



WABA in the Wild 2018



WABA
WASHINGTON AREA
BICYCLIST ASSOCIATION

WABA in the Wild Adventure Guide

June 15-18, 2018



Hi!

This guide contains important information about WABA in the Wild on June 15th- 18th. We are so grateful for your fundraising on behalf of WABA: you're efforts are moving the needle on make better bicycling for everyone in the region. Thank you so much!

We want to make sure you have a blast on this adventure so we encourage you to read this guide from cover to cover. You'll find important details and information to get you ready for the tour.

We look forward to riding with you!

Cyrus Chimento & Kristin Frontiera
Washington Area Bicyclist Association

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Trip Itinerary Overview

(You'll receive a detailed itinerary each day of the trip.)

Friday, June 15th

- Meet at REI Rockville (910 Rose Avenue, North Bethesda, MD 20852). See page 5.
- Take the bus to Cumberland. Bikes and gear transported separately.
- Arrive at Cumberland YMCA by 5pm, then enjoy dinner, a campfire, and WABA programming
- Camp at Cumberland YMCA on Kelly Rd

Saturday, June 16th

- Send off from Cumberland Trail Connection, depart by 9:00am
- Snack Break at Spring Gap Campground in Oldtown, MD
- Lunch at Paw Paw Tunnel Campground around 12:30pm
- Snack break at Fifteen Mile Creek Campground
- Arrive at Hancock and finish on Towpath around 5:15pm
- Saturday dinner at Buddy Lou's and WABA programming afterwards
- Camp Saturday night in Hancock, MD

Sunday, June 17th

- Depart on towpath by 9:00am from Hancock, MD
- Snack Break at Lockhouse 49
- Lunch in Williamsport, MD around 12:30pm
- Snack Break at Taylor's Landing
- Arrive at Harpers Ferry and finish on Towpath around 5:45pm
- Dinner and WABA programming inside hostel
- Bunk/camp Sunday night at Harpers Ferry Hostel

Monday, June 18th

- Depart on towpath by 9:00am from hostel
- Snack Break at Noland's Ferry
- Lunch at Lockhouse 25
- Snack Break at Swain's Lock
- Finish tour around 5:00pm
- WABA in the Wild finish celebration, group photo, and pick up at Mile Marker 0
- Depart from Thompson Boat Center (2900 Virginia Ave NW, Washington, DC 20037)



Meeting Location & Transportation

Details for Friday, June 15th

Meeting Time: 1:00pm

Meeting Location: REI (910 Rose Avenue, North Bethesda, MD 20852)

Please ensure you arrive at 1:00pm. If you arrive later than 1:15pm, you may delay our departure time. If you are running late or have trouble getting to REI, call Cyrus Chimento at 301-580-6211.

Please bring only your bike, helmet, and small bag with any necessities (such as wallet, phone, snacks—your “carry-on” bag) for the drive to Cumberland. By this point, you should have already dropped off your main gear back at WABA (see “Gear Pickup and Drop-off” below for details).

Check in involves signing and turning in any outstanding paperwork (Emergency Contact Info, Rider Waiver, Code of Conduct, Fundraising Commitment Form), packing your bike into the truck and getting to know the WABA staff and riders that will join you for the weekend!

Metro: The nearest Metro station is White Flint Station, which is located on the Red Line. It is 0.3 miles from the station to REI, about a 7 minute walk. **Bikes are allowed on the metro after 10am.**

Drop-Off: There is a parking lot at REI where a friend or family member can drop you off.

Driving/Parking: REI, who is generously allowing us the use of their building and parking lot to stage the start of our trip, has asked riders not to drive to REI and park there for the weekend. There is paid parking at Pike & Rose (the development where REI is located) which you can reserve and use. **Please note that we will not return to REI at the end of the trip—if you are parked there, you will have to make your own way back.**

Gear Pickup & Drop-off

Dropping off your gear before the trip

As you are packing, please limit your luggage (clothes, personal items, toiletries, bicycling clothes, and gear) to one medium sized bag - we recommend a medium or large duffel bag or carry-on sized rolling suitcase. We recommend you put the rest of your gear and camping gear/ equipment such as tent, sleeping pad, and sleeping bag in a second bag so that it all stays together.

