

SportRCT Case Study

'Skinny Lattes' Ladies Mountain Biking

We set up ladies-only beginners mountain bike rides alongside the opening of the new Gravity Bike Park in Dare Valley Country Park. The main objective of the sessions was to teach core mountain biking skills to beginners, to expand the local rider network and hopefully progress individuals towards the coached sessions at the new bike park. Mountain Biking is seen as a male-dominant environment and there is evidence to suggest that women can find joining mountain biking groups intimidating because of this. With this project we hoped to break down some of the barriers and create a social riding group where women could learn off-road skills in a fun environment.

The rides were offered to women of all ages and abilities, with a focus on those that were new to the sport and in particular women that were nervous or lacking confidence. 12 women joined the group, and on average 8 of them attended each week. Routes were planned carefully to cater for all abilities, allowing everyone to progress safely at their own pace. The Bike Park café welcomed the

group after each ride, providing time for the group to socialise and build friendships. All participants improved their bike handling skills, confidence and noticed an improvement in their physical ability as the weeks progressed. Some good friendships were made within the group and members started arranging rides outside of the dedicated session. The group are now more active and have a greater confidence to explore the local area because they feel more proficient and ready to tackle more challenging terrain and longer rides.

Feedback from participants was really positive:

"I really enjoyed it! Lots of fun and a great group of people"
"I enjoy every minute"
"Thoroughly enjoyed and laughed loads"

