

Eagle Cycling Club Ride Classifications

Keep in mind that the miles per hour listed is the *average miles per hour* that the rider's computer registers *at the end of your ride*. Note that *average* does *not* mean how fast you ride with a tailwind or on a flat road, like Silverado Trail. Even if you find yourself riding 15-20 mph on a flat road, your *average* speed at the end of your ride can still be only 12 mph.

Pace Descriptions

(1) **EASY (average 8 – 12 mph.)** These rides regroup frequently and are an easy conversational pace. (These are often, but not always, shorter rides of 1-2 hours, often oriented to novice riders.)

(2) **MODERATE (average 12 – 15 mph.)** "B" rides are typically 2-4 hours covering 30-50 miles. Regroups are usual, but at the discretion of the ride leader. Often there is a bakery stop in the middle, but not always.

(3) **FAST (average over 15 mph.)** These rides are for experienced riders and may require pace line skills. Regrouping is at the discretion of the ride leader and will be less frequent.

Terrain Descriptions

(A) **MOSTLY FLAT:** Mostly flat roads with possible gentle upgrades. Examples: Silverado Trail south of St. Helena, Solano Avenue, Ramal Road.

(B) **ROLLING, easy grades:** Climbs are short and not too numerous. Examples: Las Amigas Road, Silverado Trail north of St. Helena, the Avenues.

(C) **SOME HILLS:** A few steeper hills, moderate sustained grades and/or longer gentle climbs. Examples: Dry Creek Road between Orchard Avenue and Oakville Grade Road, Soda Canyon Road below the fire station, west side of Oakville Grade Road. Sage Canyon Road.

(D) **HILLY:** Lots of climbing and descending. Steeper and/or sustained climbs over 9% likely. Examples: Atlas Peak Road, upper Soda Canyon Road, Dry Creek Road west of the fire station (Trinity Grade), Mt. Veeder Road, Howell Mountain Road, Ink Grade.

(E) **MOUNTAINS:** Only for those very sure of their ability to climb any grade, any length at the stated pace. Examples: Spring Mountain Road, Cavedale Road, Trinity Road, Wild Horse Valley Road, east side of Oakville Grade.

Ride Descriptions

Rides will be described by the pace or pace range, the terrain or terrain range, and a mileage range.

For example a ride described as 1-A-15-25 would be a ride at an easy (1) pace, on a mostly flat (A) course, for 15-25 miles.

A ride described as 2-C/D-40-60 would be a ride at a moderate (2) pace, on a course with hills (C) that might be steep or sustained (D), for 40-60 miles.

For Riders:

Always bring water and energy food.

Know how to change a flat, especially if you're going on a B or a C ride.

Wear your helmet! Helmets are required

You are **strongly advised to carry ID and emergency contact number(s)**.

Rain cancels all rides (unless the ride leader or individuals decide otherwise).

Please make sure you're familiar with the Guidelines for Group Rides. Thanks!

Basic Guidelines for Eagle Cycling Club Group Rides

Following are a few points of riding etiquette and common courtesies that apply to all club rides. To see how rides are classified, see above.

Provide Camaraderie and Support - Remember we are a social recreational bicycle club. Watch out for your fellow cyclist before, during and after the ride. *Help make newcomers welcome by introducing yourself. Don't immediately spin off to join up with your old cycling buddies, but spend a portion of the ride with the new cyclist.*

Watch the Pace – Unless explicitly stated otherwise, a Group Ride, by definition, is geared to accommodate the slowest rider. No one should be “dropped,” or left to ride alone off the back. If you're riding next to someone, be aware of your relationship to his or her front wheel. Constantly upping the pace (half-wheeling) whenever a rider draws next to you is rude. Wait at turns: If the group becomes at all separated, even by a few dozen meters, someone should wait at the turn until the next rider arrives at the intersection, and so on until all riders have made the turn.

Provide Regroups to keep communication within the entire group. Stronger riders must take turns as “sweep,” going back for those who fall off the back. If you find the paces of group rides are either too fast or too slow for you, then volunteer to lead a ride at the pace you enjoy. You're sure to find a group of cyclists who would love to join you.

