



ALERT! READING THIS PACKET WILL MAKE YOUR RIDE MORE FUN.

the Sweet Ride + Shindig

PRESENTED BY



Thank you for supporting WABA through the Sweet Ride!

We're very excited to be launching this ride in Virginia and we're so glad you're along for the ride. It's a great way to kick off summer *and* gives WABA the resources we need to build better biking in our region. We hope you enjoy the ride!

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Share your experience on social media!

#SweetRide

Sponsors and Partners

Help us thank Conte's Bike Shop for their generous title sponsorship!



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WABA extends a huge thank you to the host committee for this event—Josephine Liu, Wayne Clark, and Judd Isbell—who played key roles in making this event a success.

Refund Policy

Since WABA Signature Events are fundraisers, all ride registrations are final. **The Sweet Ride is rain or shine.** There will be no refunds, exchanges, or transfers for this event, even for inclement weather. If you are unable to attend, remember that WABA is a nonprofit that relies on your financial support to make our region better for biking!

Venue Address

The start and end location for all of the Sweet Ride routes is The Grounds, 1102 S Eads St, Arlington, VA.

Getting There

The start location, The Grounds, is in Crystal City, in Northern Virginia. It is accessible by bike from the Mt. Vernon Trail and surrounding neighborhoods. If arriving by public transit, the closest metro station is [Pentagon City station](#) on the Yellow Line ([bikes are allowed on Metro at all times](#)). There are also several bus lines that go through the area. ([Find out more here.](#)) If you plan to arrive by car, there may be limited on-street paid parking available in the neighborhoods near the start, but double check any street parking restrictions. There are also pay-to-park garages located close by ([find out more here](#)).

Locking Your Bike

There will be limited bike parking at The Grounds—bring a lock for your bike! If you don't want to carry the lock with you on the ride, you may label it (we'll have duct tape and a sharpie for you) and give it to us. We'll have it for you when you get back.

Schedule of Events

Saturday, June 15, 2019

Cue sheets will be distributed at check-in, and ride marshals will be available to lead you through the route. If you are uncomfortable wayfinding with a paper cue sheet, please explore other options at waba.org/sweetroutes!

Sweet 50 Route | | [Digital Route Files](#)

- **Check-In:** 9:00 AM – 10:00 AM
- **Rolling Start:** 9:30 AM – 10:00 AM
- **Pit Stop - Conte's Alexandria:** 9:00 AM – 1:00 PM
- **Pit Stop - Four Mile Run Park:** 9:30 AM – 1:30 PM
- **Pit Stop - Conte's Arlington:** 10:00 AM – 1:30 PM
- **Pit Stop - Zachary Taylor Park:** 11:00 AM – 2:30 PM

Sweet 30 Route | [Digital Route Files](#)

- **Check-In:** 10:00 AM – 11:00 AM
- **Rolling Start:** 10:30 AM – 11:00 AM
- **Pit Stop - Conte's Alexandria:** 9:00 AM – 1:00 PM
- **Pit Stop - Four Mile Run Park:** 9:30 AM – 1:30 PM
- **Pit Stop - Conte's Arlington:** 10:00 AM – 1:30 PM

Sweet 15 Route | [Digital Route Files](#)

- **Check-In:** 11:00 AM – 11:30 AM
- **Rolling Start:** 11:15 AM – 11:30 AM
- **Pit Stop - Conte's Alexandria:** 9:00 AM – 1:00 PM
- **Pit Stop - Four Mile Run Park:** 9:30 AM – 1:30 PM

Sweet 5 Route | [Digital Route Files](#)

- **Check-In:** 11:00 AM – 11:30 AM
- **Group Start:** 11:30 AM
- **Pit Stop - Four Mile Run Park:** 9:30 AM – 1:30 PM

Join us for a **the Shindig** at The Grounds, open to the public, from 12:00pm – 5:00pm. It's going to be a lot of fun! You'll be able to:

- Grab your free drink (from Port City Brewing) or ice cream (from Hershey's). This freebie is only available to Sweet Ride participants!
- Listen to live music from local band Chasing Autumn
- Buy discounted WABA merchandise
- Visit with various vendors at The Grounds
- Grab a snack from Savor 503, a local food truck
- Join WABA or renew your WABA membership
- Check out bikes and gear from Conte's Bike Shop
- Participate in a WABA advocacy action
-

So, stick around after you finish riding to enjoy a stress-free afternoon of fun, and spend some quality time with the WABA community!

