

This is a partial list of activities you can expect at MCC's inaugural International Women Riders Congress and Festival, presented by Honda. Check back often, as this list is being updated regularly.

Workshops and Seminars

Safety and Environmental
Sponsored by Honda Canada

Our Power

Gin Shear and Sue Slate, founders of the Women's Motorcyclist Foundation, both have the same personal goal. It's one they hope all will embrace: to continually experience a never-ending series of adventures.

For these two women, most of their adventures have been connected to their passion for life on two wheels. They firmly believe their own power has emerged, in great measure, through motorcycling. The simple fact is that motorcycling, by design, places all the responsibilities for one's skills, decisions, judgment, safety, and enjoyment squarely on the rider, herself.

Come ready to see where they have been and get a sneak preview of where we all can go.

Gin Shear, Executive Director
Sue Slate, National Programs Chairs
Women's Motorcyclist Foundation, Inc.

Sue and Gin founded WMF, Inc. as a charitable/educational foundation. Not only has it raised in excess of 2.3 million dollars for breast cancer research, WMF, Inc. is also a Red Cross course provider presenting CPR and First Aid Courses to Scout Troops, motorcycle clubs, and MSF coaches.

Both Gin and Sue have taught for Learn2Ride in Rochester, NY since 1992. Furthermore, Sue works with Riders of Kawasaki for Kawasaki Motor Corp., U.S.A. at outdoor rallies and events.

Each woman enjoys not only road riding, but also track days and dual sport riding. Two of WMF, Inc. signature programs, "On Track for a Cure" and "Adventure for the Cures", wed fundraising with rider education. These programs are designed to give to the greater good plus enhance skills and enlarge the number of opportunities for riders when it comes to life on two wheels.

In 2000, Gin and Sue were named motorcycling pioneers by the American Motorcyclist Association's Heritage Foundation. As such, WMF, Inc., along with Gin Shear and Sue Slate, are represented in the Heritage Foundation's traveling display on "Women in Motorcycling". This display has been featured around the U.S. at motorcycle events, trade shows, and national conferences.

www.womensmotorcyclistfoundation.org

<p>Pilates</p> <p>Pilates is an exercise-based system that aims to develop the body's "centre" in order to create a stable core for all types of movement.</p> <p>It develops concentration which leads to enhanced body control which, in turn, develops a strong central core that frees the body, allowing for flowing movement and precision.</p> <p>Kelly combines her in-depth understanding of both riding and Pilates to deliver a program specifically designed to make you better prepared for the physical and mental demands of riding – and, ultimately, to enjoy your ride even more!</p>	<p>Kelly Patterson McGrath President & CEO Patterson McGrath Associates</p> <p>Kelly is a dynamic trainer, facilitator, and speaker. Her passion is giving people the tools and techniques to let them discover their own potential, live out loud, and be themselves. She has created an exciting series of programs under the banner “The Power of Women Learning Series”, along with a great journal – <i>The Power of Women Daily Journal</i> – in addition to the corporate clients that engage her services for training programs.</p> <p>Kelly has worked for international training organizations in senior roles, developing and delivering programs on Stress Management, Emotional Intelligence, Work Life Balance, and Team Building with public sector and Fortune 500 companies across North America. She is also a Certified StressMap® Trainer.</p>
<p>The Balance – Life and all that</p> <p>How do we learn to let go of what is not in our control and focus on what is? Why do we have trouble with saying “no”?</p> <p>In this dynamic overview you will discover five key techniques to manage stress and create balance in your life.</p> <p>Powerful, informative, and fun, this session will help you develop pro-active skills to better manage those daily pressures we all face.</p> <ul style="list-style-type: none"> ▪ Understand how your stress impacts you and those around you ▪ Discover new skills and techniques for managing change and diversity ▪ Learn powerful techniques that will help you identify your warning signals of distress 	<p>Kelly is a passionate motorcyclist, rides a beautiful 2001 1200 HD Sportster, and was the creator behind Diva Rider Wear and the Diva Rider Journal. This line of clothing and journals sold across North America and Australia.</p> <p>Kelly's natural ease in connecting with those around her and unique ability to create clarity from chaos makes her not only an effective coach and speaker but also an articulate communicator who presents with conviction, passion and humour.</p> <p>www.leadforwomen.com www.pilatesfitness.ca</p>

Team Tumbleweed Adventures in Morocco

Sponsored by BMW Motorrad

Rally Roses des Sables is a women-only event that takes place in Morocco and is based on the pure tradition of an African rally.

