

ON ROAD BIKING STANDARDS

The following definitions of varying standards of cyclists have been developed by us to ensure that we can break down the group into smaller hubs of a similar standard. This will ensure that each person rides with a group of similar standard to themselves ensuring your safety and enjoyment during the event.

Please tick the one that you feel is closest to the way you ride. Please, remember this is not a competition and that you will get the most out of the event if you are truthful! If you are planning on riding with a friend, you must choose the slowest common denominator. There will be a chance to change groups during the days cycling but this is a guide to start with.

↑ **Pro Elite** - Extremely fit, long training sessions on major undulations every weekend and during the week, covering long distances very quickly. Covers 300kms in a week.

↑ **Expert** - Fit and experienced. Rides every weekend on major undulations covering long distances quickly. Covers 200kms in a week.

↑ **Advanced** - Able to ride moderately challenging routes in all weather conditions. Rides most weekends maintaining very high level of fitness. Covers 100kms in a week

↑ **Sport** - Able to ride moderately difficult routes in most weather conditions. Rides most weekends. Covers 75kms in a week.

↑ **Skilled** - Able to ride moderate routes in most weather conditions. Has good control of bike and is most comfortable on gentler gradients. Rides at least a couple of times a month and is fit. Covers 100kms in a month.

↑ **Fun** - Most comfortable on gradual slopes. Infrequent riding done on easy routes. Reasonable overall level of fitness. Covers 50kms in a month.