Ride Information

Disclaimer

This is an unsupported ride. That means there are no SAG vehicles. If there is an emergency, call 911. If you have a non-emergency issue, let a marshal in a yellow vest know. They will direct you on next steps.

Marshals are WABA volunteers who are the first line of response in incidents that involve ride participants and are also an avenue of communication between ride participants and WABA staff members.

If you feel unable to finish the ride at any time, you are free to withdraw and make your own way home or to the post-ride celebration. We suggest you bring a SmartTrip card, charged cell phone, and \$20 for cab fare with you. It's also a good idea to have a friend or family member in the area "on-call" to

come pick you up along the route in case of an emergency, a bike mechanical issue, or if you just don't feel like riding any more.

Bathrooms

Bathrooms are located at the ride start/end, near each pit stop, and at the post-ride celebration. There are also ample opportunities to stop at local establishments along the ride.

Time Limits

As an unsupported ride, there is no time limit for the Sweet Ride routes—WABA will not ask any rider to stop riding. However, check-in, the pit stops, and the post-ride celebration are only open during the hours specified [here](#). Pit stop open and close times are firm.

What to Bring

- Weather appropriate clothing
- Helmet **(Required by our insurance. You can't ride without one.)**
- Water bottles (there will be refill stations at pit stops)
- Saddle bag (to carry spare tube, tire levers, and pump)
- Spare tube (especially if you have a non-standard rim size!)
- Charged cell phone and charger
- Sunglasses and sunscreen
- Additional snacks
- An adventurous spirit!

Route Updates or Day-of Changes

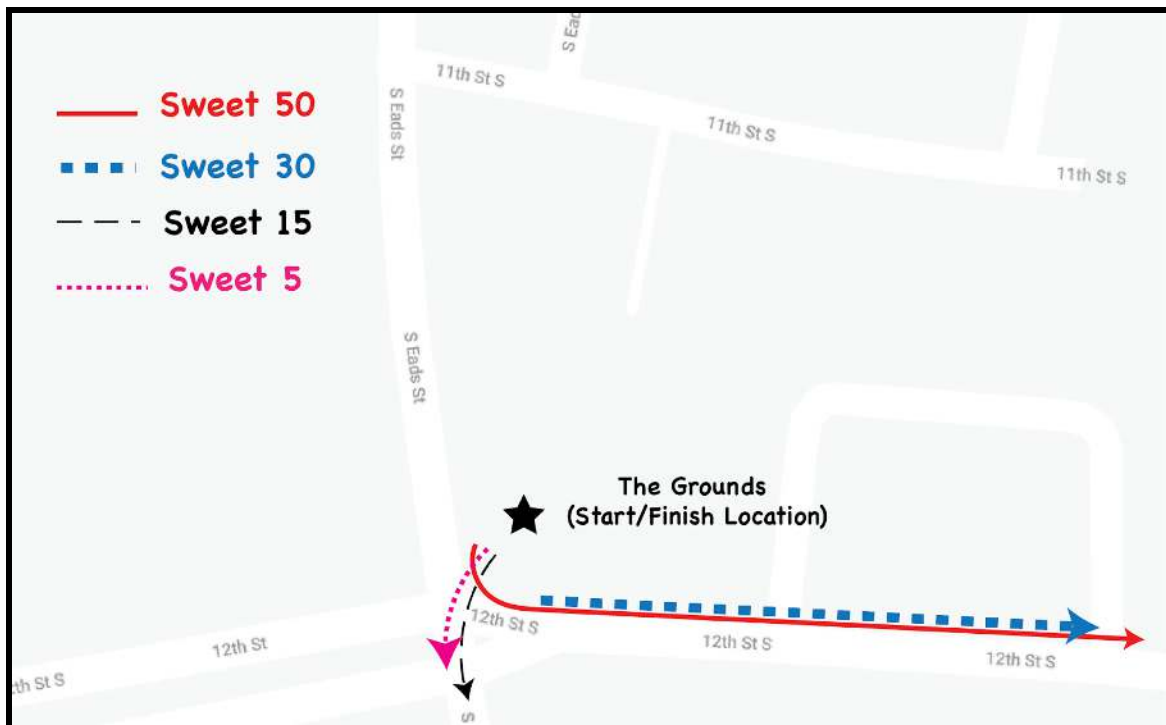
We have a team pre-riding each route to catch any day-of changes to the route. This team will report any changes to us, and we will get the word out as quickly as we can! These changes will be shared at pit stops and on [Twitter](#)

when possible. However, unexpected construction or a last-minute road closure are always a possibility.

