

## Ride Descriptions

### Course Terrain

- #1 **Mostly Flat**—Mostly flat roads with possible very gentle hills. Recommended for beginners.
- #2 **Flat/Easy Climbs**—Mostly flat, with some short, gradual hills. Recommended for beginners but could be challenging for some.
- #3 **Moderate Rollers**—Numerous rolling hills with possible challenging, steeper, longer climbs. Not recommended for beginners.
- #4 **Challenging Hills**—Numerous long and difficult, steep grade ascents and descents. Recommended for stronger, more experienced riders with good bike handling skills, accustomed to navigating hills.
- #5 **Extremely Demanding**—Many difficult, steep ascents and descents. Recommended for very experienced, strong riders with excellent bike handling skills, accustomed to navigating hills.

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### Ride Pace

- E** **Slow, Casual/Under 10 mph average/No Drop Ride**—This ride will be casual and the pace will be based on the slowest rider. This ride is suitable for beginners. No rider will be left behind.
- D** **Slow/Moderate/10-12 mph average pace**/will be swept at 10 mph average—This ride will be casual with riders expected to maintain this average. Could be challenging for some beginners.
- C** **Moderate/12-14 mph average pace**/will be swept at 12 mph average—Riders are expected to maintain this average, averaging faster on flats.
- B** **Intermediate/14-16 mph average pace**/will be swept at 14 mph average—Riders are expected to maintain this average, averaging faster on flats. The pace will be mostly moderate to brisk. Riders need good bike handling skills.
- B+** **Intermediate to Fast/16-18 mph average pace**/will be swept at 16 mph average—Riders are expected to maintain this average, averaging faster on the flats. This will be a brisk to rigorous pace ride, requiring above average bike handling/experience/skills and the ability to ride in pace lines.
- A** **Fast/18-20 mph average pace**/will be swept at 18 mph—Riders are expected to maintain this average, averaging faster on the flats. This is a rigorous pace ride requiring above average bike handling/experience/skills and the ability to ride in pace lines.