

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



the sprouts RIDE

presented by



Thank you for supporting WABA through the Sprouts Ride!

It's one of our favorite ways to celebrate bicycling in the region, and we're so glad you're along for the ride. The Sprouts Ride is low-stress, springtime ramble through the heart of the city *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!

#SproutsRide

Sponsors and Partners

Help us thank REI for their generous sponsorship of this year's Sprouts Ride!



In-Kind Sponsors

[Drinkmore Water](#)

[KIND Snacks](#)

[Giant Food](#)

[Gearin' Up Bicycles](#)

Refund Policy

Since WABA Signature Events are fundraisers, all ride registrations are final. **The Sprouts 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 Sprouts Ride routes is the REI flagship store, 201 M St NE, Washington, DC.

Getting There

The start location, REI, is in the NoMa neighborhood of DC. It is accessible by bicycle on the Metropolitan Branch Trail and the surrounding neighborhoods. If arriving by public transit, the closest metro station is NoMa-Gallaudet, on the Red Line ([bikes are allowed on metro at all times](#)). There are also several [bus lines](#) with stops nearby, including a [Circulator](#) bus, all of which have bike racks on the front. If arriving by car, there is limited street parking available in the surrounding neighborhoods, and nearby paid parking ([find out more](#)).

Locking Your Bike

There will be limited bike parking at the REI—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

Sunday, April 28, 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 cue sheet, please explore other options at waba.org/sproutsroutes!

Sapling Root (14 miles) | [Digital Route Files](#)

- **Check in:** REI, 11:00am - 12:00pm
- **Period Group Starts:** REI, 11:30am – 12:00pm
- **Pit Stop:** Anacostia Park (mile 7), 11:00am–2:00pm

Bean Sprout Root (6 miles) | [Digital Route Files](#)

- **Check in:** REI, 12:00pm - 1:00pm
- **Period Group Starts:** REI, 12:30pm – 1:00pm
- **Pit Stop:** Kingman Island Park (mile 3), 12:00am–3:00pm

Join us for a **post-ride celebration of bicycling** at REI, open to the public, from 12:00pm – 4:00pm. It's going to be a lot of fun! You'll be able to:

- Grab your free drink from Red Bear Brewing or Blue Ridge Kombucha inside REI (only available to Sprouts Ride participants!)
- Buy discounted WABA merchandise
- Join WABA or renew your WABA membership
- Participate in a WABA advocacy action
- Learn about other local bike nonprofits
- Listen to live music from bluegrass band, Roan Gap
- Participate in a raffle
- Decorate your helmet for a spring “bonnet” contest
- Get expert advice and a discounted bike tune-up from REI bike techs

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 ride leader in a yellow vest know. They will direct you on next steps.

Ride leaders 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 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/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 Sprouts 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

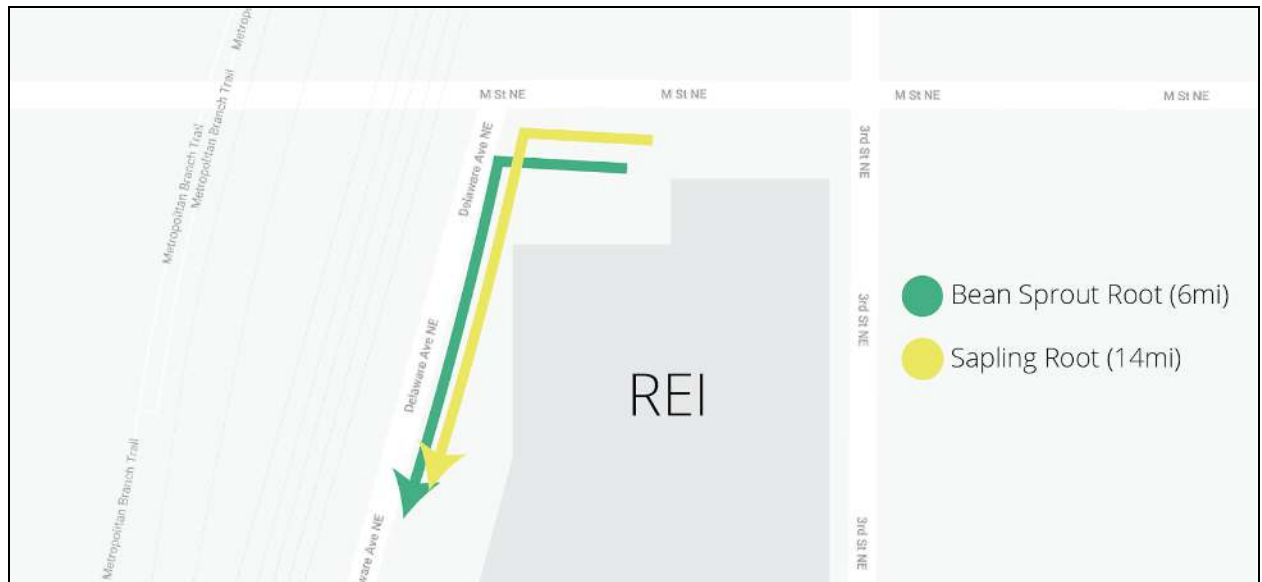
We have a team pre-riding each route to catch any day-of changes to the route. This team will report any changes to us, and we will get the word out as quickly as we can! These changes will be shared at pit stops and on [Twitter](#) when possible. However, unexpected construction or a last-minute road closure are always a possibility.

