

# GSW Rides Summary, March - April 2018

## Ride Summary and Key

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### SUNDAY RIDES:

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### MONDAY RIDES:

#### Penacook, NH:

April 2, 9, 16, 23, 30 @5:30pm (1/2/3/4/5 – L/M/S/B)

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### TUESDAY RIDES:

#### Methuen, MA:

April 17, 24: 6:00 p.m. (1/2-L/M-12 to 25) – Newcomers welcome

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### WEDNESDAY RIDES:

#### Concord, NH:

APRIL 4, 11, 18, 25 @ 5:30PM (2/3/4/5 – M/B/S)

#### Portsmouth, NH:

APRIL 18, 25 @ 5:30PM (1/2 – L/M/B – 22 miles)

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### THURSDAY RIDES:

#### N. Salem, NH:

April 5, 12, 19, and 26: 6:00 p.m. (2/3-M/B-20 to 30 miles)

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### SATURDAY RIDES:

#### Concord, NH:

March 3, 10, 17, 24, 31: 10:00 a.m., April 14: 9:30 a.m., April 21, 28 @ 9:00 a.m. (1/2/3/4-L/M/B-10 to?)

April 7: 9:30 a.m. (1/2/3/4-T/L/M/B-10 to?) meets in Concord HS parking lot today only. See Ride Summary and Details.

#### Dover, NH:

April 14, 21, 28: 8:00 a.m. (1/4-L/B – 25 to 60 miles)

#### N. Salem, NH:

March 31: 10am; April 7, 14, 21: 9:30 a.m. (2/3-M/B-40 to 65+ miles)

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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.

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**Note: It is prudent to use flashing bicycle tail lights and headlights both day and night.**

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