

WHITE MOUNTAIN WHEEL WOMEN

Riding together since 1989

2009 Season

Welcome to the White Mountain Wheelwoman. We are a group of serious women cyclists who want to participate in structured group rides that will improve or maintain our cycling skills and fitness level. Our club is run by volunteers who emphasize safe and courteous cooperative riding techniques. Most nights, each ride offers three or four group rides with varying mileage and pace. Riders can choose the group that will best meet their needs for the whole season or just for that evening. Each night the leader and the ride for each group will be announced. (Sometimes the ride differs from the scheduled ride due to weather, turn out and the desires of the group). The first group will average 17-19 mph, the second 15 -17 mph, and the third group 12-15 mph. To maintain any of these average speeds, riders will find they must first possess a moderate level of fitness.

- **The first group** is a challenging pace for experienced riders who devote time to training and/or racing. These riders have extensive group riding experience.
- **The second (Short and Long) group** is for individuals who ride 2–3x a week and want to maintain a moderate “brisk at times” pace or ride a longer ride. Often there are more re-groups and more opportunity to learn group riding skills.
- **The third group** is for less competitive riders who ride a slower but still consistent pace often spending more time enjoying the scenery than pushing the pace. The third group should not be mistaken for the place to learn group riding skills, instead see below for “Tips for New Riders”.
- **Instructional Rides** – Early in the season experienced Wheelwomen will hold instructional rides and talks to teach new riders group riding techniques and intermediate riders skills on how to become stronger more confident cyclists. The instructional rides last for 30 – 45 minutes and join up with the other groups for the rest of the ride.

Riders of all groups are encouraged to embrace the following protocol:

- 1) Each ride should start with a 3 – 5 mile **warm up** pace. Each rider is responsible for helping to set the warm up pace. Start off slow in an easy gear, keeping your heart rate low and your pedaling smooth.
- 2) Each ride should end with a 2 – 3 mile **cool down**. Each rider should help initiate a light spin to sooth the legs prior to ending the ride. All riders are encouraged to stretch following each ride.
- 3) **Choose the appropriate** group. Out of respect for the other riders, don't jump in over your head.
- 4) Learn the route – make sure you know where your group is riding in case you get separated.
- 5) **Initiate regroupings** – each WMWW ride has their traditional re-group spots. Get to know where they are and help to make them happen. As you get to know the routes, **offer to be a group rider leader for the night**.
- 6) **Keep an eye out for the last rider** of your group. Drop back and ride with her to help her catch up. Forming smaller more homogenous groups within each group is a great way to ride together.
- 7) Initiate and **participate in riding in a paceline**. Read the WMWW handbook for tips and attend instructional rides.
- 8) Safe and courteous riding is the Wheelwomen way. **Communicate**. See handbook for traffic safety tips.

ATTENTION NEW RIDERS:

- New riders are encouraged to begin on the night of a new rider instructional talk/ride **or** on a night where a New Rider Leader is on the schedule (about every other week til September 17th).
- New riders should possess or be committed to learning group riding skills. We can teach you.
- New riders should show up early to their first ride and be sure to introduce themselves to the group.
- If you have doubts about your bike's condition, new riders should have their bike tuned up at Rhino Bike Shop prior to their first ride and discuss with them whether their bike is appropriate (ie: Is it the right size for you?) for group road rides.
- Experienced group riders are invited to start on any ride as long as you are familiar with safe group riding techniques. Give an officer a call the night before so we know you are joining us.

Well maintained, multi-gear road bikes (and helmets) are required, except where specified as a mountain bike/hybrid ride. Season dues (**\$5.00**) supports such things as our club handbook, group gifts and some of the get-togethers. Dues should be paid to Mary Sampson by May 7th, 2009. **Dues paying members will receive a WMWW Handbook and a discount at Rhino Bikes in Plymouth.** The discount for members is 10% off bikes and 15% off parts and accessories. Please support our sponsoring bike shop.

Our annual **3 day June Tour** fills up fast! Deposits of \$75.00 given to Mary Sampson will hold your spot. Once the tour fills, there will be a waiting list in case of cancellations.

Wheelwomen Officers are **Laura Mammarelli, President at 536-4418, Kirsten Surprenant, Communications Officer at 353-2183 or 738-4753(cell) Sue McLane, Secretary, at 536-4428 or 398-3811 , Mary Sampson, Treasurer, at 536-4426, Sandra Jones, Scheduler at 536- 5030(w) or 1585 (h) , Fran Gonsalves, Workshop Coordinator at fgonsalves@roadrunner.com, Maureen Ebner, Day Of Ride Questions at 536-4964. **Carissa O’Gara, Instructional Coordinator** (Different WMWW members will offer instruction) at 279-8820. Call any of the above for more info.**

Any change in the schedule throughout the season will be announced through e-mail. If riders have questions about the ride on the “day of the ride” due to weather call Maureen Ebner at 536-4964 or Rhino Bikes (536-3919). Watch your e-mail through-out the season for changes, reminders and details on rides and gatherings.

