

GSW Ride Summary May – June 2021

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.

MONDAY RIDES**Penacook, NH**

May 3, 10, 17, 24, 31; June 7, 14, 21, 28; 6:00 pm (3/4 - M/B - 20 +/- miles)

TUESDAY RIDES**Londonderry, NH**

Rail Trail

June 8; 6:00 pm (2/3 -L/M - 30+/- miles)

Methuen, MA

Newcomers Welcome!

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 5:30 pm (1/2 - L/M - 12 to 25 miles)

Nashua, NH

Rail Trail

May 11 6:00 pm (2/3 -L/M – 26 +/- miles)

WEDNESDAY RIDES**Concord, NH**

Newcomers Welcome!

May 5, 12, 19, 26; June 2, 9, 16, 23, 30; 6:00 pm (1/2/3/4/5 - L/M/B - 15 +/- miles)

Hillsborough, NH

Gravel

Newcomers Welcome!

June 2, 9, 16, 23, 30; 5:30 pm (2/3 - L/M - 15 +/- miles)

Merrimack, NH

Newcomers Welcome!

May 5, 12, 19, 26; June 2, 9, 16, 23, 30; 9:30 am (2/3 – L/M – 10 to 25 +/-miles)

Portsmouth, NH

Newcomers Welcome!

May 5, 12, 19, 26; June 2, 9, 16, 23, 30; 6:00 pm (1/2 - L/M/B – 22 miles)

Upper Valley Slow Spokes, NH

Newcomers Welcome!

May 5, 12, 19, 26; June 2, 9, 16, 23, 30; 10:00 am (1/2 - L- 12 - 25 +/- miles)

THURSDAY RIDES**North Salem, NH**

May 6, 13, 20, 27; June 3, 10, 17, 24; 6:00 pm (2/3 - M – 20 to 30 +/- miles)

Upper Valley N89ers, NH

May 6, 13, 20, 27; June 3, 10, 17, 24; 9:00 am (2/3 – M - 20 to 30 +/- miles)

SATURDAY RIDES**Concord, NH**

Newcomers Welcome!

May 1, 8, 15, 22, 29; June 5, 12, 19, 26; 8:00 am (1/2/3/4 - L/M/B - 10 to 30 +/- miles)

Dover, NH

May 1, 8, 15, 22, 29; June 5, 12; 8:00 am (1/4 - L/M - 20 to 60 miles)

Hollis, NH

May 22; June 19; 9:00 am (2/3 - M - 25+/- miles)

North Salem, NH

May 1, 15; June 12, 19; 9:00 am (2/3/4 - M - 50 +/- miles)

GSW Ride Details May – June 2021

With the ongoing uncertainty of Covid-19, please check to make sure the ride is still taking place.

Please pack a Mask and wear it while gathering in the parking lot and during rest stops.

Helmets are Required.

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

***Rain will usually cancel a ride. Check Meetup or contact a Ride Leader to see if the ride is on.**

MONDAY RIDES

Penacook, NH

May 3, 10, 17, 24, 31; June 7, 14, 21, 28; 6:00 pm (3/4 - M/B - 15 +/- 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.

Contacts/Ride Leaders:

16+ mph	Melissa O'Brien	C: 603-867-1939	
13 - 15 mph	Cathy Yeager	C: 603-496-1361	cyeagersecretarialservices@comcast.net

TUESDAY RIDES

Londonderry, NH ***Rail Trail***

June 8; 6:00 pm (2/3 - L/M - 30+/- miles)

There is a section in Derry where we will be on the roads for about 2 miles, then back on the rail trail. Beware of frost heaves! Last year there were some south of East Broadway/Kendall Pond Rd. Once we reach the Tuscan Market in Salem we will stop for a break. Feel free to grab a bite from the Tuscan Market. We will go back the same way and return to the starting point.

If there is a group that would like a little more challenge we can take a detour through a residential area in Windham passing Searles Castle. This is hilly and will provide a bit more of a workout. This detour would be from Range Rd. to Mitchell Pond Road. Again this is optional for anyone wanting to take a 5 mile hilly detour as opposed to the 2.5 rail trail. If interested please let the ride leader know.

Meet at: Londonderry Rail Trail

Directions: 106 Harvey Rd. Londonderry, NH 03053

Look for the dirt parking lot across the street from the entrance to the rail trail..

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

Methuen, MA

Newcomers Welcome!

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 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

GSW Ride Details May – June 2021

Nashua, NH *Rail Trail*

May 11 6:00 pm (2/3 - L/M - 26 miles)

The ride will go all the way to Ayers, MA. There we can stop at a gas station for a snack and drink. Then we bike back to where we started. This round trip is about 26 miles and is fairly flat and all paved.

Meet at: Nashua River Rail Trail

Directions: 94 Gilson Rd, Nashua, NH 03062

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

WEDNESDAY RIDES

Concord, NH

Newcomers Welcome!

May 5, 12, 19, 26; June 2, 9, 16, 23, 30; 6:00 pm (1/2/3/4/5 - L/M/B - 15 +/- 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.

Contacts/Ride Leaders:

16+ mph	Melissa O'Brien	C: 603-867-1939	
13 - 15 mph	Cathy Yeager	C: 603-496-1361	cyeagersecretarialservices@comcast.net
11 mph & Orientation	Eugene	C: 603-219-2051	eugy56@gmail.com

Hillsborough, NH

Gravel

Newcomers Welcome!

