



**Cycling Association of Star Valley
(CASV)
Ride Leader Sign –up**

Please describe your ride: (Remember an exciting or interesting description brings people out.)

Name:

Address:

Phone/Email (give a number that interested riders can reach you MOST of the time for info):

Day of the Week:

Time:

Class:

Terrain/Route (include any anticipated stops and the length of time you plan to be on the bike):

Class	Ave-MPH [Moving]	Cruise-MPH [Flat Terrain]	Use of AERO BARS is prohibited. You can have them on your bicycle. Just save their use for a time trial or solitary ride.
Ax	23/ Up	26+	Road Bike - For EXCEPTIONALLY STRONG cyclists. Must know how to ride safely in a pace line. Few stops. Any terrain. No obligations to wait for stragglers.
A	19 -22	22 - 25	Mountain Bike - Experienced riders only.
B	15 - 18	17 - 20	Road Bike - B rides may use a pace line. Brisk to vigorous. Hills likely. Group will wait for stragglers on B and slower rides.
C	11 - 14	13 - 16	C rides have stops as needed and may have hills. For riders with moderate experience.
			Mountain Bike – Knowledge of MTB basics; may be brisk pace and single-track as well as fire roads. Moderate to technical terrain.
D	8 - 10	up to 12	Road Bike - D rides usually have no major hills. For casual riders with little or no experience. Leisurely to Moderate. Stops as needed.
			Mountain Bike - First-timers/less experience/family. Generally fire roads, slow to moderate pace, not technical.