

GSW Ride Summary November-December 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.

For winter rides please check:

<https://www.meetup.com/Granite-State-Wheelmen-bicycling/>

Thank you for riding with us in 2022!

GSW Ride Details November-December 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!

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