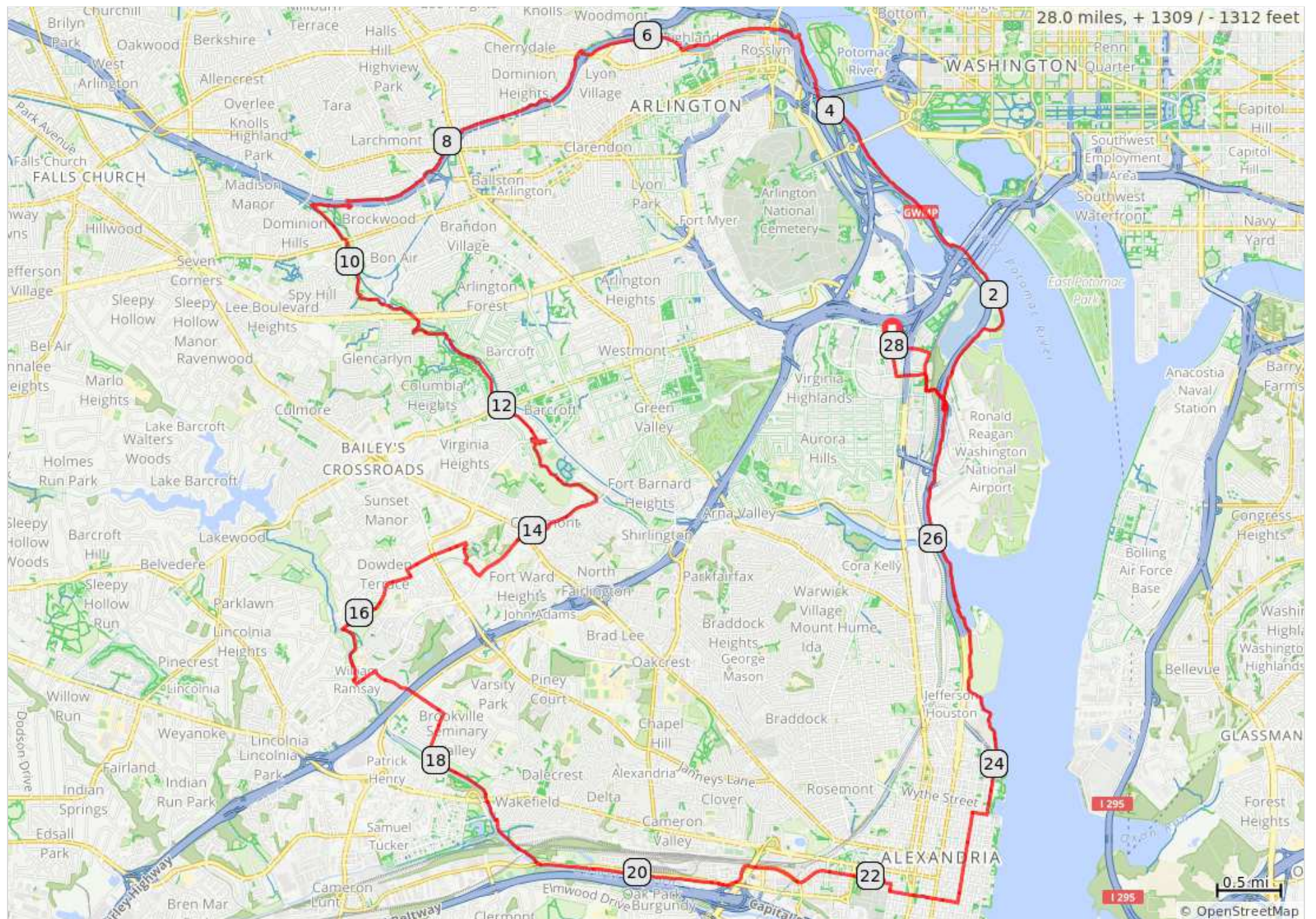


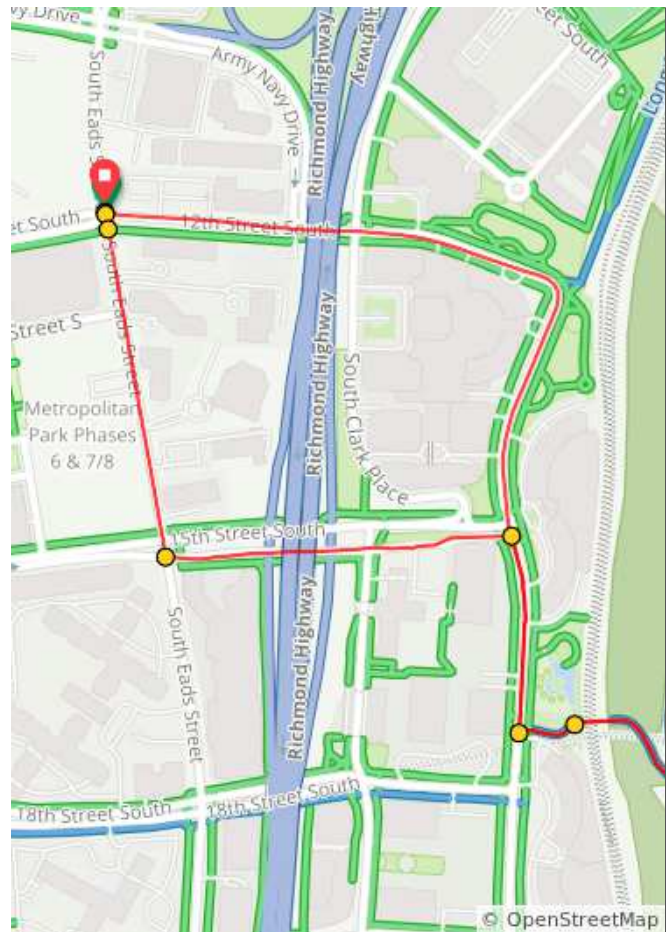
2020 Sweet Ride - Sweet 28



2020 Sweet Ride - Sweet 28

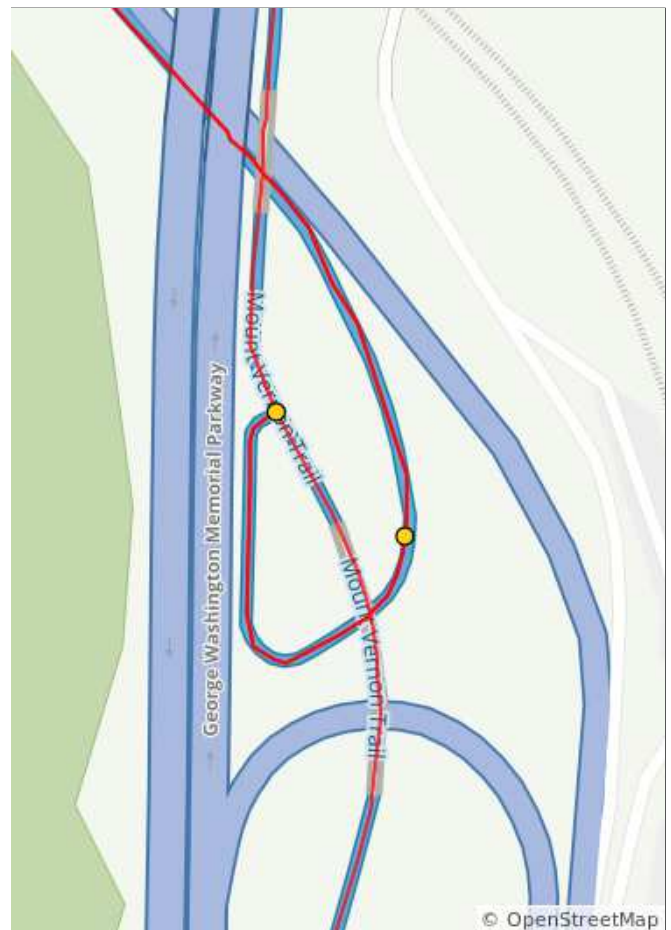
Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	0.0
2.	0.0	↑	Cross 12th St to head south on S Eads St	0.0
3.	0.0	↑	Continue on S Eads St	0.2
4.	0.2	←	L onto 15th St S	0.2
5.	0.5	→	R onto Crystal Dr	0.1
6.	0.6	←	L into the park, onto Mt Vernon Trail (if you cross 18th St you have gone too far)	0.0
7.	0.6	↑	Continue on the Mt Vernon Trail, through the tunnel	0.2

0.6 miles. +22/-28 feet



Num	Dist	Type	Note	Next
8.	0.8	↑	Follow the trail up the hill	0.1
9.	0.9	←	L to stay on Mt Vernon Trail	3.6

