

## TEAM MCALLEN RIDES

The following are examples of the kind of riders you will find in each of the groups on our group rides. You know your skills and experience. The criteria below will help to direct you into the appropriate group that you should ride in. If you are not sure what group is right for you ask some of the more experienced riders. We will also need one advanced rider each week to volunteer to lead the intermediate and beginner groups. By grouping riders with similar abilities and experience the rides will be safer and more fun.

### GROUP I (advanced riders)

1. Cat 5 USFC racers with experience, or higher Cat 4, 3, 2, sport and expert MTB racers.
2. 30-100 mile riders.
3. Average speeds of 18-23 MPH at times.
4. Max speeds of 34-36 MPH at times.
5. Rides at sustained high heart rate 130-200 hard efforts.
6. Usual experience 2 years group riding and higher.
7. Skill at using single pace lines, double pace lines, and echelons.
8. Comfortable in group rides.
9. Skill and understanding with riding in winds (drafting)
10. Excellent bike handling skills.
11. Self sufficient (able to handle their own bike problems and fix their own flats).
12. Knowledge of feeding and drinking.
13. Good physical condition.
14. Desire to ride hard and train hard.
15. Expected to work hard as part of the group taking their share of pulls and contributing to the group effort.
16. Knowing the possibility that some may get dropped and will have to join the group that is next behind.
17. Desire to practice racing and training techniques.

### GROUP II (intermediate riders)

1. Not categorized riders (USFC), beginner Norba riders with some experience, riders with some fitness but little group riding experience.
2. 20-60 mile rides, average speeds of 16-20 MPH, max speeds of 30-32 MPH at times.
3. Ride of sustained moderate heart rates 120-170 (50 to 80% of Max Heart Rates),
4. Experience up to 2 years with some group riding.
5. Will Practice single pace lines, double pace lines and echelons.
6. Practice group riding skills (getting comfortable in group settings).
7. Practice working with different winds (drafting).

8. Has some bike handling skills and in good physical condition.
9. Self sufficient (able to handle their own bike problems and fix their own flats).
10. Practice different feeding and drinking techniques that are best for them.
11. Desire to learn and practice better bike handling skills.
12. Weaker riders can sit in this group, learning how to conserve energy when tired.
13. Know the possibility that some of these riders may get dropped and have to join group behind.
14. This is a learning and practicing group, they will work to perfect skills and improve condition so they can ride comfortably with the advanced group if they desire.

GROUP III (beginner riders) (this is good group to have sag)

1. New riders, no group experience, recreational riders, entry level riders.
2. 15-40 mile rides. Road bikes only no mountain bikes.
3. Average speeds of 12-16 MPH.
4. No high speed exertions.
5. Riders mainly in double pace lines but some single pace lines or echelons depending on the group desire and experience.
6. Learn the benefits of drafting and how to handle winds and where to position yourself to maximize the draft. How to rest.
7. Learn what to drink and eat.
8. Learn what tools and supplies to bring on every ride.
9. Learn how to fix flats no one will be left behind. This group should be prepared to stop and assist riders with flats.
10. Learn group riding do's and don'ts.
11. Improve skills and learn how to improve condition to be able to ride in the intermediate group if desired.
12. No bike handling skills required.
13. Rider should have a physical to determine if they are fit enough to ride and rule out any heart or cardiovascular problems.
14. The pace will only be as fast as the slowest rider, however if one rider is constantly falling behind this is unsafe and the group should understand. This is where the sag could be helpful.
15. This is a beginner group and the goal is still to improve bike skills, conditioning and safe riding.

Riders with flats in the advanced and intermediate groups should be able to fix their flats and have the equipment to do it. The group should make sure that the rider has what he needs to fix it and then the group can go on. If the group wants to stop that's up to the group. In a group of 15 riders if 3 riders get flats, a 2 hour ride can turn into a 3-4 hour ride while waiting for them to fix their flats. No ladies should be left by themselves on the road. Advanced and intermediate groups need to have someone volunteer to help the lady riders, or the group should stop. They can always join the group behind.

### EXPERT MASTERS GROUP

This is a group that will be formed for experienced riders 40+ who are interested in having a pace determined by the group. These riders understand how pace lines work. They understand how to work efficiently in the wind. They understand how to help the weaker riders in the group and how to protect them. Speed is not the focus in this group; it is the result of expert level riding skills. Efficient riding, good technique, working as a team, using the correct formation with the winds, good rotations, and safety are the goals of this group. This group will ride as one out and back. The group determines distance before the ride based on the endurance of the individual riders and desires of the group. This is a group for the older timers of the club who are looking for a safe experienced group.

1. Masters riders 40+
2. 2 years group riding experience
3. Expert drafting skills
4. Knowledge of riding as a team
5. Desire to keep the group together
6. Able to see when riders are getting tired and adjusting pace accordingly
7. Able to determine when a rider is not experienced enough for this group
8. This is not a group for inexperienced masters riders.
9. These riders would be qualified to help teach riders of other lower level groups
10. Riders who want to focus on safety, efficiency, and good group technique

### MOUNTAIN BIKE RIDE

This ride will be run once a week. The goal of this ride is to provide a venue for learning mountain biking techniques on a course. We can use the Mission trails course and the Sullivan city course. The first part of these rides will focus on instruction and the second part of the ride for practicing technique on your own. Expert riders will give direction at the beginning of the ride. This ride will be for people of all levels but expect to get some direction and then practice on your own. New riders need to talk to experienced riders before the ride and make sure their bikes are ready for the course. Gears need to be working, tires are prepared for thorns, and brakes functioning. It is best to have at least one friend with you to practice. This would be a great ride to determine if you would like to do more mountain bike riding. If someone were interested in racing this would be a great beginning. Expert riders can answer questions about bikes, equipment, and riding technique. Riders should be in good condition.