

# GSW Ride Summary, May-June 2017

## Ride Summary and Key

---

### SUNDAY RIDES:

#### Hanover, NH / Upper Valley

May 7, 14, 21 (Balloon Festival), 28; June 3-4 (Weekend Ride), 11, 18, 25: 9:00 a.m. (2/3/4-M-10 to 20+)

---

### MONDAY RIDES:

#### Penacook, NH

May 1, 8, 15, 22, 29; June 5, 12, 19, 26: 6:00 p.m. (1/2/3/4/5-L/M/B/S-6 to ?)

---

### TUESDAY RIDES:

#### Hooksett, NH

May 2, 9, 16, 23, 30; June 6, 13, 20, 27: 5:30 p.m. (3/4/5-S-25 to 45)

#### Methuen, MA

May 2, 9, 16, 23, 30; June 6, 13, 20, 27: 6:00 p.m. (1/2-L/M-12 to 25)

---

### WEDNESDAY RIDES:

#### Concord, NH

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

#### Merrimack, NH

May 3, 10, 17, 24, 31; June 7, 14, 21, 28: 9:30 a.m. (3-L-20 to 30) and (2-L-10 to 16)

#### Portsmouth, NH

May 3, 10, 17, 24; June 7, 14, 21, 28: 6:00 p.m. (1/2-L/M/B-22)

---

### THURSDAY RIDES:

#### N. Salem, NH

May 11, 18, 25; June 1, 8, 15, 29: 6:00 p.m. (2/3-M/B-20 to 30)

#### Salem, NH

May 4, 18; June 1, 15, 29: 10:00 a.m., *Rail Trail Ride* (1-L-17)

---

### SATURDAY RIDES:

#### Harvard, MA

May 6: 9:00 a.m. (2/3/4-M-15+) 8th Annual Apple Blossom Ride Rain date Sunday, May 7.

#### Concord, NH

May 6, 13, 20, 27; June 3, 10, 17, 24: 8:00 a.m. (1/2/3/4-L/M/B-10 to ?)

#### Hooksett, NH

May 6, 13, 20, 27; June 3, 10, 17, 24: 7:00 a.m. (3/4/5-S-25 to 45)

#### Dover, NH

May 6, 13, 20, 27; June 3, 10: 8:00 a.m. (1/4-L/B-30 to 60) Training rides for the Trek Across Maine.

#### N. Salem, NH

May 13, 20, 27; June 10: 9:00 a.m. (2/3-M/B-40 to 65) Cue sheets provided.

## 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.