0.3 miles. +5/-0 feet



Num	Dist	Type	Note	Next
10.	4.5	↑	Theodore Roosevelt Island is coming up on your right! Pause here for a break if you want one.	0.2
11.	4.7	↑	Continue straight to stay on Mt Vernon Trail	0.2
12.	4.9	↑	Continue onto Custis Trail	0.8

4.0 miles. +51/-5 feet

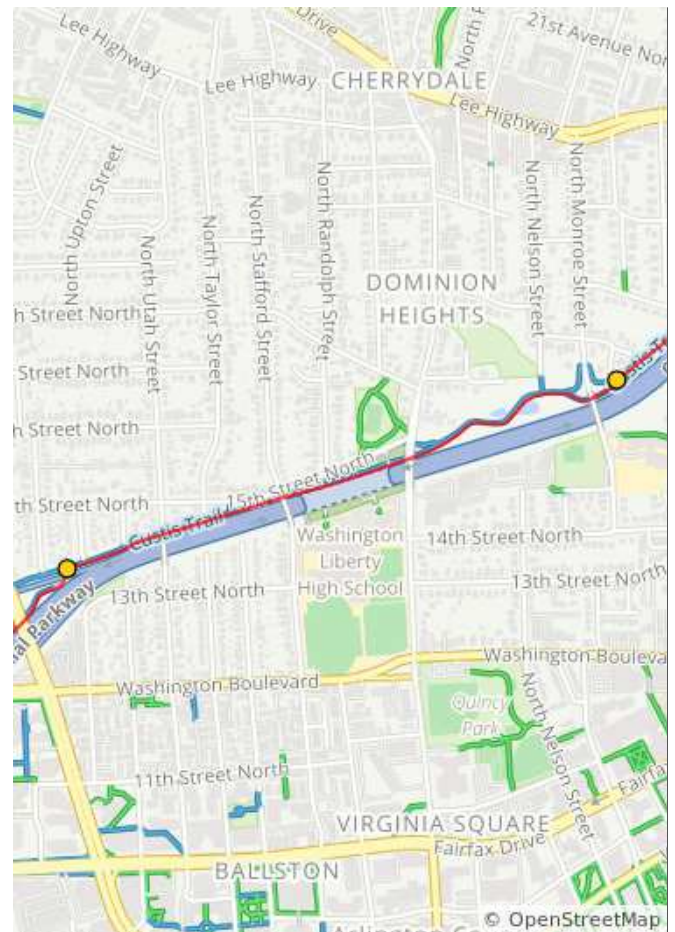


Num	Dist	Type	Note	Next
13.	5.7	→	R to stay on Custis Trail	1.1
14.	6.8	←	Keep L to stay on Custis Trail	0.3

1.9 miles. +108/-54 feet

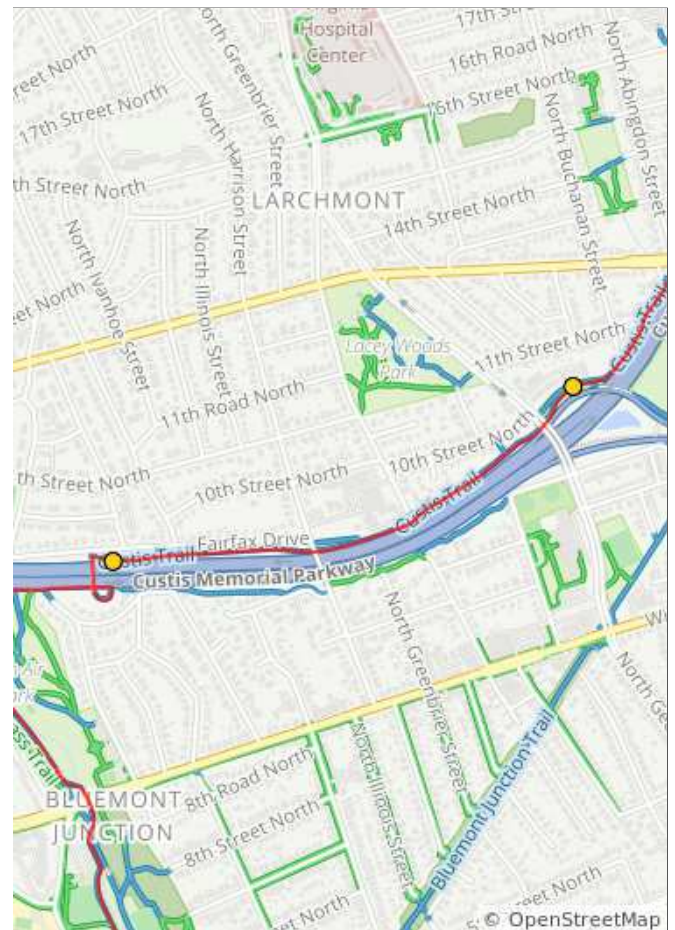


Num	Dist	Type	Note	Next
15.	7.1	←	Keep L to stay on Custis Trail	0.8
16.	7.8	←	Keep L to stay on Custis Trail	0.5



