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For some women who have experienced those kinds of environments, it can be easier to ask another woman for coaching on how to tackle hills, for example, because it is "way less intimidating."

WOW cyclists are "supportive of each other and getting women interested in the sport and maintaining those connections," she said.

Corsa also puts on a two-day ride events, weekend events like the Tour of the Unknown Coast (which will be held in September this year) and the Bidwell Bump, an Upper Bidwell Park mountain bike race first held in 1970s. Through the Bidwell Bump last year, Corsa raised approximately \$4,200 for On the Road to Rescue, a local nonprofit that helps dogs get fostered and adopted.

In the club's more recent history (approximately the past four years), Corsa decided to bring back some old beloved rides that were no longer being organized by the local cycling community, Klein and Hughes said. This includes the Unknown Coast and Sutter Buttes rides. They also began working with multiple bike shops in town (rather than having one exclusive shop).

Corsa sponsors bike maintenance courses through local shops, as well, and as part of their Wildflower training course, cyclists learn how to safely ride on the road in a group. Every ride is an educational opportunity: with LSD, for example, cyclists who haven't yet ridden in a group Last September, Chico Corsa cyclists set off on the Tour of the Unknown Coast, a two-day ride covering 100 miles. PHOTO COURTESY OF CHICO CORSA

can learn from experienced riders "at a set pace" that is about "being steady versus high intensity," Klein said.

This applies across all rides with Corsa, Hughes added. Even with rides that are at a faster pace, he's a big proponent of "no drop rides," where no rider is left behind.

While on a bike ride last month with a small group of cyclists, he noticed someone falling to the back, pedaling at a slower pace. Hughes eased up on his speed and joined her, and the pair talked—she was just getting back into cycling.

"I stayed with her the whole time and I said, 'Go at your own pace, it's the only way you'll get better. If you try to chase, you're going to get frustrated or hurt yourself.""

Alexander related to this moment: When she first started out all those years ago, it was empowering for her to be included regardless of her ability level: Chico Corsa treated her the same then as they do now that she is an experienced cyclist.

"Everybody has a starting point. One of the things that's hardest to overcome as a new cyclist is feeling like you're dragging everybody behind. We make sure we let people know that's not the situation at all—we want you to continue to ride."