

# GSW Ride Summary, July - August 2018

## Ride Summary and Key

### SUNDAY RIDES:

Hanover, NH/Upper Valley

July 8, 15, 29; August 5, 19 @ 1pm (2/3/4-M-10 to 20+)

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### MONDAY RIDES:

Concord, NH

July 2, 9, 16, 23, 30, August 6, 13, 20, and 27 @ 6pm

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### TUESDAY RIDES:

Methuen, NH:

July 3, 10, 17, 24, 31; August 7, 14, 21, 28 (1/2-L/M-12 to 25)

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### WEDNESDAY RIDES:

Concord, NH:

July 11, 18, 25; August 1, 8, 15, 22, 29 @6pm

Merrimack, NH:

July 11, 18, 25; August 1, 8, 15, 22, 29; @9:30AM (3 – L/M 20 to 30 miles) (2 – L – 10 to 16 miles)

Portsmouth, NH:

July 11, 18, 25; August 1, 8, 15, 22, 29; @6pm (1/2 – L/M/B – 22 miles)

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### THURSDAY RIDES:

North Salem, NH:

July 5, 12, 19, 26; August 2, 9, 16 @ 6pm 2/3M 20-35 miles (14-15mph)

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### SATURDAY RIDES:

Concord, NH:

July 7, 14, 21, 28; August 4, 11, 18, 25 @8am

North Salem, NH:

July 14, 28; August 11 @ 8am 2/3M 50-75 miles; (14-15mph)

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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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