



THE BUSH CLUB INC.

Guide to Grading of Club Cycles

EASY	Hybrid / Road Bike	Suitable for beginners and those new to group cycling
		Distance < 30/40km / Time < 4 hours / Climbs < 200m / One rest break
		All on defined / shared pathways with minimal exposure to road traffic.
		Average pace 10 kms per hr / Regular stops to regroup
EASY / MEDIUM	Hybrid / Road Bike	Suitable for those with some experience of group cycling
		Distance < 40/50km / Time < 4 hours / Climbs < 300m / One rest break
		All on defined / shared pathways with minimal exposure to road traffic.
		Average pace 15 kms per hr / Occasional stops to regroup
MEDIUM	Hybrid / Road Bike	Suitable for those experienced in group cycling
		Distance < 60km / Time > 4 hours / Climbs < 500m / Two rest breaks
		Mostly on defined / shared pathways / street cycling with exposure to road traffic.
		Average pace 15/20 kms per hr
MEDIUM / HARD	Hybrid / Road Bike	Suitable for those experienced in group road cycling
		Distance > 60 / 80km / Time > 5/6 hours / Climbs > 500m / Two rest breaks
		Mostly on defined / shared pathways / street & road cycling with significant exposure to road traffic.
		Average pace 15/20 kms per hr
HARD	Hybrid / Road Bike	Suitable for those experienced in group road cycling
		Distance > 100km / Time > 6 hours / Climbs > 500m / Two rest breaks
		Street & Road cycling with significant exposure to road traffic.
		Average pace > 20 kms per hr
	Mountain Bike	Suitable for those experienced in Rough Terrain cycling