

Cue Sheet: GMBC Kingsland Bay Ride

Mile	Increment	Distance From End	Instruction
0	-	35.5 / 42.3	Start at Shelburne post office parking lot
0	0	35.5 / 42.3	South on Falls Rd.
0.2	0.2	35.3 / 42.1	Continue straight at stop sign on Mt. Philo Rd.
8.1	7.9	27.4 / 34.2	Right onto Old Hollow Rd.
8.4	0.3	27.1 / 33.9	Continue across Rt 7 onto Stage Rd; WATCH TRAFFIC
9.4	1	26.1 / 32.9	Left onto Greenbush Rd
11.4	2	24.1 / 30.9	Right onto Rt 7 south; WATCH TRAFFIC!
12.9	1.5	22.6 / 29.4	Short ride turns right onto Little Chicago Rd. Long ride continues down Rt 7 to Vergennes.

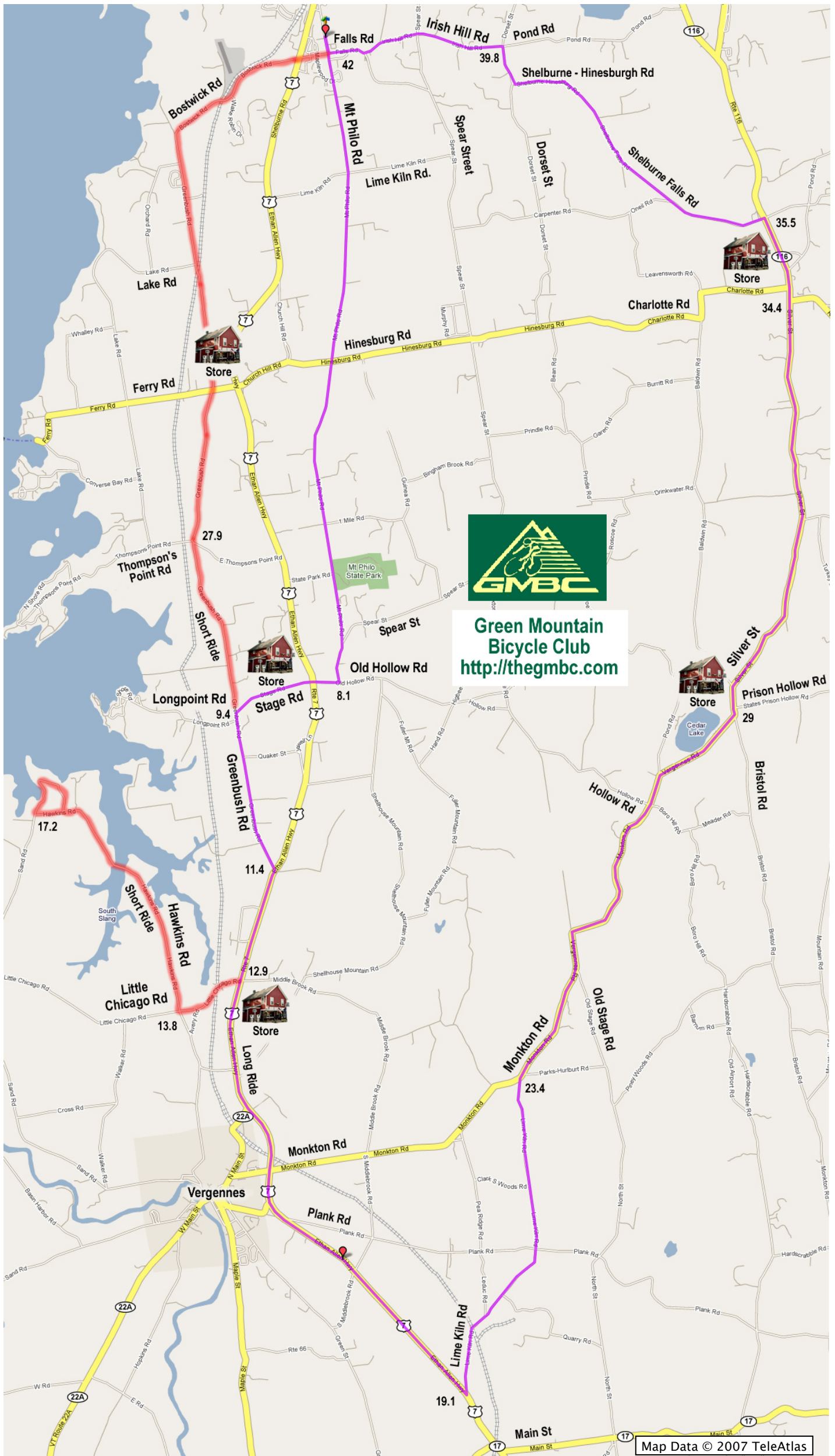
Short Ride			
13.8	0.9	28.5	Right onto Hawkins Rd
17.2	3.4	25.1	Turn around at Kingsland Bay State Park
21.4	4.2	20.9	Left onto Little Chicago Rd
22.3	0.9	20	Left onto Rt 7 north; WATCH TRAFFIC!
23.7	1.4	18.6	Left onto Greenbush Rd
25.7	2	16.6	Continue on Greenbush Rd (do not turn back onto Stage Rd.)
27.9	2.2	14.4	Stay on Greenbush Rd at intersection with Thompson's Point Rd
34.9	7	7.4	Cross Rt 7 at traffic light at Shelburne Museum; WATCH TRAFFIC!
35.2	0.3	7.1	Cross Rt 7 at traffic light; WATCH TRAFFIC!
35.5	0.3	0	End at Shelburne Post Office parking lot.

Long Ride			
19.1	9.7	23.2	Left onto Lime Kiln Rd.
23.4	4.3	18.9	Right onto Monkton Rd.
29	5.6	13.3	Left onto Silver Street in Monkton Ridge
34.4	5.4	7.9	North on 116 in Hinesburg
35.5	1.1	6.8	Left at traffic light onto Shelburne Falls Rd
39.8	4.3	2.5	Left onto Irish Hill Rd (Falls Rd)
42	2.2	0.3	Right onto Falls Rd
42.3	0.3	-	End at Shelburne post office parking lot
0	-	35.5 / 42.3	Start at Shelburne post office parking lot

Route Details: <http://tinyurl.com/26oflg> (Long Ride)
<http://tinyurl.com/23adg8> (Short Ride)

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!**



**Green Mountain
Bicycle Club**
<http://thegmbc.com>