



# GROUP RIDES

Imperial Valley Velo Club

August 2019

## DESCRIPTION

LEVELS		
<b>NO-DROP</b>	For ALL level riders. No one will be left behind; at least one club member will stay with and support every rider.	Speed: 12-15 mph Distance: 10-15 miles
<b>RIDE &amp; REGROUP</b>		
<b>1</b>	For Beginner & Intermediate riders. There may be times (going up hill, for example) when the slower riders will be dropped briefly and then reunited with the larger group.	Speed: 16-18 mph Distance: 16-20 miles
<b>2</b>	Intermediate & Advanced riders. Farther and faster.	Speed: 19-22 mph Distance: 20-45 miles
<b>3</b>	Similar to level 2 but with hills. Speed will vary because of hill climbing.	Speed: 19-22 mph Distance: 20-45 miles
<b>SELF-SUPPORT</b>	For Advanced riders. Riders will be doing serious training with several thousand feet of climbing and various faster speeds. Will re-group at designated meeting points.	Speed: 18+ mph Distance: 30-100 miles

## SAFETY FIRST

RULES	
1	Use hand signals to communicate turns, slowing, stopping and road surface hazards. You may also call out, "Pothole! Gravel!" to warn your fellow riders of these hazards.
2	Signal the presence of cars by calling out, "Car up, car right, car left, or car back!"
3	Slow and stop at all stop signs and traffic lights; announce approach to railroad tracks.
4	Keep a safe distance between you and the rider in front of you.
5	Ride no more than two abreast on quiet roads and only where it is safe to do so. (Return to single file when cars approach from behind.)
6	Ride single file on all busy roads.
7	Ride alertly with your head up and eyes on the road.



# RIDE CLASSIFICATION

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## What's your skill level?

This chart and guidelines below will help you select a club ride appropriate to your riding skill level.

*"Don't limit your challenges, challenge your limits."*

## ROAD BIKE

PACE		TERRAIN	
1	EASY (8 to 13 mph)	A	<b>MOSTLY FLAT:</b> Mostly flat road with possible gentle upgrades.
2	MODERATE (13 to 18 mph)	B	<b>ROLLING:</b> Climbs are short and not too numerous.
3	FAST (over 18 mph)	C	<b>SOME HILLS:</b> A few steeper hills, moderate sustained grades and/or longer gentle climbs.
		D	<b>HILLY:</b> Lots of climbing and descending. Steeper and/or sustained climbs 6-9% likely.
		E	<b>MOUNTAINS:</b> Only for those very sure of their ability to climb any grade, any length at the stated pace.

## MOUNTAIN BIKE

SKILL LEVEL	
BEGINNER	Fire roads, gravel trails; not too steep and almost no obstacles
INTERMEDIATE	Single-track, some small rocks, roots and mud
ADVANCED	Tight, twisty, rutted, rocky single-track; steep up-hills & downhills
EXPERT	Combinations or extreme examples of obstacles

### Rider check-list:

- Helmet
- Water bottles
- Spare tube & tools
- Portable pump
- Snacks for energy
- Questions?

Please contact IV Velo via Facebook Page

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