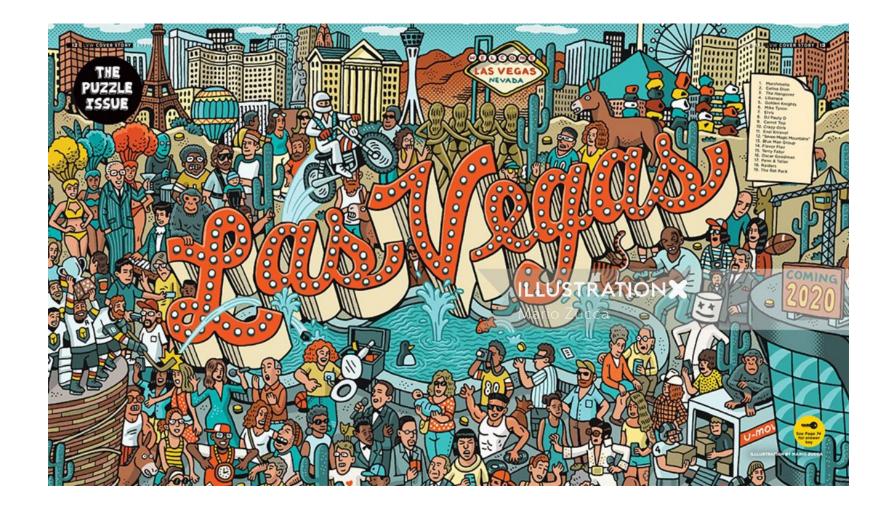
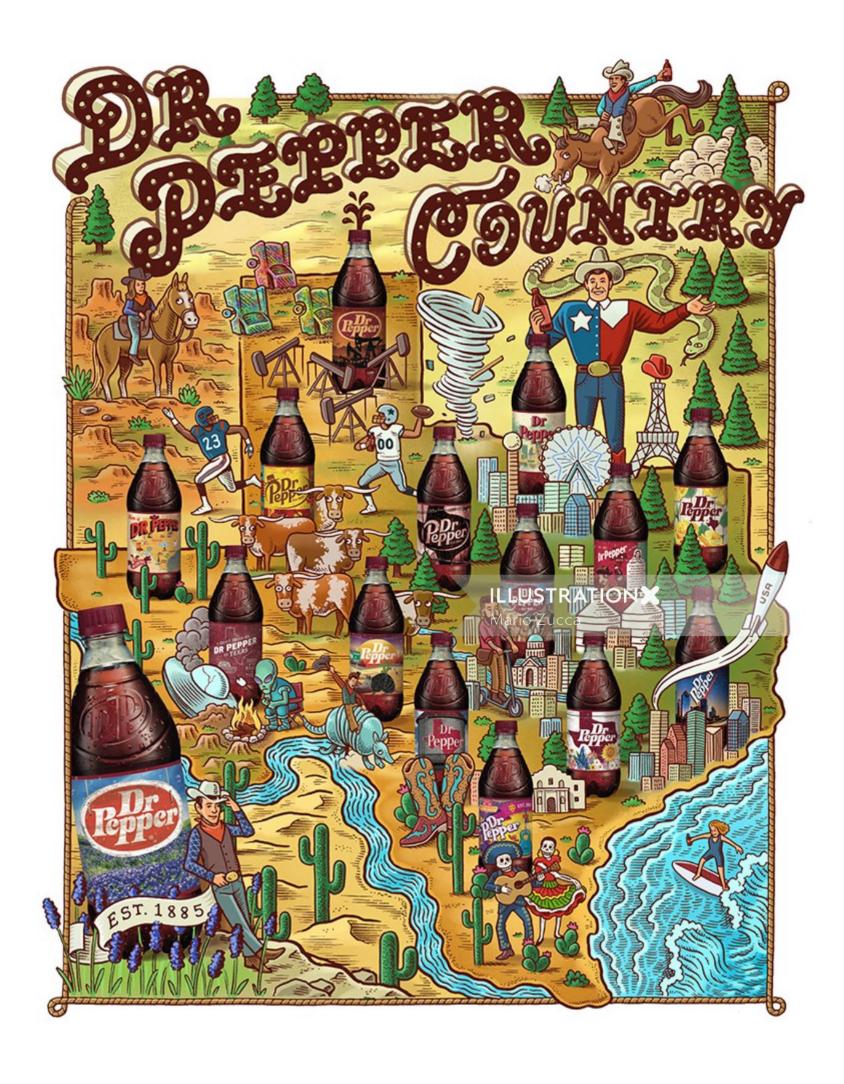
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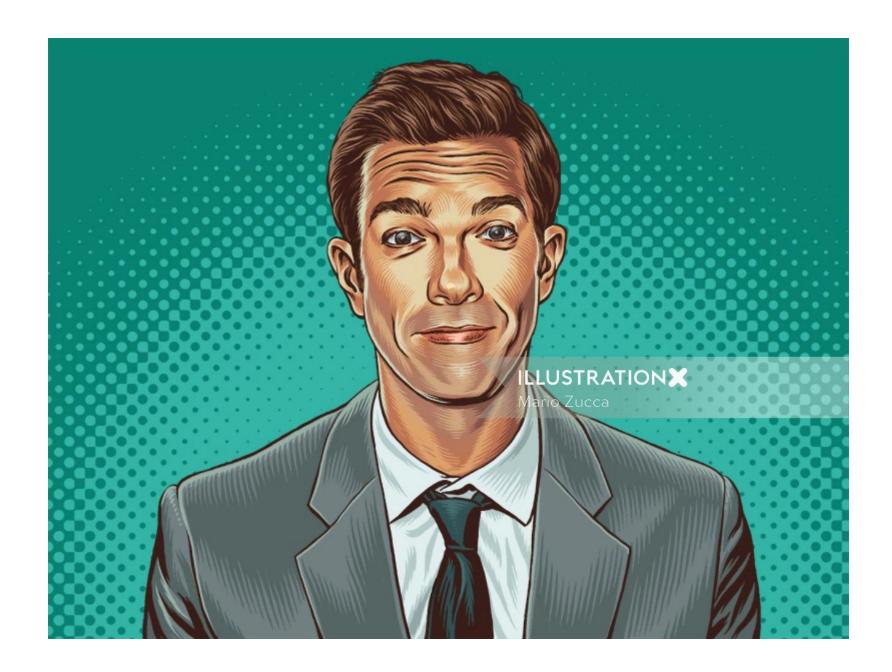