Please bring your gear (not including your bike and helmet) to WABA (2599 Ontario Rd NW, Washington, DC 20009) by **Wednesday, June 13th at 7pm**. Prior to June 13th, WABA is open 9am-5pm on weekdays. On June 13th, it will be open from 9am-7pm. If these times don't work out for you, or if you can't get to the WABA office, please call/email Cyrus.

Note: this gear will be packed into a van, and will not be accessible until we arrive in Cumberland on Friday, June 15th.

Picking up your gear after the trip

The trip finishes at the true C&O Canal Towpath Mile 0, which is located in Georgetown, past Thompson Boat Center (2900 Virginia Avenue Northwest, Washington, DC 20007). After you finish the tour and enjoy a celebration, you have two options for retrieving your gear:

Option 1: You may immediately retrieve your gear from the WABA van and take it home with you. The van will be parked nearby in the Thompson Boat Center parking lot.

Option 2: You may choose to leave your gear in the WABA van, to be taken back to the WABA office. You must pick up your gear from WABA (2599 Ontario Rd NW, Washington, DC 20009) by Wednesday, June 20th. Again, WABA is open from 9am-5pm on weekdays.

Getting home after the trip

Metro: If you are taking the Metro home, the closest metro is the Foggy Bottom Metro Station (blue, orange, and silver lines), which is a 0.5 miles away. **You are allowed to take your bicycle on the metro after 7pm on weekdays.**

Pickup: If you are being picked up at the end of the ride, direct them to the Thompson Boat Center (2900 Virginia Avenue Northwest, Washington, DC 20007). There is a parking lot at Thompson Boat Center, where friends and family can pick you up.

Important Trip Details



Gear & Gear Van

You will be responsible for retrieving your luggage and camping gear from the WABA van at the end of each day, and carrying it to a nearby spot where you will set up your tent. Please ensure you pack light enough so that you will be able to carry your own gear from the van to your spot. You will also be responsible for packing up and carrying your gear to the Gear Van by 8:30am each morning. A WABA staffer will load your gear in the van, and pull it out of the van for you each evening. You must take all of your belongings you will need to your tent each night, as the Gear Van will be locked and inaccessible during the night between 10:30pm-6:30am.

Weather

Please be prepared for a variety of weather conditions. See the packing list (see page 12) for details on what to bring. We recommend you bring a rain jacket, waterproof tent (including fly and footprint), warm hat and warm socks for overnight, and clothes for early morning riding in case it's cold. In the event of heavy rains at camp, we can store luggage inside the Gear Van. Each campsite has a large covered pavilion area as well.

Leave Valuables at Home

This is an outdoor adventure and camping trip, so we advise that you do not bring anything valuable with you, such as jewelry, laptop/iPad, etc. If you chose to bring any valuables, you do so at your own risk.

Setting Up Camp

You are responsible for setting up your own tent, having a headlamp and/or flashlight for personal use in camp, and ensuring your personal luggage stays dry/secure overnight in your tent.

Bicycles Will Be Secured Overnight

At night, or when away from camp, we will lean all the bikes together outside and use a long cable and U-lock to secure the bikes together. We will place a tarp over them to protect them from rain or dew.

Quiet Time

Please be respectful of the other campers and refrain from loud noises or loud conversation during quiet time, between going to bed and waking up in the morning (10pm-6:30am).

Snack Breaks

There will be a snack break on the towpath each day between breakfast and lunch, and again between lunch and dinner. The snack breaks will be open for an extended period of time and staffed—we don't expect you to arrive at the exact time it opens and stay until it closes. If you are a slower rider, consider a short 15 minute break: snack, stretch, take some snacks with you if you like, and continue riding. There will be portable toilets at each snack and lunch break - toilets will be either pit toilets inside or construction-site type portapotties (also available between pit stops).

Lunch Breaks

We suggest you stop and rest while enjoying a good lunch for 40 minutes to an hour. Like snack breaks, there is a suggested time that the lunch break is open, but we don't expect you to arrive exactly when it opens.

Group Riding

You are welcome to choose to ride with other riders or staff in the group or you are welcome to split off and ride on your own, or you can do a mix of both throughout the day and weekend. Please be mindful that riders have their own personal paces.

With the exception of the first morning, where we will all start together for a group photo, you'll self-select into the "tortoise" or "hare" group based on their usual riding speed. The tortoise group will leave a little earlier in the morning to give them more time to reach each stop. Additionally, we will have a sweep rider (a WABA staffer) to make sure that nobody gets left behind and give you a little extra encouragement if you need it to finish the last few miles.

