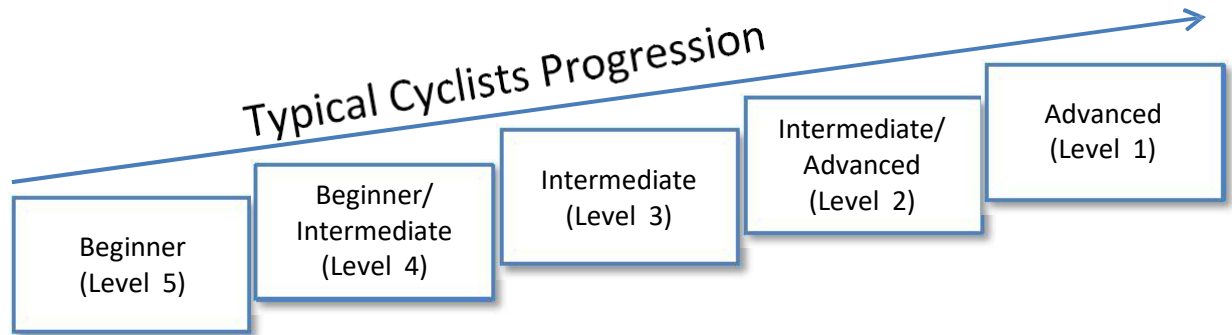


BCCClub Cyclists Skill Levels and Ride Levels



	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	Group size dependent	Group size dependent	Group size dependent	Group size dependent
MAP AVAILABLE	No	Most of the time	Most of the time	Most of the time	Most of the time
REMOTE START	No	Rare	Occasional	Periodic	Periodic
PACE LINING	None	Learning	Occasional	Frequent	Frequent
REGROUP POINTS **	Yes	Yes	Yes	Yes	Yes
DROP POLICY	No Drop	No Drop	No Drop	No Drop	No Drop
EDUCATE	Yes	Sometimes	Sometimes	Sometimes	Sometimes
	Rides will include educational instruction, training and fitness building. Introduction to group riding, etiquette and dynamics, may include an instructional clinic				

*L5 – We do not currently (as of August 2019) offer regularly scheduled L5 rides

** REGROUP POINTS – defaults are at major turns and at summits