

U3A COSTA BRAVA CYCLING GROUP GUIDELINES

These Guidelines are to help Ride Leaders accurately describe their proposed Cycle Rides, and riders to decide if a ride is suitable for them.

CYCLING LEVELS: In all route descriptions please mention: a)

Distance

b) **Number & difficulty of inclines and hills included on the route.**

c) **Nature of Terrain/surface: (farm tracks / purpose built cycle tracks / tarmac minor roads).**

LEVEL	GUIDE TO RIDE DESCRIPTION	Suitable for Riders who....
1	10 – 15 kms on flat terrain. Minor roads and tracks.	Are comfortable riding at 10 km/hr on the flat on tarmac. Suitable for e-bikes.
2	10 – 15 kms mainly flat on minor roads and tracks. (description to include any inclines - even slight)	Are comfortable riding at 10 km/hr on the flat on tarmac or well-maintained dirt roads. Suitable for e-bikes.
3	15 – 20 kms on mainly flat minor roads & tracks which may include slight inclines. (description to include difficulty / length of any inclines; if cyclists prefer they can dismount)	Are comfortable riding at 12 km/hr on the flat on tarmac or dirt roads. Suitable for e-bikes.
4	25 – 30 Kms on minor roads or tracks in slightly undulating terrain (mention difficulty / length of any inclines).	Are comfortable riding at 15 km/hr on the flat on tarmac or dirt roads. Suitable for e-bikes.
5	25 – 30 Kms route includes mild climbs/inclines (mention length and difficulty of inclines/climbs)	Are comfortable riding at 15 km/hr on the flat on tarmac or dirt roads, and are happy with hills up to 5%. Suitable for e-bikes.
6	25 – 35 kms route includes hills/inclines which are not steep but could be long	Are comfortable riding at 18 km/hr on the flat. Suitable for e-bikes.
7	30 – 40 kms (reference should be made to length, hills and inclines & difficult terrain)	Are comfortable riding at 18 km/hr on the flat. Suitable for e-bikes.
8	40 + kms(reference should be made to length, hills and inclines & difficult terrain)	Are comfortable riding at 20 km/hr on the flat and have sufficient balance and technical ability to cope with sand, rocks and loose terrain as may be encountered on dirt roads. NOT suitable for e-bikes.
9	40 + kms (reference should be made to length, hills and inclines & difficult terrain)	Are comfortable riding at 25 km/hr on the flat, and have sufficient balance and technical ability to cope with sand, rocks and loose terrain as may be encountered on trails. NOT suitable for e-bikes.
10	55+ kms includes more than 1 hard climb.(reference should be made to length, hills and inclines & difficult terrain)	Are comfortable riding at 25 km/hr on the flat, and have sufficient balance and technical ability to cope with sand, rocks and loose terrain as may be encountered on trails. NOT suitable for e-bikes.

SAFETY: We advise that cycling groups should be no larger than **25** & that **ALL** cyclists wear **CYCLE HELMETS**.

All cyclists need to carry a **spare inner tube, tyre levers and pump**.

POSTING CYCLING EVENTS: It is important that the rides are **described accurately** making reference to the **Levels on the Cycling Guidelines**. Members can then make sensible decisions as to whether they are 'cycling fit' for the activity.

(Continued on page below)

Differing Levels of Fitness and Technical Ability are the reason for the 4 different U3A Cycling Groups,

Riders can move between groups when their ability changes!

FIETSTOUR (LEISURELY CYCLING): Levels 1 - 3 Routes between 10 and 20kms. Easy gentle rides at a slow pace. On as flat as terrain as possible. **Group Folded in November 2018**

CYCLING FOR PLEASURE : Levels 4-5 (For the intermediate cyclist.) Routes 25km to 30kms. The group aims to maintain a steady but manageable pace with at least 2 stops. (This distance will naturally include some slight inclines & undulations along the route)

ELECTRIC BIKES:- E BIKE: Up to Levels 6 & 7. The E Bike group aims to choose routes mainly using minor roads and will often include some serious inclines and hills. Any member who joins the group should either have an E Bike or be a serious cyclist who is able to tackle routes up to level 7 on the Costa Brava Cycle Guidelines on their normal bikes.

POWER TO THE PEDAL: Levels 6 to 8 (For experienced fit cyclists on normal bikes) Routes over 30kms. More demanding rides maintaining a faster pace. Their routes tackle greater distances and will inevitably include some hill climbs. Parts of the terrain can require some degree of technical skill. P2P ride leaders should aim for either a long but fairly flat ride or a shorter ride with some hills. **Rides which are both long and hilly are not suitable for this group.**

LOS LOCOS : Levels 9 & 10 (ONLY FOR VERY EXPERIENCED, FIT CYCLISTS) rides over 40 km on various terrain.

ALL EVENT DESCRIPTIONS ON THE WEBSITE to include a reminder that **everyone should wear a cycling helmet** and normally a venue for a lunch option after the ride.

POLITE REMINDERS FOR COORDINATORS OF CYCLE GROUPS:

Please check event descriptions to ensure they include **Levels and good description** of difficulty & terrain. Keep your **First Aid Kits** up to date with a **U3A Accident** form and **emergency numbers**. Ensure 'Walkie Talkies', if used are fully charged before each event.

NOTES FOR MEMBERS LEADING CYCLE RIDES:

Carry a Map of the planned route. *(A smart phone or sat nav can also be used)*

Take the Cycle Groups **U3A First Aid Kit** (these should have **relevant emergency numbers** written on them)

A printed **Accident Form** should be with the **First aid Kit**.

Designate a **back marker**. *(Unless a very small group)*

Ensure communication between front and back marker (walkie talkies or mobile phones) Try to gauge the pace of the ride; e.g.: ride at the pace of the slowest rider.

Ensure you factor in some rest periods appropriate to the group.

It is usually appreciated if the rides start and end at an open cafe or restaurant. If possible a comfort break should be included.