

VSCC Ride Groups

Low Speed/Elevation/Distance High

<p>Social 10-13mph</p>	<p>Improvers 14-17mph</p>	<p>Advanced 18+mph</p>
-----------------------------------	--------------------------------------	-----------------------------------



Summer Ride Programme (Apr-Sep)

	C	B-	B	B+	A
Mon					
Tues					
Weds					
Sat					
Sun					

Longer days and longer rides

Winter Ride Programme (Oct-Mar)

	C	B-	B	B+	A
Mon					
Tues					
Weds					
Sat					
Sun					

Mudguards compulsory Nov-Feb