



Ride Categories

We break our rides down into categories based on average moving speed, i.e., how fast you ride without counting stops for rests or other activities. Remember, for our Wednesday evening rides, you must be confident that you can finish the ride before sundown!

Note: None of our rides are “flat”; i.e., none of our regular rides out of the Gary J. Arthur Community Center averages less than 40 feet of climbing per mile. Most rides average between 50-65 feet of climbing per mile, with the effort needed becoming significantly harder as the elevation increases. Many riders would describe our routes as “rolling,” i.e., up and down, up and down, with only a few long, flatter sections.

Here are the categories:

A — 16 mph and over.

This category is for experienced riders able to average at least 16 mph. These riders often do not regroup, often paceline, and will make you work hard to keep up on hills. You may get dropped and be alone, so cyclists must be self-sufficient in terms of minor repairs and following cue sheets. All riders in the 16+ group must be experienced in the etiquette and skills of group cycling. If you are not experienced riding pacelines or have not ridden in (fast) groups, then no matter how strong you might be, do not join this group to learn those skills.

B+ — 14-16 mph.

Most of these riders are experienced and will average a pace of 14-16 mph, but some may go faster, depending on who shows up. Cyclists should be self-sufficient in terms of minor repairs and following cue sheets. Riders often paceline and might not regroup more than once, if at all.

B — 13-15 mph.

Riders might paceline and will regroup. Category B is where riders can learn how to ride better in a group and how to paceline. Cyclists should be self-sufficient in repairs and following cue sheets. Remember, average pace means that cruising speeds might exceed 16 mph over flatter terrain, with significant slowing going up hills.

C — 10-12 mph.

This category is for riders able to average a pace of 10-12 mph. This means maintaining a cruising speed of 13-14 mph over flatter terrain, with significant slowing going up hills. Riders need to be able to complete a ride of 18-20 miles. This ride has a “sweep,” i.e., a more experienced rider will be the last person on the road following the slowest C-rider. The sweep might offer riding and safety suggestions, but do not expect the sweep to be an on-the-road mechanic!

Novice —

Riders new to cycling or who have not ridden in a while. This category is for riders who average less than 10 miles an hour and/or have not completed a ride longer than 18 miles. This group does not go out on regular weekly rides. Rides are scheduled as requests and demand see fit. If you are interested in novice rides, contact hococyclists@gmail.com.