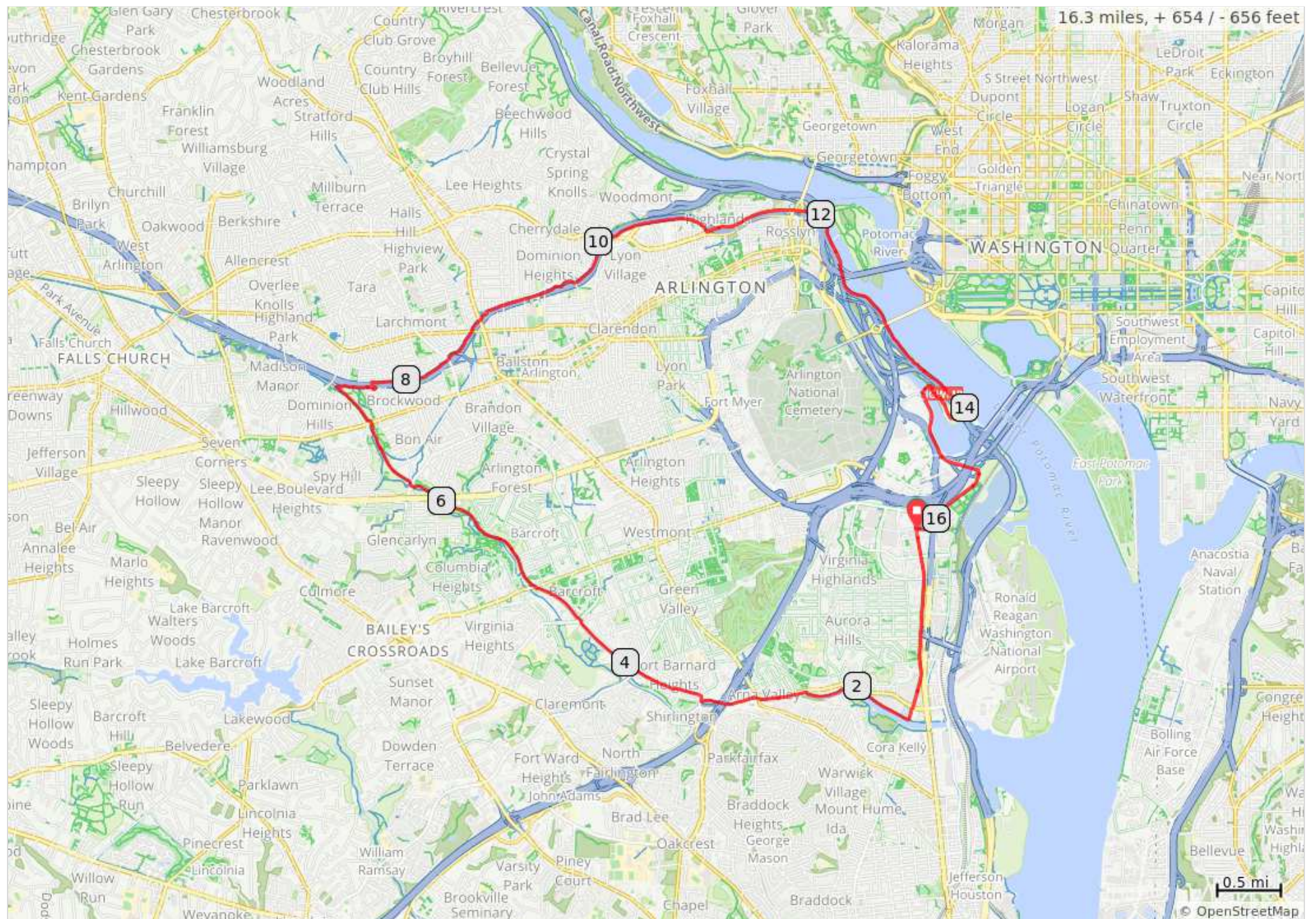
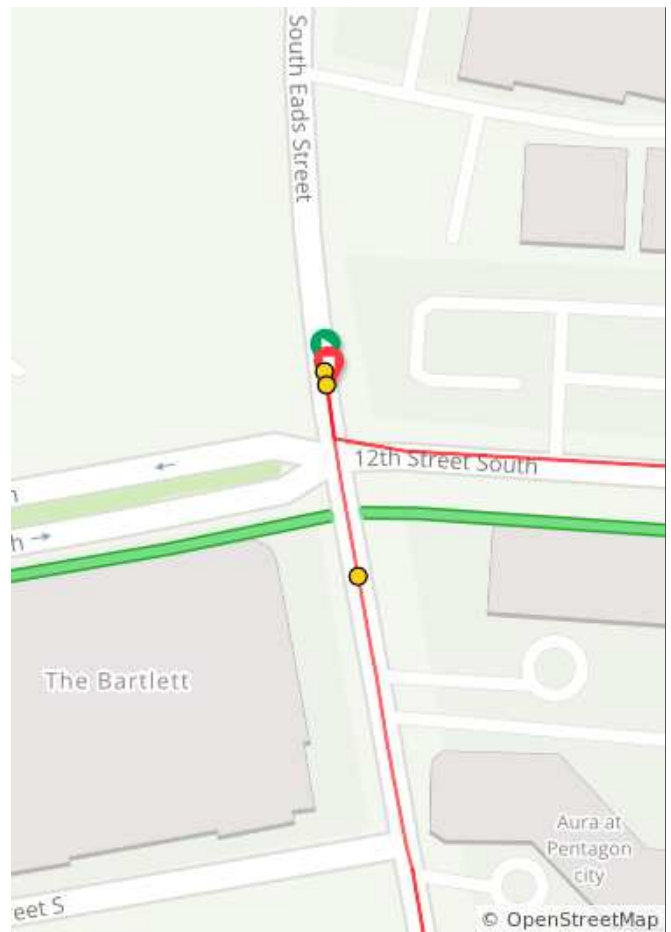