Site Maps

At pit stops, you'll be able to refill your water bottles, have a snack, connect with WABA staff and volunteers, and take a few minutes off your bike. Bike parking will be provided at The Grounds until 5pm. Bathrooms are available at every location. Directions to pit stops will be included in each cue sheet.

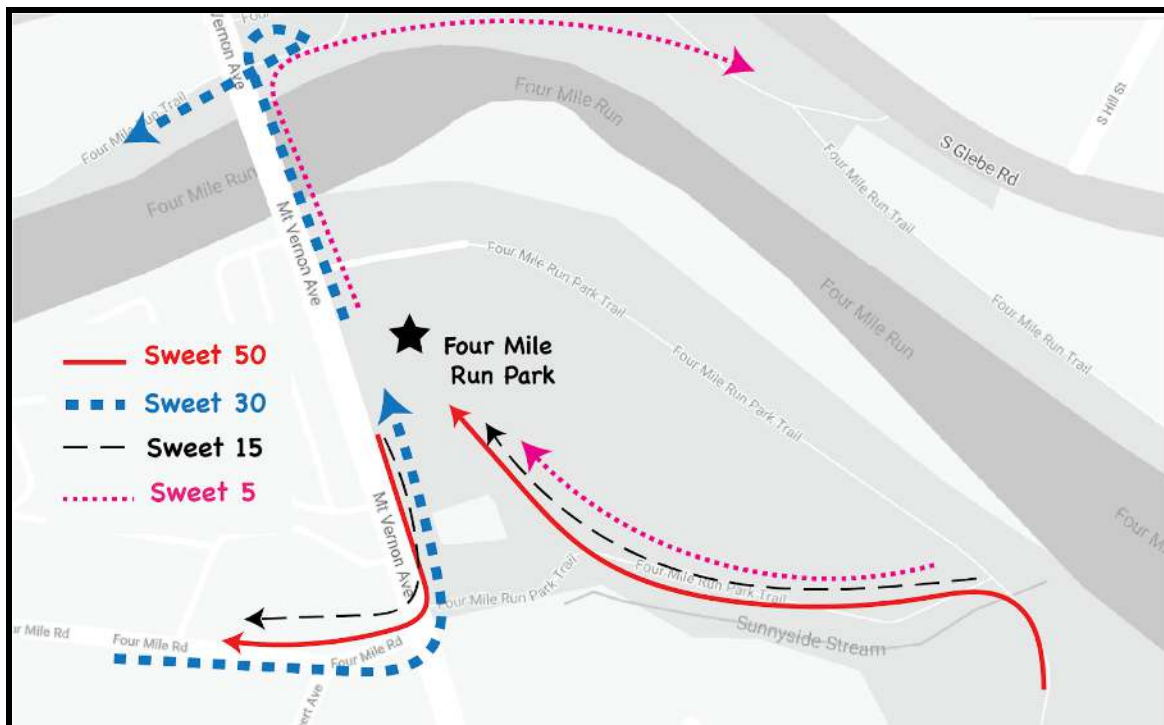
Check-In | The Grounds | 1102 S Eads St, Arlington, VA



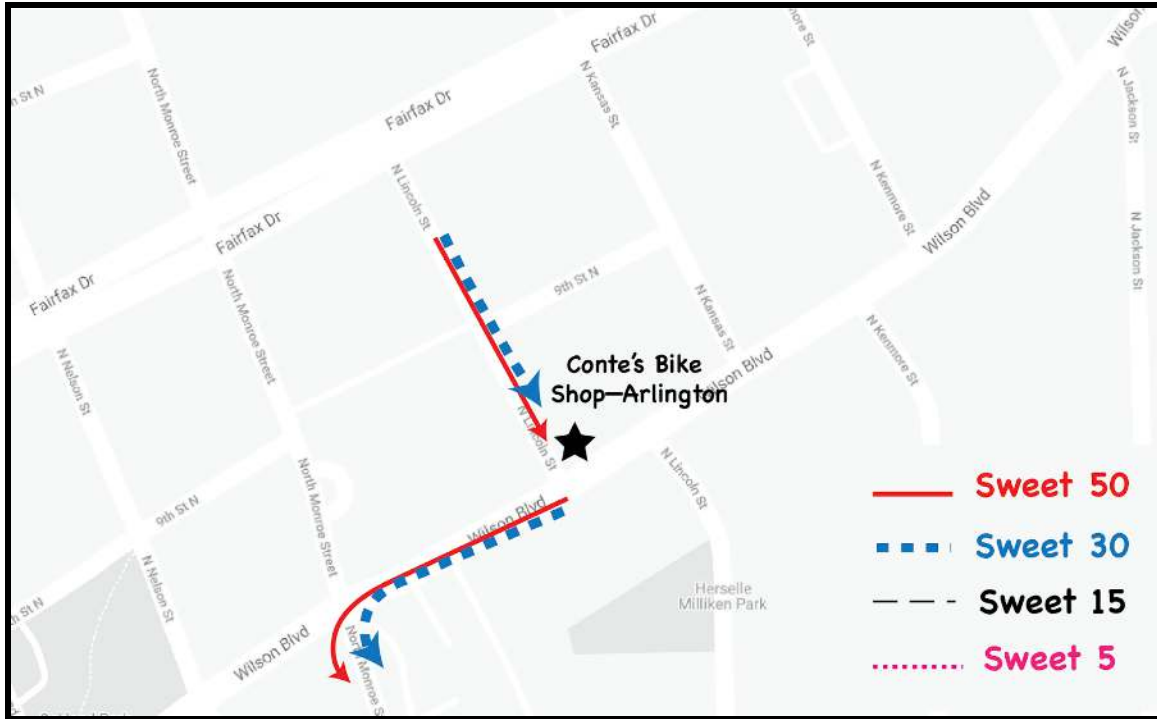
Pit Stop | Conte's Bike Shop - Alexandria



