

**W-100 Stonington Velvet Mill 22.1 Miles**

**Start: Velvet Mill 22 Bayview Ave**

<b>Leg</b>	<b>Total</b>	<b>Directions</b>		<b>Leg</b>	<b>Total</b>	<b>Directions</b>
0	0	R Bayview Ave		0.9	12.1	R Rt 2
0.1	0.1	L ElmSt		0.7	12.8	R Rocky Hollow Rd
0.1	0.2	R Cutler St		1.3	14.1	R Rt 184
0.3	0.5	R North Water Street		0.8	14.9	L Taugwonk Rd
0.7	1.2	L Stonington Rd ( Rt 1 )		2	16.9	R Sommers Ln
1.4	2.6	R Cove Rd	F	0.3	17.2	L Wheeler Rd
1.5	4.1	R Mistuxet Ave	i	1.3	18.5	L Pequot Trail
0.2	4.3	R Mistuxet Ave	r	0.8	19.3	R North Main St
0.2	4.5	L Pelligrino Rd	s	1.6	20.9	S North Main St
0.7	5.2	L Flanders Rd	t	0.8	21.7	L Cutler St
0.4	5.6	L Pequot Trail		0.2	21.9	L Elm St
0.2	5.8	R Al Harvey Rd		0.1	22	R BayView Ave
2.5	8.3	S Al Harvey Rd	F	0.1	22.1	L Velvet Mill Parking lot
1.4	9.7	R Mystic Rd ( Rt 201 )	o			
1.5	11.2	S Mystic Rd (Rt 627)	l			
			d			

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**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