

## **Ride Classifications**

Below is a brief description of each of our ride classifications. These aren't hard and fast rules. They're simply a guideline to assist you in making the right choice. If you're unsure or you're new to the club, we always recommend trying a ride below your cycling ability, and then moving up once you become more comfortable with the process. You may want to contact the ride leader to discuss the ride. Always check the map and route sheet provided in the ride description to see if the ride suits your abilities.

Note also that some rides are drop rides and some are no-drop. On a drop ride, riders are expected to maintain the pace of the ride, and if you cannot keep up, you will be left behind. On a no-drop ride, you will not be left behind.

### **D Ride**

If you're an inexperienced cyclist, then you'll want to choose a "D" level ride at first. They're very social rides and often include a trip to a coffee shop. D rides are generally 10-20 miles in length on bike paths and quieter streets, at a slow pace of 8-10 mph. These rides are generally easy grades and frequent regroupings.

### **C Ride**

If you've been riding for a while and you're comfortable riding on the road, then you can try one of our "C" level rides. Whereas our D rides are typically held on bike paths and quieter streets, our C rides are on surface streets with traffic. C rides are a perfect way to become acclimated with street riding in a group setting. They're generally 20-30 miles in length at a pace of 10-13 mph. The grades are mostly easy with a few rolling hills.

### **C+ Ride**

"C+" rides (along with B rides) tend to be the most popular rides in our club. They're usually around 25-45 miles in length at a pace of 12-16 mph. These rides can include more challenging terrain (hills).

### **B Ride**

This is the level where the pace really begins to pick up. B rides may cover the the same approximate distance as C+ rides; however, the pace will be more aggressive. Our typical B ride is 30-50 miles and the pace will rise to 14-18 mph. There will be some steep grades, but there will be periods of relief from them.

### **B+ Ride**

The "B+" level and above is where you'll find the strongest cyclists in our club. B+ rides average 35-60 miles at a pace of 15-19 mph. This is a hard pace to keep up with unless you've been cycling for quite a while.

### **A Ride**

"A" level rides are for the top cyclists in our club. "A" level rides are typically 50+ miles in length,

averaging 18+ mph. This is quite a fast pace and very hard to keep up with. "A" riders will typically "paceline." The grades will be mostly steep and these are for strong riders.

### **A+ Ride**

"A+" level rides are typically 60-100 miles at 20-22 mph. We'll usually combine our A and A+ rides because these elite groups will ride and train together.

### **Terrain**

The terrain that you encounter on your ride will also determine your average speed. You'll go much faster on flats and a lot slower on hills. For example, a C+ ride on flat terrain would average 14-16 mph. On moderate terrain (an average number of hills) the ride slows to 12-14 mph, and on hilly terrain the pace would slow to 10-12 mph. So, it's important that you take into consideration the terrain you'll be riding as well as the distance and speed.