

LVBC RIDE CLASSIFICATIONS

Ride classifications according to average pace while moving, excluding stops.

D Pace: Up to 11 mph, mostly level terrain and distance under 20 miles. Designated sweep. Group will wait for all cyclists. Frequent rest stops. Good pace for beginners and families. Try a D-Pace ride, if you're not sure of your abilities.

C Pace: 11 up to 13 mph, variable terrain, distance usually 15-35 miles. Leader will designate a sweep; no one will be dropped. Rest/refreshment stops every 1 to 1-1/2 hours.

B Pace: 13 up to 15 mph. Rolling to hilly terrain, distance 30 miles & up. Rest/refreshment stops at discretion of ride leader.

A Pace: 16 mph and up

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