



# LADIES first-timers mountain bike ride!

Saturday, July 31, 2009

All beginner and intermediate riders welcome

Bikes and guides provided - FREE

Meet at 9:00 am depart a.s.a.p...usually around 9:30 am

Bikes are limited so arrive early for best size selection

Ledford Gap parking lot at Bent Creek (see directions below)

This will be an easy one hour to one and a half hour ride on level gravel roads. Then, for those who are interested, we will do some level single-track trails.

Enjoy the great outdoors and meet other women who like to ride.

Guides are from the all-ladies' Team Prestige Subaru and the Asheville Women's Cycling Club!

Check us out at: [www.ashevillewomenscycling.com](http://www.ashevillewomenscycling.com)

Call or email Patricia Pinner to RSVP at

(828) 654-7781

[mtbikernuts@yahoo.com](mailto:mtbikernuts@yahoo.com)

Directions: From Highway 191, turn onto Bent Creek Road (across from Bent Creek Baptist Church), at the top of the hill bear left and continue past the back entrance to the Arboretum. Pass Hard Times trail head on the left and take the next right (before the Lake Powhatan campground entrance, turns to gravel then back to paved at lot). Ledford Gap parking lot will be on your right (has a restroom).



Special Event Sponsor: