

GSW Ride Summary, September - October 2019

Ride Summary and Key

SUNDAY RIDES:

Belmont, NH:

Oct 13; 10AM

MONDAY RIDES:

No Rides Schedules

TUESDAY RIDES:

Methuen, NH:

Sept. 3, 10, 17; 6PM (1/2-L/M-12 to 25)

WEDNESDAY RIDES:

Merrimack, NH:

Sept 4, 11, 18, 25; Oct. 2, 9, 16, 23, 30; 9:30 AM (3 – L/M 20 to 30 miles)

Portsmouth, NH:

Sept 4, 11, 18, 5; 5:30 PM (1/2 – L/M/B – 22 miles)

THURSDAY RIDES:

N. Salem, NH:

Sept 5; 6pm (2/3-M/B-20 to 30 miles)

SATURDAY RIDES:

Concord, NH:

Sept. 7, 14 8am; Sept. 21, 28; 8:30 AM; Oct. 5, 12, 19, 26; 9 AM (1/2/3/4-T/L/M/B-10 to ?)

North Salem, NH:

Sept 14, 28; Oct. 19, 26; 9 AM (2/3 20 miles; (14-15mph)

Wolfeboro, NH

Sept 28; 8 am (M/B – 64 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.
