

## **GWSW RIDES March - April 2010**

### **MONDAY RIDES**

#### **April 5, 12, 19, 26; 5:15 p.m. Manchester NH (3/4-B-25 to 30)**

This is a moderately paced weekend recovery ride with a 16 mph + average, depending on the route. Nobody will be dropped, and we will wait at all major intersections or landmarks. These rides are a combination of flat and hilly terrain. Most rides will be toward Goffstown, Weare, New Boston, but the ride leader is flexible. If raining please call Naults at 4.15 pm to determine ride status.

**Directions:** Meet at Naults Cyclery, 450 Second Street. From 293 North, take exit 4, Queen City Bridge, staying right. Take a right onto Second Street, heading north; continue on Second Street, crossing Queen City Avenue, look for Naults Cyclery. It will be 2 blocks down on the right, please park close to Second Street, within the parking lot.

**Ride Leaders:** Thomas Smith 603-566-2587 (c)  
Naults Cyclery 603-669-7993  
Email: [tthoms@comcast.net](mailto:tthoms@comcast.net)

#### **March 1, 8, 15, 22, 29; April 5, 12, 29, 26; 10:00 a.m. Concord, NH (2/3 - L/M - 12+)**

**Must-call-ahead-to-confirm-show and go rides.** The aim will be to do a gentle 20-mile ride averaging less than 12 mph with a couple of brief stops. There will be cue sheets available for 16, 30 and 46-mile rides for anyone preferring a different pace. Please always call to confirm that there is a ride taking place. Newcomers are welcome. ☺

**Directions:** Meet at 82 Little Pond Road (approx. 2 mi. from I-93). From I-93, take exit 15W. Go to the "T" intersection and bear R onto Rt. 3 (not hard right). At next set of lights go straight and enter the L lane. At next set of lights, go L between the bank and the gas station (=Penacook St.). At STOP, go straight up the hill. At YIELD, go straight onto Little Pond Road. House #82 is .6 miles up on the R. Remember that you must contact the leader in advance to confirm a ride taking place.

**Ride Leaders:** Cathy Yeager 603-224-0346 [cyeagersecretarialservices@comcast.net](mailto:cyeagersecretarialservices@comcast.net)  
Al Jones 603-224-7121 Cell: 603-321-6770 [Alvin.Jones@bench.com](mailto:Alvin.Jones@bench.com)

#### **April 5, 12, 19, 26; 6:00 p.m. Nashua, NH (1/2/3 - M - 12 to 16)**

This April only ride is intended to be a roughly one hour long group ride at a Moderate (12 - 15 mph average) pace to gently start the new season. We will be stopping at the occasional corner to regroup. Cue sheets will usually be available. Please call ahead to confirm the ride if the weather is questionable. Ride leader does not ride in the rain.

**Directions:** Meet at Soccer Fields, Main Dunstable Rd. (Rt. 111A) Take Everett Turnpike (Rt. 3 in Nashua) to Exit 5 WEST (Pepperell). Follow signs to get on Main Dunstable Rd./Rt. 111A. Go ~2 miles on Rt. 111A to Soccer Fields on your right (across from Maplewood Development/Conant Rd). See: <http://www.Voss.org/bike> for Google Map directions and the latest ride details.

**Ride Leader:** Bill Voss (w) 603-897-3383 (c) 603-321-9455 [bike@voss.org](mailto:bike@voss.org)

### **TUESDAY RIDES**

#### **April 6, 13, 20, 27; 5:15 p.m. Manchester, NH (3/4-B-25 to 30)**

This is a moderately paced show and go group ride with a 16 -17 mph average depending on the route. Nobody will be dropped, and we will wait at all major intersections or landmarks. These rides are a combination of flat and hilly terrain. Most rides will be toward the North and West of Manchester, but the ride leader is flexible. If raining please call Naults at 4.15 pm to determine ride status.

**Directions:** Meet at Naults Cyclery, 450 Second Street. From 293 North, take exit 4, Queen City Bridge, staying right. Take a right onto Second Street, heading north; continue on Second Street, crossing Queen City Avenue, look for Naults Cyclery. It will be 2 blocks down on the right, please park close to Second Street, within the parking lot.

