

GSW Ride Summary, September - October 2018

Ride Summary and Key

SUNDAY RIDES:

Hanover, NH/Upper Valley

Sept. 2, 9 (Tour de Taste), 16, 30; Oct. 7, 14, 21, 28; 1 PM (2/3/4-M-10 to 20+)

Wolfeboro, NH

SEPT 30; 8 am (M/B – 64 miles)

MONDAY RIDES:

Penacook, NH:

Sept. 10: 6:00 p.m., Sept. 17, 24: 5:30 PM; Oct. 1, 8: 5:00 PM. A meetup ride may be posted for Labor Day.

TUESDAY RIDES:

Methuen, NH:

Sept. 4, 11, 18; 6PM (1/2-L/M-12 to 25)

WEDNESDAY RIDES:

Concord, NH:

Sept. 5, 12; 6 PM; 19, 26; 5:30 PM; Oct. 3, 10; 5 PM

Merrimack, NH:

Sept 5, 12, 19, 26; Oct. 3, 10, 17, 24, 31; 9:30 AM (3 – L/M 20 to 30 miles)

Portsmouth, NH:

Sept 5, 12, 19, 26; 5:30 PM (1/2 – L/M/B – 22 miles)

THURSDAY RIDES:

No Rides Scheduled

SATURDAY RIDES:

Concord, NH:

Sept. 1, 8 8am; Sept. 15, 22, 29; 8:30 AM; Oct. 6, 13, 20, 27; 9 AM (1/2/3/4-T/L/M/B-10 to ?)

North Salem, NH:

Sept 29; Oct. 20, 27; 9 AM 2/3M 50-75 miles; (14-15mph)

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.