Be Predictable. Group riding requires even more attention to predictability than riding alone. Other riders expect you to ride straight, at a constant speed, unless you indicate differently. For example, if you get out of the saddle on a climb, be conscious that your back wheel is likely to drop back six inches unless you control your bike correctly. Pedal continuously at a cadence and speed that is consistent with the riders in front of you. If the pace slows ahead of you, try to soak up the distance between you and the rider in front by pedaling softer rather than braking hard.

Change Positions Correctly – If you want to pass, do so *on the left*. Say "on your left" to warn the cyclist ahead that you are passing. *Sprinting around the group while a car is trying to pass is inconsiderate and dangerous.*

4-Way Stops – Yield to the vehicles who get there first, and do so *as a group*. *Do not scoot through intersections if it is technically not your turn. Resist going if a driver waves you on. Stay with the group and wait.* Call out "slowing" or "stopping," to alert those behind if you are changing speed.

Announce Hazards - When riding in a tight group, most of the cyclists do not have a good view of the road surface ahead, so it is important to indicate road hazards by pointing down to the left or right, and by shouting "hole," "bump," etc., where required for safety.

Leave A Gap for Cars - When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bicycles. This way a motorist can take advantage of shorter passing intervals and eventually move piecemeal around the entire group.

Move Off the Road When You Stop – so as not to interfere with traffic. As a courtesy, during regroupings, the *last* cyclist in should determine when the group will restart. Don't take off as soon as the last cyclist rolls up.

Keep the Group Informed - If you decide to leave the group and ride on your own, inform another rider of your intentions so people don't waste time looking for you.

New Riders' Checklist (What to expect on a club ride)

What do you need to know, and what do you need to bring, to join a club ride? Following is a guideline for new riders. The information should apply to joining any riding group. It looks like a lot of stuff, but it's basically just common sense. Please know that every effort is made to accommodate new riders and make them feel comfortable.

If you have not joined the club as a member before your first ride with us, please introduce yourself to the ride leader on that day. You will be asked to sign our Waiver of Liability. Our goal is to have fun, experience the joy of working together and to keep it safe as possible.

What to Bring

1. A helmet!

2. ID and emergency contact number(s)

3. Water (either in water bottles or a camel-back)

4. Food (energy bars, gels, any kind of high-carbohydrate snack)

5. *At least one* spare tube(s) and a patch kit

6. A portable pump that can strap onto your bike frame, or a CO2 set.

7. Tools: 2 tire levers, maybe a "multi-tool"

8. Money for the bakery stop

9. A cell phone or a couple of quarters for a pay phone (if you can find one)

10. A bike in *good condition* (make sure you've checked it before leaving home). A road bike, as opposed to a mountain bike, is going to work best for keeping up on a club ride. While some folks occasionally join us on their mountain bikes, they must work very hard to keep up with the lighter and faster road bikes that most club riders use.

11. Appropriate clothing. Lycra shorts and jerseys with rear pockets are not mandatory, but you'll soon learn why they are the most comfortable choice for several hours on a bicycle seat.

What Level of Fitness is Required?

For "A" Rides: You should expect to ride up to 20 miles. There will be few hills, and the group will pace itself to accommodate the slowest rider, so don't be intimidated!

For “B” Rides: Most of these rides require an ability to ride at least 40 miles, possibly with significant climbing, with a break at around mile 20-30. There are frequent regroupings, and no one is dropped. If you have a bike computer, you should be able to see an ***average*** speed of at least 12-13 mph at the end of 40+ miles without significant climbing. This means you should be able to ride around 15-16+ mph on *flat* roads, and not be completely intimidated by our typical local climbs (Mt. Veeder, Atlas Peak, Howell Mountain).

For “C” Rides: These rides require an ability to ride at least 40 miles, much of it in a pace line, plus significant climbing. Slower riders may be dropped. You should be able to see an ***average*** speed of over 15 MPH. This means you should be able to ride around 18-23 MPH on *flat* roads, and feel comfortable with any local climb, (including Oakville Grade, Trinity Road, Wild Horse Valley Road, Spring Mountain Road, Cavedale Road)