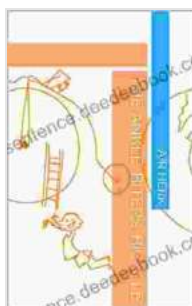


Ankle Biters: The Karen St. James Story



Karen St. James is a force to be reckoned with. As the founder of Ankle Biters Bicycle Club, she has empowered countless women to get on their bikes and ride. Her story is one of passion, perseverance, and community.



The Ankle-biters' bicycle by Karen St James

★★★★★ 5 out of 5

Language : English

File size : 4033 KB

Print length : 113 pages

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Screen Reader : Supported



The Early Years

Karen grew up in a small town in upstate New York. She was always a tomboy, and she loved to ride her bike. As she got older, she realized that there weren't many other women who shared her passion for cycling.

In 2005, Karen moved to Los Angeles. She was surprised to find that there was no women-only cycling club in the city. So, she decided to start one herself.

Ankle Biters Bicycle Club

Karen named her club Ankle Biters Bicycle Club. The name was a nod to the fact that women are often underestimated in the cycling world.

Ankle Biters quickly became a hit. Women from all over Los Angeles flocked to join the club. Karen created a welcoming and supportive environment where women could learn about cycling, improve their skills, and make new friends.

Empowering Women

Karen believes that cycling is a powerful tool for empowering women. She says, "When women get on their bikes, they gain a sense of freedom and independence. They also learn to overcome challenges and push themselves to their limits."

Ankle Biters has helped countless women to achieve their cycling goals. Some have gone on to become professional cyclists. Others have simply

found a new way to stay active and healthy.

Breaking Barriers

Karen is a vocal advocate for women in cycling. She has spoken out against sexism and discrimination in the sport. She also works to make cycling more accessible to women of all backgrounds.

In 2018, Karen was named one of the "100 Most Influential People in Cycling" by VeloNews magazine. She is also a recipient of the USA Cycling Women's Leadership Award.

The Future of Ankle Biters

Ankle Biters Bicycle Club is a thriving community of women cyclists. Karen has big plans for the future. She wants to open more chapters of the club in other cities. She also wants to start a foundation to provide scholarships to women who want to pursue cycling careers.

Karen is an inspiration to all who know her. She is a role model for women and girls everywhere. She shows us that anything is possible if we have the passion and the determination to achieve our dreams.

Karen St. James is a true pioneer in the cycling world. She has dedicated her life to empowering women and breaking down barriers. Ankle Biters Bicycle Club is a testament to her hard work and dedication. The club has made a positive impact on the lives of countless women, and it will continue to do so for years to come.

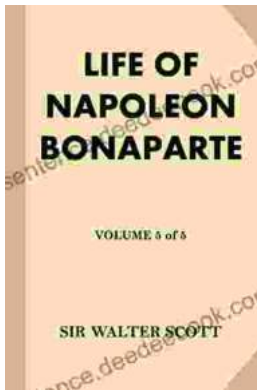
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