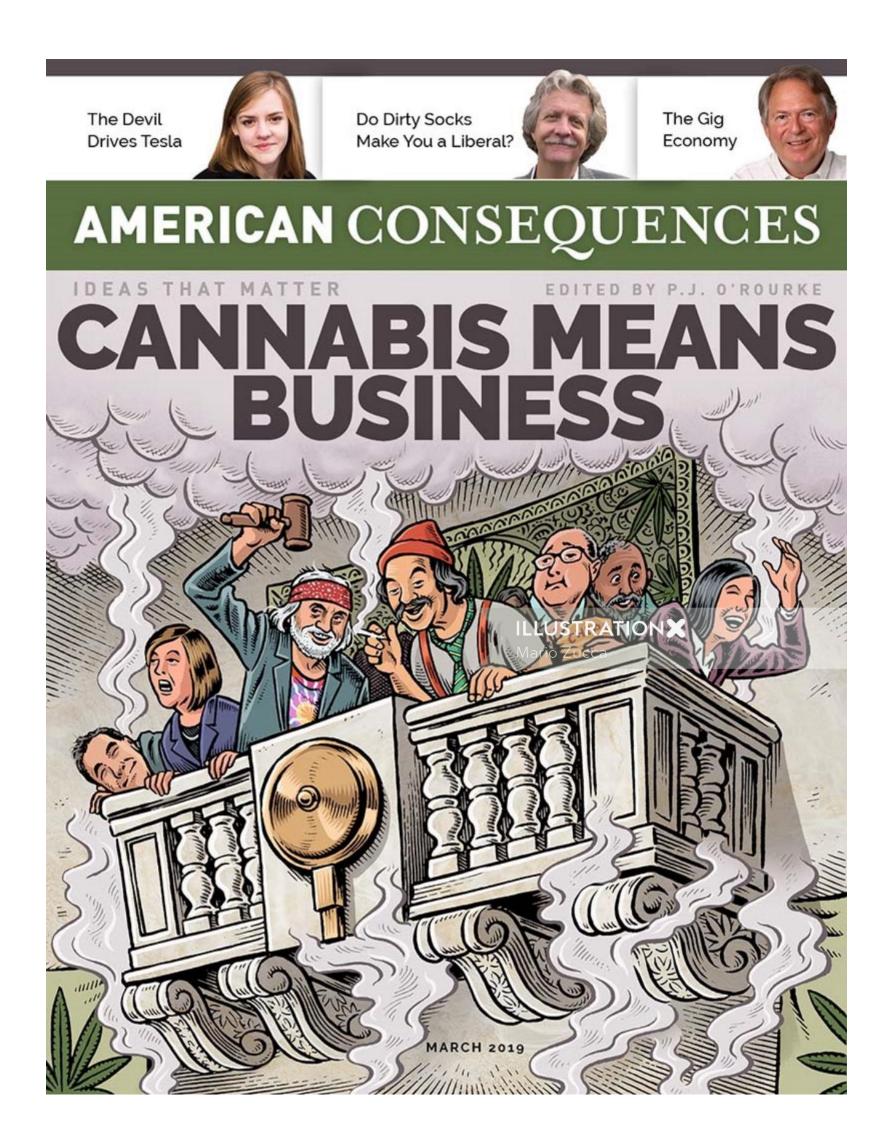


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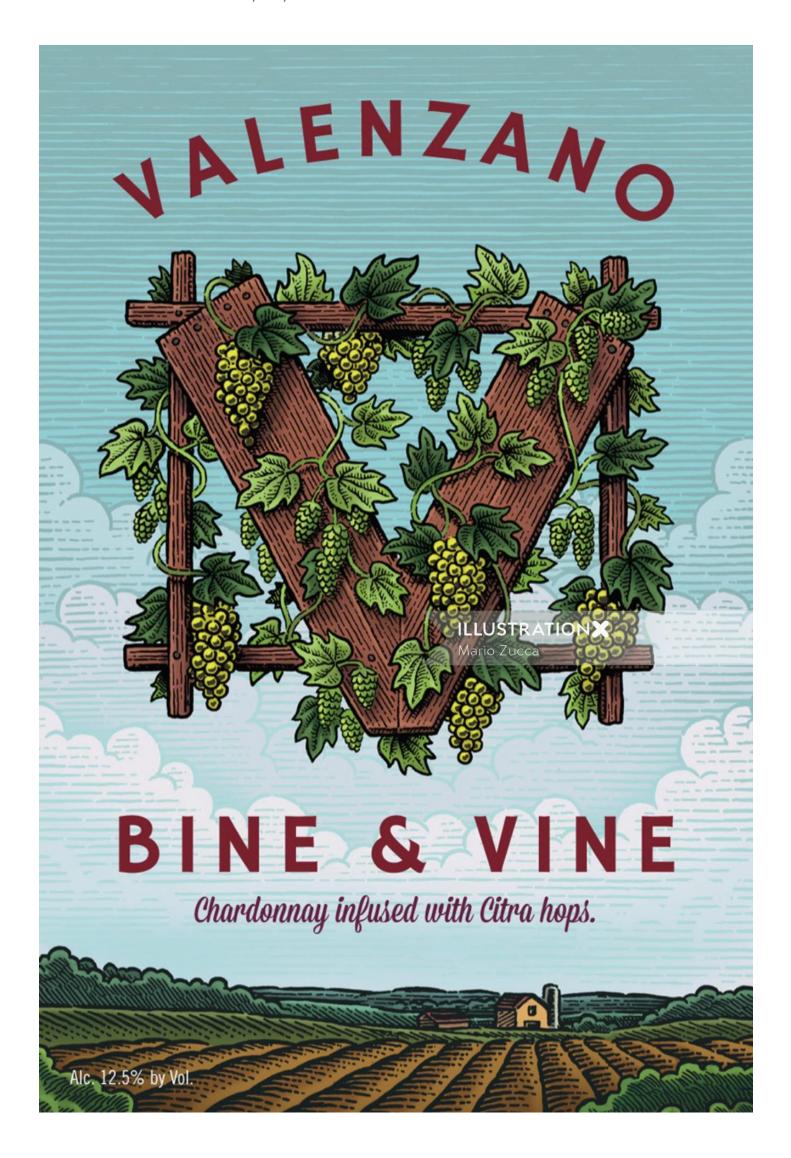








