

GSW Rides Summary, May - June 2019

Ride Summary and Key

SUNDAY RIDES:

Salem, NH:

May 19; June 23; 10am (1-L10) Orientation Ride

Upper Valley, NH and VT:

May 5, 12, 19, 26; June 1, 2 (Fairlee VT Weekend), 9, 16, 23, 30; 1pm

MONDAY RIDES:

Contoocook, NH:

May 6, 13, 20; June 3, 10, 17; 11:30am (1/2/3/4/5)

Penacook, NH:

May 6, 13, 20, 27; June 3, 10, 17, 24; 6pm (1/2/3/4/5 – L/M/S/B -6-?)

TUESDAY RIDES:

Methuen, MA:

May 7, 14, 21, 28; June 4, 11, 18, 25; 6:00pm (1/2-L/M-12 to 25) – Newcomers welcome

WEDNESDAY RIDES:

Concord, NH:

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

Merrimack, NH:

May 1, 8, 15, 22, 29; June 5, 12, 19, 26; 9:30am Long: (3-L/M – 20 to 30 miles) Short: (2-L 10 to 16 miles)

Portsmouth, NH:

May 1, 8, 15, 22, 29; June 5, 12, 19, 26; 6pm (1/2– L/M/B-22)

THURSDAY RIDES:

N. Salem, NH:

May 9, 16, 23, 20; June 6, 13, 27; 6pm (2/3-M/B-20 to 30 miles)

North Hampton, NH:

May 9, 16, 23, 20, 27; June 6, 13, 20, 27; 6pm (Gals only)

SATURDAY RIDES:

Concord, NH:

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 8am (2/3/4/5 – M/B/S-6-?)

Dover, NH:

May 4, 11, 18, 25; June 1, 8; 8am (1/4-L/B – 30 to 60 miles)

North Hampton, NH:

May 4, 11, 28, 25; June 1, 8, 15, 22, 29; 7am (2/3-M/B-25 miles)

N. Salem, NH:

May 11, 18, 25; June 15, 29; 9am (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.
