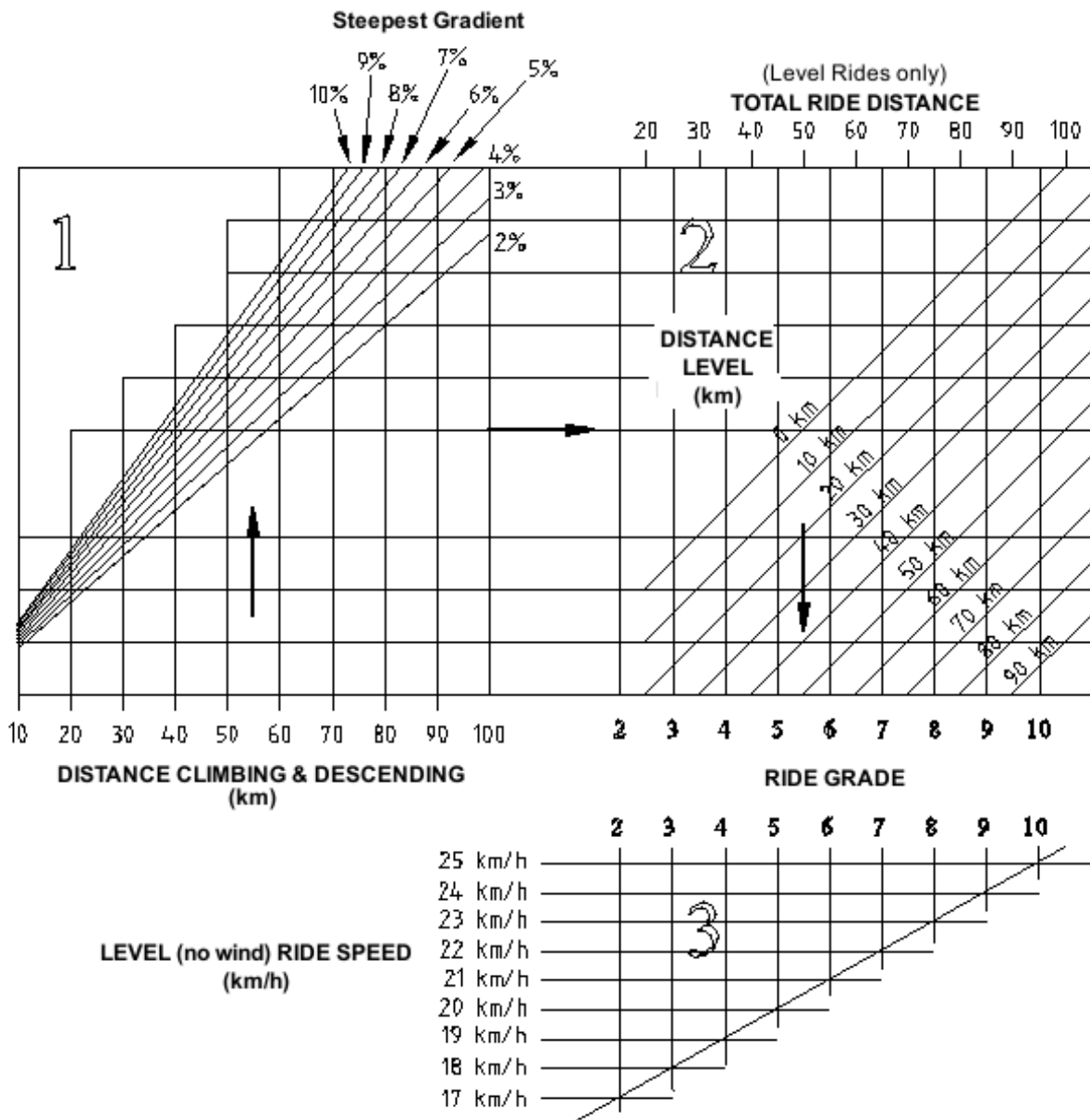


# RIDE RATING GRAPH



## TO USE CCTCC RIDE RATER

CCTCC Ride Rater is an objective ride grading tool devised using detailed computer analysis. It incorporates formulae to determine the power needed to ride at given speeds coupled with research by NASA into the endurance of cyclists when producing the power required to ride at those speeds. Ride Rater is presented as 3 sub-graphs.

To use Ride Rater, enter Sub- graph 1 at the number of kilometres of the ride that are climbing and descending. Ignore gradients less than 2%. Go up Sub- graph 1 to the line indicating the gradient of the steepest hill. Then go across to Sub- graph 2 to the line indicating the number of kilometres of the ride that is level. Then go down Sub- graph 2 and read off the Ride Grade on the scale at the bottom. Finally, go to Sub- graph 3 to read off the level (no wind) ride speed for that grade ride.

For level rides (or rides with all hills less than 2%) enter Sub- graph 2 at the top with Total Ride Distance. Then go down the column to read Ride Grade on the scale at the bottom. It may be easier in this case, however, to simply note that, for a level ride, Ride Grade is 10% of ride distance.

Also note that Ride Speed determines endurance and is therefore part of Ride Grade. If the ride is ridden at a higher speed, grade will increase significantly.

(NB. The above graph was devised using computer software using ride parameter 25% of hills are <1%)