Rides depart PROMPTLY at the times listed. Please arrive ten minutes early. Cyclists, new to group riding, should begin on the night of an Instructional Ride or on a night where there is an assigned New Rider Leader

2009 WMWW Schedule

April 2nd 5:15pm Rhino Bikes, Plymouth – “**Traditional* Double Bridge Ride**”
All groups: Route 3 North to Blair Bridge back Rt. 175. (9 mi) Rt. 25 to Smith Bridge back Fairgrounds (17 mi) if desired by group
(Beer and Bonding after ride at the Common Man Inn)
* Traditional means just one bridge because we rarely have enough daylight for two
Instructional Talk starts at 4:45pm for new riders.

New Riders
Instructional
Talk Starts
4:45pm

April 9th 5:15pm Meredith Village Savings Bank, Ashland – **New Hampton loop**
1st & 2nd Groups: Rte 132, 104, River Rd, Rt. 3. (20 mi)
3rd Group: Rt 132 to New Hampton Post Office (Rt 104) and back (12 mi)
Instructional Talk starts at 4:45pm for new riders.

New Riders
Instructional Talk
Starts at 4:45pm.

April 16th 5:30pm Northway Bank, Campton – **Thornton**
1st group: Rt 49 to Rt 3, over Cross Road to Rt 175, left onto Mad River Rd, back Rt 49 (18 mi)
2nd & 3rd Groups: Rt. 49 to Rte 3, over Cross Road to Rt.175 to Rt. 49 (12 mi)
Instructional ride starts at 5:00pm – will meet up with groups 2 & 3 @ Crossrds

New Riders
Instructional
Ride Starts at
5:00 pm

April 23 5:30pm Rhino Bikes, Plymouth - Rumney

**Workshop
Tonight?
To Be
Announced**

1st & 2nd Group Long: Fairgrounds Rd. to Quincy/Bufalo Rd, Sand Hill, Rt 25 to traffic circle, out Rt 3A, left on Yeaton Rd to Rt 25 (25 mi)
2nd Group Short & 3rd Groups: Fairgrounds Rd to Quincy/Bufalo Rd. Turn around at Rumney Dump (20 mi)
New Rider Leader: LeAnn Stokoe

April 30 5:30pm Northway Bank, Campton – Waterville

**New Riders
Instructional
Ride Starts at
5:00pm**

1st Group and 2nd Group Long: Rte 49 to Mt Tecumseh Ski Area (23 mi)
2nd Short & 3rd Group: Rt 49 to ski area road junction (20 mi) Option: Ride to Ski Area for those preparing for the Kanc ride.
Instructional Ride Starts at 5:00pm – will meet up with groups 2 and 3 at Ski Area Road Junction and ride back out of the valley with chosen group.

May 7 5:30pm Rhino Bikes, Plymouth – Stinson Lake

**\$5 Dues Deadline
Give to Mary
Workshop Tonight
@Rhino after the
ride
Bike Components &
maintenance**

1st Group and 2nd Group Long: Fairgrounds Rd to Quincy Rd to Stinson Lake (28)
2nd Short: Buffalo Rd to Sand Hill, Rt 25 to Stinson Lake Rd, back Quincy Rd. (24)
3rd Group: Fairgrounds Rd to Quincy/Bufalo Rd. Turn around at Rumney Dump (20 mi) Option: Stinson Lake
New Rider Leader: Fran Gonsalves

May 14 5:30pm Truants Tavern, Woodstock – Kancamagus Hill climb

All Groups: Up Rt 112 to the top of the Kanc and back down (28 mi)
Be prepared for cold descent. Bring hat and gloves.
3rd Group: Meet at 4:45 for 5:00 departure.
(Beer and Bonding at Truants Tavern after the ride)

Rain date is May 21. If weather is questionable contact Maureen Ebner for last minute decision.

GRAND TOUR: The Sunday following Mother's Day, May 17 is The Grand Tour (traditional co-ed ride/ 80 or 120 mi). Call Rhino Bike Works to confirm date.

May 21 5:30pm Main Street, New Hampton School – Murray Hill

1st & 2nd Group Long: Rt 104 to Bristol, left on 3A to Hill Ctr/Murray Hill Rd, right on Rt. 104 to Bristol and back to New Hampton (28 mi)
2nd Group Short and 3rd Group: Rt 132 S to Gaza and back (16 mi)
(Remember! If May 14th ride is rained out, Kanc Hill Climb Ride happens tonight)
New Rider Leader (no new rider leader if this is the Kanc Ride): Robbin Adams

May 28 5:30pm Meredith Savings Bank, Ashland – Squam Lake

**Instructional
Ride Starts at
5:00pm**

1st & 2nd Long Group: Rt. 3, 113 and around Squam Lake (35 mi)
2nd Short and 3rd Group: Rt. 3, 113 to Rattlesnake and back (19 mi)
Instructional ride starts at 5:00pm and will meet up with groups 2 & 3 at Squam Lake Boat Launch Route 3/Route 113.

