

GSW Ride Summary March – April 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.

MONDAY RIDES

Penacook, NH

March 28; April 4, 11, 18, 25; 5:00 pm (3/4 - M/B - 20 +/- miles)

WEDNESDAY RIDES

Concord, NH

Newcomers Welcome!

March 23, 30; 3:30-5:00-5:30 pm April 6, 13, 20, 27; 4:00-5:00-5:30 pm (1/2/3/4/5 - L/M/B - 15 +/- miles)

Portsmouth, NH

Newcomers Welcome!

April 13, 20, 27; 5:30 pm (1/2-L/M/B – 22 miles)

THURSDAY RIDES

North Salem, NH

April 7, 14, 21, 28; 6:00 pm (3/4 - M/B – 15 +/- miles)

SATURDAY RIDES

Concord, NH

March 5, 12, 19, 26; April 2, 9, 16, 23, 30; 10:00 am (3/4 - M/B – mileage varies)

Dover, NH

April 16, 23, 30; 8:00 am (1/4 – L/B – 20 to 60)

North Salem, NH

March 26; 10:30 am April 2, 9, 16, 23; 9:30 am (3/4 - M/B – 35 - 40 miles)

GSW Ride Details March - April 2022

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Helmets are Required.

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

*Snow, rain, ice, or slick roads can delay or cancel a ride!

Check Meetup or with a Ride Leader!

MONDAY RIDES

Penacook, NH

March 28; April 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.

Ride Leaders:

16+ mph	Melissa O'Brien	C: 603-867-1939
13 – 14 mph	Bernie Fournier	C: 603-491-9847

WEDNESDAY RIDES

Concord, NH

Newcomers Welcome!

March 23, 30; 3:30-5:00 5:30 pm April 6, 13, 20, 27; 4:00-5:00-5:30 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

Avg Speed	Ride Leader	Contact Info	Start Time	Notes
16+ mph	Melissa O'Brien	C: 603-867-1939	5:30 PM	
13 – 14 mph	Bernie Fournier	C: 603-491-9847	5:00 PM	
11 – 12 mph	Eugene Smith	C: 603-219-2051	5:00 PM	Orientation; April rides only
13 – 14 mph	Dave Holmader	C: 603-770-3970	3:30 PM	April: 4:00 pm start

Portsmouth, NH

Newcomers Welcome!

April 13, 20, 27. 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.

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: To Be Determined

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

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THURSDAY RIDES

North Salem, NH

April 7, 14, 21, 28; 6:00 pm (3/4 - M/B – 15 +- 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.

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

SATURDAY RIDES

Concord, NH

March 5, 12, 19, 26; April 2, 9, 16, 23, 30; 10:00 am (3/4 - M/B – mileage varies)

Enjoy some on-road and off-road riding as "Winter Days move to Mud Season."

* 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

Dover, NH

April 16, 23, 30; 8:00am (1/4 – L/B – 20 to 60)

Training rides for the Granite State Wheelers Team to ride in the Trek Across Maine.

Non-Trekkers and newcomers are welcome! These rides will prepare riders for the Trek, a charity ride sponsored by the American Lung Association. We will add about 5 miles in distance and mix in a few hills each week, gradually working up to June 11th, the Saturday before the Trek, when we will do a 60-mile hilly ride designed to simulate one day of the Trek. The rides are intended to be educational and fun. We will tailor each ride to the needs of the group. No one gets dropped. If the weather is questionable, call to confirm that the ride is taking place. The rides will continue on Saturdays into May and June.

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.

Ride Leader John Straight C: 603-781-7359 Johnstraight17@gmail.com
Alternate Bill Kennedy C: 603-969-1113 bk47gh@comcast.net

GSW Ride Details March - April 2022

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SATURDAY RIDES - CONTINUED

North Salem, NH

March 26; 10:30 am April 2, 9, 16, 23; 9:30 am (3/4 - M/B – 35 - 40 miles)

No ride if raining/snowing. 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.

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

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