

Riding Level Quiz

Choose **one** answer for each question below and then add up your points.

Which best describes your mountain biking experience?

- I am new to the sport. I have ridden mostly paved trails, gravel trails and double track. I have not tried much singletrack and I am not very confident (yet!) (5)
- I am comfortable on smooth mellow single-track trails as long as they are not too technical. (4)
- I am confident on most green and blue singletrack trails and I can handle some technical rocks and roots. (3)
- I prefer more technical trails and can ride blue and black trails with a high level of confidence. (2)
- I am capable of riding most black trails from drops to steeper downhills to very challenging and technical terrain. (1)

Which best describes your mountain bike goals?

- I want to learn the basics and build confidence in a safe and encouraging environment. (5)
- I would like to be more efficient in my basic skills so I can navigate more challenging terrain and small obstacles safely. (4)
- I am looking to build my confidence on more challenging rocky and rooty sections of the trails and push my climbing and descending. (3)
- I am looking to up my game and get more comfortable with steeper trails and tougher climbs. (2)
- I'd like to ride faster with more style and efficiency, incorporating longer rides, harder climbs, and steeper descents. (1)

Which best describes your fitness level?

- I can ride for about an hour over terrain that does not have a lot of climbing at a slower pace. (5)
- I'm capable of 1-2 hours of pedal time at a relaxed pace, with breaks! I can handle some climbing as long as there is a break at the top. (4)
- I can ride up to 2 hours comfortably with a few breaks. I am capable of some bigger climbs and I am interested in pushing my speed a little bit. (3)
- I can ride for 2-3 hours comfortably. I am a decent climber and can push my speed. (2)
- I can ride 3-4 hours or more comfortably. I am a strong climber and I don't need to stop at the top. Speed? Yes please! (1)

Which best describes your riding preferences?

- I prefer frequent breaks to catch my breath. I do not mind a slower pace. (5)
- I like a more chill pace with a few breaks sprinkled in. (4)
- I prefer rides with not too many breaks. I like to go at a moderate pace. (3)
- I enjoy a quicker pace with fewer breaks. (2)
- My preference is to ride hard and fast with hardly any breaks. (1)

Tally up your points.

18-20 = LIME (Green)

15-17 = LEMON (Yellow)

11-14 = BLUEBERRY (Blue)

7-10 = CHERRY (Red)

4-6 = BLACKBERRY (Black)

You are not committed to any one riding group – you can move up through the season as your riding and fitness progresses.

