

"John Clark Ride" #1 For Alzheimer's 42 miles

42.3 mi Mystic, Stonington, Pawcatuck, N Stonington, Voluntown, Griswold, Groton, Ledyard John Clark **long** Bike Ride

Start : Mystic Cycle Ctr, 25 Stonington Rd, Mystic Ω = Next turn soon: ≤ 0.2 mi
 >> means road name changes to

	Incr	Odo			Incr	Odo	
↑		0.0	L-Route 1		0.6	31.7	R-Rt 201 also Mystic/NStonington Rd
←	4.7	4.7	L-South Anguilla Road	→	3.0	34.7	R - Wolf Neck Rd
→	1.4	6.1	R-Pequot Trail Ω	←	1.0	35.7	L - Lantern Hill Rd
←	0.2	6.3	L - North Anguilla Road	↑	1.9	37.6	S-Cross Rt 184, still LanternHill>>N Ston Rd
→	0.8	7.1	R-Elm Ridge Rd	↑	0.5	38.1	>> Main St at firehouse Ω
↑	1.2	8.3	S-Cross Rt 2 >> Rt 49	↑	0.1	38.2	R-Rt 27 North Ω
↑	2.0	10.3	S - Cross Rt 184 (Pendleton Hill Rd)	↑	0.1	38.3	L-River Road; (under I-95 bridge at 39.7 mi)
↑	2.1	12.4	L-at intersection Rt 216 (still Rt 49)	←	2.4	40.7	L-Starr >>Pearl, L on Eldridge >>Gravel
↑	8.8	21.2	L-Rt 165 in Voluntown	←	0.5	41.2	L-W Main St, Cross drawbridge>>E Main Rt 1
←	2.0	23.2	L-Rt 201 (just past Buttonwood Farms)	←	0.5	41.7	L-Rt 1 Roosevelt Ave>>Williams Ave
←	7.1	30.3	L-Route 201 also now Rt 2	←	0.6	42.3	L-Mystic Cycle Centre
→	0.8	31.1	R-Rt 201 get off Rt 2 @ Mains Crossing				

Highlights

- ↑
- Rt 1 Shoreline
- CT farm country
- Pachaug Forest
- Buttonwood Farms
- 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							