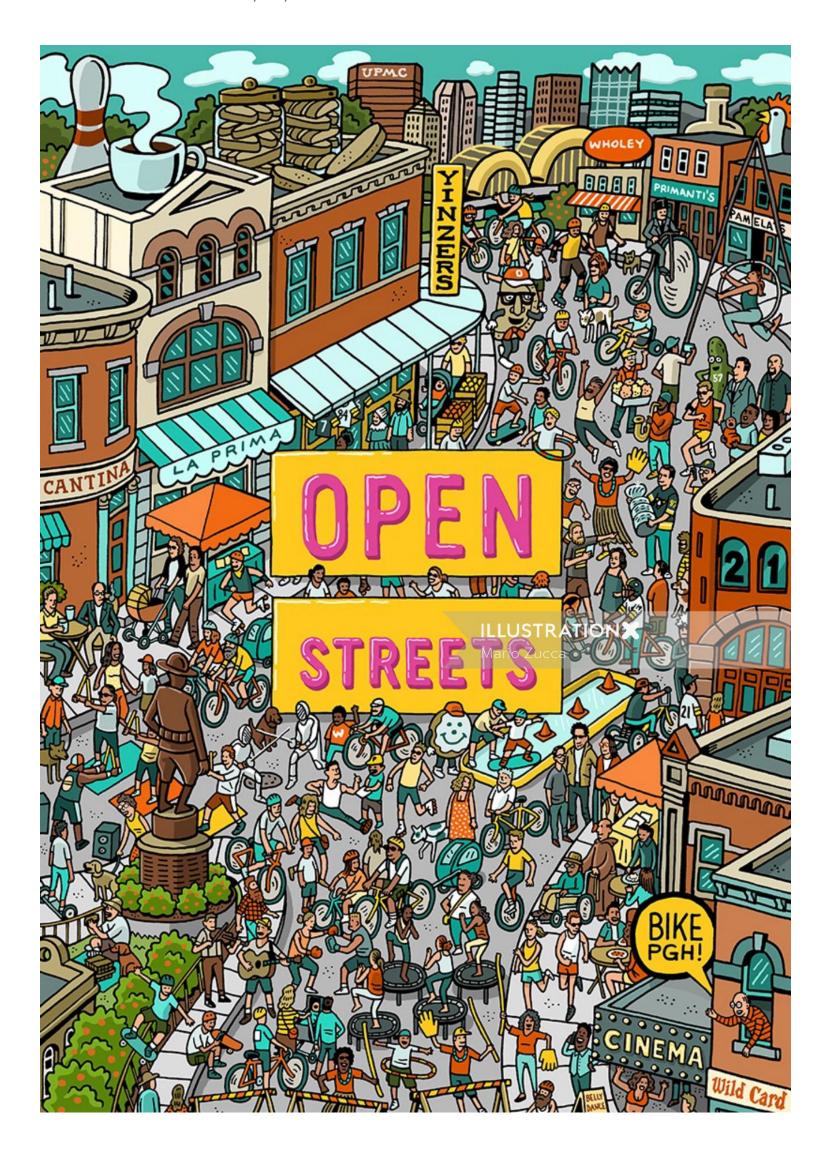
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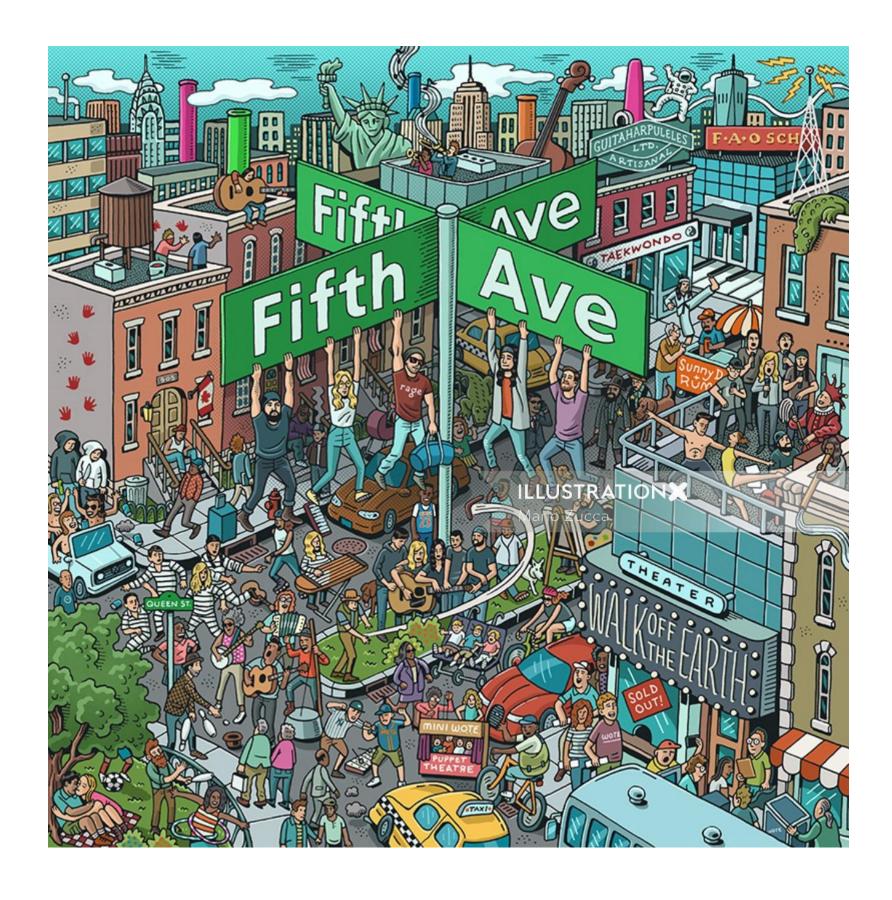






