girls FAQs

Fall 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 10 am - 2 pm. Please see the [calendar](#) for details.

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. Kindly keep us informed of practices that your daughter will miss.

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, riding gloves, and a hydration pack 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?

- Please wear a mask. Girls are welcome to remove their masks while we're riding and social distancing.
- A hydration pack with at least 2 liters of water; loaner hydration packs are available.
- Lunch
 - We're excited to be able to provide snacks (bars, chips/pretzels, seeds/nuts, and fruit) this fall like we used to pre-covid! We will accommodate allergies and dietary restrictions. We're not bringing back our sandwich station quite yet, so please still pack some kind of main item for lunch, such as a wrap or sandwich.
- 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 athletes who require an epi pen, inhaler, or other life saving medications must have those medications available for every practice.

What if there is inclement weather?

Please ensure the participant is always prepared with a warmer layer and, if forecasted, a rain jacket; be sure to check the weather the day of or before practice and then pack accordingly. Given our variable mountain town weather, it's hard to predict what kind of conditions we might be working with. Nevertheless, with the proper clothing and attitudes, rain, snow, and cold are awesome opportunities to experience the trail in new ways, awaken the senses, and embark on memorable adventures. In the case of snowfall, we may go on a wintery hike, don our snowshoes or cross country skis, or even learn how to build snow shelters! That being said, our instructors know when to call it off; when inclement weather is forecasted, we'll be in touch to give you a heads up to pack extra items or that we'll be adjusting/cancelling that week's practice. Again, if there is any item you need to borrow, we've got you covered!

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 fall on October 23. 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.

What measures are being taken in response to the coronavirus?

The Arizona Trail Association's Gear Girls is implementing vigilant COVID-19 epidemic protocols. Information about our safety strategies can be found in our [Revised COVID Epidemic Protocols](#).

Athletes will be required to:

- Wear a mask at all times unless they are physically distancing, 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).

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.

