

Cue Sheet: GMBC In Search of Memphre

Note: Mileage information for reference only.

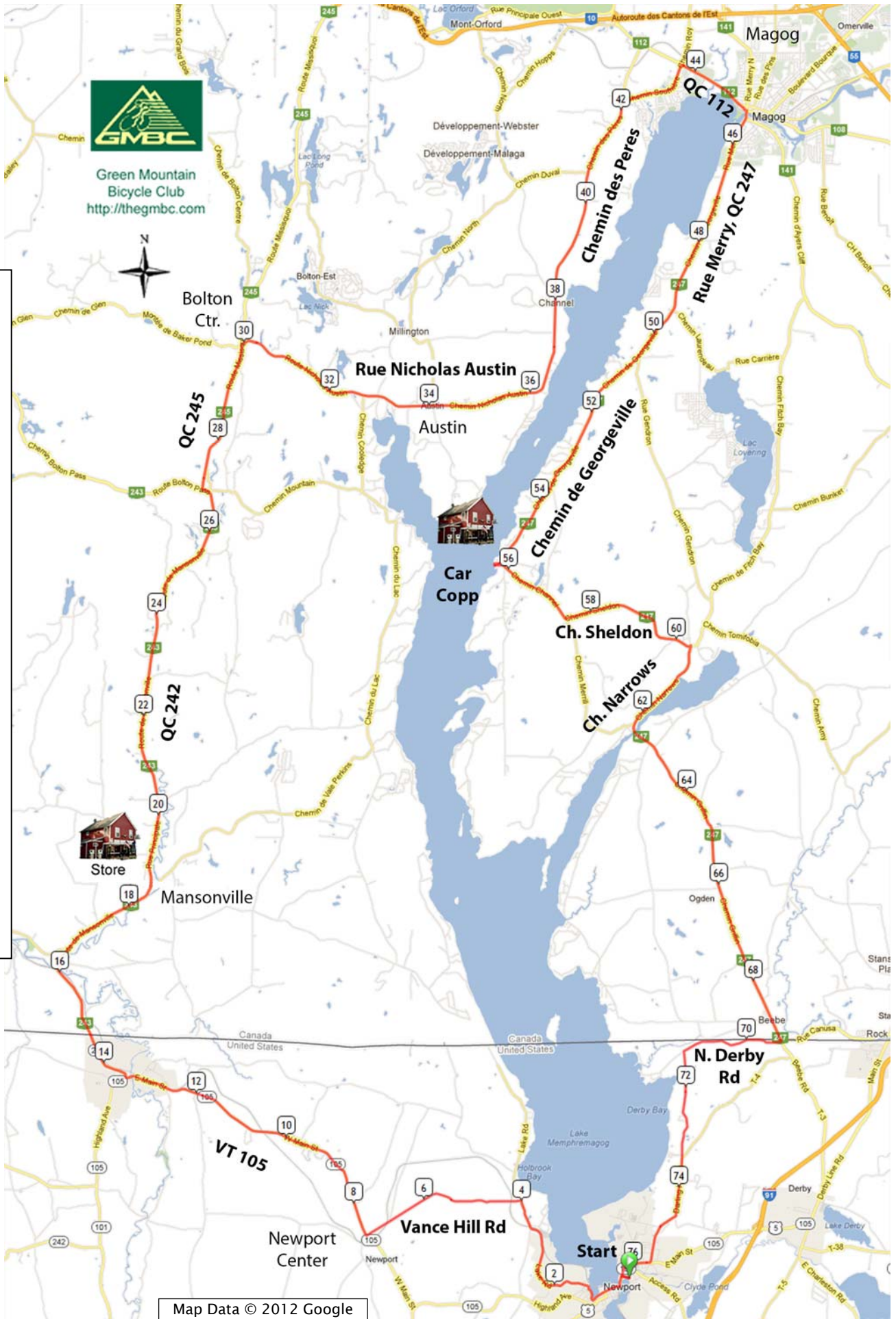
Mile	Increment	Turn	Instruction	Compass
0	--	--	Start at Gardner Park, Newport	--
0.2	0.2	L	Turn left onto US-5 S / VT-105 W	S
0.7	0.5	BR	Continue onto Main St	W
1.0	0.3	R	Turn right onto Lake Rd	NW
4.0	3.0	L	Turn left onto Vance Hill Rd	W
7.3	3.3	R	Turn right onto VT-105 W/W Main St	NNW
13.4	6.1	R	Turn right onto South St, VT 243	N
14.6	1.2	S	Cross Canadian border. Continue onto QC-243 N	NNW
16.1	1.5	R	Turn right onto Rue de Mansonville / QC-243 N	NNE
27.0	10.9	R	Turn right onto Rue Missisquoi / QC-245 N (signs for QC 10)	N
29.9	3.0	R	Turn right onto Rue Nicholas Austin (signs for Austin/Saint-Benoît-du-Lac)	NE
39.2	9.2	S	Continue onto Chemin des Pères	NNE
42.2	3.0	R	Turn right onto Chemin Southière	E
43.7	1.5	R	Turn right onto QC-112 E	ESE
45.3	1.6	R	Turn right onto Rue Merry S/QC-141 S (signs for QC 141 S). Continue on QC 247 after bridge.	S
55.5	10.2	R	Turn right onto Carr Copp. Break at lakeside.	E
55.8	0.3	R	Turn right onto Chemin Channel / QC-247 S	SE
57.5	1.7	L	Turn left onto Chemin Sheldon / QC-247 S	ENE
60.3	2.8	R	Turn right onto Chemin Narrows / QC-247 S	SSW
69.3	9.0	R	Turn right onto N Derby Rd after crossing US border	W
71.3	2.0	L	Turn left to stay on N Derby Rd	S
73.4	2.1	S	Continue onto Darling Hill Rd	S
75.7	2.3	R	Turn right onto E Main St,	W
76.2	0.5	L	Turn left onto Main St, staying on US-5 S / VT-105 W	S
76.4	0.2	L	Turn left onto Gardner Park Rd	E

Route Details: <http://ridewithgps.com/routes/1558305>

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 In Search of Memphre Ride Map



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

