



RIDING TO CURE CANCER

	Level 1 <i>New Rider</i>	Level 2 <i>Intro</i>	Level 3 <i>Intro</i>	Level 4 <i>Intermediate</i>
Bike Skills	Can clip in/out Changes gears effectively Brakes smoothly	Can eat and drink while riding Can ride in all handlebar positions (hoods, flats, drops)	Descends in the drops Understands cadence Moves easily between sitting and standing position	Descends competently Maintains effective cadence
Peloton Skills	N/A	Comfortable riding in close proximity to others	Comfortable riding handlebar to handlebar Good distance control in the peloton.	Can comfortably move from double to single file and back Calls all obstacles
Strength	N/A	50km flat @ 22km/h	75km flat @ 25km/h	100km/500m @ 25km/h in a peloton (23km/h solo)
Endurance	N/A	50km per week	125km per week	200km per week
Achievement	Learning	Going well	Nearly there	3 day Tour ready, Stage Rider ready
	Level 5 <i>Intermediate</i>	Level 6 <i>Advanced</i>	Level 7 <i>Advanced</i>	Level 8 <i>Advanced</i>
Bike Skills	Descends confidently Comfortable handling a bike in all conditions	Comfortable handling a bike in all conditions	Comfortable handling a bike in all conditions	Comfortable handling a bike in all conditions
Peloton Skills	Comfortable in a peloton in all riding conditions Calls confidently	Comfortable in a peloton in all riding conditions Calls confidently	Ride leader development Radio support Understands the mechanics of a peloton	Peloton management development (2IC to manager) Assign roles and brief peloton Call traffic Manage peloton mood
Strength	100km/1000m@25km/h in a peloton (23km/h solo)	150km/1500m @ 27km/h in a peloton (25km/h solo)	150km/1500m @ 30km/h in a peloton (27km/h solo)	150km/1500m @ 30km/h in a peloton (27km/h solo)
Endurance	200 km per week (with one back to back ride)	300 km per week (with one back to back ride)	300 km per week (with one back to back ride)	400km per week (with one back to back ride)
Achievement	Full Tour ready	Full Tour ready	Assessor/Trainer	Assessor/Trainer