

GSW Ride Summary -- November / December 2016

Ride Summary and Key

Saturday Rides:

Saturday, November 5, 12, 26; December 3, 10, 17, 24, 31 @ 10:30AM; Concord, NH
(1/2/3/4-T/L/M/B-10 to?)

November 19 @ 10:00AM, Concord, NH (1, 2, 3, and 4-L/M/B/S-10-?)

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.