**Ride Leaders:** Dave Holmander 603-770-3970 (C)  
Naults Cyclery 603-669-7993  
Email: [dave999cyclist@hotmail.com](mailto:dave999cyclist@hotmail.com)

#### **April 6, 13, 20, 27; 5:30 p.m. Atkinson, NH (2/3-B/S-20 to 30+)**

Your choice between two Groups based on average speed and pace. The Fast/Strenuous Group will average 17 to 18 mph at season start increasing by 1 mph monthly. The routes will be a mix of flat and rolling terrain with a hilly night (lower ave) once a month. Group Ride fundamentals will be stressed. The second, or Brisk Group will be "show and go" at a lower speed and distance. Tail lights and reflective clothing are recommended as Rides may extend into dusk. One sign up sheet for both Groups. No Cue Sheets and "NO RIDE" if raining or roads are wet at 4:30 P.M.

**Please Note: Rides leave the Lot at the published time.**

**Directions:** See [Atkinsonresort.com](http://Atkinsonresort.com) for directions. Park on Lower L side of the Main Lot.

**Ride Leader:** Fast Group Jim Perrotta, 978-618-3608 [perrottaj@comcast.net](mailto:perrottaj@comcast.net)

**GSW RIDES March - April 2010****TUESDAY RIDES - cont'd****April 20, 27; 6:00 p.m. Methuen, MA (1/2-L/M-12 to 25) – Newcomers welcome**

Show and Go rides; groups stay together and sweeps are assigned. No ride if raining. These rides are leisurely to moderately paced and social in nature. Optional pizza party after every ride.

**Directions:** Meet at the Route 97 House of Pizza. From I-93, take Exit 2 east onto Main Street (Route 97) for 3.6 miles. After the traffic lights, park at the pizza shop just past the Mobil station and Dunkin' Donuts.

**Ride Leaders:** Kate Leach, 603-537-0074, [kaleach@comcast.net](mailto:kaleach@comcast.net);  
Dave Topham, 603-898-9926 [dstopham@comcast.net](mailto:dstopham@comcast.net)

**March 2, 9, 16, 23, 30; April 6, 13, 20, 27; 10:00 a.m. Concord, NH (2/3 - M - 14+)**

**Must-call-ahead-to-confirm-show and go rides** probably averaging less than 15 mph. There will be cue sheets available for 16, 30 and 46 mile rides for anyone preferring a different pace. Please always call to confirm that there is a ride taking place. Newcomers are welcome. ☺

**Directions:** Meet at 82 Little Pond Road (approx. 2 mi. from I-93). From I-93, take exit 15W. Go to the "T" intersection and bear R onto Rt. 3 (not hard right). At next set of lights go straight and enter the L lane. At next set of lights, go L between the bank and the gas station (=Penacook St.). At STOP, go straight up the hill. At YIELD, go straight onto Little Pond Road. House #82 is .6 miles up on the R. Remember that you must contact the leader in advance to confirm a ride taking place.

**Ride Leaders:** Cathy Yeager 603-224-0346 [cyeagersecretarialservices@comcast.net](mailto:cyeagersecretarialservices@comcast.net)  
Al Jones 603-224-7121 (cell: 603-321-6770) [Alvin.Jones@bench.com](mailto:Alvin.Jones@bench.com)

**March 23, 30; April 6, 13, 20, 27, 6:15 p.m. , North Hampton, NH (2/3 – S -25)**

**Directions:** Depart from Gus' Bike Shop, Lafayette Road, North Hampton

**Contact:** Jeff Latimer at Gus' Bike Shop 603-964-5445

for details check out the website: <http://gusbike.com/articles/rides-races-and-events-pg37.htm>

**WEDNESDAY RIDES****April 14, 21, 28 5:30 p.m. Portsmouth, NH (1/2-L/M/B-22).**

**NOTE: The start time, now 5:30 p.m., will change to 6:00 p.m. on Wednesday, 5 May (the first Wednesday in May).**

A ride along the beautiful New Hampshire Seacoast, from Portsmouth to Rye Harbor, and return. Riders ride at different paces; **Newcomers Welcome** - either the Ride Leader or another person will ride at the tail end, accompanying the last person, no matter what pace he or she chooses to ride at. Afterwards, the riders meet at Loco Coco's Tacos, across the River in Kittery, for refreshment and socialization. The Ride will take place even if it's misty out, but anything heavier than mist, it's off.

**Directions:** Meet in the small parking lot in Prescott Park, immediately to the east of the foot of the old Memorial Bridge in Portsmouth.