2020 Sweet Ride - Sweet 16



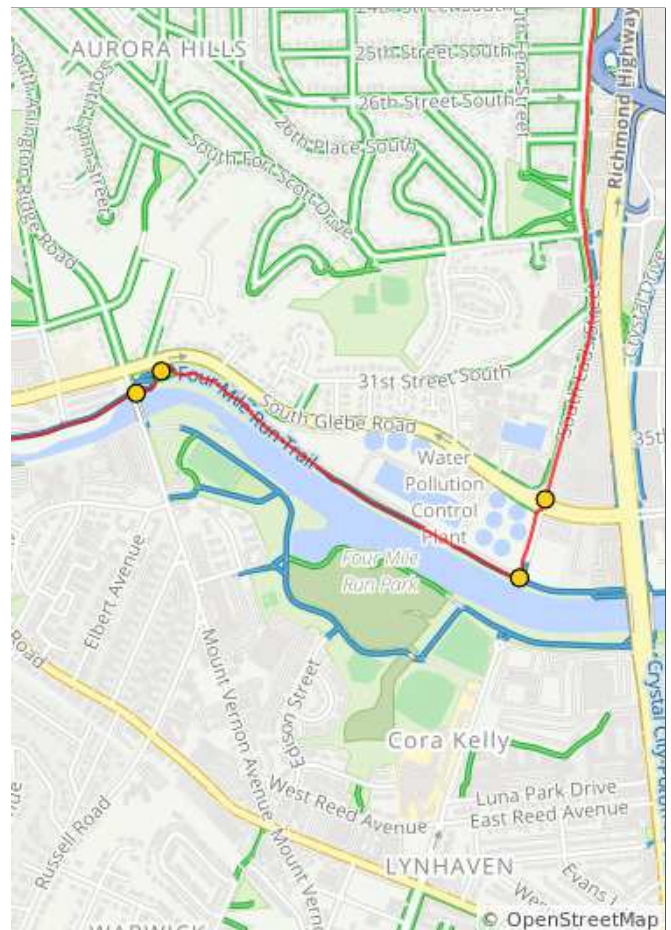
2020 Sweet Ride - Sweet 16

Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	0.0
2.	0.0	↑	Cross 12th St to head south on S Eads St	0.0
3.	0.0	↑	Continue on S Eads St	1.4



0.0 miles. +2/-0 feet

Num	Dist	Type	Note	Next
4.	1.4	↑	Use the crosswalk to cross S Glebe Rd and get on Four Mile Run Trail	0.1
5.	1.5	→	R onto Four Mile Run Trail	0.6
6.	2.1	←	Go L at the fork to stay on Four Mile Run Trail	0.0
7.	2.1	↑	Cross Mt Vernon Ave and continue on Four Mile Run Trail	0.3



2.1 miles. +6/-8 feet

Num	Dist	Type	Note	Next
8.	2.5	←	L to stay on Four Mile Run Trail	0.3
9.	2.8	←	Go L at the fork to stay on Four Mile Run Trail	0.5