Site Maps

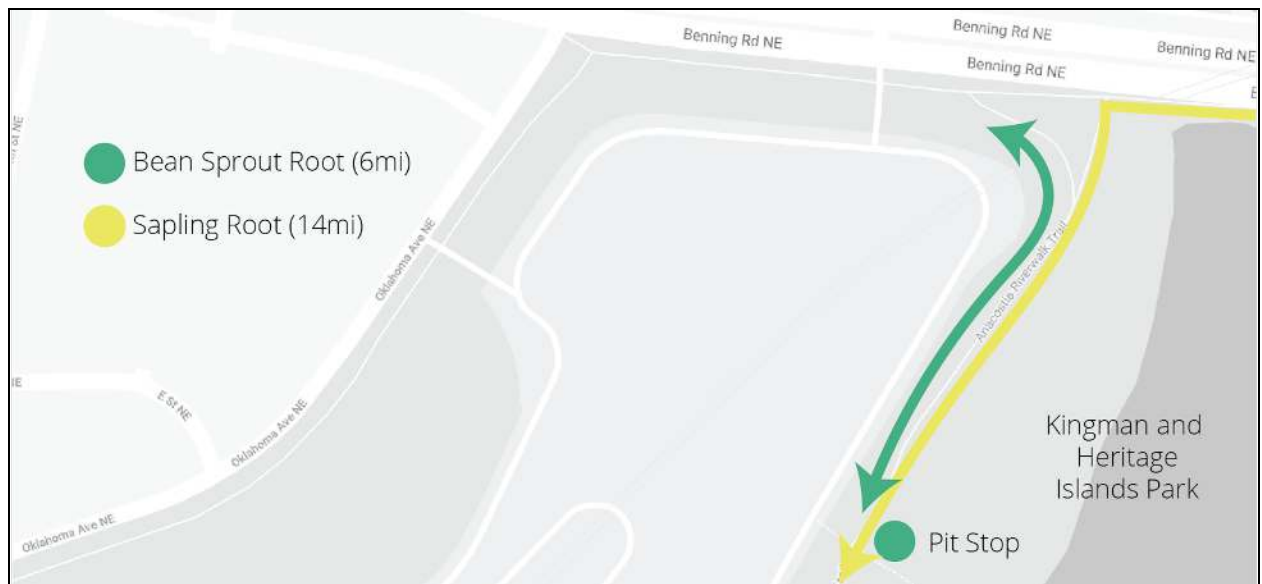
At pit stops, you'll be able to refill your water bottles, have a snack, connect with WABA staff and volunteers, and take a few minutes off your bike.

Bike parking will be provided at REI. Bathrooms are available at every location. Directions to pit stops will be included in each cue sheet.

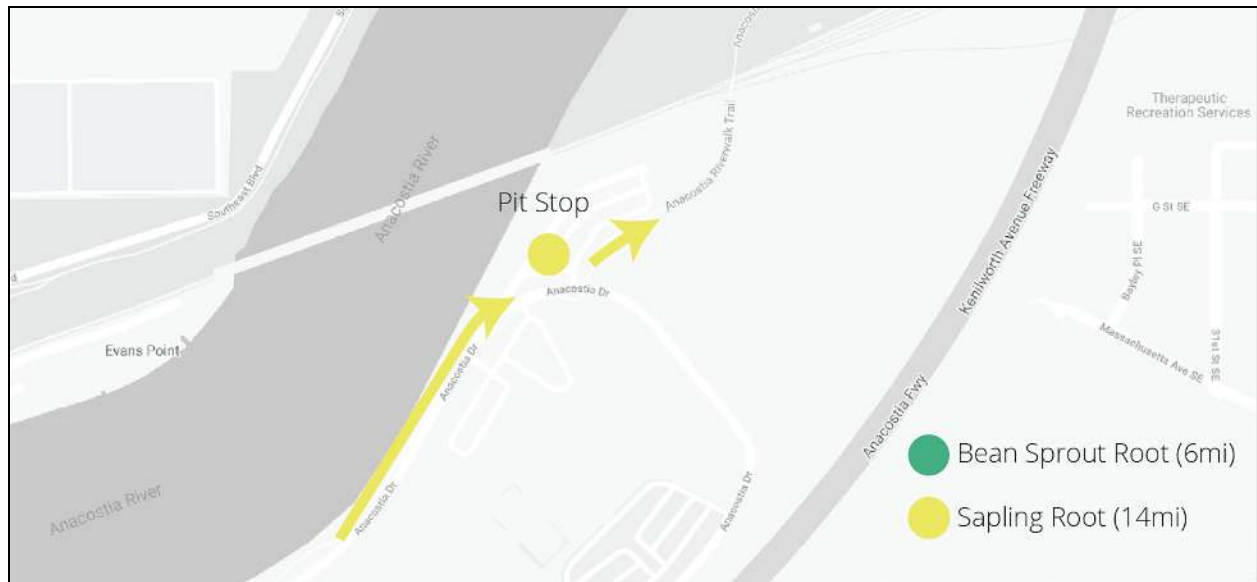
Check-In | REI Flagship | 201 M St NE, Washington, DC



Pit Stop | Bean Sprout Root | Kingman & Heritage Island Park



Pit Stop | Sapling Root | Anacostia 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