

GSW Rides Summary, September-October 2017

Ride Summary and Key

SUNDAY RIDES:

Hanover, NH / Upper Valley:

Sept. 3, 10, 17, (Seacoast Century 23-24); Oct. 1, 8, 15, 22, 29; times TBD (2/3/4-M-20 to 30+)

MONDAY RIDES:

Penacook, NH:

Sept. 4, 11: 6:00 p.m., Sept. 18, 25: 5:30 p.m., Oct. 2, 9: 5:00 p.m. (1/2/3/4/5-L/M/B/S-6 to ?)

TUESDAY RIDES:

Hooksett, NH:

Sept. 5, 12, 19, 26: 5:30 p.m. (3/4/5-S-25 to 45)

Methuen, MA:

Sept. 5, 12, 19: 6:00 p.m. (1/2-L/M-12 to 25) – Newcomers welcome

WEDNESDAY RIDES:

Concord, NH:

Sept. 6, 13: 6:00 p.m., Sept. 20, 27: 5:30 p.m., Oct. 4, 11: 5:00 p.m. (1/2/3/4/5-L/M/B/S-6 to ?)

Merrimack, NH:

Sept. 6, 13, 20, 27; Oct. 4, 11, 18, 25: 9:30 a.m. (3-L-20 to 30) Long ride;

Sept. 6, 13, 27: 9:30 a.m. (2-L-10 to 16) Short ride

Portsmouth, NH:

Sept. 6, 13, 20, 27: 5:30 p.m. (1/2-L/M/B-22)

THURSDAY RIDES:

N. Salem, NH:

Sept. 7: 5:45 p.m. (2/3-M/B-20 to 30)

SATURDAY RIDES:

Concord, NH:

Sept. 2, 9: 8:00 a.m., Sept. 16, 23, 30: 8:30 a.m., Oct. 7, 14, 21, 28: 9:00 a.m. (1/2/3/4-L/M/B-10 to ?)

N. Salem, NH:

Sept. 2, 9, 30; Oct. 7, 21: 9:00 a.m. (2/3-M/B-40 to 65)

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.