0.6 miles. +14/-1 feet

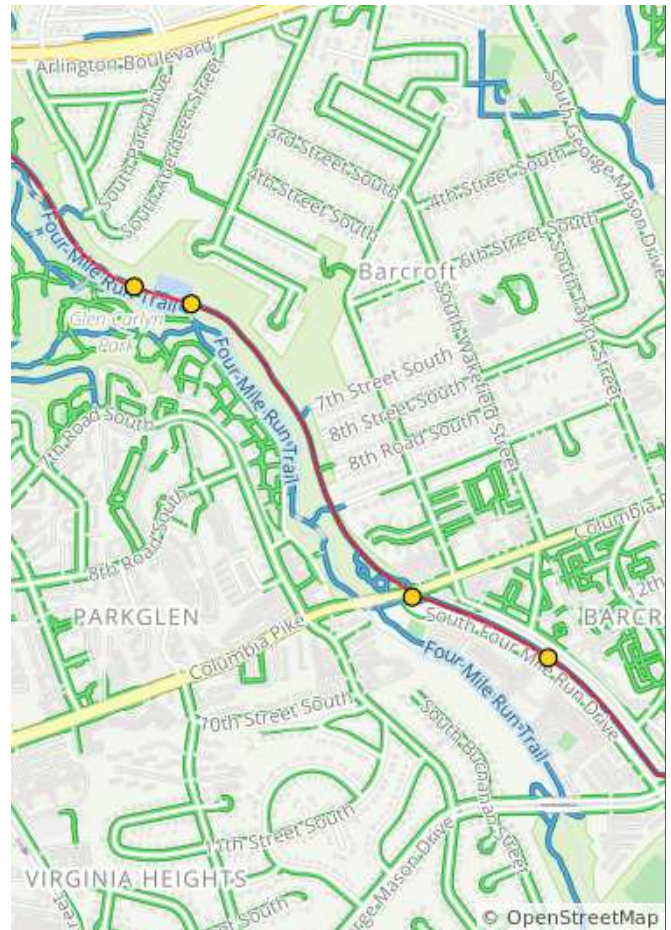
Num	Dist	Type	Note	Next
10.	3.3	→	R to follow the Shirlington Connector Trail towards S Four Mile Run Dr	0.0
11.	3.4	←	After S Four Mile Run Dr, use the crosswalk to turn L onto the W&OD Trail	1.4



0.6 miles. +3/-0 feet

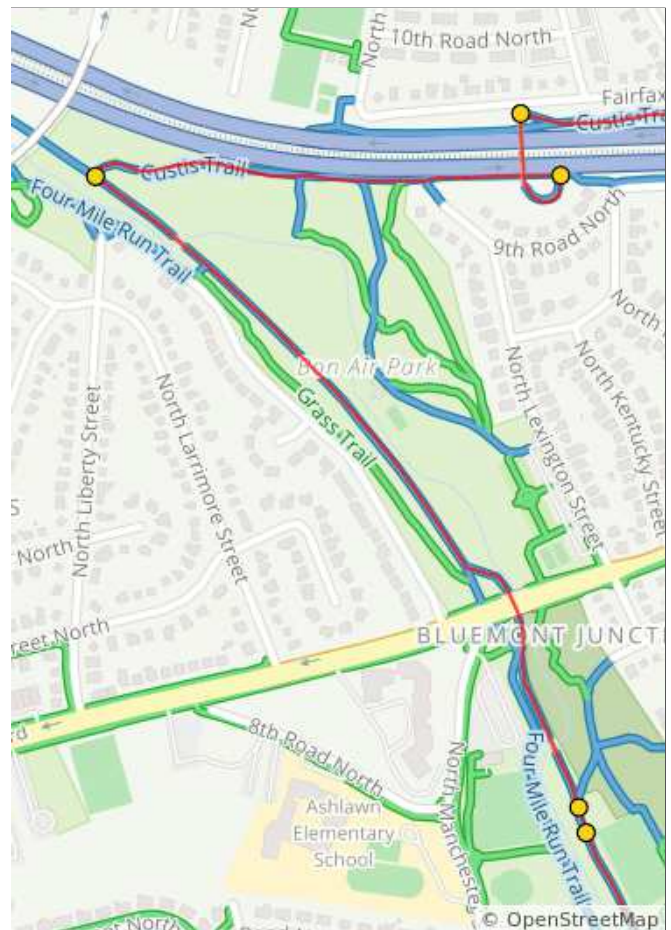
Num	Dist	Type	Note	Next
12.	4.8	←	Slight L to stay on Washington and Old Dominion Trail	0.2
13.	5.0	→	Go R at the fork to stay on Washington and Old Dominion Trail across Columbia Pike	0.5
14.	5.5	↑	Sparrow Pond Viewing Deck is coming up on your right! Pause here for a break if you want one.	0.1
15.	5.5	↑	Continue on the W&OD Trail	1.2

