

Category	Title	Average Rolling Speed	Average Ride Length (Rest Stops)	Pace, Planned Stops, Drop Policy
F	Group Riding Skills	8 to 10 mph ARS	Less than 20 miles (Frequent rest stops, typically every 5 miles)	ARS may vary depending on terrain, wind, traffic, and ability of riders.. No Drops
E	Casual	10 to 12 mph ARS	Less than 25 miles (Frequent rest stops, typically every 5 to 10 miles)	Cruising speeds may reach 14 mph for short periods. Rest stops every 5 to 10 miles. No Drops
D (D+)	Easy Touring	12 to 14 mph ARS	Length varies, typically 20 to 30 miles (Rest stops every 10 to 15 miles)	Cruising speeds may reach 16 mph for short periods. (D+ at higher end of Speed and/or Distance) No Drops
C (C+)	Touring	14 to 16 mph ARS	Length varies, typically more than 30 miles (Rest stops every 10 to 15 miles)	Cruising speeds may reach 18 mph for short periods. (C+ at higher end of Speed range and/or greater Distance) No Drops
B (B+)	Fast Touring / # Training	16 to 18 mph ARS	Length varies, typically more than 35 miles (Rest stops every 15 to 20 miles)	Cruising speed (# Pace Lines) may reach 20-22 mph. (B+ at higher end of Speed range and/or greater Distance) No Drops
A	Fast Training	18+ mph ARS	Length varies, typically more than 40 miles (Rest stops every 20 to 25 miles)	Pace Lines approach 22 mph but may top 24 mph for short intervals

NOTE:

“+” Rides will be at the higher end of the Average Rolling Speed (ARS) range and/or greater Distance than typical.

At Ride Leaders’ discretion, the group may be split to ride at different Speeds and/or Distances before ride start or at rest stop, but Ride Leader will ride with “posted” Category and will designate a Ride Leader for the alternate group (e.g. a “C” ride is posted but the Ride Leader can designate at ride start or at rest stop an alternative Ride Leader who would lead a “C+” group)

“#” Group MAY ride as a Pace Line SOLELY at Ride Leader’s discretion, with sensitivity to riders’ skills, familiarity with other riders in group and road/weather conditions