June 4th 5:30pm Rhino Bikes, Plymouth – Thornton
1st & 2nd Long Group: Blair Bridge to Rt. 175 to Campton, Rt. 3 to Thornton, back to Plymouth via Rt. 175 (28 mi)
2nd Short or 3rd Group: Cross Rt. 49 to Owl Street back 49 to Rt. 175 South or Rte 3 South (17 mi)
New Rider Leader: Carissa O’Gara

WMWW 20th Anniversary Bike Tour: June 5, 6, 7th (Mtn/Hybrid Bikes – Vermont or Maine?) \$75 Deposit Pay in cash to WMWW Treasurer Mary Sampson

June 11th 5:30 pm New Hampton Village or 3rd Group Catholic Church on 3A – Newfound Lake
1st & 2nd Long Group: Rt 104 to Rt 3A to North Shore Rd to West Shore Rd to Rte 3A to Rt 104 (33 mi)
2nd Short and 3rd Group: Meet at the parking lot at Catholic Church on Route 3A. Ride round Newfound (15 miles).
Beer and beer battered fish. Dinner at the Big Catch on 3A.
New Rider Leader – Meet Catholic Church: Jane Kellogg

June 18th 5:30 pm. Northway Bank –Road Ride to **Waterville** or Hybrid Ride; Rte 175 into Millbrook area. (FYI, motorcycle week)
All Groups together for road or hybrid ride.
Beer and biker mingling at Mad River Tavern following the ride.

June 25 5:30pm Northway Bank, Campton – Russell Pond
1st & 2nd Long Group: Rt. 175 to Russell Pond and back (30 mi)
2nd Short and 3rd Group: Route 3 to Ledges Cross over and back Rt. 175 (22 mi)
Instructional Drills starts at 5:00pm will take place in parking lot til 5:30pm so those participating can ride with the group of their choice. Learn on-the bike stretches.

**Intermediate
Instructional
Bike Drills Start
at 5:00pm**

July 2nd 5:30pm Rumney Rest Area – Warren/Lake Tarlton
1st & 2nd Long Group: Rt. 25 to Rt 25C to Lily Pond Rd and back Rt. 25 (42 mi)
2nd Short and 3rd Group: Rt. 25 to the Rocket in Warren and back (20 mi)
Option: Ride up 118 a bit.
New Rider Leader: Kirsten Supernaut

July 9th 5:30pm Rhino Bikes, Plymouth – Ride around Bridgewater (Coed Ride)
1st Group: Rt. 25 to Rt 3A through Bristol to Old Bristol Rd, back River Rd. & N Ashland Rd (39 mi)
2nd Long Group: Rt. 25 to Rt 3A through Bristol to Rt 104 to River Rd. & N. Ashland Rd. (37 mi)
2nd Short - 3rd Group: Rt. 25 to Rt 3A around Newfound & back Rts 3A & 25 (27mi)

July 16 5:30pm Ct. Sandwich – **WMWW Bike & Eat Wonalancet**
Meet in Center Sandwich. Park by the Tennis Courts/Library or on Main Street by PO
1st & 2nd Long Group: Rt. 113 to 113A to 113 to 25 back 113 (30 miles)
2nd Short and 3rd Group: Rt. 113 to 113 A and back (20 miles)
(Dinner at the Corner House Pub)

July 23

6:00pm Meredith Village Bank, Ashland – Ride from Home to the Ride ...then Ride.

Save Energy
RIDE to the
RIDE
RIDE

The Wheelwomen encourage riders to not only use their bicycles for recreation but also for transportation. Take the Ride to the Ride Challenge and arrive on bike. Choose the ride that works for you depending on how far you have to pedal home.

Ride One: Gaza and back (32 mi)

Ride Two: River Road Loop (19mi)

Ride Three: To the end of Rte 132 and back or over Dana Hill & back 132 (12 mi)

July 30

5:30pm Rhino Bikes, Plymouth – **Groton Dump**

1st and 2nd Long: Rt. 3A to North Shore Road to Hebron to Groton Dump, to Rt. 118, Rt. 25 (35 mi) or back Hall's Brook (28 miles)

2nd Short and 3rd: Fairgrounds to Quincy to Route 25 up Hall's Brook and back (25 mi)

(Beer and Bonding at the C- Man)

New Rider Leader: Kara Barker

August 6th

5:30pm Meet at Town Beach in Ashland. **Co-ed ride. Hybrid or Road All Groups**

Ride either dirt road (hybrid) or road ride. Ride to be determined by group.

