



Shifting Gears MTB Program Volunteer Roles & Responsibilities

About Shifting Gears

Shifting Gears is a 501(c)(3) non-profit organization based in Bellingham, WA, with a mission to create welcoming recreation experiences that encourage confidence, wellness, growth, and joy for all women. Striving to empower all women, our programs focus on breaking down barriers that stand in the way between a person and their outdoor aspirations.

About Shifting Gears' Mountain Bike Program

Shifting Gears' Mountain Biking programs provide beginner, intermediate, and advanced riders with a safe space to explore mountain biking on the lovely local trails of Bellingham. We practice skills, familiarize ourselves with trails, meet new ride friends, and have fun. Learn more about the program on our [website](#).

Group Rides are Mondays from 5:30-7:30pm, May 6th through September 30th. Depending on the availability of Ride Leaders and Volunteers, there are at least two groups: 1) Beginner and 2) Intermediate, with a max of 15 riders in each group. Route suggestions are provided but ultimately determined by the Ride Leaders.

Responsibilities:

Our MTB Volunteers will support our Ride Leaders by ensuring the group stays together, creating a fun and positive environment, and supporting participants. MTB Volunteers ensure the rides are no-drop and accommodate everyone's riding pace.

Time Commitment

You commit to at least two rides each month, which are held Mondays from 5:30-7:30pm from May through September (excluding holidays). Attendance at the MTB Volunteer Training is mandatory; exact date is TBD.

Qualifications:

- Commitment to the Shifting Gears mission and values.
- Ability to ride at the same skill level as your group (either Beginner or Intermediate)
- Passionate about mountain biking and fostering a welcoming environment for all women!
- Have participated in Shifting Gears MTB rides previously
- Knowledge of local trails, basic trailside repair, and first aid is a plus!

How to Apply:

Complete this [volunteer application](#) by **March 15, 2024**.

Thank you for wanting to support our mountain biking community! If you have any questions, please contact our executive director, Krysy Keller, at krysy@letsshiftgears.com.