

Greater Shepparton Bicycle User Group Inc

Grading Guide for Bicycle Rides

1. **Hybrid Slow** : Relatively of short distance, generally within 15km with flat rides generally around bike paths and some quiet roads. No critical time factor and particularly suitable for the occasional cyclist or beginner. Must carry fluid especially in hot weather. Suitable for Hybrid and Mountain bikes. Usual average speed is 15 to 20km/h in calm conditions.
2. **Road : 25km/h**: Entry level mainly for road bikes, easy to moderate but may involve up to 70km of flat and undulating terrain; or up to 50km with some hills. Suit cyclist with some fitness. Average speed around 25 km/h depending on weather conditions.
3. **Road : 30km/h +**: Longer distance and more difficult terrain for road bikes only. Sometimes involving the passage over a number of hills with distances up to 100km. Flat rides have a higher average up to 35 km/h. Reliable cycle gear, food and wet weather gear advisable depending on time of year. Ability to maintain a reasonable speed to meet time constraints. High level of fitness required.