

GSW Ride Summary May - June 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

Contoocook, NH

May 2, 9, 16, 23; 9:00 am June 6, 13; 8:00 am (3/4 - M - 20 +/- miles)

Penacook, NH

May 2, 9, 16, 23; June 6, 13, 20, 27; 6:00 pm (3/4 - M/B - 20 +/- miles)

WEDNESDAY RIDES

Concord, NH

Newcomers Welcome!

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 4:00-5:00-6:00 pm (1/2/3/4/5 - L/M/B - 15 +/- miles)

Merrimack, NH

Newcomers Welcome!

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 9:30 am (2/3 - L/M - 16 to 25 +/- miles)

Portsmouth, NH

Newcomers Welcome!

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 6:00 pm (1/2-L/M/B - 22 miles)

Upper Valley Slow Spokes - NH

Newcomers Welcome!

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 10:00 am (1/2 - L - 12 to 25+/- miles)

THURSDAY RIDES

North Salem, NH

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

Upper Valley N89ers, NH

May 5, 12, 19, 26; June 2, 9, 16, 23; 10:00 am (2/3 - M - 15 to 30 +/- miles)

FRIDAY RIDES

Seabrook, NH

Newcomers Welcome!

June 3, 10; 9:30 am (1/3 - L/M - 20 +/- miles)

SATURDAY RIDES

Concord, NH

Newcomers Welcome!

May 7, 14, 21, 28; 8:00 & 8:30 am June 4, 11, 18, 25; 8:00 am (1/2/3/4 - L/M/B - 10 to 60 +/- miles)

Dover, NH

May 7, 14, 21, 28; June 4, 11; 8:00am (1/4 - L/B - 20 to 60)

North Salem, NH

May 7, 14, 21; June 11, 18; 9:00 am (2/3 - M - 50+ miles)

GSW Ride Details May - June 2022

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Helmets are Required.

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

***Rain or slick roads can delay or cancel a ride!**

Check Meetup or contact a Ride Leader!

MONDAY RIDES

Contoocook, NH

May 2, 9, 16, 23; 9:00 am June 6, 13; 8:00 am (2/3 - M - 15 - 25 +/- miles)

Meet at: Fountain Square Gazebo, next to the depot.

Directions: 884 Main St. Contoocook, NH 03229

Ride Leader Patty Tompkins C: 603-724-7743 tompkins.patty@gmail.com

Penacook, NH

May 2, 9, 16, 23; June 6, 13, 20, 27; 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.

Ride Leaders:

16+ mph	Melissa O'Brien	C: 603-867-1939	
	Tony Verderame	C: 603-491-5099	aav@avitechusa.com

WEDNESDAY RIDES

Concord, NH

Newcomers Welcome!

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 4:00-5:00-6:00 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

Avg Speed	Ride Leader	Contact Info	Start Time	Notes
16+ mph	Melissa O'Brien	C: 603-867-1939	6:00 PM	
	Tony Verderame	C: 603-491-5099	6:00 PM	Alternate
11 - 12 mph	Eugene Smith	C: 603-219-2051	5:00 PM	Newcomers & Orientation
13 - 14 mph	Dave Holmader	C: 603-770-3970	4:00 PM	

Merrimack, NH

Newcomers Welcome!

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 9:30 am (2/3 - L/M - 16 to 25 +/- miles)

Show and Go group rides. BEGINNERS AND NEWCOMERS ARE WELCOME !

Bring a simple lunch. 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.

Ride Leaders:

Ernie Jeffrey	C: 603-423-6074	stapjs3@comcast.net
Dave Coughlin	C: 603-714-4052	ykforestry@yahoo.com

GSW Ride Details May - June 2022

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WEDNESDAY RIDES - CONTINUED

Portsmouth, NH

Newcomers Welcome!

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

Upper Valley Slow Spokes - NH

Newcomers Welcome!

May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 10:00 am (1/2 - L - 12 to 25+/- miles)

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

Rides will be listed by Monday, each week prior to the Wednesday ride.

Meet at: Various places in the Upper Valley

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

Ride Leaders:

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

THURSDAY RIDES

North Salem, NH

May 5, 12, 19, 26; June 2, 9, 16, 30; 6:00 pm (2/3 - M/B – 20+- 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: 603-490-0535	Jeanspeech@aol.com
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THURSDAY RIDES - CONTINUED

Upper Valley N89ers

May 5, 12, 19, 26; June 2, 9, 16, 23; 10:00 am (2/3 – M - 15 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 off 89 North

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

Ride Leader: Storm Connors C: 860-459-4201 Text preferred stormc@iname.com
Kendall Buck C: 603-608-6670 klbuck29@gmail.com

FRIDAY RIDES

Seabrook, NH

Newcomers Welcome!

June 3, 10; 9:30 am (1/2 – L/M - 20 +/- miles)

Ride to Salisbury, Newburyport, and Plum Island.
There will be plenty of places to pick up a snack, drinks, or lunch.

Meet at: Veterans Memorial Park

Directions: S Main St Seabrook, NH 03874

Look for the ball field on South Main St. Entrance to the parking lot is on the right before Washington St. Continue path to the back of the ball field.

Ride Leader Patty Tompkins C: 603-724-7743 tompkins.patty@gmail.com

SATURDAY RIDES

Concord, NH

Newcomers Welcome!

May 7, 14, 21, 28; 8:00 & 8:30 am June 4, 11, 18, 25; 8:00 am (1/2/3/4 - L/M/B - 10 to 60 +/- miles)

Meet at: 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.

Ride Leaders:

Avg Speed	Ride Leader	Contact Info	Start Time	Notes
16+ mph	Melissa O'Brien	C: 603-867-1939	May: 8:30 am June: 8:00 am	
	Tony Verderame	C: 603-491-5099	May: 8:30 am June: 8:00 am	Alternate
11 – 13 mph	Eugene Smith	C: 603-219-2051	May: 8:00 am June: 8:00 am	Newcomers & Orientation

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SATURDAY RIDES - CONTINUED

Dover, NH

May 7, 14, 21, 28; June 4, 11; 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

Metered Parking @ \$.50 per hour

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

North Salem, NH

May 7, 14, 21; June 11, 18; 9:00 am (2/3 - 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.

Ride Leader	Jean Manning	C: 603-490-0535	Jeanspeech@aol.com
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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.

End of May/June ride schedule See our MeetUp page for additional rides and notices.