

# GSW Ride Summary July - August 2022

[www.GSWheelers.org](http://www.GSWheelers.org)

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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.

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### MONDAY RIDES

#### Contoocook, NH

July 11, 18; Aug 1, 8; 8:00 am (2/3 - M - 15 - 25 +/- miles)

#### Penacook, NH

July 11, 18, 25; Aug 1, 8, 15, 22, 29; 6:00 pm (3/4 - M/B - 20 +/- miles)

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### WEDNESDAY RIDES

#### Concord, NH

July 6, 13, 20, 27; Aug 3, 10, 17, 24, 31; 4:00-5:00-6:00 pm (1/2/3/4/5 - L/M/B - 15 +/- miles) **Newcomers Welcome!**

#### Merrimack, NH

July 6, 13, 20, 27; Aug 3, 10, 17, 24, 31; 9:30 am (2/3 - L/M - 16 to 25 +/- miles) **Newcomers Welcome!**

#### Portsmouth, NH

July 6, 13, 20, 27; Aug 3, 10, 17, 24, 31; 5:30 pm (1/2-L/M/B - 22 miles) **Newcomers Welcome!**

#### Upper Valley Slow Spokes - NH

July 6, 13, 20, 27; Aug 3, 10, 17, 24, 31; 9:30 am (1/2 - L - 12 to 25+/- miles) **Newcomers Welcome!**

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### THURSDAY RIDES

#### North Salem, NH

July 7, 14, 21, 28; Aug 4, 11, 18, 25; 6:00 pm (2/3 - M/B - 20+- miles)

#### N89ers - NH

July 7, 14, 21, 28; Aug 4, 11, 18, 25; 9:00 am (2/3 - M - 15 to 30 +/- miles)

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### SATURDAY RIDES

#### Concord, NH

July 2, 9, 16, 23, 30; Aug 6, 13, 20, 27; 8:00 am (1/2/3/4 - L/M/B - 10 to 60 +/- miles) **Newcomers Welcome!**

#### North Salem, NH

July 2, 9, 23, 30; Aug 13, 27; 8:00 am (2/3 - M - 50+ miles)

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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!**

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## MONDAY RIDES

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### Contoocook, NH

July 11, 18; Aug 1, 8; 8:00 am (2/3 – M – 20 +/- 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

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### Penacook, NH

July 11, 18, 25; Aug 1, 8, 15, 22, 29; 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	Alternate
	Dan Conery		Alternate

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## WEDNESDAY RIDES

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### Concord, NH

### Newcomers Welcome!

July 6, 13, 20, 27; Aug 3, 10, 17, 24, 31; 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
	Dan Conery		6:00 PM	Alternate
11 – 12 mph	Eugene Smith	C: 603-219-2051	5:00 PM	<a href="#">Newcomers &amp; Orientation</a>
13 – 14 mph	Dave Holmander	C: 603-770-3970	4:00 PM	

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### WEDNESDAY RIDES - CONTINUED

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#### Merrimack, NH

#### Newcomers Welcome!

**July 6, 13, 20, 27; Aug 3, 10, 17, 24, 31; 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. Rides can be adjusted at Rider's request.

**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

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#### Portsmouth, NH

#### Newcomers Welcome!

**July 6, 13, 20, 27; Aug 3, 10, 17, 24, 31; 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-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

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#### Upper Valley Slow Spokes - NH

#### Newcomers Welcome!

**July 6, 13, 20, 27; Aug 3, 10, 17, 24, 31; 9:30 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

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## THURSDAY RIDES

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### North Salem, NH

**July 7, 14, 21, 28; Aug 4, 11, 18, 25; 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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### N89ers - NH

**July 7, 14, 21, 28; Aug 4, 11, 18, 25; 9:00 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

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## SATURDAY RIDES

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### Concord, NH

### Newcomers Welcome!

**July 2, 9, 16, 23, 30; Aug 6, 13, 20, 27; 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
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	Tony Verderame	C: 603-491-5099	8:00 AM	Alternate
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- 5 Long steep grades for strong riders

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**End of July/Aug ride schedule See our MeetUp page for additional rides and notices.**