

GSW Ride Summary and Details, March – April 2021

With the ongoing uncertainty with Covid-19, please check with the ride leader or MeetUp to make sure the ride is still taking place.

Please pack a Mask!

**Please wear your mask prior to the ride and after when gathering in the parking lot.
You will also need a mask if your ride takes rest stops.**

MONDAY RIDES

Penacook, NH

April 5, 12, 19, 26; 5:00 pm (3/4 - M/B - 20 +/- miles)

TUESDAY RIDES

Methuen, MA

Newcomers Welcome!

April 20, 27; 5:30 pm (1/2 - L/M - 12 to 25 miles)

WEDNESDAY RIDES

Concord, NH

Newcomers Welcome!

April 7, 14, 21, 28; 5:00 pm (1/2/4 - L/B - 20 +/- miles)

Portsmouth, NH

Newcomers Welcome!

April 14, 21, 28; 5:30 pm (1/2 - L/M/B - 20 +/- miles)

THURSDAY RIDES

North Salem, NH

April 8, 15, 22, 29; 6:00 pm (2/3/4 - M - 20 +/- miles)

SATURDAY RIDES

Allenstown, NH - Off-road

March 6, 13, 20, 27; 10:00 am

Concord, NH – DOT

Newcomers Welcome!

March 6, 13; 10:00 am March 20, 27; 9:30 am (1/2/3/4 - L/M/B – 10 – 20 +/- miles)

April 10; 9:00 am April 17, 24; 8:30 am (1/2/3/4 - L/M/B – 10 – 20 +/- miles)

Concord, NH – CHS

Newcomers Welcome!

April 3; 9:00 am (1/2/3/4 - L/M/B – 10 – 20 +/- miles)

Dover, NH

April 17, 24; 8:00 am (1/4 – L/M - 20 to 60 miles)

Hollis, NH

March 20; 9:00 am April 24; 8:30 am (2/3 - M - 20 +/- miles)

North Salem, NH

March 27; 10:00 am April 3, 10, 17, 24; 9:30 am (2/3/4 - M - 20 +/- miles)

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GSW Ride Key

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.

Example: (1/2 - L/M - 12 to 25 miles)

Denotes a generally flat leisurely 12 to 25 mile ride (ideal for beginners) with a few rest stops.

Note: Please use flashing bicycle headlights and tail lights both day and night.

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MONDAY RIDES

Penacook, NH

April 7, 14, 21, 28; 5:00 pm (3/4 -M/B - 20 +/- miles)

Meet at: Penacook Elementary School

Directions: 60 Village St Penacook, NH 03303

Enter at the blinking yellow light near the Concord Fire Dept. Manor Station. Park to the right, near the tree line.

Contact/Ride Leader: 16 mph average Melissa O'Brien C: 603-897-1939

TUESDAY RIDES

Methuen, MA

Newcomers Welcome!

April 20, 27; 5:30 pm (1/2 - L/M - 12 to 25 miles)

An easy post-work 12-25 mile ride mostly on secondary roads in Methuen, Salem, and Atkinson. This is a "Show & Go" ride with no pre-determined leader so check the GSW MeetUp for details. No ride if raining or wet roads.

Meet at: Route 97 House of Pizza

Directions: 11 Ayers Village Rd, Methuen, MA 01844

The House of Pizza is located in a strip mall, just southeast of Dunkin Donuts, on the same side of the street.

Contact/Ride Leader: (see above) 603-898-5479 (office) GSW-Office@comcast.net

WEDNESDAY RIDES

Concord, NH

Newcomers Welcome!

April 7, 14, 21, 28; 5:00 pm (1/2/4 -L/B - 20 +/- miles)

Meet at: Parking lot across the street from S&W Sports

Directions: S&W Sports: 296 South Main Street, Concord, NH 03301

** Please contact the leader you would like to ride with, to see if they will be present on that day.

16 mph	Melissa O'Brien	C: 603-897-1939	
11 mph & Orientation	Eugene	C: 603-219-2051	eugy56@gmail.com

Portsmouth, NH

Newcomers Welcome!

April 14, 21, 28. 5:30 p.m (1/2 - L/M/B – 22 miles)

Take a ride along the beautiful New Hampshire Seacoast, from Portsmouth to Rye Harbor, and return.

Newcomers will-ride with either the Ride Leader or another person and will cycle with you at your pace.

The Ride will take place even if it's misty out, but anything heavier than mist, it's off.

Meet at: Prescott Park Parking Lot (near Memorial Bridge)

Directions: Prescott Park Portsmouth, NH 03801

Park in the small lot, on the north-side of the park, near the foot of the Memorial Bridge in Portsmouth.

E-Mail Information: The Google Group, <http://groups.google.com/group/portsmouth-wnrider>
Weekly emails by Carl. Join to read, post pictures or start a discussion.

Post Ride: We meet across the River in Kittery, at the Blue Mermaid Restaurant for refreshment and socialization. The Blue Mermaid is at 10 Shapleigh Road - in the Post Office Square.