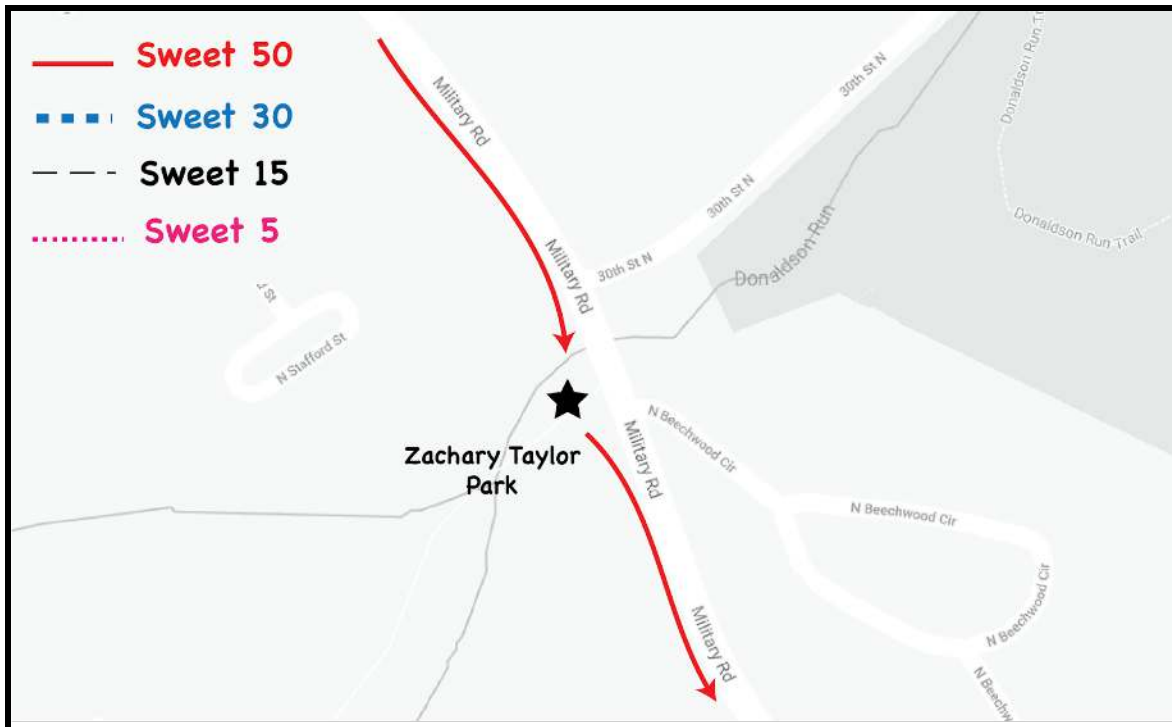
Pit Stop | Four Mile Run Park



Pit Stop | Conte's Bike Shop - Arlington



Pit Stop | Zachary Taylor Park



Do you have more questions? Visit our [FAQs](#) page or email events@waba.org.

**We appreciate you helping us grow bicycling in the region by participating in this ride—and thank you for being a WABA member!
Have fun riding!**



WABA
WASHINGTON AREA
BICYCLIST ASSOCIATION