

## U3A COSTA BRAVA CYCLING GROUP GUIDELINES UPDATED JUNE 2021

These Guidelines are to help:

- RIDE LEADERS accurately describe their proposed routes
- CYCLISTS to decide if a ride is within their capability.

**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.

All route descriptions should include:

- Levels on the cycling guidelines
- Distance
- Number & difficulty of inclines and hills included on the route
- Nature of terrain & surface: farm tracks (sandy / stony / hardpacked), purpose-built cycle tracks / roads (main or minor).

**PLEASE NOTE THERE ARE 2 SEPARATE GUIDES** for levels of difficulty; one for non-assisted bike events & one for E – Bike events,

<b>GUIDE FOR NON-ASSISTED CYCLE EVENTS</b>		
<b>LEVEL</b>	<b>Description of routes &amp; skills required</b>	<b>Suitable for Riders who....</b>
1	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 average on the flat on tarmac or dirt roads. Also suitable for e-bikes.
2	25 – 30 Kms: routes include mild climbs/inclines, max 8% <b>NO STEEP HILLS</b> (mention length and difficulty of inclines / climbs)	Are comfortable riding at 15 km/hr average on the flat on tarmac or dirt roads, and are happy with hills up to 8%. Also suitable for e-bikes.
3	25 – 35 kms routes primarily on roads or good quality tracks, includes hills / inclines which are not steep but could be long.	Are comfortable riding at 18 km / hr average on the tracks.
4	30 – 40 km: Reference should be made to length, hills and inclines & difficult terrain.	Are comfortable riding at 18 km/hr average on tracks.
5	40 + kms: Reference should be made to length, hills and inclines & difficult terrain.	Are comfortable riding at 20 km/hr average on tracks and have sufficient balance and technical ability to cope with sand, rocks and loose terrain as may be encountered on tracks.
6	40 - 45 kms: Reference should be made to length, hills, inclines & difficult terrain.	Are comfortable riding at 25 km/hr average on the flat, and have sufficient balance and technical ability to cope with sand, rocks and loose terrain typically encountered on challenging cross-country trails. Suitable only for MTB /Cross Country bikes (both non-assisted and electric), provided riders are confident in their technical skills. Gradients up to 11%; ascents 550 metres.
7	Up to 55 kms includes more than 1 hard climb. Reference should be made to length, hills, inclines & difficult terrain.	Are comfortable riding at 25 km/hr average on the flat, and have sufficient balance and technical ability to cope with sand, rocks and loose terrain typically encountered on challenging cross-country trails. Suitable only for MTB /Cross Country bikes (both non-assisted and electric), provided riders are confident in their technical skills. Gradients up to 11%; ascents 550 metres

## GUIDE FOR E-BIKE CYCLE EVENTS

LEVEL	Description of routes & skills required	Suitable for cyclists who:
3	25-35 km route to include minor roads, cycle tracks, compacted agricultural tracks, farm or walking tracks, unmade rough tracks requiring balance and technical skill.	Are comfortable cycling on tracks at maximum speed of 18 Km/hr <b>MONDAY &amp; FRIDAY BIKE GROUPS:</b> Are comfortable cycling flat roads at maximum speed 22 Km/hr, <b>LAS RUEDAS E BIKE GROUP:</b> Are comfortable cycling flat roads up to 24km/hr
4	30-40 Km route to include minor roads, main roads, all types of tracks, multiple ascents and descents both long and short. Confidence with your own technical skill, and sufficient battery capacity for a 50Km ride under medium power.	Are comfortable cycling on tracks at maximum speed of 18 Km/hr <b>MONDAY &amp; FRIDAY BIKE GROUPS:</b> Are comfortable cycling flat roads at max. speed 22 Km/hr, <b>LAS RUEDAS E BIKE GROUP:</b> Are comfortable cycling flat roads up to 24km/hr
5	40 - 45 Km route. Not necessarily more difficult technically than level 4, but likely to have more road cycling to cover the additional distance.	Have batteries capable of longer, more demanding rides operating between medium and maximum power.
6	40 -45 km route. Including more mountainous terrain, with longer, steeper ascents & descents, primarily on tarmac roads.	Have batteries capable of longer, very demanding rides operating between medium and maximum power.

**ORGANISERS / LEADERS OF RIDES:** need to be aware of and comply with the criteria as stated for each group. Leaders should lead, and not be led, and should always be aware of the least capable member of their group, and make sure that they are protected and given full consideration when requiring a rest after catching up. The rides are about **everybody** having a good experience. They are not a race!

### SAFETY / ADVISORY:

**Cycling groups** should be no larger than 25

**ALL** cyclists should wear **CYCLE HELMETS**

**ALL** Cyclists need to carry: a spare inner tube, tyre levers, pump or aerosol repair kit plus a personal 1<sup>st</sup> Aid Kit.

**When cycling on busy roads:** ride in single file, in groups of 5 or 6 leaving 2 car spaces between groups.

**THE 5 DIFFERENT U3A CYCLING GROUPS:** Allow for Differing Levels of Fitness & Technical Ability  
Riders can belong to & move between groups as their ability changes!

**CYCLING FOR PLEASURE:** NON-ASSISTED GUIDELINES **Levels 1 & 2** For the intermediate cyclist. Routes 25km to 30kms. The group aims to maintain a steady but manageable pace for non-assisted bikes. E-Bike riders are welcome but will need to ride at the pace of the leader. Approx. halfway a comfort stop should be included at a café. This distance will naturally include some slight inclines & undulations along the route.

**E- BIKE MONDAY & FRIDAY GROUP E-BIKE GUIDELINES:** **Levels 3 to 6** This E-Bike group aims to choose routes which will comply with the conditions as described in levels 3 to 6 inclusive. 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 fit cyclist who is able to tackle routes up to level 6 on the Costa Brava E-Bike Cycle Guidelines on their normal bikes.

**POWER TO THE PEDAL:** NON-ASSISTED GUIDELINES: **Levels 3 to 5**

This group is for experienced fit cyclists. The routes are over 35k. The rides are more demanding maintaining a faster pace, the routes will include some hill climbs and may cover terrain that requires a degree of technical bike handling skills.

**LAS RUEDAS: E-BIKE GUIDELINES Levels 5 to 6** up to 40km. For experienced fit cyclists on mountain bikes either non-assisted or Electric. 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.

**LOS LOCOS: NON-ASSISTED GUIDELINES Levels 9 & 10** (ONLY FOR VERY EXPERIENCED, FIT CYCLISTS) rides over 40 km on various terrain but primarily cross-country trails.

**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:**

- Check event descriptions include **Levels and a good description** of difficulty & terrain.
- Keep your **First Aid Kits** up to date.
- 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**
- Designate a **back marker**. *(Unless a very small group)*
- Ensure communication between front and back marker (walkie talkies or mobile phones) Try to gauge pace of ride to suit all members in the event.
- Ensure you factor in some rest periods appropriate to the group.
- Try to include location of open café near meeting point & comfort stop on ride.

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