SELF EVALUATION SHEET

●●●● **INTENSE** PERFORMANCE SPORT CYCLIST

- You train regularly and can handle the most challenging rides, from long climbs to fast-paced group rides.
- Distances of 90–130 km (56–81 miles) at 28–33 km/h (17–21 mph) don't faze you, and you thrive on endurance and performance.
- You love a tough ride but still want to enjoy the amazing views and a good Italian coffee

- SUGGESTED RIDE LEVEL → Epic Ride, Enthusiastic Ride

●●●○ **ACCOMPLISHED** PERFORMANCE SPORT CYCLIST

- You love cycling and thrive on pushing your limits—without overdoing it.
- You're experienced and ready to take on 70–90 km (43–55 miles) with one or more challenging climbs.
- You can maintain a steady group pace of more than 24 km/h (15 mph) on flat terrain and feel confident navigating roads with cars.
- You enjoy a mix of performance and pleasure, with time for stunning views or a quick café stop.

- SUGGESTED RIDE LEVEL → Enthusiastic Ride

●●○○ **RELAXED** PERFORMANCE SPORT CYCLIST

- You might be new to cycling or have some experience but prefer a laid-back approach..
- You're comfortable with 50–70 km (33–43 miles) rides at an average speed of 20 km/h (12 mph) and enjoy the occasional moderate climb.
- You can ride in light traffic and with others in a group but appreciate a few stops during the ride
- An e-bike might be helpful for you.

- SUGGESTED RIDE LEVEL → Enthusiastic ride, Classic ride

●○○○ **LEISURE** RIDER

- You're not a sport cyclist but want to experience the joy of seeing Italy on two wheels.
- You're comfortable riding 40–60 km (25–37 miles) at a relaxed pace (15–20 km/h / 9–12 mph) with plenty of stops for pictures and local treats.
- You can handle roads shared with light traffic but prefer quieter paths.
- An e-bike might be helpful for you.

- SUGGESTED RIDE LEVEL → Leisure ride