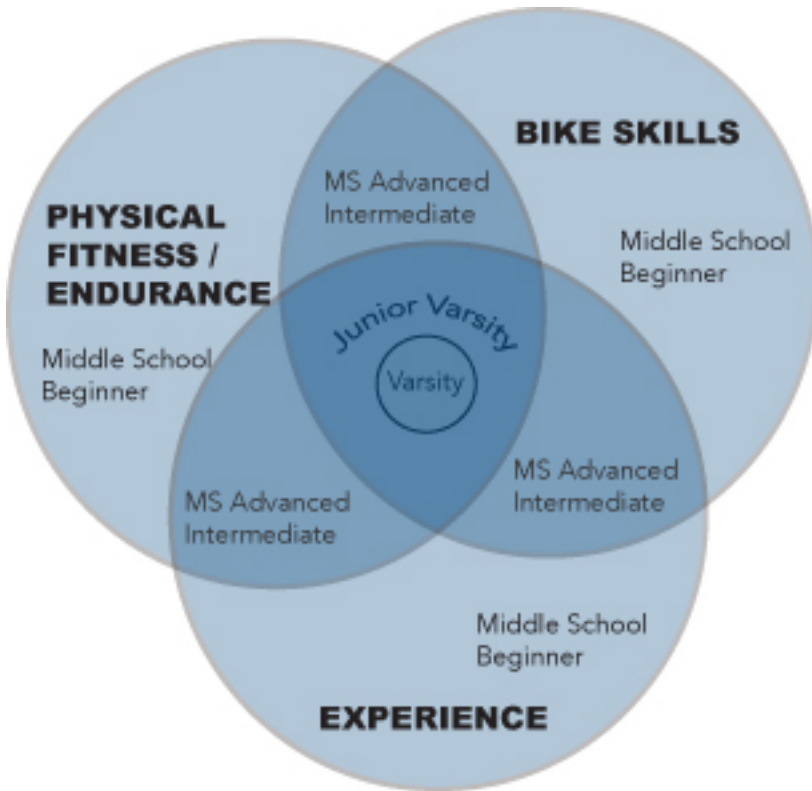


# RACE CATEGORY ASSESSMENT CHART



Race day categories should be determined by the combination of rider fitness, bike handling skills and experience.



## PHYSICAL FITNESS / ENDURANCE

- 10-Minute Riding Test
- Other Sports/Athletic Background
- Medical History Considerations (BMI, Medications)

## BIKE HANDLING SKILLS

- Braking (Timing, Body Position, Technique)
- Shifting (Timing, Gear Selection)
- Cornering/Turning (Body Position, Braking, Shifting/Timing)
- Riding Uphill/Downhill (Body Positioning, Gear Selection, Pedaling Technique)
- Obstacle Riding (Bumps, Jumps, Logs)

## EXPERIENCE

- Mountain Bike/Off-Road Experience
- Other Cycling Experience
- Time Spent on the Bike
- Racing/Competition Experience

## RACE CATEGORIES

### Middle School Grade and Beginner

Novice rider, first-time or occasional racer. Rider possesses very basic mountain bike skills and/or physical fitness and limited endurance.

Target Race Time and Distance: approx. 4-5 miles, 30-45 minutes.

### Middle School Advanced and Intermediate

Rider has some racing experience and possesses intermediate bike handling skills. Rider has the stamina to maintain a race pace for up to 60 minutes.

Target Race Time and Distance: approx. 8-10 miles, 45-60 minutes.

### Junior Varsity (JV)

Rider has demonstrated race results in Intermediate and possesses advanced bike handling skills. Rider has the stamina to maintain a race pace for up to 90 minutes.

Target Race Time and Distance:

Boys - approx. 12-15 miles, 60-90 minutes, Girls – approx. 8-12 miles, 45-90 minutes.

### Varsity

Rider has demonstrated race results in JV and possesses advanced bike handling skills. Rider has the stamina to maintain a race pace for up to 2 hours.

Target Race Time and Distance:

Boys - approx. 16-20 miles, 90-120 minutes, Girls – approx. 8-12 miles, 45-90 minutes.