

GSW Ride Summary, July - August 2019

Ride Summary and Key

SUNDAY RIDES:

Upper Valley, NH and VT:

July 7, 14, 28; August 4, 10(Eastern Townships, Quebec Weekend), 18, 25; Start times: TBD (2/3/4; M; 20 to 30+ miles)

MONDAY RIDES:

Penacook, NH:

July 1, 8, 15, 22, 29; August 5, 12, 19, 26; 6pm (1/2/3/4/5 – L/M/S/B -6-?)

TUESDAY RIDES:

Methuen, MA:

July 2, 9, 16, 23, 30; August 6, 13, 20, 27; 6:00pm (1/2-L/M-12 to 25) – Newcomers welcome

WEDNESDAY RIDES:

Concord, NH:

July 3, 10, 17, 24, 31; August 7, 14, 21, 28; 6pm (2/3/4/5 – M/B/S-6-?)

Merrimack, NH:

July 3, 10, 17, 24, 31; August 7, 14, 21, 28; 9:30am Long: (3-L/M – 20 to 30 miles) Short: (2-L 10 to 16 miles)

Portsmouth, NH:

July 3, 10, 17, 24, 31 ; August 7, 14, 21, 28; 6pm (1/2– L/M/B-22)

THURSDAY RIDES:

N. Salem, NH:

July 11, 18, 25; August 1, 8, 29; 6pm (2/3-M/B-20 to 30 miles)

North Hampton, NH:

July 4, 11, 18, 25; August 1, 8, 15, 22, 29; 6pm (Gals only)

SATURDAY RIDES:

Concord, NH:

July 6, 13, 20, 27; August 3, 10, 17, 24, 31; 8am (2/3/4/5 – M/B/S-6-?)

North Hampton, NH:

July 6, 13, 29, 27; August 3, 10, 17, 24, 31; 7:30am (2/3-M/B-25 miles)

N. Salem, NH:

July 6, 20, 27; August 3, 31; 8:30am (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.