Towpath Etiquette

Be mindful that you are sharing the towpath with other trail users, including other bicyclists, pedestrians, and possibly horses and people on horseback. Always yield to horses and pedestrians. When passing others, use your bell or verbally call out that you are passing. In high use trail areas, be patient when passing and wait until there is adequate room and it is safe to pass. You are required to ride single file and you should walk your bicycle over aqueducts. Use extra caution and walk on wooden bridges or ramps when they're wet, as they will be very slippery.

Off-the-Towpath Etiquette

When riding to and from the towpath to camp, follow all traffic laws. Stop at stop signs and red lights. Yield to pedestrians. Watch out for drivers who may not be familiar with sharing the roadway with bicyclists.

Sweep/Lead Riders

One WABA staffer will leave with the first riders from camp. A second WABA Staffer will serve as the sweep, or last, rider and will depart with or after the last riders depart from camp. The sweep rider will stay behind all riders, and will be able to help respond to rider issues he or she comes across when riding.

Support Vehicles

There will be two vehicles to meet you on the towpath at snack breaks and meals. If you need mechanical support for your bicycle, extra snacks or water, minor first aid, or if you wish to be picked up, see a WABA staffer at one of these stops. If you become ill, injured, or do not wish to keep riding that day, a vehicle is able to pick you up from the nearest towpath access point and take you to the camp or finish point for the day. Note that vehicle access to the towpath is restricted, so access points may be up to 15+ miles apart.

Paw Paw Tunnel & Other Closures

C&O Canal National Historical Park closed The Paw Paw Tunnel in 2017 to remove unstable and hazardous rock along the towpath. The park has created a detour path around the tunnel. The detour is considerably steeper than the rest of the towpath. When you encounter the Paw Paw Tunnel on your first day of riding, follow signs for the detour and stay alert for a safe passage (walking up the hill is okay!).

In Williamsport, which we'll visit on your second day of riding, the park is reconstructing an aqueduct over which the canal will eventually run. There is a signed detour through downtown Williamsport, where we will also stop for lunch. Note that you will be riding on roads for this detour.

Potomac River flooding in May 2018 caused damage to parts of the towpath and other park infrastructure. As we get closer to the weekend of our trip, we should have more information about any further detours around the damaged areas of the towpath. We'll do our best to warn you in advance, but please prepared for unexpected or unsigned detours.

Dinner at Buddy Lou's

For dinner on Saturday night, we will walk from camp to the local restaurant Buddy Lou's Eats & Antiques. You may order food and drinks (please limit yourself to one alcoholic drink on the group tab) off the menu, and WABA will pick up the tab.

Lunch at Desert Rose Café

For lunch on Sunday, we will stop off the towpath in Williamsport to enjoy lunch at Desert Rose Café. You may order food and drinks off the menu, and WABA will pick up the tab. Like snack breaks, there is a suggested time that the lunch break is open, but we don't expect you to arrive exactly when it opens.

Alcohol

Alcohol is not allowed at the YMCA campground on Friday night. Alcohol is not allowed in C&O Canal National Historical Park. Alcohol will be available during dinner at Buddy Lou's on Saturday night. Drink responsibly.

Harpers Ferry Hostel

Sunday night's accommodations are at the Harpers Ferry Hostel. There are two bunk dorms (6-person and 12-person). The 12-person dorm will be women and gender non-conforming only. There is shared living room space as well. You may choose to sleep inside in the one of the bunk rooms, or pitch your tent outside on the lawn camping area. Linens are provided for the bunkbeds—you are not allowed to use your sleeping bag in the bunk room. The hostel is on the Maryland side of the river, and, though it's called Harpers Ferry Hostel, it is actually located in the state of Maryland. We will not be crossing the big bridge into the town of Harpers Ferry.

Mile Marker 0 & Finish Celebration

We will be ending the tour on Monday, June 18th at the true Mile Marker 0, which is actually located past the Thompson Boathouse and not on the current towpath. Your cue sheets will provide details for how to navigate to Mile Marker 0. At Mile 0, when you finish the ride, we will have a well-deserved celebration!