In October 2008, Chantal Cournoyer and Stephanie Chagnon, aka Team Tumbleweed - on new BMW G450X's - became the first Canadians to attend this rally on motorcycles, and the only participants ever to complete it on motorcycles.

The extremely challenging terrain varied from lava beds to sand dunes. The rally was a solo journey in the dunes with only maps and a compass. The last two days, dubbed "Marathon", were spent alone in the desert with only a sleeping bag and some food.

Each team also brought 50 kg of humanitarian material for the Children of the Desert Foundation (www.enfantsdudesert.org).

This engaging session will spark your adventure gene and show you that any dream is possible when we set goals and believe in ourselves.

Stephanie Chagnon

Stephanie's love of adventure led to an early introduction to motorcycling, followed by a career as a helicopter pilot/mechanic. Her work took her to every corner of Canada (except the Yukon) for forest fires, hydro projects, research, archeology, and mining projects. Seventy-five percent of her time was spent in remote camps with no phone, TV, heat, or washrooms. She learned a lot about flexibility, resourcefulness, and reacting quickly.

Stephanie has competed in numerous rallies and Canadian GS Challenges. In 2007, she and her husband rode the Trans American trail – 12,400 kilometers of back roads and trails from Tennessee to Oregon. In 2008, along with Chantal Cournoyer (aka Team Tumbleweed), she completed the Rally Roses des Sables on BMW G450X's – an extraordinary ride across Morocco. This summer, she will compete in Ontario's Paris-Dacre Dual-Sport Rally – a grueling 780 kilometers in one day.

Stephanie credits motorcycling with helping to push herself to the next level. "On long journeys or during a Rally, you get to connect with Mother Nature and meet challenges from unknown factors like road changes, mechanical breakdowns and getting lost. It helps identify who you are and what you are made of".

Chantal Cournoyer

Journey of the Heart

Sponsored by BMW Motorrad

Lesley's zeal for life is inexorably intertwined with her motorcycle. More often than not, the symbolism and imagery of her experiences not only appear in her art, but carry meaning and insights that enrich her journey.

Motorcycling has taken her on solo rides from the top of the Himalayas to a 5-month circuit of North America. Two years ago, her life was radically shifted by the death of her best friend, the finalization of a divorce, the end of an era of friendships, and the realization that sadness and madness might be taking over her life. Lesley set out on an intense 21-day motorcycle trip to Burning Man that gave her the time and space to look deep in her heart, find her freedom, let go of the sadness, and live with passion and truth again.

Since then, she has worked hard to balance her roles as mother, motorcyclist, artist, and partner while not losing herself.

Become captivated as Lesley brings alive her experiences of trusting and following her heart with stories and images.

Lesley Gering

Lesley Gering is a Mother, Motorcyclist, Journalist, Photographer, and an award -winning Emily Carr Artist Graduate. Her art crosses the mediums in photography, film, writing, video, 2-D art, and even fire performance. Her work has been published in over fifty publications worldwide, and her photography and writing have been published in over a dozen motorcycle magazines, internationally. Her "Women and the Art of Motorcycles" photographic series became a calendar with proceeds donated to Breast Cancer research.

Her fascination with the machine led her to take courses where she completely dismantled and reassembled numerous motorcycles. Once she began these projects, sponsors appeared, and she began test-riding and writing reviews for motorcycle magazines around the globe. Not only is she an expert rider, she knows how to convey this zeal for mechanics and the art of riding into her life.

