

GSW Ride Schedule Summary, May - June 2018

Ride Summary and Key

SUNDAY RIDES:

Hanover, NH:

May 6, 13, 20, and 27; June 10, 17, and 24 (2/3/4-M-10 to 20+)

Salem, NH

May 6, 20, June 10; 11:00 a.m.; Salem, NH (1/2-L-10 to 15)

MONDAY RIDES:

(None submitted – see on-line MeetUp calendar)

TUESDAY RIDES:

Hooksett, NH:

May 1, 8, 15, 22, 29; June 5, 12, 19, 26 5:30PM (3/4/5 S 25 – 45)

Methuen, MA:

May 1, 8, 15, 22, 29; June 5, 12, 19, 26 6:00 p.m. (1/2-L/M-12 to 25) – Newcomers welcome

WEDNESDAY RIDES:

Merrimack, NH:

May 2, 9, 16, 23, 30; June 6, 13, 20, 27 @9:30AM (3 – L/M 20 to 30 miles) (2 – L – 10 to 16 miles)

Portsmouth, NH:

May 2, 9, 16, 23, 30; June 6, 13, 20, 27 @6pm (1/2 – L/M/B – 22 miles)

THURSDAY RIDES:

N. Salem, NH:

May 3, 10, 17, 24, 31; June 7, 14, 28: 6:00 p.m. (2/3-M/B-20 to 30 miles)

North Hampton, NH:

May 3, 10, 17, 24, and 31; June 7, 14, 21, and 28 6:00 p.m. (Gals only)

SATURDAY RIDES:

Concord, NH:

May 5, 12, 19, 26; June 2, 9, 16, 23, 30: 8:00 a.m. (1/2/3/4-L/M/B-10 to?)

Dover, NH:

May 5, 12, 19, 26; June 2, 9 8:00 a.m. (1/4-L/B – 25 to 60 miles)

Hooksett, NH:

May 5 12, 19, 26; June 2, 9, 16, 23 7 a.m. (3/4/5 S 25 – 45)

North Hampton, NH:

May 5, 12, 19, and 26: 6:00 p.m. (2/3-M/B-25 miles)

North Salem, NH:

May 26; June 9, 16, 30 9 a.m. (2/3-M/B-40 to 65+ 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.
