



## Tuesday Night Ride May & June - 2009

WHERE: Meet at Goodale's Bike Shop, Hooksett  
WHEN: Tuesday's 5:30 p.m.  
WHAT: Terrain – 3/4/5  
Pace – will vary  
Miles – 25 to 40

Tuesday evening ride with one ride leader through the towns of Hooksett, Candia, Auburn, Allenstown, Concord, Pembroke Deerfield Epsom Chichester and Derry.

Towns will vary depending on route taken. Distances and paces will be as listed above and discussed before the group departs and will vary from week to week. Please have a beverage available while in motion such as a water bottle and frame holder or hydration system also some energy foods. There will not be a ride if snow, rainy or excessively windy or if road/shoulder conditions do not permit for safe cycling. Be sure to contact either the ride leader or call Goodales to be certain a ride will take place. This is a brisk ride but give it a try you'll be surprised what you can do in a good pace line, pull or just hang in the draft but join us for a good ride.

Directions: Meet at Goodales Bike Shop. From I93 take exit 9N Approx. 1/2 mile up on right. You can also look on Goodales website for directions.

***Please call to confirm ride will take place.***

Any decision to cancel the ride will be at 3:30pm.

Leaders: Goodales Bike Shop      603-644-2111  
Ron Chevrette                      603-485-7143  
Cell 603-426-4212  
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