

WABA in the Wild Adventure Guide

Friday, October 11- Monday, October 14, 2019

Hi!

This guide contains important information about WABA in the Wild on October 11-14. We are so grateful for your fundraising on behalf of WABA: your efforts are moving the needle on making bicycling better 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!

Anna McCormally

Washington Area Bicyclist Association

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Trip Itinerary

Friday, October 11th — Transportation to Cumberland (0 miles)

- Meet at REI (910 Rose Avenue, North Bethesda, MD 20852) at 1:00pm
- Take the bus to Cumberland. Bikes and gear transported separately
- Arrive at Cumberland YMCA around 5pm, then enjoy dinner and a campfire outside
- Camp at Cumberland YMCA

Saturday, October 12th — Cumberland to Hancock (~62 miles)

- Wake up around 6:45 am
- Breakfast around 7 am
- Full group send off from Mile 184.5, depart by 9:00am
- Snack Break at Spring Gap Campground
- 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 Eats, Drinks, and Antiques
- Camp Saturday night at Widmeyer Park in Hancock

Sunday, October 13th — Hancock to Brunswick (~62 miles)

- Wake up around 6:45 am
- Breakfast around 7 am
- "Tortoise" group departs by 9:00am from Hancock, "Hares" depart by 9:30 am
- Snack Break at Lockhouse 49
- Lunch at Desert Rose Cafe in Williamsport, MD around 12:00pm
- Snack Break at Taylor's Landing
- Arrive in Brunswick, MD and finish on towpath around 5:45pm
- Dinner and games around the campfire
- Bunk/camp Sunday night at Brunswick Family Campground

Monday, October 14th — Brunswick to Georgetown (~55 miles)

- Wake up around 6:45 am
- Breakfast around 7 am
- "Tortoise" group departs by 9:00am, "Hares" depart 9:30 am
- Snack Break at Monocacy Aqueduct
- Lunch at Lockhouse 25 around 12:00pm
- Snack Break at Swain's Lock
- Arrive at Georgetown and finish riding around 5:00pm

- WABA in the Wild finish celebration, group photo, and rider pick up at Mile Marker 0
- Depart from Thompson Boat Center (2900 Virginia Ave NW, Washington, DC 20037)

Meeting Location & Transportation

Details for Friday, October 11th

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 1:30pm, you may delay our departure time. If you are running late or have trouble getting to REI, call Anna McCormally at 703-470-9435.

Please bring only your bike, helmet, and small bag with any necessities (such as wallet, phone, snacks) 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)
- Handing off your bike for us to carefully pack it into the UHaul truck
- 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.

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 use. [You can reserve parking here](#). **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 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 soft-sided bag** - we recommend a medium or large duffel bag or backpack.

Please bring your gear (not including your bike and helmet) to WABA (2599 Ontario Rd NW, Washington, DC 20009) by **Wednesday, October 9th at 7pm**. Prior to October 9th, WABA is open 9am-5pm on weekdays. On October 9th, it will be open from 9am-7pm. If this will be difficult, please contact us for other arrangements.

Note: this gear will be packed into a van, and will not be accessible until we arrive in Cumberland on Friday, October 11th.

Picking up your gear after the trip

The trip finishes at the true C&O Canal Towpath Mile 0, which is located in Georgetown, just 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, October 16th. Again, WABA is open from 9-5pm on weekdays.

Getting home after the trip

Metro: If you are taking the Metro home, the closest metro from Mile 0 in Georgetown is the Foggy Bottom Metro Station (blue, orange, and silver lines), which is 0.5 miles away. **Bicycles are welcome on Metrorail during all hours;** WMATA bicyclists to be considerate of other customers and adhere to these rules when traveling with a bicycle. [See WMATA's full policy for bikes on metro here.](#)

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.

Gear & Gear Van

At the end of each day of riding, you will be responsible for retrieving your bag with all your gear from the Gear Van, 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 (up to 100 yards).

You will also be responsible for packing up and carrying your gear to a designated spot near 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 10:00pm-7:00am. In the event of heavy rains, we will be able to keep luggage locked in the van overnight.

Weather

Please be prepared for a variety of weather conditions. You must bring a rain jacket, tent rain fly, tent footprint or ground tarp, warm camp clothes and sleepwear. We recommend you bring a warm hat and warm socks for overnight, and a pair of 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.

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.

We will have a charging station set up at each campsite for you to charge your phones, lights, and other small devices (no laptops/ipads please). You must bring them into your tent with you overnight.

Overnight Bicycle Storage and Security

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 (9:30pm-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 - we don't expect you to arrive at the exact time it opens and stay until it closes. Especially if you are a slower rider, please take no more than a 15 minute break: snack, stretch, take some snacks with you if you like, then continue riding.

