

# GSW Rides Summary, January-February 2017

## Ride Summary and Key

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### SUNDAY, NEW YEAR'S DAY ONLY:

January 1, 2017 @ 10:30 a.m., Concord, NH (1,2,3,4-L/M/B/S-10-?)

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### SATURDAY RIDES:

January 7, 14, 21, 28; February 4, 11, 18, 25 @ 10:30 a.m., Concord, NH- (1/2/3/4-L/M/B/S-10-?)

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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.