

NEW HAMPSHIRE

Elkins: In Elkins there is a loop that circles Pleasant Lake that is a very low traffic area and has great terrain.

Franconia Notch Bike Path: My favorite places in NH are the Franconia Notch Bike Path in Lincoln, the roads around Waterville Valley, and the road in Greenfield State Park. - *LBJ*.

Hanover: Dogford Road in Hanover is by far the best place to roller ski in the Upper Valley., and there is hardly any traffic. It's about 3.5 miles long and has good up and down because it's a very old road. - *Benjamin Jastrzemski*

Hanover-Upper Valley. Park along Route 10 at the soccer field just north of Hanover and at the bottom of the large steep hill. Ski north along Route 10 to East Thetford Road in Lyme, then along East Thetford road to River Road - then south along River Road to NH 10 then south again to your car. Exactly 25 K and a great workout for the upcoming ski marathons. Recommended especially on Sunday mornings when there is little or no traffic. - *Ned Connell*

RT.114 Henniker /Newbury: I have been using the stretch of Rt. 114 between Henniker and Newbury as my favorite local training route. The road has a super wide break down lane which, with the occasional beer bottle, is clean of debris. The traffic is only heavy in the morning during commute time and around 4:30 PM. For the weekend warrior, the best day is on Saturday, Sunday's usually have a lot of yard sale traffic. - *D.D.*

Moultonborough. Nh Route 25 from NH Route 109 in Moultonborough to NH Route 16 in Ossipee about 20 miles one way. 4-foot to 8- foot shoulders along both sides throughout the entire length. - *Ned Connell*

Mount Kearsarge: The 2 auto roads on either side of Mt Kearsarge are great areas for roller training, but steep. In Wilnot, the valley road that leads to the State Park provides a nice warm-up. In Warner you can start in town and ski up to within one half mile of the summit of Mt. Kearsarge. An old favorite workout was to get dropped off in Warner, ski the mountain, hike over to the other side, then roller ski home.

Mount Sunapee State Park: For first timers the access road and parking areas of Mt. Sunapee State Park are great. Wide, well kept, facilities available, and it has low traffic most days.

Mount Washington Valley Area: Passaconway Road in Conway, NH... a nice residential road off West Side Road with little traffic that ends at the scenic Kangamangus Hwy. ...rolling terrain for almost 10K going out and back is a nice workout. *Liz Kantack*

Northern Rail Trail- Lebanon and Enfield, NH. Park at the lot just east of the covered bridge along Riverside Drive and ski east along the trail towards Mascoma Lake about 2 miles. (rougher gravel) The surface of the path is hard packed cinders and is a great workout using the Terra ski. (would be even better on Aero) No traffic and falling is not so bad. - *Ned Connell*

Springfield: A longer loop of about 16 miles can be had in Springfield. Park at the recreation field in Springfield and head toward Grantham on Rt. 114. After the Cote & Reney Sawmill go left on Stoney Brook Rd. After passing 2 ponds and going under Rt. 89, you will come to a stop sign. Go left on the Springfield Georges Mills Road. (Passing under Rt. 89 again) At the top of the hill you hit a stop. Go left on Rt. 114 until you arrive back at the ball field. -J.C.

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