**CP Pace\_Self-Test Table**

Unsure which ride to try? Assess your cruising speed by timing yourself on a four-lap ride of the complete oval in Central Park (24.4 miles).

Ride at a comfortable, sustainable pace. Fewer than four laps will give a false assessment. Find your time on the chart below and note the cruising speed.

4-Lap Time = MPH

1:10 or less = 22

1:10 - 1:13 = 21

1:13 - 1:16 = 20

1:16 - 1:20 = 19

1:20 - 1:25 = 18

1:25 - 1:30 = 17

1:30 - 1:38 = 16

1:38 - 1:48 = 15

1:48 - 2:00 = 14

2:00 - 2:14 = 13

2:14 - 2:30 = 12

2:30 - 2:50 = 11

Pick an NYCC ride that lists a speed that matches your cruising speed. It's that easy!