

GSW Ride Summary January - February 2022

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.

SATURDAY RIDES

Winter Rides in NH

January 1, 8, 15, 22, 29; February 5, 12, 19, 26; 10:00 am (3/4 - M/B – mileage varies)

GSW Ride Details January – February 2022

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Please pack a Mask and wear it when needed.

Helmets are Required.

Please use flashing bicycle headlights and taillights both day and night.

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

SATURDAY RIDES

Winter Rides in NH

January 1, 8, 15, 22, 29; February 5, 12, 19, 26; 10:00 am (3/4 - M/B – mileage varies)

Enjoy some on-road and off-road winter riding.

* Either an on-road or off-road will be specified each week.

* Meeting locations may vary each week and will be posted on Meetup.

* Contact Melissa if interested.

Ride Leader: Melissa O'Brien C: 603-867-1939

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End of Jan/Feb 2022 ride schedule See our MeetUp page for additional rides and notices.