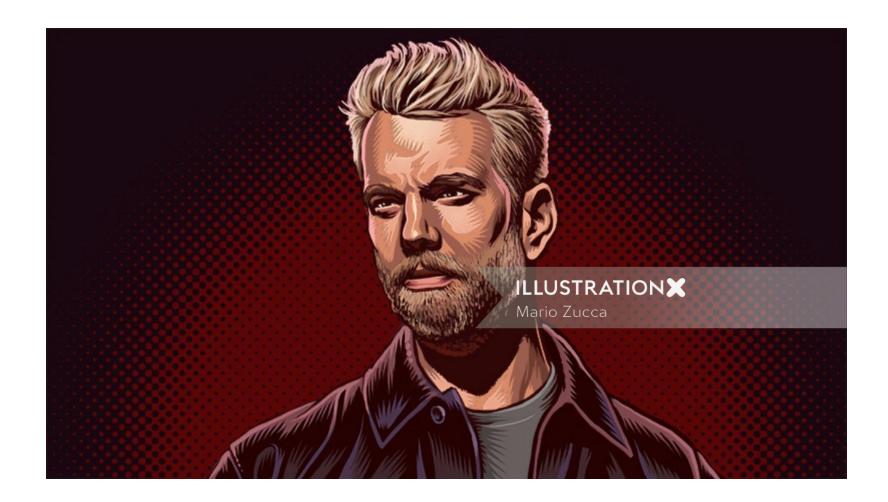








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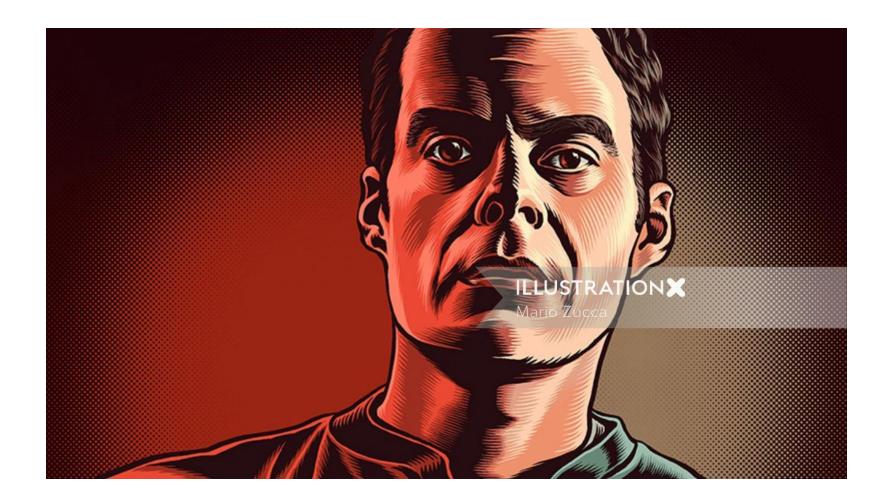




