Emergency Contact Information

Emergency contact names and numbers will be provided in your daily one-pager ride guide and map. The WABA staff that will be on call will rotate daily, so we will provide the day's emergency contact number and SAG support number at the start of each day.

We also have access to the NPS Non-Emergency Line and the Emergency Line. If an emergency occurs while on the towpath and you are unable to get to a SAG/car access location, we will call the NPS Emergency Line to have them meet you on the towpath.

Especially in the western reaches of the park, cell phone service is typically unavailable. While we will do our best to maintain contact between the WABA staff riding and those driving the vehicles, that connection is not guaranteed. Please be careful while you are on the towpath—medical help may not be just a phone call away.

C&O Canal National Historical Park

If you encounter a life-threatening emergency while in the park, please call 911 first, or contact the Chesapeake & Ohio Canal National Historical Park's Emergency Hotline 1-866-677-6677.

Non Life-Threatening Issues

For non-life threatening issues, such as minor injuries, illness, or mechanical failures please call one of the staff in the vehicles (these rotate twice a day—we will tell you which staff are in vehicles each morning). These numbers are listed below. Additionally, you should wait for the sweep rider to catch up with you. If necessary, the sweep rider can escort you to the closest vehicle access point. From there you can be picked up by the SAG vehicle to access medical attention or mechanical expertise.

Event Staff

Cyrus Chimento	WABA Events Coordinator	301-580-6211
Kristin Frontiera	WABA Development Director	202-390-2688
Ursula Sandstrom	Trail Ranger Coordinator	206-375-5448
Doug Smith	Everyday Bicycling Coordinator	202-256-2307
Michelle Minstrell	Volunteer Extraordinaire	703-659-2274
Allan Hutchison-Maxwelll	Volunteer Extraordinaire	617-913-2562
C&O Canal Dispatch	Non-emergency	301-714-2235

Packing List

Below is a list of suggested items to pack for WABA in the Wild. Please limit your luggage (clothes, personal items, toiletries, bicycling clothes, and gear) to one medium sized bag - we recommend a medium or large duffel bag or carry-on sized rolling suitcase. We recommend you put the rest of your gear and camping gear/ equipment such as tent, sleeping pad, and sleeping bag in a second bag so that it all stays together. Please limit your gear to a maximum of 50 pounds (keep in mind you will be carrying your gear from the gear vehicle to your campsite each night). We recommend you pack for all weather conditions in order to be comfortable on the bike. Note: bold items with an asterisk are required.

General Packing List

ID*

Sleeping bag*

Sleeping pad*

Tent*

Credit cards/Cash

Medical insurance card

Tent footprint or tarp

Small camping pillow

Headlamp/flashlight

T-shirts (2)

Pants/Jeans/Sweatpants (2)

Warm sweater or jacket

Rain jacket*

Comfortable camp shoes (1)

Extra camp socks (3)

Underwear

Sleepwear

Books/reading material

Towel

Large ziplock bags for dirty/wet clothes

Toothbrush/toothpaste

Soap/shampoo

Extra toilet paper

Deodorant

Contacts/glasses/case/cleaning supplies

Bugspray

Ear plugs*

Any prescription medications

SPF chapstick

Bandana

Cycling Gear Packing List

Helmet*

Bike*

Jerseys/bike shirts (2-3)

Shorts (2)

Pants (wear under or over bike shorts)

Shoes

Socks (2-3)

Jacket

Sunglasses

Patch kit, tire levers, spare tube, mini pump or

CO2 canisters + adapter

Padded gloves

Shoe covers

Water bottles (2) or hydration backpack*

Small bike bag (for patch kit and snacks)*

Chamois cream

Bike lights: front white and rear red light*

Bike lock + key (if you leave the group during free time)

Sunscreen

WABA will provide a big cable lock for all the bikes, meals and snacks, eating/drinking utensils, hand sanitizer, and basic first aid supplies like bandages and ibuprofen. There will be showers available at camp only on the first and third night of the trip.

Ride Checklist



DON'T FORGET!

- Label your luggage bag/camping gear with your full name.
- Get your bicycle tuned up before the ride.
- Finish your fundraising! The deadline for reaching your \$1,000 fundraising minimum is Friday, June 15th.
- Drop off your gear at WABA.
- Make arrangements for how to get you and your bicycle to the start location on Friday, June 15th.
- Make arrangements for how to get you, your gear, and bicycle home from the finish location on Monday, June 18th.