1.1 miles. +94/-19 feet

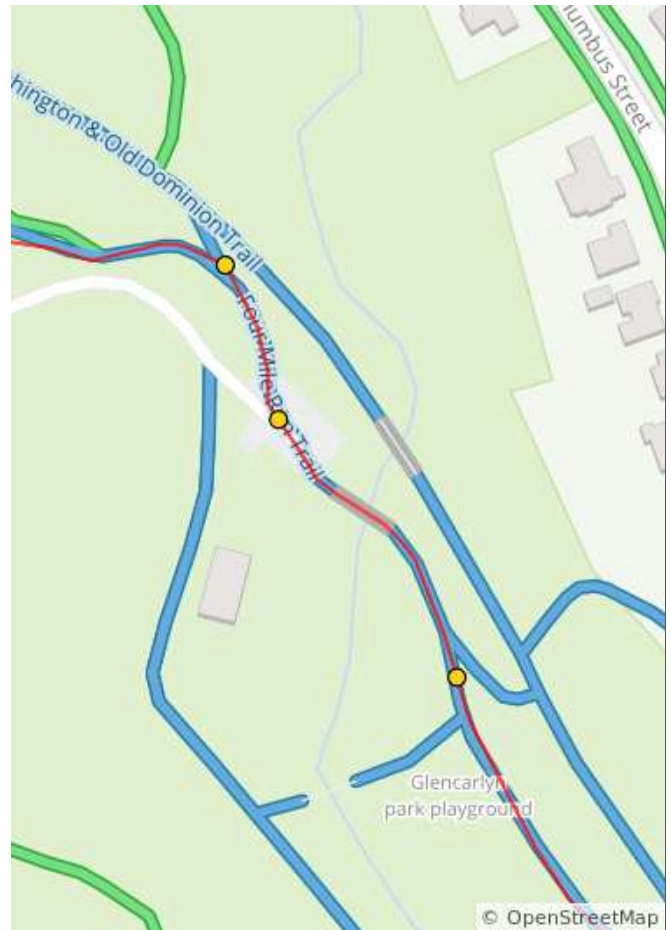
Num	Dist	Type	Note	Next
17.	8.3	←	Keep L to stay on Custis Trail	0.7
18.	9.0	→	Gp R at the for to follow the Custis Trail up the hill	0.0



1.1 miles. +36/-39 feet

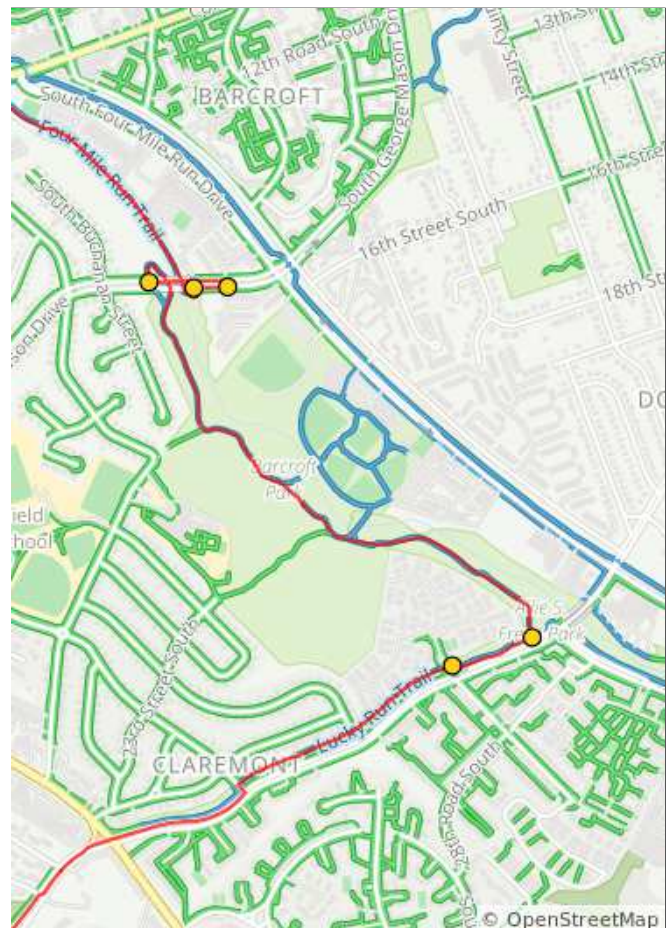
Num	Dist	Type	Note	Next
29.	11.2	→	R to stay on Four Mile Run Trail	0.0
30.	11.2	↑	Continue straight on Four Mile Run Trail, past Glencarlyn Park Structure and across the creek	0.1
31.	11.3	↑	Glencarlyn Park is coming up on your left! Pause here for a break if you want one.	1.1

