

Cue Sheet: GMBC Moose Country Meandering

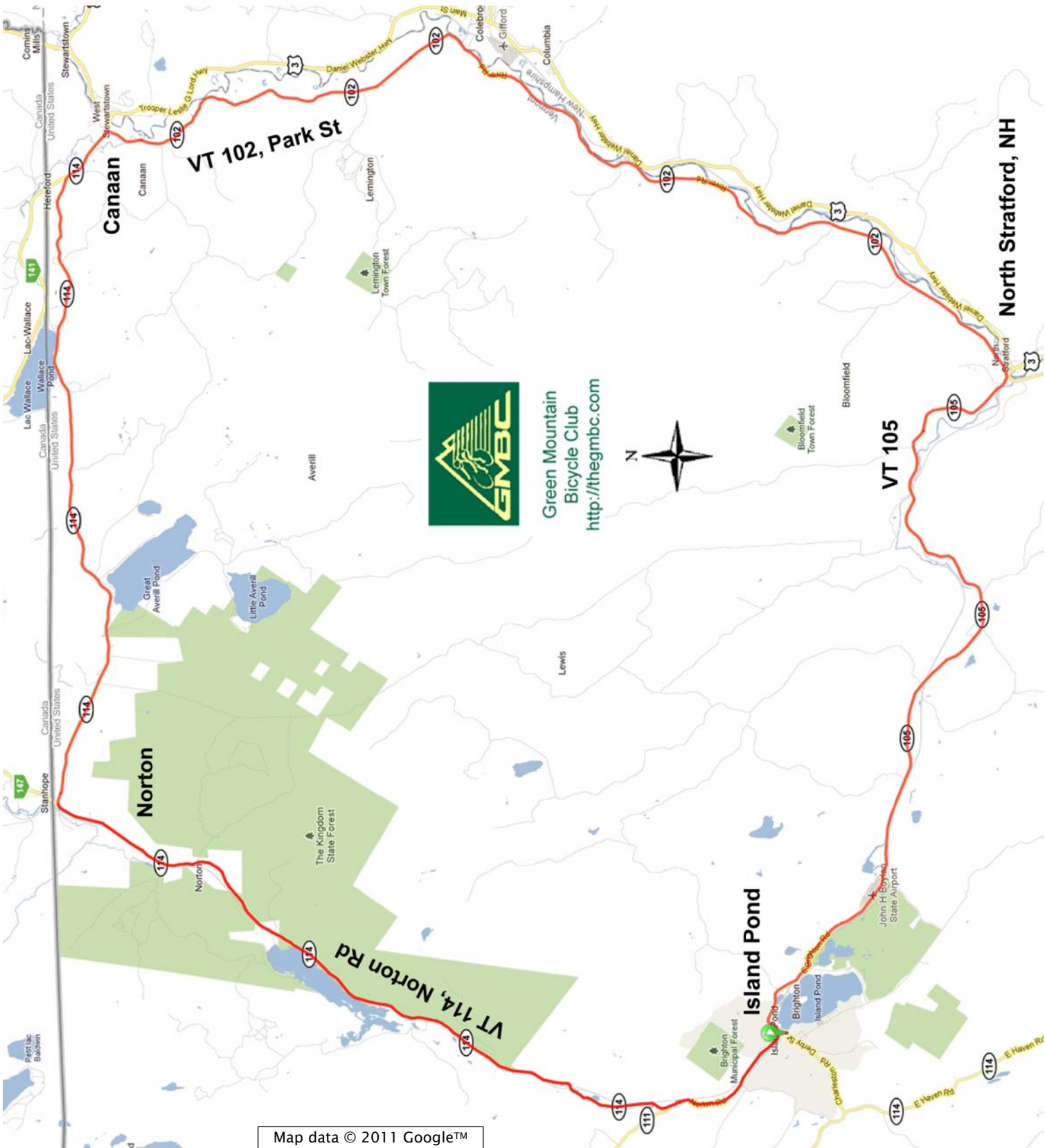
Mile	Leg	Location	Instruction	Compass
0	0	Island Pond	Start at Island Pond Visitor's Center on VT 105, head north	N
0.2	0.2		Turn left onto VT-114 N/Railroad St	W
16.4	16.2	Norton	Follow VT 114 as it turns to the east at border station	E
29.9	29.8	Canaan	Turn right onto VT-102 S/Park St	SSW
50.7	20.7		Turn right onto VT-105 W	WNW
66.7	16.1	Island Pond	Turn left onto E Brighton Rd	S
66.9	0.2		End at Visitor's Center	

Route Details: 67-mile <http://ridewithgps.com/routes/692065>

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!**

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