

# CAPE COD CYCLING CLUB

## Group Ride Descriptions

**All Club Rides:** All participants are required to be members of C4 or sign a waiver before riding. Riders must be familiar with the ride descriptions and place themselves in the appropriate level. Riders must have properly working equipment and appropriate clothing and safety gear. **An approved helmet is required.** The actual pace and distance of each ride will be determined by the designated ride leader(s).

**Beginner's Ride:** Any ride listed as "Beginner Level" is open to riders of any ability. The rides will be paced at the ability of the participants and the group will stay together throughout the ride. The beginner rides will typically be between 5 and 15 miles in length and average 13 mph or less. Maximum speed on flats will be based on the ability of the participants.

**Novice / D Ride:** Any ride listed as "Novice" or "D" level is open to riders who have the ability to ride at 13 mph average for 10 miles or more. D rides are "no-drop" rides and the group stays together throughout the ride. The length and pace of the ride will be adjusted to the participant's ability and will typically be 10-20 miles at less than 15 mph avg. **Maximum speed** for D rides is 16mph on the flats.

**Veteran / C Ride:** Any ride listed as "Veteran" or "C" level is open to riders who have the ability to ride at 15+ mph average for 15 miles or more. C rides are "no-drop" rides. The group may separate a little between stops, but will regroup at each stop. The length and pace of the ride will typically be 15-25 miles at 15-16 mph avg. **Maximum speed** for C rides is 18mph on the flats.

**Seasoned Veteran / B Ride:** Any ride listed as "Seasoned Veteran" or "B" level is open to riders who have the ability to ride at 17 mph average for 20 miles or more. B rides are "no-drop" rides. The group may separate a little between stops, but will regroup at each stop. The length and pace of the ride will typically be 20-25 miles at 17+/- mph avg. **Maximum speed** for B rides is 21mph on the flats.

**Elite / A Ride:** Any ride listed as "Elite" or "A" level is open to experienced and fit riders who have the ability to ride at 18mph average for 20 miles or more. A rides are "drop" rides. Although the A ride will typically regroup at stops, riders who cannot keep the pace risk being dropped. Dropped riders are encouraged to form a second group or fall back to the next group. The length and pace of the ride will typically be 20-25 miles at 18+ mph avg. **There is no speed limit for A rides other than those posted and applicable to all road users.**