



RIDE LEVELS

We offer rides to fit all riding levels and we want to help you select the best ride level for you. Our goal is to make all rides fun for everyone, which is why we offer rides to accommodate all riding levels and types. In order to help you select the best riding level for you, we've created these profiles that describe ability level and desired amount of challenge. These descriptions are meant to be loose guidelines for helping you find your comfort level.

A RIDE

ADVANCED / THRESHOLD EFFORT

- Starts easy and conversational, and it becomes progressively harder, especially on pre-determined climbs or segments, with no planned regrouping. This is a "No Wait" ride. Conversation will be difficult to sustain, and the group may spread out.

PICK THIS RIDE IF: You are extremely fit, experienced with high-speed riding in a fast-moving peloton, and really like the performance, training, and competitive aspect of cycling. This is a "hammer fest". Easily an average pace of 18+ mph.



RIDE SPEED



CONVERSATION



CHALLENGE

B+ RIDE

ADVANCED / TEMPO EFFORT

- Same pace as the A ride with parts becoming more difficult, especially on pre-determined climbs or segments. This is a "No Wait Ride" but typically will regroup at the top of climbs.

PICK THIS RIDE IF: You are extremely fit, experienced with high-speed riding in a fast-moving peloton, and really like the performance, training, and competitive aspect of cycling. Easily an average pace of 16-18 mph.



RIDE SPEED



CONVERSATION



CHALLENGE

B RIDE

INTERMEDIATE / ENDURANCE EFFORT

- A moderate pace ride with parts becoming more difficult, especially on pre-determined climbs or segments, with regrouping at the end of them. This is a "Wait within Reason" ride. At other times during the ride, it will be mellow, and conversation will ensue.

PICK THIS RIDE IF: You are comfortable riding in a group. You're fit, you like to spice up your pace a bit, but not looking for a "hammer-fest". You want to get a workout in, in a social casual setting. Easily an average pace of 14-16 mph.



RIDE SPEED



CONVERSATION



CHALLENGE

B- RIDE

BASIC INTERMEDIATE / BASE EFFORT

- A casual to low intermediate base level ride. This group will be slower than the B's especially on pre-determined climbs or segments, with regrouping at the end of them. This group may include beginners, new to the sport that have more endurance and power than "C" level riders. This is a "No Drop" ride. At times during the ride, it will be mellow, and conversation will ensue.

PICK THIS RIDE IF: You are comfortable riding in a group. You're fit, you like to spice up your pace a bit, but not looking for a "hammer-fest". You want to get a workout in, in a social casual setting. Easily an average pace of 12-14 mph.



RIDE SPEED



CONVERSATION



CHALLENGE

C RIDE

BEGINNER / ACTIVE EFFORT

- A casual all-day pace that you could easily carry on for several hours. It's easy, conversational, and all inclusive, meant to meet fellow cyclists and welcoming new riders to the sport. "No drop" rules all the way through. This group waits at all corners and turns.

PICK THIS RIDE IF: You are a novice cyclist, prefer a slower pace or a more experienced cyclist, prefer a slower pace or looking to educate & welcome new riders to the sport. Easily an average pace of 12 mph and under.



RIDE SPEED



CONVERSATION



CHALLENGE

When in doubt, ask ride leaders for guidance on the group you should ride with. You can always bump up or down if need be – just let your ride leader know before you do!

Regardless of what level of cyclist you are you will have fun meeting new people, increasing your fitness capacity, and riding to provide kids with opportunities.

We look forward to group rides with you! Check out our ride schedules at weride4.org/pages/calendar.