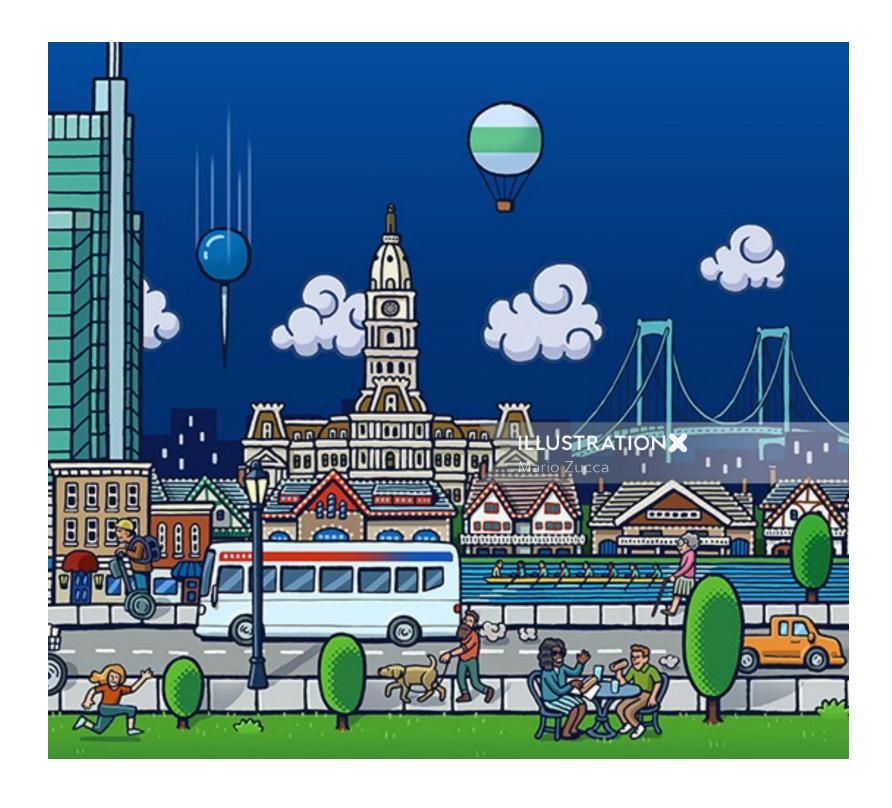








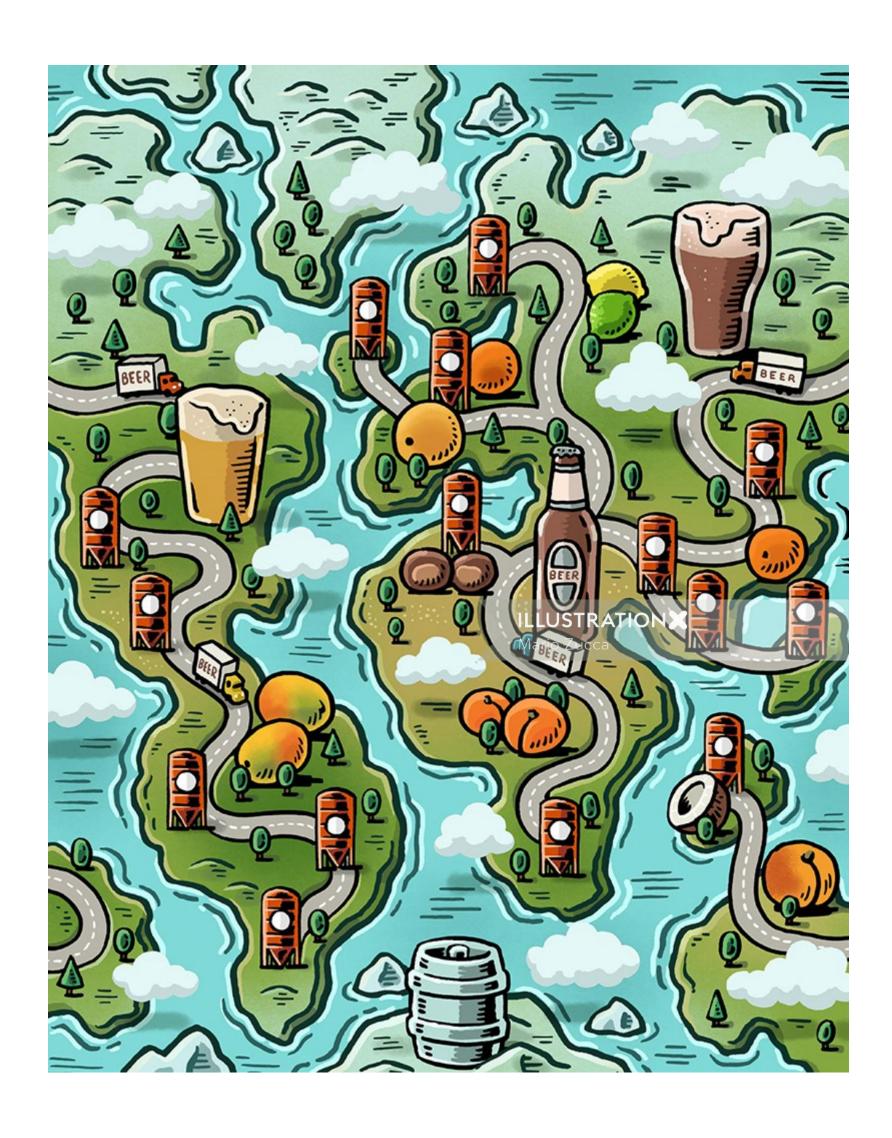






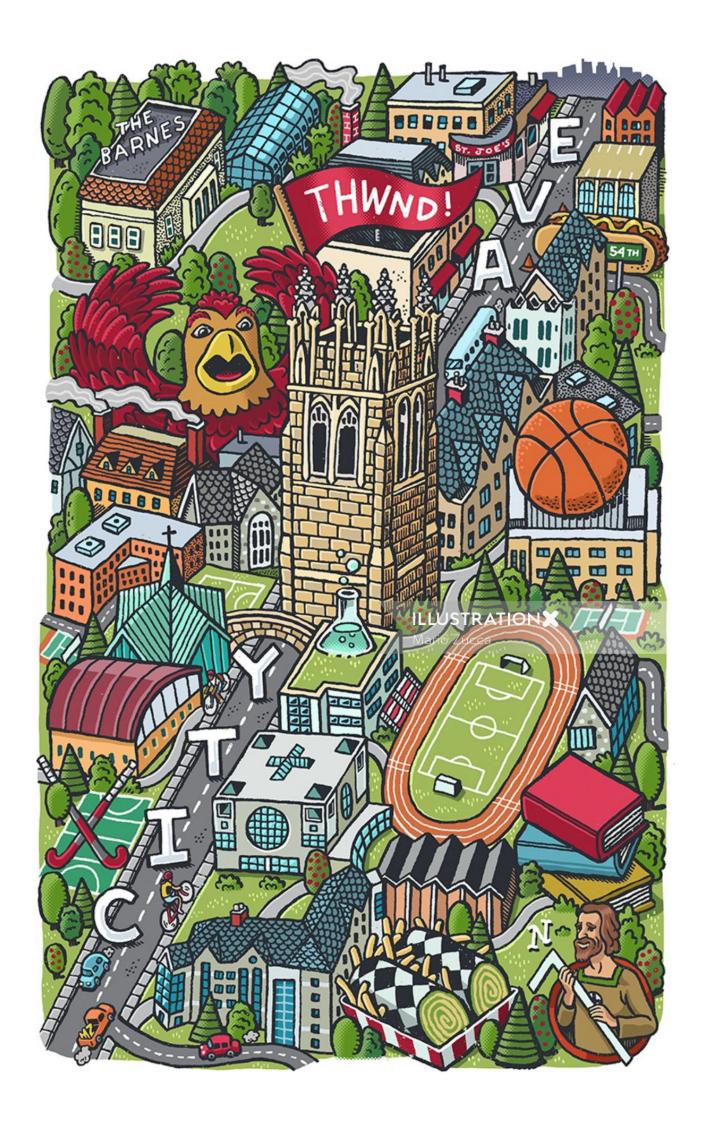






