

GSW Ride Summary September - October 2021

www.GSWheelers.org

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](#)

September 6, 13, 20, 27; 5:30 pm October 4, 11, 18, 25; 5:00 pm (3/4 - M/B - 20 +/- miles)

TUESDAY RIDES

[Methuen, MA](#)

[Newcomers Welcome!](#)

September 7, 14, 21; 5:30 pm (1/2 - L/M - 12 to 25 miles)

WEDNESDAY RIDES

[Concord, NH I](#)

September 1, 8, 15, 22, 29; 4:30 pm October 6, 13, 20, 27; 4:00 pm (2/3 - M - 20 +/- miles)

[Concord, NH II](#)

[Newcomers Welcome!](#)

September 1, 8, 15, 22, 29; 5:30 pm October 6, 13, 20, 27; 5:00 pm (1/2/3/4/5 - L/M/B - 15 +/- miles)

[Merrimack, NH](#)

[Newcomers Welcome!](#)

September 1, 8, 15, 22, 29; October (long ride only) 6, 13, 20, 27; 9:30 am (2/3 - L/M - 10 to 25 +/- miles)

[Portsmouth, NH](#)

[Newcomers Welcome!](#)

September 1, 8, 15, 22, 29; 5:30 pm (1/2 - L/M/B - 22 miles)

[Upper Valley Slow Spokes, NH](#)

[Newcomers Welcome!](#)

September 1, 8, 15, 22, 29; October 6, 13, 20, 27; 10:00 am (1/2 - L - 12 - 25 +/- miles)

THURSDAY RIDES

[North Salem, NH](#)

September 2; 6:00 pm (2/3 - M - 20 to 30 +/- miles)

[Upper Valley N89ers, NH](#)

September 2, 9, 16, 23, 30; 9:00 am October 7, 14, 21, 28; 10:00 am (2/3 - M - 20 to 30 +/- miles)

SATURDAY RIDES

[Concord, NH](#)

[Newcomers Welcome!](#)

September 4, 11, 18, 25; 9:00 am; October 2, 9, 16, 23, 30 10:00 am (1/2/3/4 - L/M/B - 10 to 50 +/- miles)

[North Salem, NH](#)

September 4, 11; October 9, 30 9:00am (2/3/4 - M - 55 +/- miles)

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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 usually cancels a ride. Check Meetup or contact a Ride Leader to see if there are any changes.**

MONDAY RIDES

Penacook, NH

September 6, 13, 20, 27; 5:30 pm October 4, 11, 18, 25; 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.

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!

September 7, 14, 21 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 I

September 1, 8, 15, 22, 29; 4:30 pm October 6, 13, 20, 27; 4:00 pm (2/3 - M - 20 +/- miles)

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

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

Contact/Ride Leader:

13 - 14 mph Dave Holmander-Bradford C: 603-770-3970

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Concord, NH II

Newcomers Welcome!

September 1, 8, 15, 22, 29; 5:30 pm October 6, 13, 20, 27; 5:00 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

Merrimack, NH

Newcomers Welcome!

September 1, 8, 15, 22, 29; 9:30 am

Long: (2/3 - L/M - 16 to 25 +/- miles)

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

October 6, 13, 20, 27;

9:30 am

(Long ride only)

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!

September 1, 8, 15, 22, 29; 5:30 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.

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.

Special Caution: Late in the season, dusk comes early. It is prudent to have working (check them out!) rear flashers.

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

Post Ride: Loco Coco's 36 Walker Street, Kittery, ME. www.locococos.com

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Upper Valley Slow Spokes - NH

Newcomers Welcome!

September 1, 8, 15, 22, 29; October 6, 13, 20, 27; 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

September 2; 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

September 2, 9, 16, 23, 30; 9:00 am October 7, 14, 21, 28; 10:00 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

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Concord, NH

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September 4, 11, 18, 25; 9:00 am October 2, 9, 16, 23, 30; 10:00 am (1/2/3/4 - L/M/B - 10 to 50 +/- 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:

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13 - 15 mph	Cathy Yeager	C: 603-496-1361	cyeagersecretarialservices@comcast.net
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September 4, 11; October 9, 30; 9:00 am (2/3/4 - M - 55 +/- miles)

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Meet at: Ermer Road Mini Mall

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Miles: Approximate distance or range.

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End of Sept/Oct 2021 ride schedule, rev2. See our MeetUp page for additional rides and notices.