

## DIVA Program FAQs

Can I come for a ride and feel it out before I spend \$\$ to join?

YES!

What kind of bike am I supposed to get?

Any bike shop in Tulsa is familiar with the Divas program and can help you figure out what sort of bike will work best for your comfort, budget, and riding goals. Women in Divas ride new bikes, borrowed bikes, and secondhand bikes. They ride cruisers, hybrid bikes, road bikes, off-road bikes, E-bikes and everything in between. Have the bike shop affirm your bike is road worthy (tires are good, chain is good, etc.).

Do I need to meet any standards or criteria to join?

Divas is an inclusive program for women of all ages, stages, and abilities! If you have concerns, please reach out and ask! We started Divas because we know that the sport of cycling can be intimidating and now, we're the largest women's cycling group in the nation because of our welcoming, diverse, and empowering community of tough women cyclists and volunteers. We ask that you are able to safely ride a bike on paved trails or around a parking lot. Our beginner's group, Dolly, named after the queen of country music and icon of allyship, welcomes members new to cycling, teaches bike handling skills, and stays on paved trails away from traffic.

I'm joining to make friends. Is that okay? Yes!

Our organizational goal is to prepare women to be safe cyclists and we welcome members whose personal riding goals fit under that umbrella. We are the Saint Francis Tulsa Tough Divas, so our training season is structured to prepare you for that event, but we'd love to have you if you're riding for a different reason. Women join to make friends, for fitness, to train for a cycling event or triathlon, to learn how to ride in group rides, to train to go faster than the divas with the dream of joining a team; if your goal includes being part of a cycling community, we're here for it.

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*Our mission is to elevate the profile of Tulsa and promote active lifestyles*

## DIVA Program FAQs *continued*

### How do I choose which group to join?

We can help you decide! We usually recommend that you have some idea of your pace and choose the group below your comfortable pace for your first ride so that you can learn the skills and etiquette of group riding. We encourage you to move groups and challenge yourself as your skills and ability grow. You'll make friends no matter who you ride with in Divas.

### What do I need to bring?

A road-worthy bike, helmet, water, nutrition, close-toed shoes, and an extra tube. Riders usually wear padded bike shorts, but that's not a requirement.

### What should I expect when I show up to River West Festival Park on a Wednesday evening for my first ride?

A parking lot full of riders unloading their bike racks and vehicles, preparing their bikes, getting ready to ride, and catching up with friends. Our coordinator, "Jersey," will be at the turnaround circle to greet Divas and answer questions. Most Wednesdays a local bike shop partners to support the Divas with a mobile shop van to help with minor repairs. There is a River Parks restroom at the north end of the lot for last minute bio breaks. There are flags designating where each pace group should gather. Friendly Divas or ride leaders can help you find your pace group. Divas will introduce themselves to one another while waiting for everyone to arrive. Before the ride, the ride leader will introduce themselves, explain the plans for the evening's ride, and provide any safety information.

### Can I show up 15 minutes early to meet my ride leader (and maybe get my bike checked out)?

YES!

Please reach out to [divas@tulsatough.com](mailto:divas@tulsatough.com) if you have a question about our program.