

# Hotham Challenge Ride 2012

## Entry Ranking Table (Road Ability Colour-Ranking)

Please provide your 'self-ranked' COLOUR RANKING when completing the entry form for any of the 3 Rides: Hotham Challenge Ride, Cobungra Station Ride, or Swifts Creek Ride in 2012.

Find the **MOST CORRECT ROW** of riding descriptions to suit your cycling ability level.

You **MUST** qualify in at least the GREEN row or higher to enter the Hotham Challenge Ride 2012.

If you wish to participate in the Buffalo return leg of the Challenge Ride you will need to complete the Cobungra Station ride within a specified timeframe.

Ask for help if unsure with selecting your COLOUR CATEGORY >>>

COLOUR RANKING	Sept-Nov Fitness level expected	Typical weekly km in October	Longest ride done this year	Bike-Handling Skills	Descending Skills	Bunch-Riding Skills	Avg Speed Over 100km Flat Roads	COBUNGRA STATION RIDE (54km)	HOTHAM CHALLENGE RIDE	SWIFTS CREEK RIDE (70km)
BLUE	Basic	Under 120km weekly	Less than 60km	<u>New</u> to bike riding	<u>Never been</u> down hills or have not had any descending experience yet.	<u>Inexperienced</u> in bunch riding or very new to bunch riding skills	Under < 25kph	N/A	N/A	N/A
GREEN	Basic	120km weekly	60km+	<u>Still learning</u> how to use brakes, take wheels off/on, how to ride 1-handed or click out of pedals	<u>Still learning</u> how to go down hills or have had little descending experience yet.	<u>Still learning</u> to sit in a bunch of riders - how to sit on a wheel comfortably in a group	Over > 25kph	N/A: Will ride to Hotham Airport return (20km) on Saturday	Buckland Gate Return	N/A: Swifts Creek Ride <u>not</u> recommended after Hotham Challenge
YELLOW	Moderate	150km weekly	80km+	<u>Familiar</u> : now using gears properly, some experience with riding in a bunch. Learning safety cushion limits	<u>Familiar</u> : with descending and how my bike handles on descents, focusing vision way ahead during descents	<u>Familiar</u> with smaller bunch riding - sitting on and doing turns with less than 10 riders	Over > 27kph	N/A: Will ride to Hotham Airport return (20km) on Saturday	Buckland Gate Return	N/A: Swifts Creek Ride <u>not</u> recommended after Hotham Challenge
ORANGE	Good	200km+ weekly	120km+	<u>Competent</u> : can gain advantage by sitting in closer slipstreams while bunch riding; focus is ahead past the rider directly in front	<u>Competent</u> : feel confident enough to go fast on descents that I know, but still need to do more longer high speed descents	<u>Competent</u> : feel confident in moderate sized bunches of 15-30 riders, basic signals & changing my position in the bunch	Over > 29kph	Aiming to finish it <u>comfortably</u> , but will take the climb back to DP at my own pace	Harrietville Return	Aiming just to finish this ride; better to leave with an earlier riding group
RED	Fairly High	250km+ weekly	140km+	<u>Experienced</u> with all gears, braking situations, no-hands & drinking/eating/change clothing while riding my bike	<u>Experienced</u> : change the way I sit on the bike and how I ride it to gain extra speed or catch up with others on descending roads	<u>Experienced</u> with bunches over 50 riders - know the behaviors of bigger packs & where the safest & easiest spots are in the bunch	Over > 30kph	Have managed day-after-day hard climbing rides before so looking forward to it	Harrietville or Bright Return	Will ride it as part of the main pack or front group
PURPLE	Very Fit	350km+ weekly	180km+	<u>Skilled</u> : coordinating two things at once comes naturally to me (e.g. change gears, click out, stop, take a drink, dodge a pot-hole!)	<u>Skilled</u> : gain extra speed on unfamiliar descents by using different body positions, bike lean angle & cornering lines	<u>Skilled</u> : in larger bunches (over 100 riders); habitually re-positioning, timing of moves forward; anticipation of things going wrong in bunch	Over > 32kph	Perfect as a build-up ride for my muscles <u>before</u> the Challenge Ride on Sunday	Buffalo Return	Perfect as a mid-range ride <u>after</u> a big day on Sunday