0.4 miles. +0/-15 feet



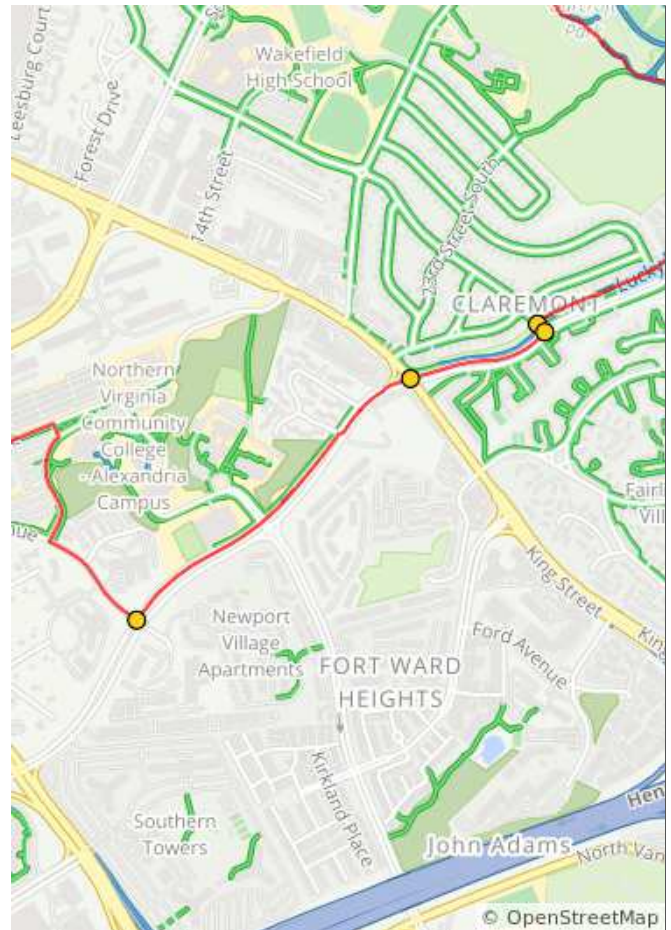
Num	Dist	Type	Note	Next
32.	12.4	→	R onto S George Mason Dr	0.0
33.	12.5	↑	Make a U-turn to go the other way on S George Mason Dr	0.1
34.	12.6	→	R onto Four Mile Run Trail after crossing the creek	0.8
35.	13.4	→	R	0.1
36.	13.5	↑	Cross S Wakefield St and continue on Four Mile Run Trail	0.3

