

Ride Key for Road Rides

Ride Type	Description / Effort Required	Average Riding Speed*	Rest Stops
A	Very Strenuous -Fast Paced, Most Difficult terrain	18 + mph	At leader's discretion
B	Strenuous -Swift, more difficult terrain	16 – 18 mph	About every 20 – 30 miles
C	Brisk -Social, but emphasis is on riding – A good choice for experience group riders – generally intermediate or greater pace and terrain	14 - 16 mph	About every 15 – 20 miles
D	Moderate -Social emphasis, but for those with riding experience – generally intermediate pace and terrain	12 - 14 mph	About every 10 – 15 miles
E	Relaxed -Easier, for more “laid-back” time, perfect for newer riders, slower pace and flatter terrain	10 – 12 mph	About every 5 – 10 miles

- * **Average Speeds** – The speeds listed in the Ride Key are average speeds **maintained for the entire ride**, not the minimum or maximum speeds. To maintain the average ride speed, riders will ride far faster and far slower at times. While not required, a cycle-computer is helpful to judge average speed. In some situations, leaders may feel the conditions justify a slower average minimum speed.
- * **Leader Speed** – Leaders may choose to ride slower than the Minimum Average Riding Speed on any ride. **ALL RIDES ARE NO-DROP.**
- * **Ride Length** – Be sure to check the ride description. There may be longer or shorter rides of any ride type. Ride length is not necessarily the same for the same ride types.