



Tour de Cure Rider Level Descriptions

Discipline	Level 1	Level 2	Level 3	Level 4
	<i>New Rider</i>	<i>Intro</i>	<i>Intro – Incl. Levels 3-, 3, 3+</i>	<i>Intermediate – Incl. 4-, 4, 4+</i>
Bike Skills	Learning <ol style="list-style-type: none"> 1. Can clip in/out 2. Braking & steering skills 3. Gear changing 	Learning <ol style="list-style-type: none"> 1. Can ride in all handlebar positions (hoods, flats, drops) 2. More effective gear changing 3. Multi riding positions 	Learning <ol style="list-style-type: none"> 1. Effective cadence 2. Descending, incl. drops riding position 3. Descends in the drops 	Learning <ol style="list-style-type: none"> 1. Descending techniques 2. Eating & drinking while riding 3. Gear changing according to terrain
Peloton Skills	N/A	Learning <ol style="list-style-type: none"> 1. To ride in close proximity to others (2 up, 4 up, 6 up – mini group) 2. Singles / Doubles movement 3. Turning & lane changing 4. Calling obstacles & peloton movement 	Learning <ol style="list-style-type: none"> 1. Comfortable riding side-by-side in a peloton 2. Spacing control within a peloton 3. Efficient peloton dynamics 4. Descending in a peloton 	Learning Peloton skills <ol style="list-style-type: none"> 1. Rollers vs climbs 2. Gears vs gradient vs speed 3. Climbing as a peloton 4. Effective anticipation & movement
Strength	N/A	10-30km flat @ 20+km/h	30-70km @ 22-24km/h on flat terrain	90-120km on flat & hilly terrain @ 23-26km/h in a peloton (23km/h solo)
Endurance	N/A	10-50km per week	50-100km per week	150-250km per week
Achievement	New Learner	Learning Bike Skills / Learning peloton skills on closed roads	Learning peloton & bike skills on public roads	Minimum requirement for 2-4 day tour or stages



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Discipline	Level 5	Level 6	Level 7	Level 8
	<i>Experienced Intermediate – incl. 5-, 5, 5+</i>	<i>Advanced</i>	<i>Advanced – Ride Leaders</i>	<i>Advanced – Peloton Managers & 2ICs</i>
Bike Skills	<ol style="list-style-type: none"> Confident descending technique Comfortable handling in all road & weather conditions 	Higher level of bike handling in all road & weather conditions	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills
Peloton Skills	<ol style="list-style-type: none"> Comfortable in a peloton in all riding conditions Constant fine tuning of peloton dynamics 	Higher peloton dynamic skills incl. <ol style="list-style-type: none"> Finer skills of ‘engine room’ Finer skills of mid-peloton dynamics Sheppard / mentor riders 	Ride Management development <ol style="list-style-type: none"> Higher level peloton dynamics fine tuning Actively managing ‘people vs skill’ Accident site management training Briefing & training skills 	Advanced peloton management development <ol style="list-style-type: none"> Higher actively managing ‘people vs skills’ Assign & monitor roles Higher briefing & training skills Higher ‘on-tour’ traffic management Effective leadership
Strength	100-150km at 1000-1500m @26-30km/h in a peloton (24-26km/h solo)	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)
Endurance	200-300 km per week (with back to back long ride)	250+ km per week (with multiple back to back rides)	300+ km per week (with multiple back to back ride)	300+ km per week (with multiple back to back ride)
Achievement	Any TdC Tour Ready, in a peloton. Min level medic	Reliable & competent ‘engine room’ and peloton tuner. Min. Day mechanics	Trainer & ride leader on tour	Assessor/Trainer of trainers/PM & 2IC on tour