

GSW Rides Summary, March-April 2017

Ride Summary and Key

SUNDAY RIDES:

Hanover, NH / Upper Valley: March 5, 12, 19, 26; April 2, 9, 16, 23, 30: 8:00 a.m. (2/3/4-M-10 to 20+)

MONDAY RIDES:

Penacook, NH: April 10, 17, 24: 5:30 p.m. (1/2/3/4/5-L/M/B/S-6 to ?)

TUESDAY RIDES:

Hooksett, NH: March 7, 14, 21, 28, April 4, 11, 18, 25: 5:30 p.m. (3/4/5-S-25 to 45)

Methuen, MA: April 18, 25: 6:00 p.m. (1/2-L/M-12 to 25)

WEDNESDAY RIDES:

Concord, NH: March 15, 22, 29, April 5, 12, 19, 26: 5:30p.m. (1/2/3/4/5-L/M/B/S-6 to ?)

Portsmouth, NH: April 12, 19, 26: 5:30 p.m. (1/2-L/M/B-22)

THURSDAY RIDES:

N. Salem, NH: April 6, 13, 20, 27: 6:00 p.m. (2/3-M/B-20 to 30)

Salem, NH: April 20, 27: 10:00 a.m., *Rail Trail Ride* (1-L-17)

SATURDAY RIDES:

Concord, NH: March 4, 11, 18, 25: 10:00 a.m., April 1: 9:30 a.m., April 8, 15, 22, 29: 9:00 a.m. (1/2/3/4-L/M/B-10 to ?)

Hooksett, NH: March 4, 11, 18, 25, April 8, 15, 22, 29: 7:00 a.m. (3/4/5-S-25 to 45)

Dover, NH: April 15, 22, 29; 8:00 a.m (1/4-L/B-30 to 60) Training rides for the Trek Across Maine

N. Salem, NH: April 1, 15, 22: 9:30 a.m. (2/3-M/B-40 to 65)

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.
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