The "John Clark Ride" For Alzheimer's 2017

41.7 mi (66 km)			Mystic, Stonington, Pawcatuck, N Stonington, Groton				John Clark Long Bike Ride 2017
							Ω = Next turn soon: ≤ 0.2 mi
Start :			Mystic Cycle Ctr, 25 Stonington Rd, Mystic				>> means road name changes to …….
	Incr	Odo					
		0.0	L-Route 1		Incr	Odo	
	7.0	7.0	L-Route 2 W (Liberty Street)		0.7	28.1	R - Shennecossett Rd (no sign)
	3.8	10.8	Route 184W at Route 2 Rotary		0.4	28.5	L-Bear left;still Shennecossett Road
	10.7	21.5	R-Tollgate Road		0.4	28.9	R - Thomas Road
	1.2	22.7	S-Cross Rt 12>>Walker Hill Road		0.6	29.5	R-Tower Av (airport)>>South Rd
	0.3	23.0	R-Grove Avenue		1.6	31.1	R-Rt 1 Poquonnock Rd>>Fort Hill Rd
	0.3	23.3	L-Fairview Ave (no sign) left at "T"		0.5	31.6	L - Route 117 North
	0.4	23.7	R-Bridge St>>Thames Street		2.6	34.2	R - Route 184 East
	1.1	24.8	R-bear right>>Eastern Point Road past EB		3.3	37.5	R - Route 27 South Ω
	0.8	25.6	R-Rt 349 still Eastern Point Rd		0.2	37.7	R-River Road
	0.7	26.3	R-Meech Av>>N Prospect St>>CottagePl Ω		2.3	40.0	L-Starr St>>Pearl St>>Eldridge St>>GravelSt
	0.2	26.5	R-Hillside Av>>L-Shore Av>>L-Beach Pond		0.6	40.6	L-W Main St, Cross drawbridge>>E Main St Rt 1
	0.8	27.3	R- Eastern Pt Rd>>Shennecossett Rd Ω		0.4	41.0	L-Rt 1 Roosevelt Ave>>Williams Ave
	0.1	27.4	R - Enter UConn Avery Pt Campus loop		0.7	41.7	L-Mystic Cycle Centre

Highlights:

Rt 1 Shoreline

Thames River/Gold Star Bridge

Shennecossett Golf Club

Eastern Point Beach

UConn Avery point Campus

Groton-NL Airport

Mystic River

Mystic Seaport

Downtown Mystic/Drawbridge

Every 66 seconds someone develops Alzheimer's

Cycling Guidelines and Responsibilities

- All cyclists on organized rides must wear an approved helmet.
- Be prepared by bringing adequate clothing, food, water, tools and spare tube.
- Act responsibly:
  - Obey all traffic laws (e.g. stop lights, stop signs, stay to the right, ride single file in traffic)
  - When stopping, get well off the traveled portion of the road.
  - Be considerate. When appropriate, communicate and signal, i.e. "on your left", "car up", "car back"
- Enjoy the ride