Ride Leader	Carl Gurtman	C 603-339-4859	cgurtman@maine.rr.com
Alternate	Christina Cook	C: 603-505-0041	cwcook89@comcast.net

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THURSDAY RIDES

North Salem, NH

April 8, 15, 22, 29; 6:00 pm (2/3 – M - 20 +/- miles)

No ride if raining. Ride will average 13-14 mph.

Meet at: Ermer Road Mini Mall

Directions: 15 Ermer Road Salem, NH 03079

Meet at the mini mall (corner of Ermer Road and Rt. 111). Park away from the buildings.

Contact/Ride Leader: Jean Manning C: 603-434-4011 Jeanspeech@aol.com

SATURDAY RIDES

Allenstown, NH - Off-road

March 6, 13, 20, 27; 10:00 am

* Please call/text the leader to see if the ride is on or if there are any last minute changes.

Meet at: Bear Brook State Park – Biker Lot

Directions: Podunk Rd. Allenstown, NH 03034

Contact/Ride Leader: Melissa O'Brien C: 603-897-1939

Concord, NH – DOT

Newcomers Welcome!

March 6, 13; 10:00 am March 20, 27; 9:30 am

April 10; 9:00 am April 17, 24; 8:30 am (1/2/3/4 - L/M/B – 10 - 30 +/- miles)

Check MeetUp for last minute changes. Weather could change the start time or cancel the ride.

* Please contact the leader you would like to ride with, to see if they will be present on that day.

** April 3rd: The ride will be departing from CHS (see below).

Meet at: NH Dept. of Transportation (DOT)

Directions: 7 Hazen Drive, Concord, NH 03301

Look for the large orange snow plow. Enter lot. Park in the front of the building. If there is a motorcycle class, park on the side of the building.

Contacts/Ride Leaders:

16+ mph avg. Melissa O'Brien C: 603-897-1939

12-14 mph avg. Cathy Yeager C: 603-496-1361

11 mph & Orientation Eugene C: 603-219-2051

(April rides only)

cyeagersecretarialservices@comcast.net

eugy56@gmail.com

Concord, NH – CHS

Newcomers Welcome!

April 3rd ONLY 9:00 am (1/2/3/4 - L/M/B – 10 – 20 +/- miles)

Meet at: Concord High School Parking Lot

Directions: 111 Warren St. Concord, NH 03301

The parking lot is diagonally across from the high school with entrances on Warren Street and Pleasant Street.

See Concord, NH – DOT for ride information and contacts.

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SATURDAY RIDES - CONTINUED

Dover, NH

April 17, 24; 8:00 am (1/4 – L/M – 20 to 60 miles)

Training rides for the Trek Across Maine.

The Trek Across Maine is planned for June 2021, but due to Covid 19 safety concerns, the Trek will be a virtual event with lots of fun challenges planned throughout the year. We encourage you to join us and rack up your Trek miles by cycling indoors on your trainer or “Get Off Your Couch” and join us outdoors when the weather changes! These rides are intended to be educational and fun. Assuming that many have not been active over the winter, I plan to start off easy and build up as we get into better shape. We will tailor each ride to the needs of the group – it is a No Drop ride. If the weather is questionable, call to confirm that the ride is taking place. Newcomers are welcome as are non-Trekkers.

One of the most intelligent comments I’ve heard this past year about the pandemic: “We’re building the airplane as we fly it!” This year will continue to be a dynamic one with many changes still to come. I’m anticipating that the pandemic will improve by mid-April. If it doesn’t, we won’t ride. If you don’t feel well, please stay home. It would be prudent to bring a mask if we stop for coffee & food.

Meet at: The Amtrak Station

Directions: 33 Chestnut St. Dover, NH 03820

There is a charge for parking (\$.25 per hour), payable by credit card or coins.

Contact/Ride Leader: Bill Kennedy C: 603-969-1113 bk47gh@comcast.net

Hollis, NH

March 20; 9:00 am April 24; 8:30 am (2/3 - M - 25+/- miles)

The ride will travel through Pepperell, Brookline and then north to Milford. There will be a rest stop in Milford at the RiteAid store. This is a no-drop ride with about a 1,600 foot elevation gain.

No ride if raining. Ride will average 13-15 mph.

Meet at: Lawrence Barn Community Center

Directions: 28 Depot St. Hollis, NH 03049

Look for the Athletic Fields.

Contact/Ride Leader: Andrew Stevens C: 317-835-5256 a.stevens@stevensnh.org

North Salem, NH

March 27; 10:00 am April 3, 10, 17, 24; 9:30 am (2/3 – M – 40 +/- miles)

No ride if raining. Ride will average 13-14 mph.

Meet at: Ermer Road Mini Mall

Directions: 15 Ermer Road Salem, NH 03079

Meet at the mini mall (corner of Ermer Road and Rt. 111). Park away from the buildings.

Contact/Ride Leader: Jean Manning C: 603-434-4011 Jeanspeech@aol.com

End of March-April 2021 ride schedule. See our MeetUp page for additional rides and notices.