

Cue Sheet: Almost to Canada

Mile		Incre-	Distance		Instruction	Compass
34 & 60	ment	From End	From End			
	34 & 60	34	60			
0.0	0.0	34.3	60.3		Start at Mississquoi Valley Union High School, 100 Thunderbird Dr., Swanton.	S
0.3	0.3	34.1	60.0		Turn left onto Rte 78	NE
3.5	3.2	30.9	56.8		Turn left onto Rte 207	NNE
9.8	6.4	24.5	50.4		Rte 207 becomes Rte 235 in Morses Line.	E
13.9	4.0	20.5	46.4		Rides split here. Short ride turns south (right) on Rte 120, long ride continues east on Rte's 120 & 235.	E
34	--	34	34	--	34-Mile Ride	
19.4		5.5	14.9		Turn right onto Rte 105	W
22.2		2.9	12.1		Long and short rides converge	W
--	60	60	--	60	60-Mile Ride	
	18.9	5.0		41.3	Turn right onto Rte 108, W. Berkshire Rd.	SE
	19.6	0.7		40.6	Continue straight on Berkshire Ctr. Rd where Rte 108 turns off to south.	SE
	22.3	2.7		38.0	Turn left onto Richford Rd	E
	26.2	3.9		34.1	Turn right onto Rte 139.	SE
	27.2	1.0		33.1	Turn right onto River St.	S
	28.0	0.8		32.3	Continue straight onto Rte 105, S. Main St.	SSW
	38.1	10.1		22.2	Continue straight on Rte 108 where Rte 105 turns off to right.	SSW
	38.3	0.2		22.0	Turn right onto Duffy Hill Rd immediately after crossing bridge.	SSW
	39.7	1.4		20.6	Turn right onto E. Sheldon Rd	NW
	46.6	6.9		13.7	Turn right onto Main St.	N
	48.2	1.6		12.1	Turn left onto Rte 105	W
34	60	34 & 60	34	60	Converged Rides	
25.1	51.0	2.9	2.9	9.2	Continue straight onto Woods Hill Rd where Rte 105 turns south.	SW
28.2	54.1	3.1	3.1	6.2	Turn right onto Rte 207	N
31.1	57.1	3.0	3.0	3.2	Turn left onto Rte 78	W
34.1	60.0	2.9	2.9	0.3	Turn right onto Thunderbird Dr.	NW
34.3	60.3	0.3	0.3	0.0	End	

Route Details: <http://tinyurl.com/gmbca2c34mile> (34-mile ride) <http://tinyurl.com/gmbca2c60mile> (60-mile long ride)

Ride Rules

- Everyone must wear a helmet and straps should be adjusted correctly.
- Wave your thanks to drivers who are polite and wait for you or even drivers who are a little rude.
- Follow all traffic laws, including obeying signals.
- If the ride will wait for people at intersections, discuss this at the start.
- Use your own judgment at each stop sign. Don't yell out "Clear" for the next rider.
- Use hand signals for turns and to point out road hazards (If there are new people, review the rules.)
- Wear visible clothing. In fog and rain, you might also want lights.
- If there is a thunderstorm, get away from your bicycle and seek shelter in a building or a stand of trees (not a lone tree).
- Single up when cars are passing, out of courtesy.
- Get license plate or description of harassing drivers, and report it to the police, the ride leader and the Vt Bike/Ped Coalition.
- Finally, a quick safety check for your bike: ABC Quick Check
 - A = Air in tires
 - B = Brakes working
 - C = Chain lubed and crank in good shape
 - Quick = Quick releases tight
 - Check = Make sure everything else seems OK
- **Have Fun!**

GMBC Almost to Canada Map

