

# Monday Night Ride Schedule for 2009

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**Where:** Holderness: Meet at Squam Lakes Science Center (Rte.113) \*

*\* There are five rides meeting at different locations (June-August). Check the notes in the ride list for the location of these rides. The ride leader will announce distance and options at the time of the ride.*

**When:** 5:45 PM (with the following exceptions)

*All rides in March leave at 5:00  
Starting September, we leave at 5:30.  
Starting in October, we leave at 5:00.*

**Groups:** Two groups: Fast 17-20 mph, Medium up to 17 mph \*

*\*We can form a third group, if necessary, for folks who would like to go easier.*

**Weather:** Check with the ride leader if the weather looks iffy.

*Contact information is on the following page.*

**Après:** Pizza at the Mug in Meredith.

*Let the ride leader know you are going so he or she can order enough pizza for everyone. \$7 per person for the pizza. You order and settle your liquid refreshment. Rides leaving from other destinations include meeting for a meal following the ride.*

## General Rules of the Ride

◆ **You must wear a helmet.**

If you forget yours, ask around. Chances are someone has a spare.

◆ **5 mile warm up.**

Warm up means riding at a conversational pace. If you can't hold a conversation during the warm up because you're breathing too hard, we're probably going too fast.

◆ **Always be courteous to motorists.**

At least try really hard.

◆ **Ask questions**

New to group riding? Not sure what to do? Ask questions. We love questions. Start with the ride leaders. If they don't know the answers, they'll point you to someone who does.

# Ride Leaders

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Leader	email	Home #	Cell #
Ken Hood (President)	klbchood@aol.com		455-8680
John Jurczynski	johnjurczynski@yahoo.com	968-3313 and 968-3836	520-4628
Carissa O'Gara	ogara@metrocast.net	279-8820	393-8820
Dave Sias	Indsias@earthlink.net	279-4553	
Jeff Nielson	jeffhnielson@gmail.com	536-2593	
Ed Guinta	montealto@myfairpoint.net	536-2524	630-3314
Caleb Johnson	wobnh@myfairpoint.net	253-7207	455-0104
Kendall Robinson	kendallrobinson@roadrunner.com	253-7967	455-9967

## ***Leader Responsibilities:***

1. Communicate rules of the ride to each group.
2. Do head counts.
3. Specify regroup locations.
4. Designate Sub Group Leaders when necessary and coordinate them.
5. Order Pizza – (prepare the Mug for large groups etc.) Rides meeting elsewhere, let riders know where to meet.

# 2009 Monday Night Ride Calendar

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All rides meet at Squam Lakes Science Center in Holderness unless otherwise noted

Date	Leader	Route <i>(See the last page for route details)</i>	Notes
<b>March</b>			
9	Kendall Robinson	New Hampton Post Office	
16	Ed Giunta	Ed's Loop	
23	Ken Hood	Waukenwan Winona Ashland Loop	
30	John Jurczynski	New Hampton PO (with possibility of River Rd. back)	
<b>April</b>			
6	Carissa O'Gara	Waukevan-Winona-Ashland Loop	
13	Dave Sias	Sandwich/Chicks Corner	
20	Jeff Nielson	New Hampton Post Office	
27	Ed Giunta	Ed's Loop	
<b>May</b>			
4	Caleb Johnson	Blair Bridge	
11	Kendall Robinson	Meredith-New Hampton-Ashland Loop	
18	Ken Hood	Waukevan Winona Ashland Loop	
25	John Jurczynski	Around Squam	
<b>June</b>			
1	Dave Sias	Wonalancet Loop	Meet in Sandwich at Sandwich school
8	Ed Giunta	New Hampton PO (with possibility of River Rd. back)	
15	Caleb Johnson	Waukenwan Winona Ashland Loop	
22	John Jurczynski	Kanc Ride-Meet in Woodstock	Meet at Truants Tavern in Woodstock
29	Kendall Robinson	Smith River	

<b>Date</b>	<b>Leader</b>	<b>Route</b> <i>(See the last page for route details)</i>	<b>Notes</b>
<b>July</b>			
6	Ken Hood	Blaire Bridge	
13	Caleb Johnson	Tamworth Ride-Meet Brett School across from Checkers Restaurant	Meet in Tamworth
20	John Messinger	<a href="http://maps.google.com/maps/ms?msa=0&amp;msid=107201119793279663440.000452b210f021e1a5da1&amp;ie=UTF8&amp;ll=43.760789,-71.660364&amp;spn=0.005773,0.009613&amp;z=17">http://maps.google.com/maps/ms?msa=0&amp;msid=107201119793279663440.000452b210f021e1a5da1&amp;ie=UTF8&amp;ll=43.760789,-71.660364&amp;spn=0.005773,0.009613&amp;z=17</a>	Meet at John Messinger's house in Plymouth (click the link to the left for details).
27	Ed Giunta	New Hampton Post Office	
<b>August</b>			
3	Kendall Robinson	Moultonborough Ride-Park at Elementary School on Rte. 25	Meet in Moultonboro
10	Jeff Nielson	Waukegan Winona Ashland Loop	
17	Ken Hood	Around Squam	
24	Carissa O'Gara	Waterville Valley	Meet at Northway Bank in Campton
31	Dave Sias	Rte 132/Dana Hill Option: Rte 3 to Ashland, Dana Hill or Rte 132 to N.H. PO, River Rd back to Ashland - 27 miles	
<b>Sept – Rides start at 5:30</b>			
7	Ed Giunta	Ed's Loop	
14	John Jurczynski	New Hampton Post Office	
21	Caleb Johnson	Waukegan Winona Ashland Loop	
28	Carissa O'Gara	Meredith New Hampton Ashland Loop	
<b>Oct – Rides start at 5:00</b>			
5	Jeff Nielson	Sandwich/Chicks	
12	Ken Hood	Blair Bridge	
19	Kendall Robinson	New Hampton Post Office	

# 2009 Monday Night Ride Route Details

Ride Name	Description	Miles	Options
Around Squam	Using Mill Brook Cut off	24.6	Going all the way into Sandwich = 27.3
Blair Bridge	N on Rt 3 to Blair, S on Rt 175 to Rt 3, Rt 3 To HPO	24.5	S to Fairgrounds, W to Smith Bridge = 30.3
Ed's Loop	N on Rt 3 to Ashland, S on Winona to Hawkins Pond, Hawkins Pond to Coxboro, Coxboro to Shepard Hill, Shepard Hill to HPO	12.1	Over Piper Hill to Waukewan, Waukewan to Rt 3, N on Rt3 to HPO = 17
Meredith New Hampton	S on Rt 3 to Meredith, Plymouth St & Waukewan St to Rt 104, Rt 104 to HPO, 132 back to Ashland, 25 back to Parking lot.	26.3	
New Hampton PO	Rt 3 N to Ashland,S on Rt 132, Return Same	20.2	Return River Rd = 26.5 Return Dana Hill = 20.2
Sandwich/Chicks	Rt 113 to Chicks Corner and return	19.6	to Sandwich and return = 23.3 Mill brook Loop = 25.4
Waukewan/Winona	S on Rt3 to Waukewan, to Winona, N to Ashland, S on Rt3 to Holderness PO	18.4	S on Rt3 to Meredith, Winona to Ashland = 21.5 From Winona over Coxboro to HPO = 18
Wonalancet Loop (Starting in Center Sandwich)	N on 113 to N Sandwich 113A to Wonalancet, Tamworth then 25 to 113 back to Center Sandwich	29.7	