



PELTON Group

Peloton Group riders may not be thinking about their riding in terms of distance ridden or feet climbed. These riders may be new to cycling, or may be limited by time, family commitments or other factors that hinder their participation in the Performance Group.

Peloton Group rides tend toward flatter ground with minimal climbing and a moderate pace. The goal for most of our Peloton Group riders is to begin building an aerobic base that will sustain a higher level of effort for a longer period of time.

This group is more social on the bike than our other Groups; however, there is pervasive emphasis on improvement.

PELTON GROUP: RIDER CHARACTERISTICS:

Peloton Group riders should be capable of riding on flat terrain, such as the American River Trail, for a distance of 60 miles in about 3.5 hours (17mph).

Peloton Group riders typically ride two or three days a week which generally include the Saturday Group ride and one or two other days during the week.

Although the Peloton Group is our entry-level group, there are just a few minimum requirements that need to be met.

MINIMUM REQUIREMENTS

A few minimum requirements ensure safety and enjoyment for you and riders around you. At minimum you should be able to:

- Take on nutrition and drink from your water bottle while riding
- Point out debris/hazards to other while riding with one hand
- Comfortably ride with a paceline or peloton
- Maintain a consistent pace
- Change a flat tire

If you need assistance learning skills to meet these requirements, we are happy to work with you to help you improve.