



2012 ACA Women's Summit

February 12, 2012 * 1-3:30 pm

American Mountaineering Center * Conference Room D

710 10th Street * Golden, CO 80401

1:00 Welcome and Introductions

1:15 How to Attract Women to the Sport - Discussion

- What is appealing about triathlon and running that competitive cycling lacks?
- What motivates women to race bicycles?
- What are the barriers to entry for women?
- Where to recruit: triathlons, spin classes, big rides (E-rock, Copper Triangle, etc) outreach efforts such as those at Wheat Ridge Cyclery.
- The Importance of creating a positive social environment – fun and athletics
- The importance of our Women's Club leadership in communicating the discussions from this meeting – it's up to all of us to improve the state of women's cycling in Colorado.

1:45 How to Retain Women - Discussion

- The role of Clubs in providing a social outlet, support system, and network for improving athletic performance. Are we helping SW 4s to find the right club?
- Should we explore SW 3-4 races instead of SW 1 2 3 and SW 4?
- Interactions between racers need to be civil and not drive women away from the sport.
- ACA will be vigilant about dangerous riding, bad language, and any action that portrays our sport in a negative way.
- Proper handling of grievances and protests with officials and promoters

2:15 Safety, Clinics & Mentoring - Suggestions

- Helmet fits, bike fits, clothing and equipment suggestions – most clubs have a sponsoring shop. New riders need to understand the importance of fit & equipment.
- Suggested Skills Clinics – 2 hours, \$25, cones, bumping, cornering, paceline, double paceline
- Mentoring during races – South Table Mtn CSP Races – Thursdays throughout year
- Identify 2 additional weekend races for Mentoring
- Can we coordinate a Skills Clinic with a Mentoring Race so that we instantly use the lessons taught in the Clinic?

2:30 Women's-only Rides & Socials - Suggestions

- Multi-Team – build relationships between teams
- No-drop – help build confidence and camaraderie
- Coffee of course – no brainer here

2:45 Yeti Betty Model of Women's-Only race. A ½ Day Criterium? - Suggestions

- Interest?
- Suitable location? Safe course.
- Race director/club to take lead on this event.
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3:00 Additional Thoughts and Discussion

3:15 Adjourn

Colorado Women's Teams -

Blue Sky Velo

Boulder Chaos – Rocky/Mts Izze

Boulder Cycle Sport

Boulder Orthopedic Specialists/Boulder Masters

Colorado BikeLaw

Denver 38 Racing

Happy Coffee

IC3

Naked Women's Racing p/b Tribella

Natural Grocers

New Hope-360 GS Boulder

Outdoor Divas

Peak to Peak Training/Westside

Primal/MacDonald Audi

Pro Design

PsiMet/Zilla

Team Body Sync

Team Evergreen

Ten20

The Cyclist-Lawyer

Tough Girl

Twin Peaks Cycling

Yeti Betty