

Cue Sheet: GMBC Groton Grinder

Mile 50 & 80	Incre- ment 50 & 80	Instruction	Compass
0	0	Start at Spaulding High School parking lot.	W
0.2	0.2	Turn right onto Hill St	N
0.5	0.3	Turn right onto Rte 302	SE
19.1	18.6	Turn left onto Rte 232 after break at store ahead on right.	NNW
32.5	13.5	Short ride turns left onto Rte 2, long ride turns right.	NE, SE
50	50	50-Mile Ride	
34.1	1.1	Break at 2nd Marshfield store (on right)	-
44.0	10.3	Turn left onto Rtes 2 & 14	SW
44.2	0.2	Turn left, crossing bridge on Rte 14, leaving Rte 2. (alternatively, continue on Rte 2, then left on 302)	SE
49.3	15.1	Turn left onto Rtes 302 & 14	SE
49.8	0.5	Bear left, staying on Rte 14	S
50.3	0.5	Turn left onto Ayers St. Return to start	E
50.5	0.2	End	-
80	80	80-Mile Ride	
40.9	8.3	Regroup at Joe's Pond	-
43.6	2.8	Turn right onto Peacham Rd.	S
50.4	6.8	Break at Peacham Store	-
59.2	8.8	Turn right onto Rte 302	WNW
76.4	17.2	Turn left at traffic circle onto Rte 110, then immediate straight onto Mill St after crossing bridge.	SW
76.6	0.2	Turn right onto Websterville Rd	NW
77.6	1.0	Turn right at quarry, staying on Websterville Rd	NNW
78.9	1.3	Turn right onto Quarry Hill Rd at stop sign	NNE
80.3	1.4	Turn right onto Rte 14	N
80.7	0.4	Turn right onto Ayers St	E
80.9	0.2	End	-

Route Details: <http://tinyurl.com/GrotonGrinder50> (50-mile) <http://tinyurl.com/GrotonGrinder80> (80-mile)

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!**

