

FOLLOW ARROW COLOUR, NOT ARROW NUMBER

AERA 160KM & 3* YOUTH/OPEN

LEG	ARROW COLOUR	DISTANCE	MAX HR	MAX VET TIME	HOLD TIME
1	RED	40KM	64 BPM	15 MINS	40 MINS
2	RED	40KM	64 BPM	15 MINS	40 MINS
3	BLUE	30KM	64 BPM	15 MINS	50 MINS
4	BLUE	30KM	64 BPM	15 MINS	40 MINS
5	PURPLE	20KM	64 BPM	20 MINS	

AERA 120KM & 2* YOUTH/OPEN

LEG	ARROW COLOUR	DISTANCE	MAX HR	MAX VET TIME	HOLD TIME
1	RED	40KM	64 BPM	15 MINS	40 MINS
2	RED	40KM	64 BPM	15 MINS	40 MINS
3	GREEN	20 KM	64 BPM	15 MINS	50 MINS
4	PURPLE	20KM	64 BPM	20 MINS	

AERA 100KM & 1* YOUTH/OPEN

LEG	ARROW COLOUR	DISTANCE	MAX HR	MAX VET TIME	HOLD TIME
1	RED	40KM	64 BPM	15 MINS	40 MINS
2	RED	40KM	64 BPM	15 MINS	40 MINS
3	PURPLE	20KM	64 BPM	20 MINS	

AERA 80KM STANDALONE

LEG	ARROW COLOUR	DISTANCE	MAX HR	MAX VET TIME	HOLD TIME
1	RED	40KM	64 BPM	15 MINS	40 MINS
2	GREEN	20 KM	64 BPM	15 MINS	40 MINS
3	PURPLE	20KM	64 BPM	20 MINS	

INTERMEDIATE 40KM RIDE

FOLLOW RED ARROWS

55 BPM in 30mins

INTRODUCTORY 20KM RIDE

FOLLOW GREEN ARROWS

55 BPM in 30mins