

GSW Rides Summary, March - April 2019

Ride Summary and Key

SUNDAY RIDES:

Salem, NH:

April 28; 10:00am (1-L10) Orientation Ride

MONDAY RIDES:

Contoocook, NH:

April 1, 8, 15, 22, 29; 11:30am (1/2/3/4/5)

Penacook, NH:

April 15, 22; 5:30pm (1/2/3/4/5 – L/M/S/B -6-?)

TUESDAY RIDES:

Methuen, MA:

April 16, 23, 30: 6:00 p.m. (1/2-L/M-12 to 25) – Newcomers welcome

WEDNESDAY RIDES:

Concord, NH:

APRIL 3, 10, 17, 24; 5:30PM (2/3/4/5 – M/B/S-6-?)

Portsmouth, NH:

APRIL 17, 24; 5:30PM (1/2– L/M/B-22)

THURSDAY RIDES:

N. Salem, NH:

April 4, 11, 18, and 25: 6:00 p.m. (2/3-M/B-20 to 30 miles)

SATURDAY RIDES:

Dover, NH:

13, 20, 27; 8am (1/4-L/B – 30 to 60 miles)

N. Salem, NH:

March 30: 10am; April 6, 13, 20, 27; 9am (2/3-M/B-40 to 65+ miles)

Ride rating key for terrain, average pace, and distance

Terrain:

- 1 Generally flat, some grades, for beginners
- 2 Easy grades, challenging for beginners
- 3 Moderate grades, some challenge for average riders
- 4 Steep grades with some relief
- 5 Long steep grades for strong riders

Pace:

- L Leisurely with many rest stops (< 12 mph)
- M Moderate with some rest stops (12-15 mph)
- B Brisk with few stops (15-18 mph)
- S Steady, strenuous, rapid pace (>18 mph)

Miles: Approximate distance or range.

Note: It is prudent to use flashing bicycle tail lights and headlights both day and night.
