

LWA Ride Classifications

CLASS	Dist. (mi.)	Terrain*	AVERAGE PACE	COMMENTS
D	10-20	Any	8-10 mph	These rides are designed for riders who are new to cycling or are working to build or regain fitness and skill. The rides may include informal discussions of bike handling skills, safe riding techniques and rules of the road. Terrain is generally rolling with no long or steep climbs.
C	20-40	Rolling	12-14 mph	C rides emphasize the pleasure of riding together with other cyclists, enjoying the scenery, and having fun. Participants in C rides are often working to improve fitness. Riders can expect to regroup as needed with the goal of allowing everyone to stay together.
		Moderately Hilly	10-12 mph	
		Very Hilly	9-11 mph	
B	20-75	Rolling	15-17 mph	These rides are appropriate for cyclists who have developed good fitness and enjoy getting a good workout while still emphasizing the recreational aspects of a group ride. The rides frequently split into two or more groups at some point on the ride. Regrouping is less frequent than on C rides. Every attempt is made to make sure that riders unfamiliar with the route or unable to maintain the pace are not left alone. However, riders who habitually elect B rides and cannot maintain the pace should not expect the group to wait.
		Moderately Hilly	14-16 mph	
		Very Hilly	12-14 mph	
A	20-100		Shorter, flatter rides average 20-22+ mph	You should have a high level of fitness and bike handling skill for these rides. Drafting is common and you can anticipate speeds of 18 – 25+ mph in pace lines. These rides are significantly more strenuous on both flat and hilly terrain. They are appropriate for strong, skilled cyclists who enjoy riding fast in a group. However, these rides are not meant to be a bicycle race. The LWA has a racing division that is designed to meet the needs of cyclists who want to race .
			Longer, hillier rides average 18-20+ mph	

* See terrain descriptions below.

Terrain Descriptions

Descriptions of hilly, moderately hilly etc are by nature subjective. For purposes of the ride ratings listed, the descriptions generally can be thought of as:

Rolling: Less than 30 feet of climbing per mile of distance.

Moderately Hilly: Between 30 and 65 feet of climbing per mile of distance.

Very Hilly: Over 65 feet of climbing per mile of distance or numerous grades of 10% or more.

Example: A ride of 35 miles with 2341 feet of climbing is considered to be the lower end of Very Hilly (66 feet per mile).