

Cue Sheet: GMBC Cabot Sampler Ride

Note: Mileage information for reference only.

Mile	Increment	Instruction	Compass		
0.0	0.0	Park at the Cabot town green, just north of the Cabot Creamery.	NE		
0.3	0.3	Bear left onto S. Walden Rd (you don't have to climb that hill!)	NNW		
5.6	5.3	Turn left onto VT 15	WNW		
8.1	2.6	Turn right onto VT 16	ENE		
12.8	4.7	Turn left onto The Bend Rd	NNW		
15.4	2.6	Turn left onto East St. Break at store. 35-mile ride splits off here.	W		
15.5	0.1	Head north on Wilson St., then bear east on E. Craftsbury Rd., following lake shoreline.	NNW		
21.0	5.5	Turn left, staying on E. Craftsbury Rd.	W		
34-Mile		34-Mile Ride			
15.4	0.1	Head south on Breezy Ave after break	SW		
16.3	0.8	Continue across Bayley-Hazen Rd onto Center Rd	WSW		
22.0	5.6	Turn left onto Main St, then left again onto VT 15	SW		
44-Mile		44-Mile Ride			
22.8	1.8	Turn left onto S. Craftsbury Rd, splitting from 55-mile ride	S		
23.8	1.0	Turn left onto VT 14	SSE		
30.9	7.1	Turn left onto VT 15	SE		
32.0	1.1	Turn left to continue on VT 15 where VT 14 turns south	NE		
58-Mile		58-Mile Ride			
22.8	1.8	Turn right onto S. Craftsbury Rd (45-mile ride turns left here)	NNW		
23.5	0.7	Continue straight onto N. Craftsbury Rd	NNW		
27.2	3.7	Turn left onto VT 14	SSW		
29.1	1.9	Turn right onto Wild Branch Rd	W		
37.6	8.5	Turn left onto VT 15	SE		
46.0	8.4	Turn left to continue on VT 15 where VT 14 turns south	NE		
34	45	55	All Rides Have Reconverged		
29.2	39.3	53.3	7.3	Turn right onto VT 215, Cabot-Walden Rd	SW
33.5	43.5	57.5	4.2	Continue straight onto VT 215, returning to Cabot town green	SW
33.8	43.8	57.8	0.6	End. Buy cheese & treats at the Cabot Creamery for the ride home.	SSW

Route Details: <http://tinyurl.com/2x62q6> (34-mile)
<http://tinyurl.com/2a7wz5> (44-mile)
<http://tinyurl.com/yva2m8> (58-mile)

Ride Rules

- Everyone must wear a helmet and straps should be adjusted correctly.
- 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).
- Get license plate or description of harassing drivers, and report it to the police, the ride leader and the Vt Bike/Ped Coalition.
- Single up when cars are passing, out of courtesy.
- Wave your thanks to drivers who are polite and wait for you or even drivers who are a little rude.
- 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 Cabot Sampler Ride Map