Lesley Gering's unique multifaceted approach, her courage to be true to herself, and her ability to inspire others, evolve from the combination of her passions – art and motorcycling.

www.motorgirl.com

Racing Panel**Vicki Schouten**

Vicki began her racing career after completing the Kevin Schwantz Suzuki School at Road Atlanta. She soon became hooked on this new and exhilarating sport of motorcycle road racing and found herself converting her GSXR600 to a racebike and heading to the track! Her first full season of road racing saw her clinch the Novice Women's Cup Challenge championship. She has not looked back since!

Prior to her career in motorcycle racing, Vicki competed for many years at both the provincial and national levels for mountain bike racing and road cycling. She has also spent quite a bit of time travelling the world over the years, and has lived in such exciting places as Rotterdam, Netherlands, Rome, Italy, and in Thailand.

In 2009, with only four full seasons of road racing under her belt, Vicki finished 3rd in the Canadian National Armour Bodies Amateur Sportbike Championship, earning her Pro racing license for 2010 and one of very few female Canadian road racers ever to achieve Professional status.

	<p>Shawna Aron</p> <p>Shawna developed a passion for speed at an early age. While she began riding motorcycles at age 16, she didn't get into racing until shortly before her 40th birthday. That's when she found herself on the starting grid of the 600 amateur class at Shannonville. That one-day "dare me to race" event turned into six years of full-time racing in three series in Eastern Canada, finding herself in the first three years to be the only woman racing with the men in the 600 and superbike classes.</p> <p>In 2004 – the first time ever for an all-women race series – Shawna finished 6th overall with the guys in the 600 class, 8th overall in superbike, won her first Canadian women's championship, earned the MAX Award of Excellent for the top woman racer in Canada, and received the Brad Beaudoin Memorial Award for the most improved superbike rider – the first women to have won it.</p> <p>Shawna attributes her success to being able to get past any obstacle to reach her goal, not because she won championships.</p>
<p>Planning the Trip <i>Sponsored by Deeley Harley-Davidson® Canada</i></p> <p>Tips and tricks on packing your bike, eating healthy, and looking your best.</p>	
<p>Psychology of the Highway <i>Sponsored by Learning Curves</i></p> <p>A majority of drivers believe they have skills better than the average driver's. As Stirling Moss said, "Nobody wants to admit to being a bad driver or a bad lover." How accurate are we riders in determining for ourselves the level of risk in choosing a particular</p>	

<p>speed, lane, route, or even riding style?</p> <p>Specifically, is it possible that we are safer on 'bad' roads? That traffic uncertainty makes us better riders? That late lane merging, lane splitting, and the use of the middle lane can be justified in terms of safety? That traffic signals cause unsafe driving behaviour? Are we safer in cars or on motorcycles? Do women cause more traffic congestion than men?</p> <p>Studies suggest that the answers can be difficult, and surprising. Our safety may be due, in large part, to our very personal psychologies – which means that local conditions, circumstances, our moods, and perhaps even our genders, may affect the level of risk we incur.</p>	
<p>Helmet Safety <i>Sponsored by Arai Canada</i></p>	
<p>Defensive Riding</p> <p>Using a combination of media, Clinton will look at typical scenarios and defensive riding concepts related to four of the most common scenarios:</p> <ol style="list-style-type: none"> 1. Car driver turning left across the rider's path 2. Rider is hit from behind 3. Rider is hit from the side by a lane changer 4. Rider goes off the road on a corner 	<p>Clinton Smout Canadian Motorcycle Training Services Inc.</p> <p>Clinton has been a motorcycle nut (in his words) for over 40 years. His first motorcycle was purchased with the proceeds of salamander sales at age 10. Clinton started teaching professionally in 1983, becoming a Chief Instructor with the Canada Safety Council. He has also taught with Fast Riding School, been a demo rider/consultant with the MTO (Ministry of Transportation of Ontario), and started an off-road riding school (CMTS) in 1996.</p> <p>Clinton is the national manager of the Yamaha Riding Academy which travels across Canada, providing free training to children (23,000 to date). He and his staff have also taught over 4,000 deaf and otherwise challenged children at special camp. Clinton is a regular guest on TSN's <i>Motorcycle Experience</i> and Go Riding TV. He is also a columnist with <i>Motorcycle Mojo</i> magazine.</p>
<p>Bike Lift <i>Sponsored by Deeley Harley-Davidson® Canada</i></p> <p>How to lift a bike back up properly with ease and without hurting yourself.</p>	
<p>A Year of Motorcycle Vagabonding <i>Sponsored by Twisted Throttle</i></p> <p>Have you ever had a dream or an idea that grabbed hold of you and would not let go? Have you wanted to take a long motorcycle trip and have never given yourself the time to do so? Is there something you have wanted to do for a very long time and never seem to find the</p>	<p>Alisa Clickenger</p> <p>Fifteen years ago, Alisa Clickenger had a dream in which she was running for her life. In the middle of a painful divorce in waking life, in this dream she found salvation in the form of a motorcycle and sped away from imminent danger. Never having ridden a motorcycle before, Alisa awoke with the sensation of mastery over machine and wind in her hair. She decided she need to learn how to ride</p>