2.2 miles. +45/-12 feet

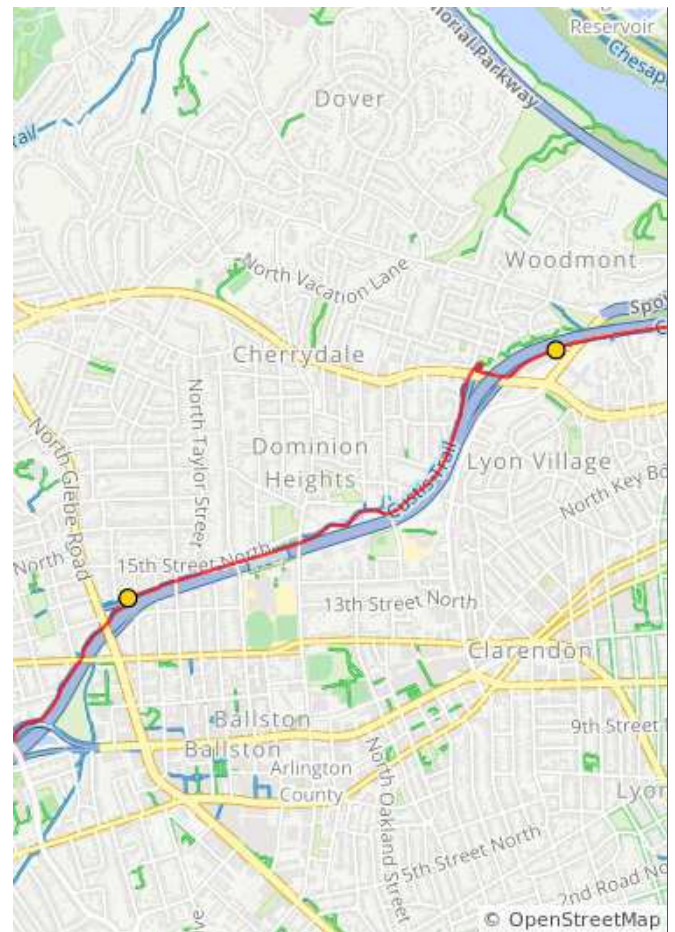


Num	Dist	Type	Note	Next
16.	6.7	↑	Bluemont Junction Park is coming up on your right! Pause here for a break if you want one.	0.0
17.	6.8	↑	Continue straight on the W&OD trail	0.5
18.	7.3	→	R onto Custis Trail	0.3
19.	7.6	→	R up the ramp toward Custis Trail (if you reach 9th Rd N, you've gone too far)	0.1
20.	7.7	→	R down the hill to continue on the Custis Trail	1.2

2.2 miles. +86/-17 feet

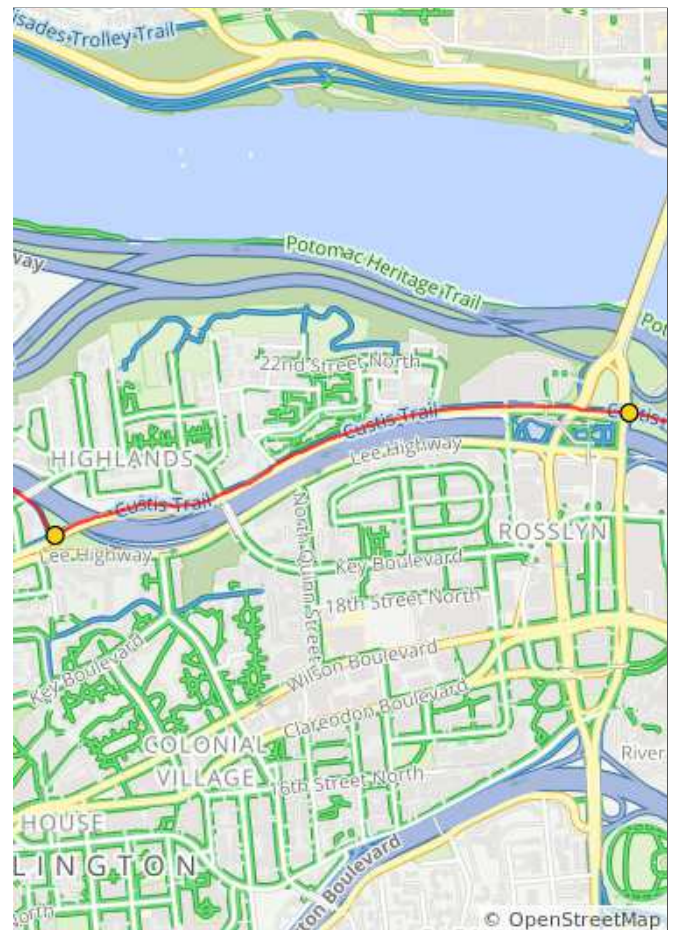


Num	Dist	Type	Note	Next
21.	8.9	→	R to stay on Custis Trail	1.5
22.	10.4	←	Go L at the fork to stay on Custis Trail	0.6



