

**SATURDAY 31st August. INTERSHACK BIKE DAY:
Schedule, Route and Rental Information**

Organizers:

Fiona Campbell, David Stirling, Mario Labarbera, RoseDiPancrazio

Registered to ride:

Fred Pye

Bob and Donna Millay

Antek Kubski and Robin Sully

Andrez Piskorski

Bill Lynam

Ken McVey

Stuart and Claudia Johnson

Andy & Urszula Thompson

If you registered but are not riding, did not register yet, or want more info please contact Fiona by email at fionacampbell13@gmail.com or 515-942-0798 or at the pizza party on Friday 30th.

INTERSHACK BIKE RENTAL INFORMATION

HYBRID AND E BIKES can be rented from Jay Cloud Cyclery at the Blue Bike cafe in Montgomery Center.

\$35 US a day for a hybrid.

\$50 US a day for an Electric bike.

Helmets are included .

Road bikes not available

TO RENT YOUR BIKE..Contact ETHAN at 802 326 2055 or www.thejaycloud.com/rent

Tell him you are with Intershack.

Remember to wear a bright coloured shirt or jacket and have bike pants to avoid chafed thighs!

**SATURDAY 31st August. INTERSHACK BIKE DAY:
Schedule, Route and Rental Information**

MEET AT BLUE BIKE CAFÉ IN MONTGOMERY CENTER by Sylvester grocery store at 10 a.m.

THOSE WHO HAVE RENTED BIKES WILL PICK THEM UP THERE .

RIDE 1. COMPLETE RIDE .. MEDIUM ...*Mario will be leading this ride*

26 miles with hills..road bike.. electric bike..possible but hard on a hybrid..

(OPTIONS TO TURN BACK BEFORE THE STEEP HILL OR TAKE THE RAIL TRAIL)

Ride on rte 118 North through Montgomery (check out covered bridge) and continue to East Berkshire.

In East Berkshire turn right on rte 105 east to Richford. Super wide newly paved hard shoulder. Medium traffic.

Or take the rail trail bike path.

In Richford turn right at the big Catholic Church, go past the rail trail entrance and 400 yards on turn right up South Richford road. Steep!

All the steep hills are at the start, the scenery is glorious and very few cars.

Continue downhill , over covered bridge into Montgomery.

Left on 118 south and back for lunch at Blue Bike in Montgomery Center.

Option to continue riding up to Jay.

RIDE 2. EASY... *David and Fiona will be with you on this ride*

MISSISQUOI VALLEY RAIL TRAIL. Hybrid bike is ideal or electric bike but OK for a road bike.

Ethan at the bike rental will deliver your bike to the rail trail if you ask him when you reserve your bike.

**SATURDAY 31st August. INTERSHACK BIKE DAY:
Schedule, Route and Rental Information**

Starts in Richford (rte 105 east) and passes through East Berkshire, Enosburg and ends in St Albans. Ride as much or as little as you like. Follows the river. You can start in East Berkshire or ride from Blue Bike Cafe after picking up your rental bike.

RIDE 3 SELFGUIDED OPTION FROM JAY COUNTRY STORE ..

MEDIUM ..20 miles..some hills...mostly good road surface...road bike preferable but OK with a hybrid.

Turn right out of the parking lot and immediately left onto Cross road.

Ride 2 miles to the T junction and right onto Rte 105.

At T junction turn left onto route 101 to North Troy.

Take first right in North Troy onto North Pleasant St. which is route 105..continue straight out of town for about 2 miles and turn right on East Hill Road. Lovely peaceful road with great views of Jay.

Ride to the T junction and turn right on Route 100 down the hill into Troy. Ride carefully here. Traffic and poor hard shoulder but only 2 miles.

Cross the intersection and ride up South Pleasant rd. At the next T junction turn right onto Cross rd. In 2 miles you will be back in Jay village.. store on the left. Good for lunch.