June 2, 9, 16, 23, 30; 5:30 pm (2/3 - L/M - 15 +/- miles)

Enjoy a relaxed gravel ride around the Hillsborough & Henniker areas on paved, poorly paved and unpaved roads. Short and long routes will be pre-mapped on Ride with GPS. (Please let us know if you need help setting this up.) Bring your bike with wider tires!

Meet at: Hillsborough Park and Ride – look for bikes. We typically park in back.

Directions: 229-239 Old Henniker Rd, Hillsboro, NH 03244

Post Ride: When possible, we will meet at various local restaurants for a fun social time with food/drink.

Contacts/Ride Leaders:

Aaron Ellinwood	C: 941-315-2500	
Kimmy Ellinwood	C: 941-315-2400	kae@newlightwebsites.com

Merrimack, NH

Newcomers Welcome!

May 5, 12, 19, 26; June 2, 9, 16, 23, 30; 9:30 am Long: (2/3 - L/M – 16 to 25 +/- miles)

Short: (2-L-10 to 16 miles)

Show and Go group rides. BEGINNERS ARE WELCOME TOO!

If you intend to take the long ride, bring a simple lunch; for the short ride, pack a snack.
No ride if raining. Distances and places can be adjusted according to group ability.

Meet at: Twardowsky Field

Directions: 44 Amherst Road Merrimack, NH 03054

Look for the athletic fields. The parking lot is dirt.

Contacts/Ride Leaders:

Long Rides:	Ernie Jeffrey	C: 603-423-6074	stapjs3@comcast.net
	Dave Coughlin	C: 603-714-4052	ykforestry@yahoo.com
Short Ride:	Hetty Andrews	C: 603-889-3222	hwa44@comcast.net

GSW Ride Details May – June 2021

Portsmouth, NH

Newcomers Welcome!

May 5, 12, 19, 26; June 2, 9, 16, 23, 30; 6:00 pm (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.

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-wnride>
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.

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

Directions: Prescott Park Portsmouth, NH 03801

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

Upper Valley Slow Spokes - NH

Newcomers Welcome!

May 5, 12, 19, 26; June 2, 9, 16, 23, 30; 10:00 am (1/2 - L - 12 to 25+/- miles)

Join the Upper Valley Slow Spokes for an adventure at a leisurely pace.

We usually average about 10 mph and stop for snacks and regroup.

Meet at: Various places in the Upper Valley

Directions: Check GSW Meetup for details on location and ride distance.

Contacts/Ride Leaders:

Joy	C:440-488-4724	joykubit@gmail.com
Anne	C: 860-670-9984	anneforzley@gmail.com
Brenda	C: 603-727-8345	bknight290@gmail.com

THURSDAY RIDES

North Salem, NH

May 6, 13, 20, 27; June 3, 10, 17, 24; 6:00 pm (2/3 - M – 20 to 30 +/- 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
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GSW Ride Details May – June 2021

Upper Valley N89ers

May 6, 13 20, 27; June 3, 10, 17, 24; 9:00 am (2/3 – M - 20 to 30 +/- miles)

Join the N89ers for a Thursday morning ride. The location varies but is generally near the northern half of Route 89. (Thus the group's name.) Rides average 10-12 MPH with stops as needed.

Meet at: Various places on 89 North

Directions: Check GSW Meetup for details on location and ride distance.

Contact/Ride Leader: Storm Connors C: 860-459-4201 stormc@iname.com
Text preferred

SATURDAY RIDES

Concord, NH

Newcomers Welcome!

May 1, 8, 15, 22, 29; June 5, 12, 19, 26; 8:00 am (1/2/3/4 - L/M/B - 10 to 30 +/- miles)

Meet at: NH Supreme Court Parking Lot

Directions: Charles Doe Drive, Concord, NH 03301

Enter Hazen Drive from Loudon Road. Take the first left. Take a 2nd left and you will be in the parking lot. If you are in front of the Courthouse building, you have gone too far.

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

Contacts/Ride Leaders:

17+ mph	Melissa O'Brien	C: 603-867-1939	
16 mph	Ralf Hilber	C: 603-582-7509	rahilber@gmail.com
13 - 15 mph	Cathy Yeager	C: 603-496-1361	cyeagersecretarialservices@comcast.net
11 mph & Orientation	Eugene	C: 603-219-2051	eugy56@gmail.com

Dover, NH

May 1, 8, 15, 22, 29, June 5, 12; 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. 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.

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

GSW Ride Details May – June 2021

Hollis, NH

May 22; June 19; 9:00 am (2/3 - M - 25+/- miles)

The ride will travel through Pepperell, MA, Brookline, NH 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.

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

May 1, 15; June 12, 19; 9:00 am (2/3/4 - M - 50 +/- 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

GSW Ride Key

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- 2 Easy grades, challenging for beginners
- 3 Moderate grades, some challenge for average riders
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- 5 Long steep grades for strong riders

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- L Leisurely with many rest stops (< 12 mph)
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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.

End of May-June 2021 ride schedule, rev6. See our MeetUp page for additional rides and notices.