

Cue Sheet: GMBC Cabot Sampler Ride

Note: Mileage information for reference only.

Mile	Increment	Distance From End	Instruction	Compass		
ALL RIDES						
0.0	0.0	58.4	Park in the Cabot Creamery Visitors' Center parking lot.	NE		
0.1	0.1	58.3	Turn left (north) onto Rt 215, Cabot Rd	ENE		
0.6	0.5	57.8	Bear left onto S. Walden Rd (you don't have to climb that hill!)	NNW		
5.8	5.3	52.5	Turn left onto Rt 15	WNW		
8.4	2.6	50.0	Turn right onto Rt 16	ENE		
13.1	4.7	45.2	Turn left onto The Bend Rd	NNW		
15.7	2.6	42.7	Turn left onto East St. Break at store. Rides split here.	W		
35-Mile Ride						
15.8	0.1	18.5	Head south on Breezy Ave after break	SW		
16.6	0.8	17.7	Continue across Bayley-Hazen Rd onto Center Rd	WSW		
22.2	5.6	12.1	Turn left onto Main St, then left again onto Rt 15	SW		
45-Mile Ride						
15.8	0.1	28.6	Head north on Wilson St, then bear left on E. Craftsbury Rd, following lake shoreline.	NNW		
21.3	5.5	23.1	Turn left, staying on E. Craftsbury Rd	W		
23.0	1.8	21.3	Turn left onto S. Craftsbury Rd	S		
24.1	1.0	20.3	Turn left onto Rt 14	SSE		
31.1	7.1	13.2	Turn left onto Rt 15	SE		
55-Mile Ride						
23.0	1.8	35.3	Turn right onto S. Craftsbury Rd (45-mile ride turns left here)	NNW		
23.8	0.7	34.6	Continue straight onto N. Craftsbury Rd	NNW		
27.4	3.7	30.9	Turn left onto Rt 14	SSW		
29.4	1.9	29.0	Turn right onto Wild Branch Rd	W		
37.9	8.5	20.5	Turn left onto Rt 15	SE		
35	45	55	All Rides Have Reconverged			
29.5	39.5	53.5	8.4	4.8	Turn right onto Rt 215, Cabot-Walden Rd	SW
33.8	43.8	57.8	4.2	0.6	Continue straight onto Rt 215, returning to Cabot Creamery	SW
34.3	44.4	58.4	0.6	0.0	End at Creamery parking lot. Buy cheese & treats for the ride home.	SSW

Route Details: <http://tinyurl.com/2x62q6> (35-Mile)
<http://tinyurl.com/2a7wz5> (45-mile)
<http://tinyurl.com/yva2m8> (55 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**

