

THE LAST VASA RIDE MARSHAL GUIDE

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

PRESENTED BY



Sponsors and Partners

We would like to thank REI for their generous presenting sponsorship of the Last Vasa Ride. REI is a leading voice in creating and preserving places that bring outdoor recreation and an active lifestyle to your neighborhood, and shares overlapping values with WABA.

Presenting Sponsor



Celebration Sponsors



Venue Address

The start location for all four of the Last Vasa Ride routes is located at the REI Flagship Store, 201 M St NE, Washington, DC 20002. All routes end at REI.

Marshal Information

Marshals are free to show up any time within the check-in period of their chosen ride. Sweep riders will get contacted personally, and must show up at the end of their check-in period. When you arrive:

- Find the marshal check-in table and check-in. Pick up a marshal vest, marshal kit (includes Incident Report Forms, WABA contact information, and first aid supplies), and cue sheet
- Grab a breakfast snack, refill your water bottle, and use the restroom
- Depart for your chosen route
- Report any issues with the route to 301-580-6211

Getting There

The start location, REI, is accessible by bicycle on the Metropolitan Branch Trail. If arriving by public transit, the closest metro station is NoMa-Gallaudet, on the Red Line. There are also several [bus lines](#) that go along North Capitol Street and Florida Avenue in NoMa, including a Washington, DC [Circulator](#) bus, all of which have bike racks on the front. If arriving by car, there is limited paid parking available in the NoMa neighborhood ([find out more](#)).

Locking Your Bike

There will be limited bike parking at REI. If you plan to spend time at the post-ride celebration, you may want to 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.

Schedule of Events

Saturday, April 7th, 2018

Cue sheets will be distributed at check-in. Files of the routes are below.

Vasaloppet (58.4 miles) | [Ride With GPS](#)

- **Check in:** REI, 8:00am
- **Rolling start:** REI, 8:30am
- **Pit Stop #1:** Potomac, 9:00am - 11:30am
- **Pit Stop #2:** Bethesda, 9:30am - 12:30pm
- **Post-ride celebration:** REI, 11:30pm - 2:00pm

Halvvasan (30.1 miles) | [Ride With GPS](#)

- **Check in:** REI, 8:30am
- **Rolling start:** REI, 9:00am
- **Pit Stop:** Bethesda, 9:30am - 12:30pm
- **Post-ride celebration:** REI, 11:30pm - 2:00pm

Kortevasan (15.5 miles) | [Ride With GPS](#)

- **Check in:** REI, 9:00am
- **Rolling start:** REI, 9:30am
- **Post-ride celebration:** REI, 11:30pm - 2:00pm

Blåbärsloppet (7.3 miles) | [Ride With GPS](#)

- **Check in:** REI, 9:00am
- **Rolling start:** REI, 9:30am
- **Post-ride celebration:** REI, 11:30pm - 2:00pm

Note: If you're using a GPS device like a Garmin, you'll need to download the file you need in advance and load it into your device. RidewithGPS has an app ([iOS](#) | [Android](#)) that provides good turn by turn directions, but it does require a \$6/month subscription. Don't stress about this—our paper cue sheets are good! And for this ride, we're also piloting Google Maps turn-by-turn directions, which are free.

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, riders should let a ride marshal know, or call the number in their cue sheet.

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. They are as new to the route as you are, so don't treat them as ride leaders—read your cue sheets!

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 and \$20 for cab fare with you. It's also a good idea to have a friend or family member in the city "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, available at businesses near both pit stops, and at the post-ride celebration. There are also ample opportunities to stop at local establishments along the ride.

