

# GSW Ride Summary and Details, November - December 2017

## Ride Summary and Key

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### SATURDAY RIDES:

#### Concord, NH:

November 4, 11, 25 @ 10:00AM (1/2/3/4-L/M/B-10+)

December 2, 9, 16, 23, 30 @10:30AM (1/2/3/4-L/M/B-10+)

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### SATURDAY RIDE:

#### Concord, NH:

Nov. 18: 10a.m. Meet at Concord High School Parking Lot.

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## 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.**

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