<p>time/money/energy to do it?</p> <p>Come and see the first public photos of Alisa's adventures through Mexico, Central American and south America. Find out what it takes to take off alone and travel on a motorcycle for 6+ months. Hear the how, the why, and the way she made her trip happen, and be inspired to take off to ride your own dream.</p>	<p>and, starting with an MSF course and old Kawasaki, she started riding and noticed how her life changed for the better.</p> <p>The metaphor of motorcycling having saved her life has become increasingly clear to her and, today, Alisa is riding her dream. Calling it her "Year of Motorcycle Vagabonding", she's quit her job, rented her home and business, and has decided to take a long motorcycle ride. Starting in the summer of 2009, she rode 15,000+ dirt miles in the USA on the Trans America Trail (crossing the US from east to west, all on dirt) and then the Continental Divide Trail (crossing the US from north to south, all on dirt), followed by the Women's Motorcyclist Foundation's "Adventure for a Cure". Continuing to explore the Americas, Alisa then rode south, alone, through Mexico and Central and South America, and is pausing her travelling to join us for our Conference. Her travel blog can be found at www.motoadventuregal.com</p>
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Action Centre

<p>Demo Rides</p>	Honda
	BMW
	Spyder
	Ducati
<p>Skills Challenge</p>	Honda
<p>Group Riding</p>	
<p>Ride Simulator</p>	Honda
<p>Skills Coaching</p> <p>Once you've had a chance to evaluate your skills on the simulator, you'll be able to get expert coaching from certified instructors to work on areas where skills may be a bit rusty.</p>	
<p>Off Road Riding</p>	Honda
<p>Advanced Riding Skills <i>Sponsored by BMW Motorrad</i></p> <p>Learn advanced skills on your own bike under the direction of experts, Chantal Cournoyer and Marc Fontaine. You will learn:</p> <ul style="list-style-type: none"> ▪ The ideal position on the motorcycle ▪ Braking with/without ABS and why 	<p>Chantal Cournoyer, Marc Fontaine Sécurité Active</p>

<ul style="list-style-type: none"> ▪ Emergency braking ▪ Techniques to pick up the bike ▪ About traction on different surfaces ▪ Where to look and how to be seen ▪ 4 different patterns to enter a curve ▪ Obstacle avoidance (counter-steering) ▪ Slow-speed riding 	
<p>Basic Maintenance Learn the basics of how to conduct simple, routine maintenance on your own motorcycle from expert technicians.</p>	
<p>Meg's Ride <i>Presented by the Ontario Federation of Trail Riders</i> Charity Trail ride for ladies only. Saturday August 14, 2010</p>	
<p>Evenings</p>	
<p>Light Parade – Wednesday evening</p>	
<p>Beach BBQ – Thursday evening; Entertainment – Johnny Rev and the Pushrods</p>	
<p>Speed Networking – Friday evening; Get to know what riding groups are out there and what they're doing; maybe there's a match for you!</p>	
<p>Optional Activities – Friday evening</p>	
<p>Banquet and Closing Ceremonies – Saturday evening</p>	
<p>Area Rides – every day</p>	
<p>...with lots more to come</p>	