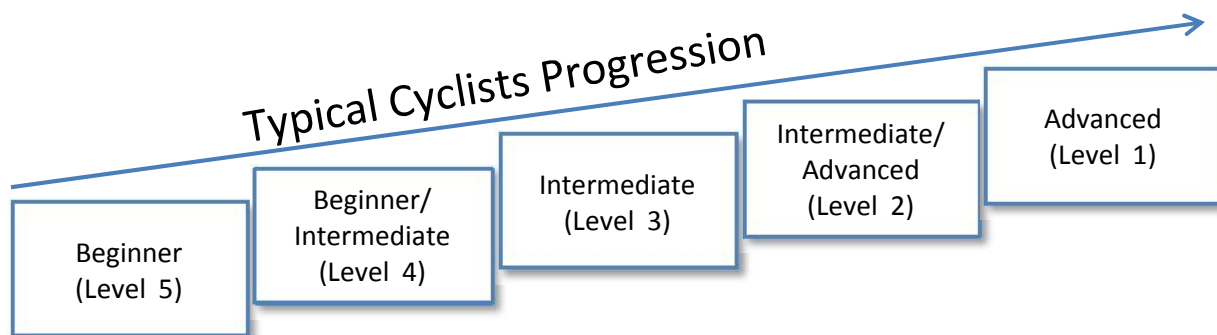


BCCClub Cyclists Skill Levels and Ride Levels

6/4/2015



	L5	L4	L3	L2	L1 *
SKILL LEVEL	Beginner	Beginner/Intermediate	Intermediate	Intermediate/Advanced	Advanced - Fastest Level
SPEED (MPH), Flat Terrain	10 - 12	13 - 15	16 - 18	18 - 20	20+
DISTANCE (MILES)	13 - 15	20 - 40	35 - 60	50 - 80	60+
ELEVATION (FEET)	up to 750	up to 1,600	up to 3,000	up to 5,000	3,000+
LEADER	Yes	Yes	Yes	Yes	Yes
SWEEPER	Yes	Yes	Yes	Sometimes	Sometimes
MAPS	No	Most of the time	Most of the time	Most of the time	Ride Description
ASSIST	Yes	Yes	Yes	Sometimes	Sometimes
PACE LINING	None	Learning	Occasional	Frequent	Frequent
REGROUPING	Yes	Yes	Yes	Yes	At ride leader discretion
DROP POLICY	No Drop	No Drop	No Drop	No Drop	No drop for medical/mechanical. Leader discretion on fitness level drop.
EDUCATE	Yes	Yes	Yes	Yes	Sometimes
	Rides will include educational instruction, training and fitness building. Introduction to group riding, etiquette and dynamics, may include an instructional clinic				

* L1 - revision pending qualifiers and ride data review