

Cycling UK Oxfordshire - Ride Categories



These categories are designed to provide ride leaders with generic guidelines for the different levels of rides that we offer as a club. They are also intended to help riders choose rides suitable for their level of fitness and preferred riding pace. The guidelines are aimed to be sufficiently generic to cover most of the rides that we organise.

Rating	1*	2*	3*	4*
Target riders	Social, family and confidence-building rides aimed at irregular, beginner and family riders	Mellow rides aimed at regular riders who want to cover some distance at a relaxed pace	Faster/longer and/or hillier rides aimed at regular riders. Road bikes may be an advantage	Quick, challenging rides aimed at the athletic rider usually riding lightweight road bikes
Pace (on the flat)*	8-11 mph	11-13 mph	13-16 mph	16-20 mph
Distance (see ride types below)	Up to 20 miles	15-60 miles	20-100 miles	25-60 miles
Hilliness	Occasional short steep or gentle longer climbs	Occasional steep, longer or multiple climbs	Likely to include hills. Hillier rides include multiple climbs	As for 3*
Continuity	Will stop frequently to regroup, rest, admire a view or explore places of interest	Will stop occasionally to regroup, rest, admire a view or explore places of interest	Stop only occasionally to regroup, e.g. after longer climbs; mostly continuous riding between planned stops	Likely to ride continuously with only occasional stops to regroup or catch breath
Use of off-road cycleways, tracks and bridleways	Will frequently make use of traffic free-routes where available	Occasional off-road sections	Occasional off-road sections; usually with on-road alternatives	Unlikely to go off-road
Duration (see ride types below)	Up to 3 hours with a refreshment stop	Up to 7 hours with multiple refreshment stops	Up to 10 hours with multiple refreshment stops	Up to 5 hours, with a refreshment stop
How this affects different types of ride				
Short/Evening rides (up to 2 hours)	5-15 miles no stop	15-25 miles, no stop	20-30 miles, no stop	25-40 miles, no stop
Half-day rides (2 to 5 hours)	12-20 miles with stop	20-40 miles, with stop	35-50 miles, with stop	40-60 miles, with stop
Day Rides (5 to 10 hours)	N/A	35-60 miles, with one or more stops	50-100 miles, with one or more stops	N/A

Notes:

* The guidance ranges for pace are for riding on the flat allowing for variability in weather conditions and the ability of the group. Average pace will be lower on hilly rides and when there are off-road sections.