

GSW Ride Calendar Summary, July-August 2017

Ride Summary and Key

SUNDAY RIDES:

Hanover, NH / Upper Valley

July 2, 9 (theprouty.org), 16, 23, 30; August 6, 13, 20, 27: 9:00 a.m. (2/3/4-M-20 to 30+)

MONDAY RIDES:

Penacook, NH

July 3, 10, 17, 24, 31; August 7, 14, 21, 28: 6:00 p.m. (1/2/3/4/5-L/M/B/S-6 to ?)

TUESDAY RIDES:

Hooksett, NH

July 4, 11, 18, 27; August 1, 8, 15, 22, 29: 5:30 p.m. (3/4/5-S-25 to 45)

Methuen, MA

July 11, 18, 27; August 1, 8, 15, 22, 29: 6:00 p.m. (1/2-L/M-12 to 25) – Newcomers welcome

WEDNESDAY RIDES:

Concord, NH

July 5, 12, 19, 26; August 2, 9, 16, 23, 30: 6:00 p.m. (1/2/3/4/5-L/M/B/S-6 to ?)

Hanover, NH / Upper Valley

July 5, 19, 26; August 2, 9, 16, 23, 30; 4 p.m. (2/3/4-M-20+)

Merrimack, NH

July 19, 26; August 2, 9, 23, 30: 9:30 a.m. (3-L-20 to 30) Long and (2-L-10 to 16) Short

Portsmouth, NH

July 5, 12, 19, 26; August 2, 9, 16, 23, 30: 6:00 p.m. (1/2-L/M/B-22) – Newcomers welcome

THURSDAY RIDES:

N. Salem, NH

July 6, 13, 20, 27; August 3, 10, 17, 24, 31: 6:00 p.m. (2/3-M/B-20 to 30)

SATURDAY RIDES:

Concord, NH

July 1, 8, 15, 22, 29; August 5, 12, 19, 26: 8:00 a.m. (1/2/3/4-L/M/B-10 to ?)

Hooksett, NH

July 1, 8, 15, 22; August 5, 12, 19, 26: 7:00 a.m. (3/4/5-S-25 to 45)

N. Salem, NH

July 1, 8, 29; August 5, 19: 8:30 a.m. (2/3-M/B-40 to 65)

== End of July-August 2017 ride schedule. See our MeetUp page for additional rides and notices. ==

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.
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