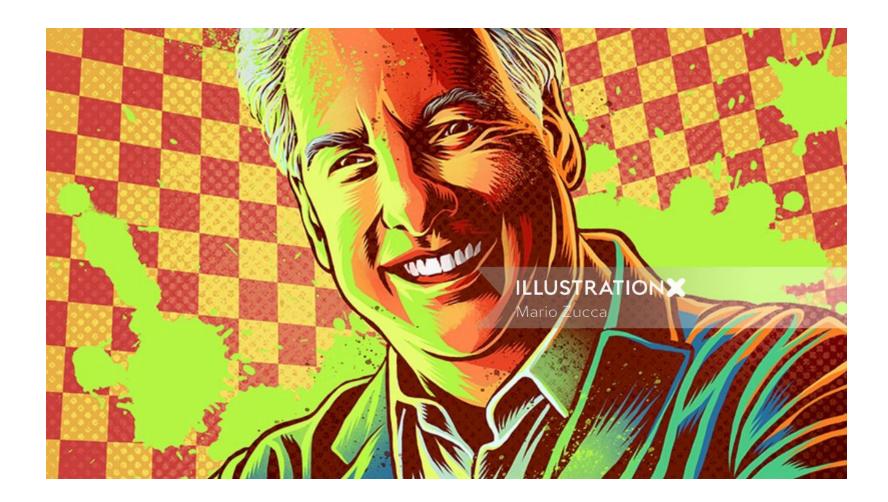


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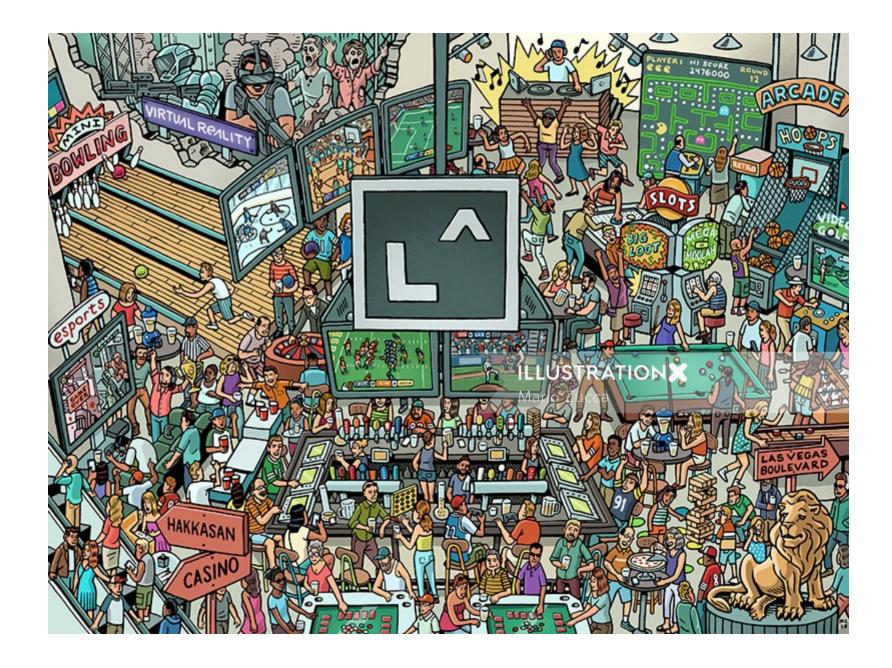










