

Cue Sheet: East of Eden Ride

Note: Mileage information for reference only.

Mile	Increment	Instruction	Compass
0.0	0.0	Start At Eden Elementary School parking lot. 1/2 mile south of Rtes 100 & 118 intersection.	NNW
0.2	0.2	Left on Rte 100.	E
1.2	1.0	Left on Rte 118	NNW
7.8	6.6	Right at intersection with Rte 109, staying on Rte 118. Rough road on this stretch, but low traffic.	NNE
15.8	8.1	Rides split. Long ride continues on Rte 118. 50-mile ride turns right onto Rte 242.	NW
50-Mile Ride			
27.4	11.5	Turn right onto N. Hill Rd (Cross Rd). Rides converge.	SSW
31.5	4.2	Turn right onto Rte 100.	SSW
48.1	16.7	Right on Knowles Flat Rd, to school parking lot.	NNW
48.3	0.2	End	SSE
67-Mile Ride			
18.2	2.4	Bear right onto Fuller Bridge Rd and cross covered bridge. Becomes S. Richford Rd.	NNW
25.3	7.1	Right onto Rte 105	E
38.9	13.6	Turn right onto Cross Rd.	S
43.5	1.6	Straight across Rte 242. Cross Rd becomes N. Hill Rd.	SSW
47.7	4.2	Turn right onto Rte 100 south.	SSW
64.3	16.6	Right on Knowles Flat Rd, to school parking lot.	NNW
64.5	0.2	End	SSE

Route Details: <http://tinyurl.com/342awb> (50-mile ride)
<http://tinyurl.com/38uqrx> (65-mile long 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!**

GMBC East of Eden Ride Map



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