



GIRLS GEAR

Are you a self-identifying girl of any age or riding ability **looking to gain confidence riding a bike?** Glide-to-Ride is for you!



Who is Girls in Gear?

Girls in Gear is a nonprofit program that offers programs for every rider - from first-timers on balance bikes to confident two-wheelers ready for a challenge. Every session blends skill-building on the bike with lessons in confidence, connection, and self-discovery.

What is Glide-to-Ride?

Glide-to-Ride is a bike clinic thoughtfully designed for girls and who looking to gain confidence and skills on two wheels. We provide a safe, supportive, and judgment-free space for new riders to build foundational skills, develop balance, and learn to pedal independently.

Through a series of fun, progressive exercises, riders will practice balancing, turning, and pedaling as they grow their abilities and independence. Whether they're starting for the first time or need extra support, Glide-to-Ride helps riders experience the joy and freedom of biking.

**SCAN TO
REGISTER
RIDER!**



The Bike Library
600 W Cabarrus St Suite 113
Raleigh
November 8
12-2 PM



**SCAN TO
VOLUNTEER!**



Email info@girlsingear.org for more information.