

GSW Ride Summary July - August 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

July 5, 12, 19, 26; August 2, 9, 16, 23, 30; 6:00 pm (3/4 - M/B - 20 +/- miles)

TUESDAY RIDES

Methuen, MA

[Newcomers Welcome!](#)

July 6, 13, 20, 27; August 3, 10, 17, 24, 31; 5:30 pm (1/2 - L/M - 12 to 25 miles)

WEDNESDAY RIDES

Concord, NH

[Newcomers Welcome!](#)

July 7, 14, 21, 28; August 4, 11, 18, 25; 6:00 pm (1/2/3/4/5 - L/M/B - 15 +/- miles)

Merrimack, NH

[Newcomers Welcome!](#)

July 7, 14, 21, 28; August 4, 11, 18, 25; 9:30 am (2/3 - L/M - 10 to 25 +/- miles)

Portsmouth, NH

[Newcomers Welcome!](#)

July 7, 14, 21, 28; August 4, 11, 18, 25; 6:00 pm (1/2 - L/M/B - 22 miles)

Upper Valley Slow Spokes, NH

[Newcomers Welcome!](#)

July 7, 14, 21, 28; August 4, 11, 18, 25; 9:30 am (1/2 - L - 12 - 25 +/- miles)

THURSDAY RIDES

North Salem, NH

July 1, 8, 15, 22, 29; August 5, 12, 19, 26; 6:00 pm (2/3 - M - 20 to 30 +/- miles)

Upper Valley N89ers, NH

July 1, 8, 15, 22, 29; August 5, 12, 19, 26; 9:00 am (2/3 - M - 20 to 30 +/- miles)

SATURDAY RIDES

Concord, NH

[Newcomers Welcome!](#)

July 3, 10, 17, 24, 31; August 7, 14, 21, 28; 8:00 am (1/2/3/4 - L/M/B - 10 to 30 +/- miles)

North Salem, NH

July 3, 31; August 14, 28; 8:30 am (2/3/4 - M - 55 +/- miles)

SUNDAY RIDES

Hopkinton, NH

August 8 9:30 am (1/2/3/4 - L/M/B 4 to 40 +/- miles)

GSW Ride Details July – August 2021

Please pack a Mask and wear it when needed.

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 there are any changes.**

MONDAY RIDES

Penacook, NH

July 5, 12, 19, 26; August 2, 9, 16, 23, 30; 6:00 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.

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

Methuen, MA

Newcomers Welcome!

July 6, 13, 20, 27; August 3, 10, 17, 24, 31; 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. 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:. Dave Topham 603-898-5479 (office) GSW-Office@comcast.net

WEDNESDAY RIDES

Concord, NH

Newcomers Welcome!

July 7, 14, 21, 28; August 4, 11, 18, 25; 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

GSW Ride Details July – August 2021

Merrimack, NH

Newcomers Welcome!

July 7, 14, 21, 28; August 4, 11, 18, 25; 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

Portsmouth, NH

Newcomers Welcome!

July 7, 14, 21, 28; August 4, 11, 18, 25; 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-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.

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!

July 7, 14, 21, 28; August 4, 11, 18, 25; 9:30 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

GSW Ride Details July – August 2021

THURSDAY RIDES

North Salem, NH

July 1, 8, 15, 22, 29; August 5, 12, 19, 26; 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

Upper Valley N89ers

July 1, 8, 15, 22, 29; August 5, 12, 19, 26; 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!

July 3, 10, 17, 24, 31; August 7, 14, 21, 28; 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.

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SUNDAY RIDES

Hopkinton, NH

August 8

All Riders Welcome!

9:30 am (1/2/3/4 -L/M/B – 4 to 40 +/- miles)

Come celebrate Granite State Wheelers 50th Anniversary!

Meet at: Elm Brook Park

Directions: 2097 Maple St, Hopkinton, NH 03229

We will be at Shelter #4. When you arrive, either by bike or car, please tell the toll booth operator that you are with 'GSW', to by-pass the entrance fee.

The Park opens at 9:00 am. Please be prepared to join a group to ride with at 9:30 am. Lunch will be provided between 12:00 noon and 2:00 pm.

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
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- 4 Steep grades with some relief
- 5 Long steep grades for strong riders

Pace:

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

End of July/August 2021 ride schedule, rev1. See our MeetUp page for additional rides and notices.