There will be portable toilets at each snack and lunch break - usually construction-site type portapotties.

Lunch Breaks

Lunch breaks will be more extensive than snack breaks, and we suggest you stop and rest while enjoying lunch for 40 minutes to an hour. Like snack breaks, there is a set time that the lunch break is open, but we don't expect you to arrive exactly when it starts.

Group Riding

You are welcome to choose to ride with other riders or staff in the group or you are welcome to depart 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, riders can 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 reach each stop. Additionally, we will have a sweep rider 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.

There will always be a lead and a sweep rider. If you are a speedy rider, we will ask you to stay behind the lead rider for communication and safety purposes.

You must wear a helmet at all times. If you are riding in the dusk or dark, front and rear lights are required.

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. Leave more space than you think is necessary between yourself and other trail users, when passing and not. In high use trail areas, please 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.

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 any rider issues he or she comes across when riding. The lead and sweep riders are in touch with WABA staff on the road, so find one if you are in need of assistance.

Support Vehicles

There will be two SAG Vehicles available to meet you at Towpath access points along the trail. If you need mechanical support for your bicycle, extra snacks or water, first aid or medical support, or if you wish to be picked up, that is what the SAG vehicles are for. If you become ill, injured, or do not wish to keep riding that day, the SAG vehicle is able to pick you up and take you to the camp or finish point for the day.

Dinner at Buddy Lou's Eats, Drinks, and Antiques - Saturday, October 12

After meeting at the campsite at Widemyer Memorial Park in Hancock, we will go to Buddy Lou's Eats, Drinks and Antiques for dinner.

You may order food and drinks off the menu, and WABA will pick up the tab.

Lunch at Desert Rose Café - Sunday, October 13

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 at times during the trip. Drink responsibly (and remember how much you have the ride the next day).

Mile Marker 0 & Finish Celebration

We will be ending the tour on Monday, October 14th 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 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 will 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.

Note: 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.

If you encounter a life-threatening emergency while in the park, please call 911 first, or contact the Chesapeake and 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 each day - we will tell you which staff are where 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

Anna McCormally	WABA Events Coordinator	703-470-9435
Kristin Frontiera	WABA Development Director	202-390-2688
Hannah Neagle	Vision Zero Community Organizer	808-294-8827
Jeff Wetzel	Youth and Family Coordinator	202-550-9580
Michael Avilez	Volunteer Extraordinaire	703-307-3422
Neil Curran	Volunteer Extraordinaire	530-227-9345

Packing List

Below is a list of items to pack for WABA in the Wild. **Bold items with an asterisk are required.** WABA will provide a big lock for all the bikes, meals and snacks, eating/drinking utensils, hand sanitizer, sunscreen, bugspray, and basic first aid supplies like bandages and ibuprofen.

Remember:

- 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.
- Please pack your bag in a single, large, soft-sided bag, such as a large duffel bag. If you don't have one, we don't want you to go and buy another bag—see if you can borrow one.
- 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: This list is subject to change. A final list will be distributed two weeks before the trip.

General Gear	Bicycling Gear
<p>ID* Credit cards/Cash Medical insurance card Sleeping bag* Sleeping pad* Small camping pillow Tent* Tent footprint or tarp Ear plugs* Headlamp Warm jacket T-shirts (2) Pants (2) Comfortable camp shoes (1) Extra camp socks (3) Underwear (3) Sleepwear Towel Large ziplock bags for dirty/wet clothes Toothbrush/toothpaste Soap/shampoo Deodorant Contacts/glasses/case/cleaning supplies Prescription medications</p>	<p>Bike* Helmet* Rain jacket* Shoes* Water bottles (2) or hydration backpack* Small bike bag (for patch kit and snacks)* Bike lights: front white and rear red light* Chamois cream* Bandana Shirts (3) Padded shorts (3) Pants/leggings (wear over padded shorts) Socks (3) Sunglasses Patch kit, tire levers, spare tube, pump/CO₂ Padded gloves Shoe covers Bike lock + key (if you leave the group) Sunscreen Bugspray Chapstick</p>

DON'T FORGET!

- Label your luggage bag/camping gear with your full name.
- Ensure your bicycle is tuned up before the ride.
- Finish your fundraising. The deadline for reaching your \$1,000 fundraising minimum is Friday, October 11th.
- Drop off your gear at WABA.
- Make arrangements for how to get you and your bicycle to the start location on Friday, October 11th.
- Make arrangements for how to get you, your gear, and bicycle home from the finish location on Monday, October 14th.