

GSW Ride Summary, November - December 2019

Ride Summary and Key

SATURDAY RIDES:

Concord, NH:

Nov 2, 9, 16, 23; 10AM; Dec 7, 14, 21, 28; 10:30AM (1/2/3/4-T/L/M/B-10 to?)

Concord, NH:

Nov 30; 10AM (? 1, 2, 3, 4-L/M/B/S-10 -?)

North Salem, NH:

Nov 2; 10 AM (2/3 35 - 40 miles; (14-15mph)

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.
