BRISBANE BICYCLE TOURING ASSOCIATION

RIDE PLANNING FORM

Day and Date *eg Sunday 23 March. You may wish to give alternative possible dates.*	
Start Time *eg 7.00am to* **Finish Time** *(optional)*	
Title eg NORTHERN SUBURBS BIKEWAYS	
Start Location *eg Alderley RWS, Huddart St.* Please include a street name in the description wherever possible, and make sure that your start point can be found by looking up the UBD.	
Leader's Name	
Contact Details phone: mobile: email:	
Distance *eg 25km*	
Overall ride grading *(optional)*	
Pace and Terrain Rating *(see below for coding system)*	

must register ☐ coffee stop ☐ meal stop ☐ lights required ☐ (please tick)

Ride Description Either give the description or write *Same as (date on earlier calendar)*

"must register"
means that it is ***necessary for every rider*** to contact the leader by **phone or email** to register as a participant.

"coffee stop/meal stop"
means that there will be a coffee or meal stop **during** the ride (Not used if the ride **finishes** with coffee/breakfast).

RWS = Railway station

PACE RATINGS

L = leisurely pace	(speedo av. below 15kph)
S = social pace	(speedo av. up to 18kph)
M = moderate pace	(speedo av. 19kph +)
B = brisk pace	(speedo av. 22kph +)
MF=moderately fast	(speedo av. 24kph +)
F = fast pace	(speedo av. 30kph +)

TERRAIN RATINGS

1 = basically flat (uphill stretches are few and far between).
2 = some hills (more than 2/3 of the ride is on flat terrain; steep climbs are short, and few and far between).
3 = moderate hills (up to 1/3 of the ride is uphill; may include long or steep climbs, but not long and steep).
4 = serious hills (mostly hills AND/OR includes one or two climbs comparable to, but not more difficult than, Mt Cootha.
5 = challenging (contact ride leader for details).

SPEEDO AVERAGE is the 'kilometres per hour' reading on the bicycle computer, as measured whilst you are 'in the saddle'.
DURATION of a ride is the entire time taken to travel from start to finish; and therefore depends on the terrain, timing of all stops, and other factors added in.
OVERALL RIDE GRADING: terms such as Easy, Hard etc. are a general account of all relative factors.
STOPS to RE-GROUP or REST are usually more frequent & longer on the slower rides.