

At-a-Glance:

Ride Level	MPH Range	Typical Distance	Intended Rider
A+	19+ mph	50 to 70 miles	Racer or Racer at heart
A	19 mph	45 to 65 miles	Serious cyclist looking for fast pace training.
A-	17 to 19 mph	45 to 65 miles	Serious cyclist looking for fast pace training
Super B	17.0 + mph	45 to 50+ miles	Strong cyclist that regroup periodically
B+	15 to 17 mph	40 to 50+ miles	Strong cyclist that regroup periodically
B	14 to 16 mph	35 to 50 miles	Strong cyclist that push harder periodically and regroup at the top of hills
B-	13 to 15 mph	30 to 50 miles	Cyclist that push harder periodically and regroup at the top of hills
C+	12 to 14 mph	25 to 40 miles	Experienced cyclist that socialize while riding
C	11 to 13 mph	25 to 40 miles	Good cyclist that socialize while riding
C-	10 to 12 mph	15 to 25 miles	Newer cyclist that want experience
Training	varies	varies	Ride geared for a specific training program