**Special Caution:** Early in the season, dusk comes early. It is prudent to have working (check them out!) rear flashers.

**Ride Leader:** Carl Gurtman 207-363-4920 Cell: 603-339-4859 [cgurtman@maine.rr.com](mailto:cgurtman@maine.rr.com)

**Alternate Ride Leaders:** William Fralick 603-463-7498 [wfralick@verizon.net](mailto:wfralick@verizon.net)  
Rami El Rayess Cell: 603-969-6474 [relrayess@gmail.com](mailto:relrayess@gmail.com)

**March 3, 10, 17, 24, 31; April 7, 14, 21, 28; 10:00 a.m. Concord, NH (2/3 - M - 14+)**

**Must-call-ahead-to-confirm-show and go rides** probably averaging less than 15 mph. There will be cue sheets available for 16, 30 and 46 mile rides for anyone preferring a different pace. Please always call to confirm that there is a ride taking place. Newcomers are welcome. ☺

**Directions:** Meet at 82 Little Pond Road (approx. 2 mi. from I-93). From I-93, take exit 15W. Go to the "T" intersection and bear R onto Rt. 3 (not hard right). At next set of lights go straight and enter the L lane. At next set of lights, go L between the bank and the gas station (=Penacook St.). At STOP, go straight up the hill. At YIELD, go straight onto Little Pond Road. House #82 is .6 miles up on the R. Remember that you must contact the leader in advance to confirm a ride taking place.

**Ride Leaders:** Cathy Yeager 603-224-0346 [cyeagersecretarialservices@comcast.net](mailto:cyeagersecretarialservices@comcast.net)  
Al Jones 603-224-7121 Cell: 603-321-6770 [alvin.jones@bench.com](mailto:alvin.jones@bench.com)

**April 7, 14 5:00 p.m. & April 21, 28 5:30 p.m. Concord, NH - (1/2/3/4/5- T/L/M/B/S-6-?)**

**NEWCOMERS & BEGINNERS WELCOME:** Daylight show and go rides with, hopefully, some cue sheets on hand to aide self guiding. Two or three leaders are likely to be available. **Sunset times will be posted, and all riders must be off the road before dusk.** If the weather is questionable, talk with a contact person to be certain a ride is taking place. Ask about joining others for pizza after the ride. ☺

**Directions:** Meet in the parking lot across the street from S&W Sports, 296 South Main Street, Concord, NH. From I-93, take exit 12N (S. Main Street / Rt. 3A North). The lot is about one mile away, on the right. Refer to the special notice in this PT referring to meeting location advantages.

**Contacts:** Brett Walker 603-648-2158 [bwalker@retirenh.com](mailto:bwalker@retirenh.com)  
David Ross 603-224-6786 Cell: 496-1433 [davidross2243@comcast.net](mailto:davidross2243@comcast.net)  
Deb Dickerson 603-369-4092 [deb12345@comcast.net](mailto:deb12345@comcast.net)

**March 24, 31; April 7, 14, 21, 28, 6:00 p.m. North Hampton, NH –see below for details**

Triathlon focused ride and optional brick. Approximately 1 hour ride to include some drills and triathlon tips. All speeds and abilities welcome. No one gets dropped. Following the ride an optional easy run of 1-2 miles.

**Directions:** Depart from Gus' Bike Shop, Lafayette Road, North Hampton

**Contact:** Jeff Latimer at Gus' Bike Shop 603-964-5445

For details check out the website: <http://gusbike.com/articles/rides-races-and-events-pg37.htm>

**GSW RIDES March - April 2010****THURSDAY RIDES****March 4, 11, 18, 25; April 1, 8, 15, 22, 29 3:30 p.m. Bedford, NH (2/3 - M - 25-40)**

Cue sheets will not be provided for these rides. Expect a pace of 12-15mph. No ride if raining. Call if questionable.

**Directions:** Meet at McKelvie School. From I-293 take exit 3, Rt 101 towards Bedford. Proceed 1 1/2 miles and turn L at the intersection of Rt114 (to stay on Rt101). Take a L at the 2nd set of lights on Meetinghouse Rd. Take a R onto Liberty Hill Rd. School is on the L about 1/2 a mile.

