

# GSW Ride Summary January - February 2023

[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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**For winter rides please look  
in Meetup to see if any are posted**

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

# GSW Ride Details January – February 2023

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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.

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