(Potluck gathering and swim at Don and Arlene Stoppe's on Little Squam Lake following the ride.)

August 13

5:30pm Rhino Bikes, Plymouth – **Dana Hill**

1st and 2nd Long : N Ashland Rd, Dana Hill, Rt 104 to Peaked Hill, River Rd to N Ashland Rd (35 mi) Or back River Road (30 mi ?)

2nd Short and 3rd: N Ashland Rd, Dana Hill, Rt. 104 back Route 132 (24mi)

New Rider Leader: Maureen Ebner

August 20th

5:30pm New Hampton Rest Area (west of I 93, by the river), New Hampton – **Alexandria**

1st & 2nd Long: Rt 104 to West Shore Rd to Fowler Rd to Alexandria, Cass Mill Rd to Rt 104 to Bristol. Old Bristol Rd to New Hampton to 104 (35 mi)

2nd Short and 3rd Group: Rt. 104 to Bristol, N Main St/Mayhew Turnpike, Rt 3A into Bristol center. Old Bristol Road to New Hampton to Rt 104 (18 mi)

August 27

5:30pm Meredith Village Savings Bank, Ashland – **Triple Bridge Ride**

1st Group: Triple Bridge (Ashland, Blair, Smith) Ride (28 mi)

2nd Group Long: Double Bridge (Ashland, Blair or Ashland, Smith) (20 mi)

2nd Short and 3rd: Single Bridge, Ashland Cov Bridge, Rte 113 to Rattlesnake and Back (19mi)

(Beer and Bonding at the Common Man in Ashland, swim at beach if hot)

New Rider Leader: Mary Sampson

Sept 3rd

5:30pm Meredith Village Savings Bank, Ashland – **Mountain Bike/Hybrid Ride**

Hybrid Ride: Rt. 132 south to Huckleberry, to Dana Hill to Upper Oxbow to Sky Pond and then double track/single track to Bald Ledge.

Road Ride option. Route 3 to Coxboro, up Piper Hill to Waukewan, onto Winona and back to Ashland (18 miles)

Sept 10th 5:30pm Rhino Bikes – Halls Brook Rd
1st and 2nd Long: Fairgrounds to Rumney to Halls Brook Down Groton Dump to Hebron to North Shore Road to Rt 3A to Rt 25 (32 mi)
2nd Short & 3rd Groups: Fairgrounds to Quincy Rd, Stinson Lake Rd to Rumney Depot right on Depot St. to Rt 25 up Halls Brook Rd, turn around (25 mi)
No Hill Option: keep going out Route 25 – back Sand Hill, Buffalo Road, Quincy
New Rider Leader (last week): Ariane Shuffleton

Sept 17th 5:15pm Northway Bank, Campton – Waterville
1st and 2nd Long : Rt. 49 to Mt Tecumseh Ski Area (24 mi)
2nd Short & 3rd Group: Rt 49 to ski area road junction (20 mi)

Sept 24th 5:15pm Meredith Village Savings Bank, Ashland – New Hampton Loop

Stay Tuned
Ride May Change

1st & 2nd Groups: Rt. 132, 104, River Rd, Rt. 3. (20 mi)
3rd Group: Rt 132 to New Hampton Post Office (Rt 104) and back (12 mi)

(Bonfire and Cookout gathering at Tom Armstrong's House. May offer Co-Ed ride?)

Oct 1st 5:00pm Smith Covered Bridge – Mountain Bike/Hybrid Dirt Road Ride or Road Bike
1st & 2nd Groups: East Rumney Rd to Bog Road back Beech Hill Road (15 mi)
3rd Group: Back Beech Hill Road off East Rumney Road (10mi)
Road bike route to be determined night of ride.

Oct 8th 5:00 pm Rhino Bikes, Plymouth – Tour De Plymouth
All Groups: Fairgrounds to Route 25 to Yeaton Rd. to New Hebron Road to Texas Hill Road to Route 3 south back N. Ashland Road to Route 175
Split at Route 175A at Holderness Prep School?
Longer Ride: To Blair Bridge back Route 3
Shorter Ride: Route 175A back into Plymouth

Workshop
Tonight?
To Be
Announced

Oct 15th 5:00pm Rhino Bikes, Plymouth – “Blair Bridge Ride & Double Bridge Ride”
1st & 2nd Groups: Rt.3 to Blair Bridge, back Rt. 175 to Rt. 25 Smith Bridge and back Fairgrounds Rd. (16.4 miles)
3rd group: Rt 3 to Blair Bridge, back Rt 15 (9 mi)

Oct. 22nd 5:00pm Rhino Bikes, Plymouth – Rumney
All groups: Rumney and back (14 mi)
Reflective vests or lights recommended.

(Beer and bonding following ride to reflect on another AWESOME season)