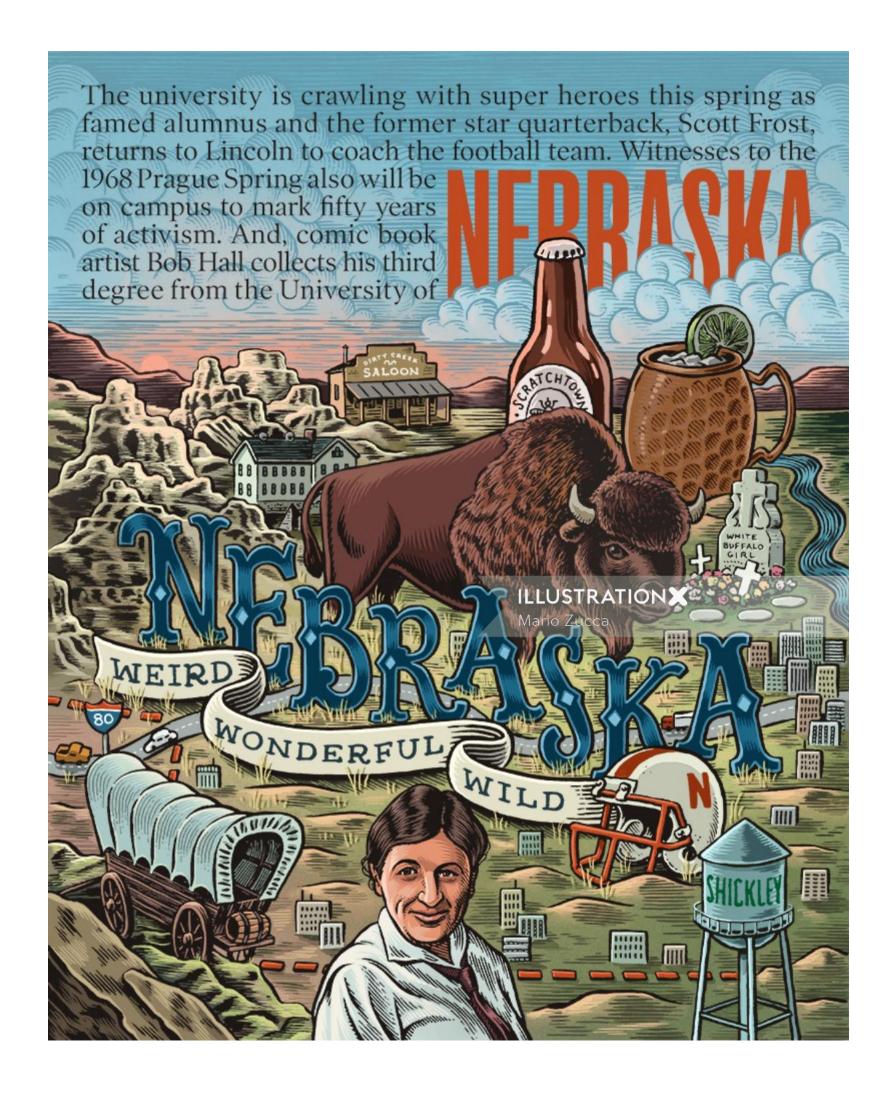








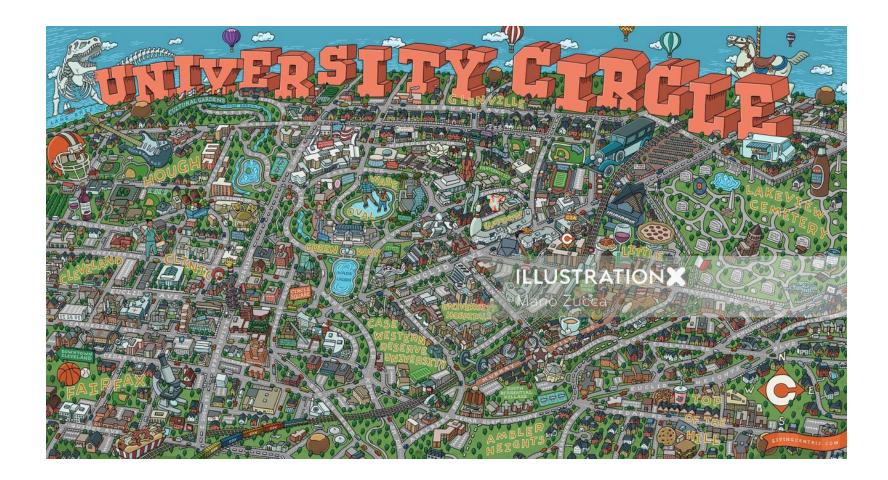
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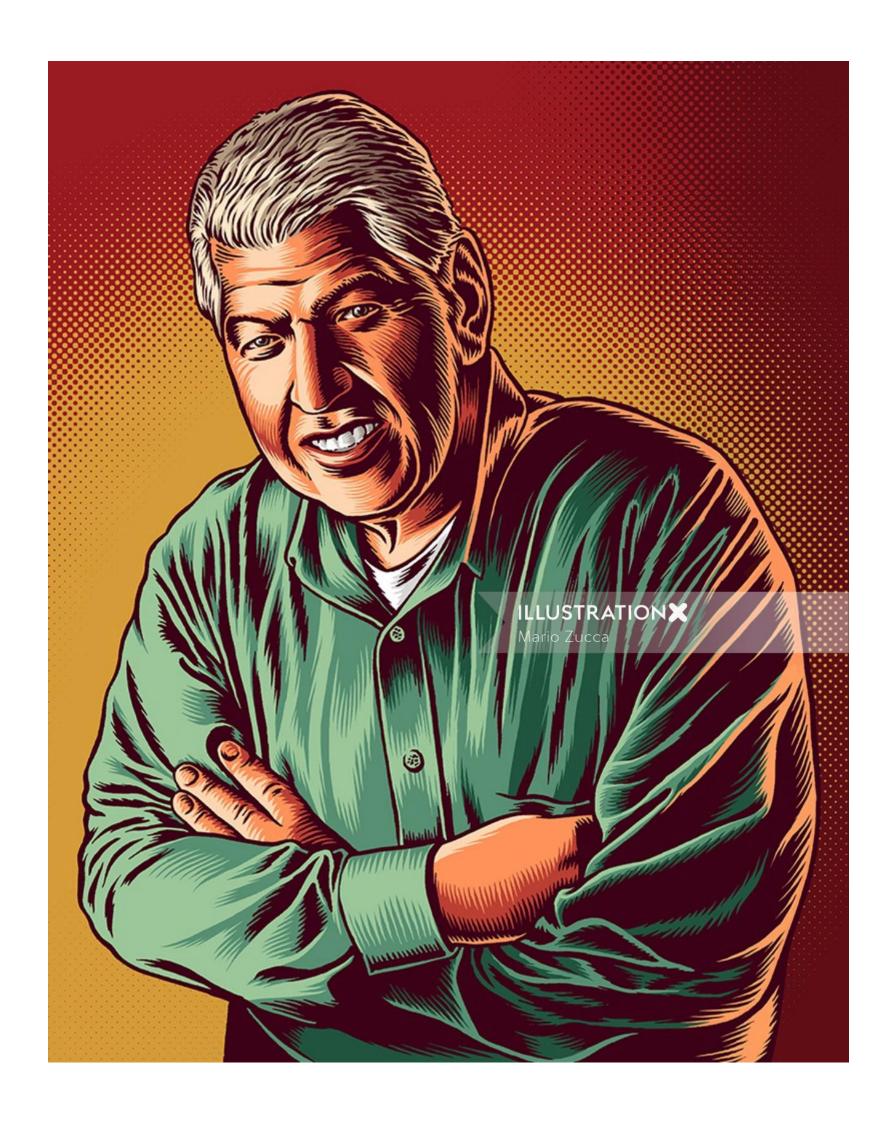


