

# "John Clark Ride" #2 For Alzheimer's 27 miles

26.8 mi			Mystic, Stonington, Pawcatuck, N Stonington, Groton			John Clark <b>short</b> 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	↑	1.8	16.3	R - Al Harvey Rd	
↶	4.7	4.7	L-South Anguilla Road	↑	1.4	17.7	L-Rt 201 N Ston Mystic Rd (no sign)	
↷	1.4	6.1	R-Pequot Trail Ω	↷	1.3	19.0	R - Wolf Neck Rd	
↶	0.2	6.3	L - North Anguilla Road	↶	1.1	20.1	L - Lantern Hill Rd	
↷	0.8	7.1	R-Elm Ridge Rd	↑	1.9	22.0	S-Cross Rt 184, still LanternHill>>N Ston Rd	
↑	1.2	8.3	S-Cross Rt 2 >> Rt 49	↑	0.4	22.4	>> Main St at firehouse Ω	
↑	2.0	10.3	S - Cross Rt 184	↑	0.2	22.6	R-Rt 27 North Ω	
↶	0.8	11.1	L - Babcock Road	↶	0.1	22.7	L-River Road; (under I-95 bridge at 18.1 mi)	
↑	1.7	12.8	L - Wyassup Rd (no sign) Ω	↶	2.4	25.1	L-Starr St>>Pearl St>>Eldridge St>>GravelSt	
↑	0.1	12.9	L - Main S Ω	↑	0.5	25.6	L-W Main St, Cross drawbridge>>E Main Rt 1	
↑	0.1	13.0	S - becomes Rocky Hollow Rd Ω	↶	0.5	26.1	L-Rt 1 Roosevelt Ave>>Williams Ave	
↑	0.2	13.2	S - Cross Rt 2 still Rocky Hollow Rd	↶	0.7	26.8	L-Mystic Cycle Centre	
↑	1.3	14.5	R - Rt 184; Prov NL Tpke					
			<b>Highlights</b>					
			Rt 1 Shoreline			<b>Every 66 seconds someone develops Alzheimer's</b>		
			CT farm country					
			Mystic River					
			Mystic Seaport					
			Downtown Mystic/Drawbridge					
<b>Cycling Guidelines and Responsibilities</b>								
• 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								