



PACTRAC Cycle Groups

All abilities welcome for Turbo Training & Spinning Sessions

				Development (Devils)	Intermediates (Inters)	Advanced (Alphas)
BIKE	Overview					
	Clean and well maintained bike. Understand and follow highway code. Be able to perform basic bike handling techniques for road riding: e.g. cornering, mount/dismount, gear selection, riding in groups (include riding less than 1.5m behind rider in front), braking. Healthy and able to take part.		Able to climb and descend safely. Basic knowledge of navigation so can find way home if loose group.		Ride Safely and effectively in groups, climb and descend at higher speeds. Find way home if get dropped.	
	Endurance Guidelines					
	Should be able to ride 20+ miles and for 1.5 hours		Should be able to ride 30+ miles and 2-4 hours		Should be able to complete 50+ miles and 3.5 hours+	
	Typical Group Pace					
	19-24 km/h (13-15mph) average speed		25-30 km/h (16-18mph) average speed.		30 km/h+ (19mph+) average ride speed	
	Always a 'No-Drop' group, all riders will start and finish together. No riders should be off the back or front of this group.		No-Drop group, loopbacks will be introduced at regular intervals to allow riders to maintain efforts. Although sub-groups may form during efforts, the Inters should loopback to re-form as a whole group.		Intended as a no-drop ride, although this can be modified with group consent. Loopbacks maybe longer and extended further. Sub-groups may form in the Alpha rides.	