**Ride Leader:** Ruth Robertson 603-424-3770

**April 8, 15, 22, 29 5:15 p.m. Manchester, NH (3-M/B-25 to 35)**

Show and go rides. These rides are intended to be fun rides, will we work at getting stronger so that come May and beyond we can hit the hills. Yes. However, these are group rides and will be conducted accordingly, nobody will be dropped. Average speed for these rides will be 14-16 MPH, depending upon terrain. Most rides will be towards the North and West of Manchester, but the ride leader is flexible. No rides if raining.

**Directions:** Meet at Naults Cyclery, 450 Second Street. From 293 North, Take exit 4, Queen City Bridge, staying right. Take a right onto Second Street, heading north, continue on Second Street, crossing Queen City Ave, look for Naults Cyclery. It will be 2 blocks down and on the right.

**Ride Leaders:** Steve Boufford 603-493-9754 (H) 603-885-6227 (W)  
[stevetheroadie@comcast.net](mailto:stevetheroadie@comcast.net)  
 Naults Cyclery 603-669-7993 OR 800-640-7993

**April 8, 15, 22, 29 6:00 p.m. sharp! N. Salem, NH (2/3, M/B/-20-35) 16-17mph**

Show and go rides with a few cue sheets if you prefer to set your own pace.

**Directions:** Meet at N. Salem mini mall (corner of Ermer Rd. and Rt. 111). From Route 93 take exit 3; Route 111E to the junction of Ermer Road. Mall is on your right. From Kingston area, take 111W toward Salem; mall will be on your left. Please park away from the buildings.

**Ride Leaders:** Jean Manning 603-434-4011

**April 1, 8, 15, 22, 29 6:00 p.m. Nashua, NH (1/2/3 - M - 12 to 16)**

This April only ride is intended to be a roughly one hour long group ride at a Moderate (12 - 15 mph average) pace to gently start the new season. We will be stopping at the occasional corner to regroup. Cue sheets will usually be available. Please call ahead to confirm the ride if the weather is questionable. Ride leader does not ride in the rain.

**Directions:** Meet at Soccer Fields, Main Dunstable Rd. (Rt. 111A) Take Everett Turnpike (Rt. 3 in Nashua) to Exit 5 WEST (Pepperell). Follow signs to get on Main Dunstable Rd./Rt. 111A. Go ~2 miles on Rt. 111A to Soccer Fields on your right (across from Maplewood Development/Conant Rd). See: <http://www.Voss.org/bike> for Google Map directions and the latest ride details.

**Ride Leader:** Bill Voss (w) 603-897-3383 (c) 603-321-9455 [bike@voss.org](mailto:bike@voss.org)

**March 25; April 1, 8, 15, 22, 29 6:00 p.m. , North Hampton, NH (2/3 M/B -15-20) – WOMEN ONLY**

Social time afterward.

**Directions:** Depart from Gus' Bike Shop, Lafayette Road, North Hampton

**Contact:** Jeff Latimer at Gus' Bike Shop 603-964-5445

For details check out the website: <http://gusbike.com/articles/rides-races-and-events-pg37.htm>

**SATURDAY RIDES****March 6, 13, 20, 27; April 3, 10, 17, 24 3:30 p.m. Bedford, NH (2/3-M-25 to 40)**

Cue sheets will not be provided for these rides. Expect a pace of 12-15mph. No ride if raining. Call if questionable.

**Directions:** McKelvie School - From I-293 Take exit 3, Rt 101 toward Bedford. Proceed 1 1/2 miles, take L at the intersection of Rt 114 (to stay on Rt101). Take a L at the 2nd set of lights on Meetinghouse Rd. Take a R onto Liberty Hill Rd. The school is on the L about 1/2 mile.

**Ride Leaders:** Ruth Robertson 603-424-3770,  
 Barbara Milne 603-669-2965, 603-627-6000 x-34

**March 27 10:30 a.m.; April 3, 10, 17 9:30 a.m. sharp! N. Salem, NH (2/3 M/B- 55+) First 2 rides will be <55 miles 15-16mph depending on terrain**

No ride if raining. Call if weather is questionable.

**Directions:** Meet at N.Salem mini mall (corner of Ermer Road and 111). From Route 93 take exit 3 (Rt. 111E) to the junction of Ermer Road. Mall is on the right. From Kingston area, take Rt. 111W towards Salem, mall will be on your left. Please park away from the buildings.