2.7 miles. +51/-172 feet

Num	Dist	Type	Note	Next
23.	11.0	←	L to stay on Custis Trail	0.8
24.	11.8	↑	Continue onto Mt Vernon Trail after crossing N Lynn St	0.3



1.4 miles. +8/-128 feet

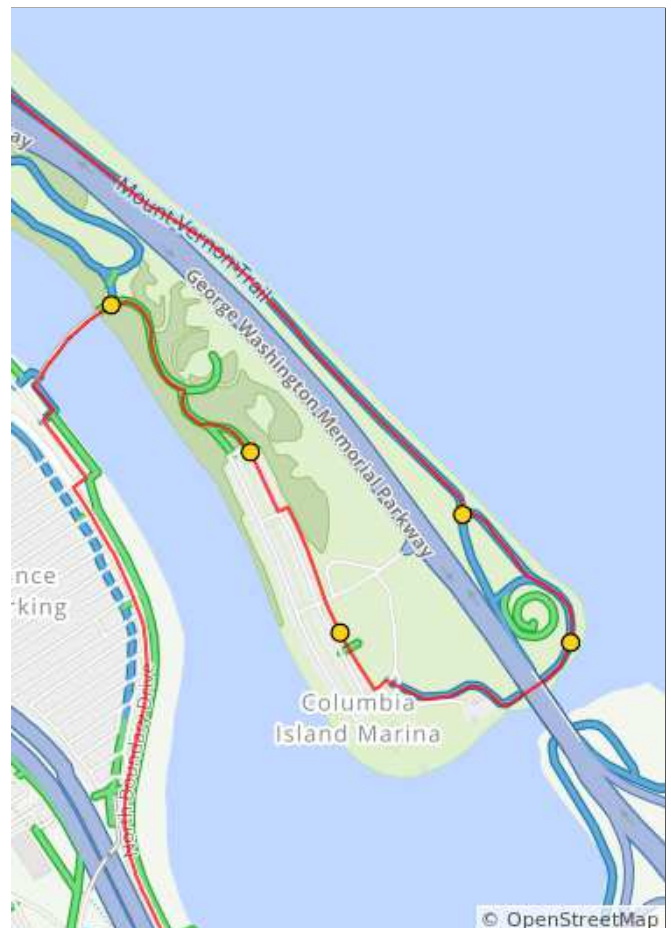
Num	Dist	Type	Note	Next
25.	12.1	→	Slight R to stay on Mt Vernon Trail	0.0
26.	12.1	↑	Theodore Roosevelt Island is coming up on your left! Pause here for a break if you want one.	1.8

0.3 miles. +1/-0 feet



Num	Dist	Type	Note	Next
27.	13.9	←	Stay L to go around the Navy-Merchant Marine memorial	0.1
28.	14.0	↑	Follow the trail under the bridge to Columbia Island Marina	0.2
29.	14.2	↑	Continue straight across the parking lot	0.1
30.	14.4	↑	At the end of the parking lot, continue on the trail	0.2
31.	14.5	←	Follow the trail L across the bridge	0.1

2.4 miles. +19/-12 feet



Num	Dist	Type	Note	Next
32.	14.6	←	Slight L toward Boundary Channel Drive	0.0
33.	14.6	←	L toward Boundary Channel Drive	0.1
34.	14.7	←	L onto Boundary Channel Drive	0.5
35.	15.2	←	Slight L to stay on Boundary Channel Drive	0.2
36.	15.4	←	Slight L to stay on Boundary Channel Drive	0.1
37.	15.5	→	R onto Long Bridge Drive	0.6

0.9 miles. +28/-8 feet



Num	Dist	Type	Note	Next
38.	16.1	→	R onto 12th St S	0.2
39.	16.2	→	R onto S Eads St. You're back at the Grounds! You did it!	0.0
40.	16.3	📍	End of route	0.0

0.8 miles. +7/-0 feet

