**The following system is used in our ride schedule so that riders can estimate the relative difficulty of each ride**

**TERRAIN**

**1:** Mostly flat (River Road, Dry Creek)

**2:** Rolling, easy grades (Westside Road)

**3:** Moderate grades (Graton Road)

**4:** Hilly; a few steep climbs (Coleman Valley Road, Franz Valley Road)

**5:** Very hilly; lots of long climbs (Trinity Grade, The Geysers, Skaggs Springs Road) (If available, elevation gain may be listed.)

**TEMPO**

Actual ride speed may vary, depending on terrain, distance, weather, and group dynamics.

Tempo listing is only a ballpark estimate.

**A:** relaxed pace; frequent regroups; waits for all riders. Over 26 minutes*

**B:** touring pace; regroups every 30-45 minutes; waits for all riders. 23-26 minutes*

**C:** brisk pace; pacelines likely; regroups every 30-60 minutes. 19-22 minutes*

**D:** aggressive pace; pacelines; slower riders may miss regroups. Under 19 minutes*

*Times are for official SRCC speed trap: 4.4 mostly uphill miles on Graton Road from Ross Road in Graton to summit at Tanuda/Facendini junction. If you want to know where you fit in on club rides, time yourself on this section (at your normal riding tempo) and compare your time to the list above.

**DISTANCE**

The last figure in the formula, stated in approximate miles. (If in doubt, leader should **over**estimate mileage slightly.)

• RSVP WITH RIDE LEADER •

Ride leaders should provide maps and/or route instructions. Riders should carry I.D., cash, tube(s), flat repair kit, water bottle(s), and have their own map in case they get lost.

## HELMETS ARE MANDATORY ON ALL CLUB RIDES!

Non-members are welcome on club rides! (Nonmembers must sign a liability waiver provided by the ride leader.) If the course seems too long or difficult, the ride leader can generally suggest an alternate starting place or bail-out route

RAIN CANCELS ALL RIDES, UNLESS OTHERWISE NOTED.

RIDES LEAVE PROMPTLY AT TEN MINUTES AFTER THE LISTED TIME.