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Stories

Why Every Girl Should Learn to Fix a Flat

After working as a San Francisco firefighter, getting her pilot's license, and mountain biking the Bolivian Andes, Caroline Paul, 52, wrote a book to help girls tackle their own adventures-and it can all start with something as simple as changing a tire. BY CAITLIN GIDDINGS

- ► As a kid I read books about intrepid female fictional characters-Harriet the Spy, Nancy Drew-but where were the real ones? The Gutsy Girl is the book I would have wanted to read.
- ▶ I want to encourage girls to be brave and resilient and that's not something we teach them. In fact, we teach the opposite: We teach them fear. Studies show that parents caution their girls-often about potential injuries—but encourage their boys to try new things.
- ▶ I grew up in the country. Our biggest adventures happened on back roads with bicycles and friends and a destination in mind. We'd take off for the day. Back then it wasn't a big deal to let 8- to 10-year-olds just go ride. Biking is a kid's first taste of real freedom.
- ► When I was 25, in the early days of mountain biking, a friend asked if I wanted to mountain bike through the Bolivian Andes. I'd never ridden a mountain bikeand I certainly didn't know how to change a tire. We

- don't teach our girls to take initiative in building or fixing. But I realized if I was going to be on a mountain where no one had biked before, I'd have to learn to fix a flat.
- ► On a practical level it's important to be able to change a tire, but on a symbolic level you're independent when you know how to handle your own problems. I think girls are taught to ask for help without trying first. You should be independent when you're on your bikethat's the whole point.
- ▶ Middle school girls face cultural pressures-to be pretty, to be perfect, to be nice or liked. In the outdoors none of that is relevant.
- ▶ Fear and excitement are pretty similar physiologically. Often when girls face a steep downhill on a bike they think they're feeling fear because that's what they've been encouraged to feel, but it's probably exhilaration and excitement.

LEARN HOW TO FIX A FLAT IN TWO MINUTES AT BICY-CLING.COM/FLATVIDEO



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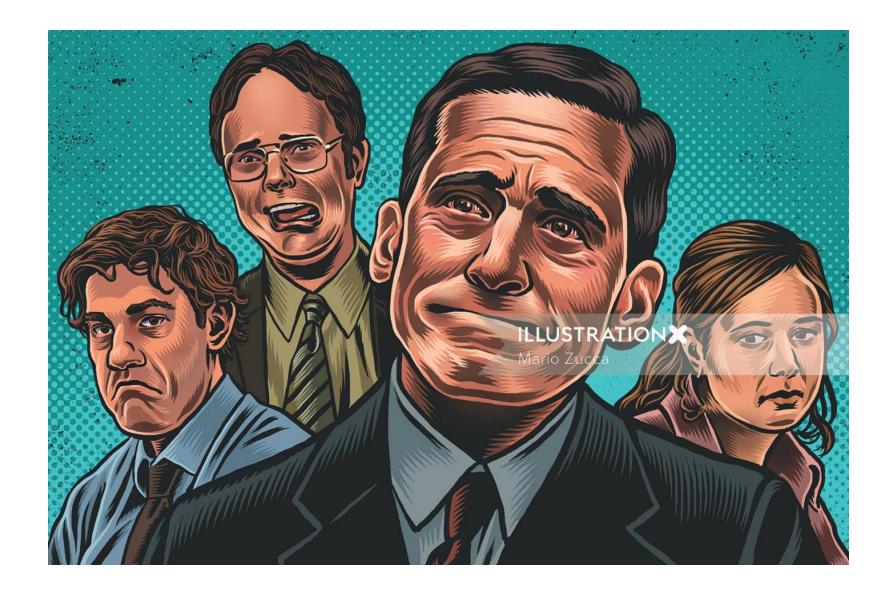
TENANCE should get some candy afterwards. Reward yoursel every time you get out of your comfort zone and do the next step. Definitely celebrate when it's done."

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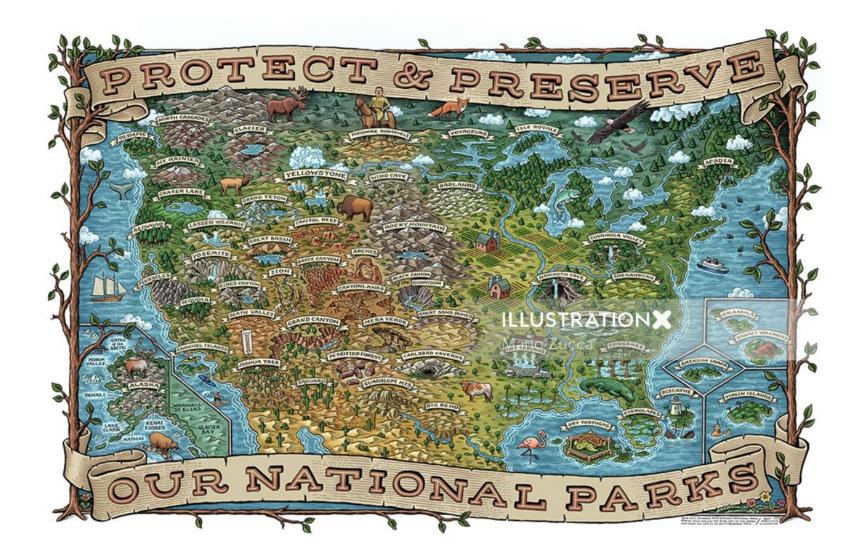


















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