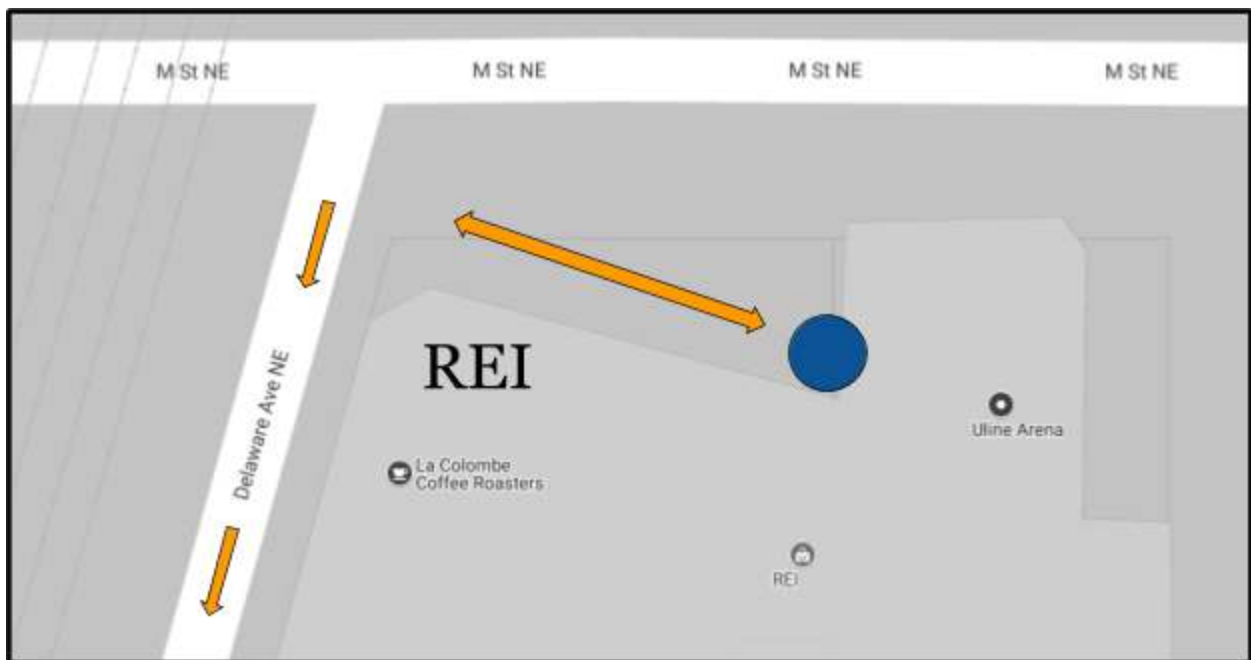
Time Limits

As an unsupported ride, there is no time limit for the Last Vasa 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 on page 3.

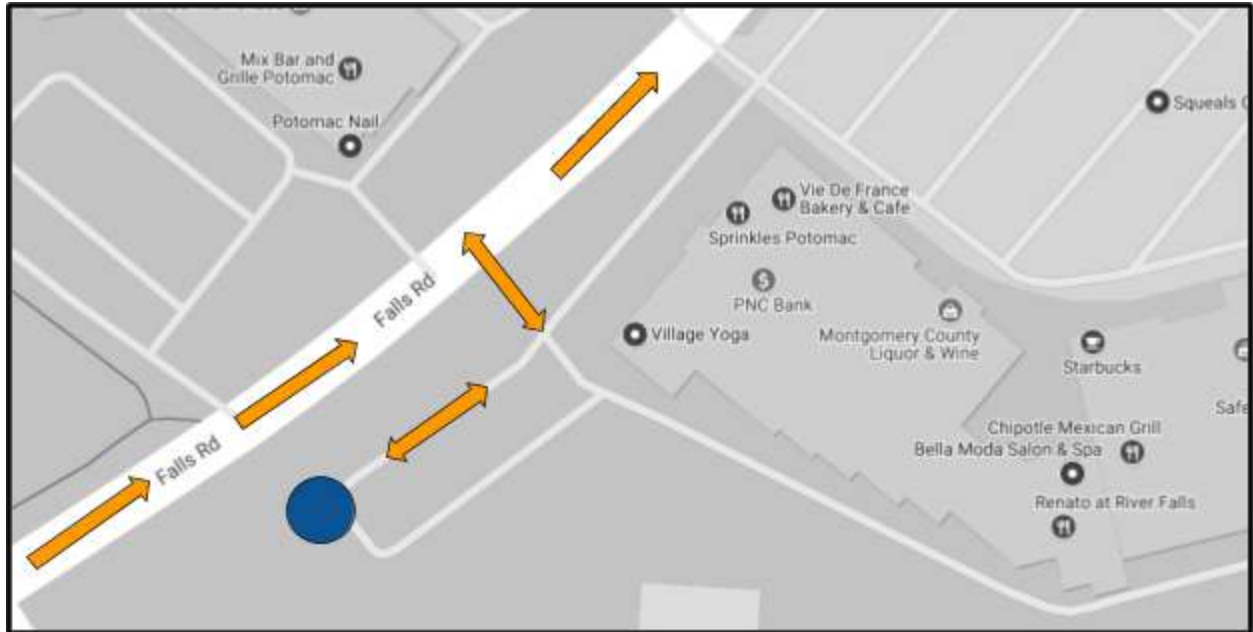
What to Bring

- Weather appropriate clothing
- Helmet (**required by our insurance. You can't ride without one.**)
- Water bottles (there will be refill stations along the way.)
- Saddle bag (to carry spare tube, tire levers, and pump.)
- Charged cell phone and charger
- Sunglasses and sunscreen
- Additional snacks

Check-In | REI Flagship | 201 M St NE, Washington, DC 20002



Pit Stop #1 | Potomac | 9812 Falls Rd, Potomac, MD 20854



Pit Stop #2 | Bethesda | 7201 Wisconsin Ave, Bethesda, MD 20814



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 marshaling this ride—and thank you for being a WABA member! Have fun riding!