**Ride Leader:** Jean Manning 603-434-4011

**GSW RIDES March - April 2010****SATURDAY RIDES – cont'd****March 6, 13, 20, 27 & April 3\*, 10, 17, 24 10:00 a.m. Concord, NH (1/2/3/4-T/L/M/B-10 to ?)**

Show-and-go rides with two or three leaders. But, there will be cue sheets on hand including one for a 10-mile flat route for Turtle riders in case there is no turtle leader available. See the \*April 3<sup>rd</sup> ride description for details including meeting across from S&W Sports on So. Main Street for a 10:30 start.

Distances and paces will be discussed before the groups depart and may vary week to week. If you have a particular type of ride in mind, talk with a listed contact person beforehand to discuss. Every effort will be made to accommodate you. Please have hydration available while in motion such as a water bottle cage on your bike frame or a hydration system on your back. If in doubt about the weather or road conditions, talk with a contact. Ask your leader and companions about lunch during or after the ride. For up-to-the-minute information about rides and the Concord cycling community, join our Yahoo group: <http://groups.yahoo.com/group/GSWConcord> Newcomers are welcome. ☺

**Directions:** Meet at the NH Dept. of Transportation parking lot on Hazen drive in Concord. From I-93, take exit 14E (Loudon Road/Rt.9). Go east across the Merrimack River. Go up the hill. At the signal at the top of the hill, go L onto Hazen Drive. Take the first legal L into the parking lot. If the lot area in site of the street is clear, we park there. If that lot has an activity, we park along the R side of the building or in the rear.

**Contacts:** Rich Mahar cell: 603-496-7667 [richmundo@aol.com](mailto:richmundo@aol.com)  
Cathy Yeager 603-224-0346 [cyeagersecretarialservices@comcast.net](mailto:cyeagersecretarialservices@comcast.net)  
Al Jones 603-224-7121 cell: 603-321-6770 [alvin.jones@bench.com](mailto:alvin.jones@bench.com)

**March 27; April 3, 10, 17, 24, 7:30 a.m. North Hampton, NH – quick pace, distance tbd**

**Directions:** Depart from Gus' Bike Shop, Lafayette Road, North Hampton

**Contact:** Jeff Latimer at Gus' Bike Shop 603-964-5445  
For details check out the website: <http://gusbike.com/articles/rides-races-and-events-pg37.htm>

**April 3, 10:30 a.m., Concord, NH- (1/2/3/4-L/M/B/S-10-?)**

Displaced Cycling Excursions: We are meeting across from S&W Sports on this date because of the State Employees Association (SEA) running road race out of our lot on Hazen Drive! The time was switched from 10:00 to 10:30 so, when you try to get to the DOT lot, you will recall the switch and have time to get across town to S&W to head out with a group. You should even have time to ask for directions to South Main Street if necessary. Please see the Saturday recurring ride notice for details about the rides.

**Directions:** Meet in the parking lot across the street from S&W Sports, 296 South Main Street, Concord, NH. From I-93, take exit 12N (S. Main Street / Rt. 3A North). The lot is about one mile away, on the right. Participants will have access to S&W's customer-friendly restroom before the ride as well as "emergency" bike attention!

**Contacts:** Rich Mahar cell: 603-496-7667 [richmundo@aol.com](mailto:richmundo@aol.com)  
Cathy Yeager 603-224-0346 [cyeagersecretarialservices@comcast.net](mailto:cyeagersecretarialservices@comcast.net)  
Al Jones 603-224-7121 cell: 603-321-6770 [alvin.jones@bench.com](mailto:alvin.jones@bench.com)

**SUNDAY RIDES****March 28, 11:00 a.m. Merrimack, NH (2/3-L/M/B-10-40) Annual Clover Leaf Ride**

Each of 4 different "Clover" loops are approximately 10 miles in length. Try 1 or 2 loops or go for all 4. Ride only the distance you feel comfortable with as each loop starts and ends at the original starting point. Please call ahead to confirm ride if weather is questionable.

**Directions:** Meet at Reed's Ferry Elementary School (15 Lyons Rd Merrimack NH 03054). Take Old Rte 3 (Daniel Webster Highway) to Merrimack. Right turn onto Bedford Rd. Go 1.1 miles on Bedford Rd, turn right onto Pearson Rd. Take first right off Pearson into the school parking lot. No ride if raining.

**Ride Leader:** Barbara Milne 603-669-2965