

Ride Ratings on Shasta Wheelmen Regular Ride Calendar

This should be used as a guide for selecting rides based on your own fitness and endurance. It's borrowed from the Western Wheelers Bicycle Club from Palo Alto (sponsors of the Sequoia Century).

There is a notation of HR followed by a number from 1-5. That number is based on the feet climbed during the ride divided by the ride's mileage. The scale is:

Hilliness	Average Climb
Rating	Feet/Mile
0	0
1	25
2	50
3	75
4	100
5	125

There may also be a "+" or a "!" next to the HR number. The plus denotes a ride near the top of its category. An exclamation point indicates very steep climb(s) within the ride.

The "Pace" rating of the ride is the average speed the ride is likely to be ridden. A is the slowest and E is the fastest. Here is a table that describes the system:

Pace	Hilliness Rating					
Rating	0	1	2	3	4	5
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7
C	14	13	12	11	10	9
D	16	15	14	13	12	11
E	18	17	16	15	14	13