2.3 miles. +29/-47 feet



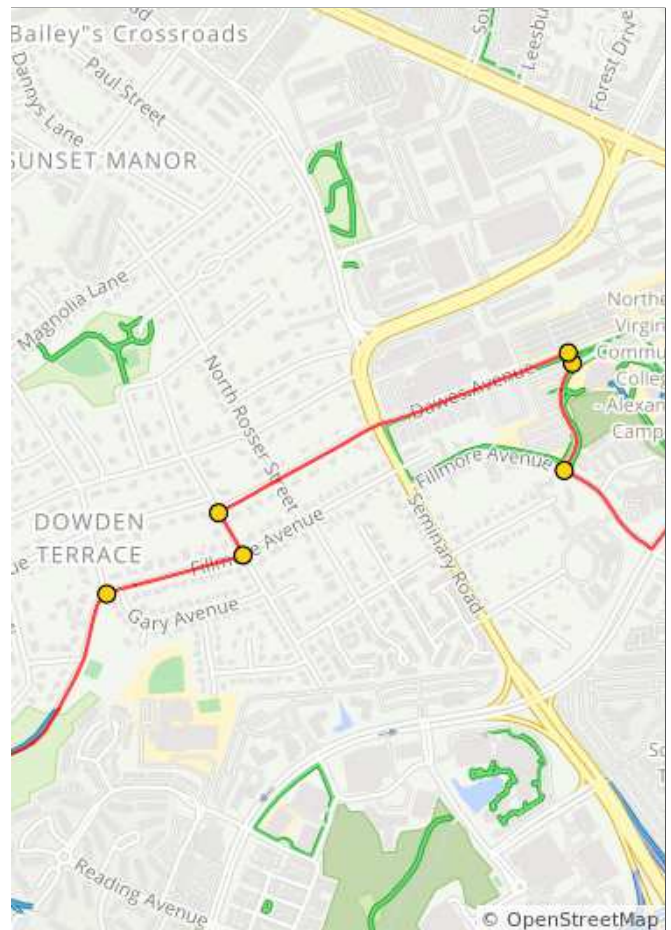
Num	Dist	Type	Note	Next
37.	13.9	←	L onto S Dinwiddie St	0.0
38.	13.9	→	R onto S Walter Reed Dr	0.2
39.	14.1	↑	Continue onto N Beauregard St	0.5
40.	14.6	→	R onto Fillmore Ave	0.2

1.0 miles. +95/-0 feet



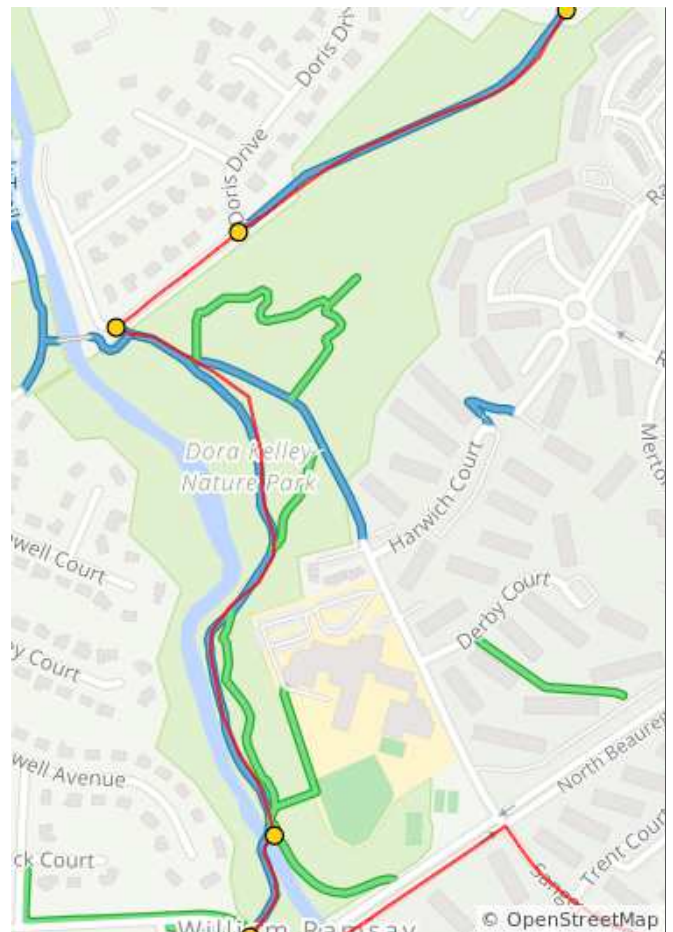
Num	Dist	Type	Note	Next
41.	14.7	→	R onto Bisdorf Dr	0.2
42.	14.9	←	Keep L to stay on Bisdorf Dr	0.0
43.	14.9	←	L onto Dawes Ave	0.5
44.	15.4	←	L onto N Stevens St	0.1
45.	15.5	→	R onto Fillmore Ave	0.2
46.	15.7	↑	Continue straight onto N Chambliss St	0.2

1.1 miles. +25/-19 feet



Num	Dist	Type	Note	Next
47.	15.8	↑	Continue onto Holmes Run Trail	0.3
48.	16.1	↑	Continue straight onto N Chambliss St	0.1
49.	16.2	←	Sharp L onto Holmes Run Trail	0.4
50.	16.6	→	R to stay on Holmes Run Trail across the creek	0.1
51.	16.7	←	L onto N Morgan St	0.0

1.0 miles. +19/-115 feet

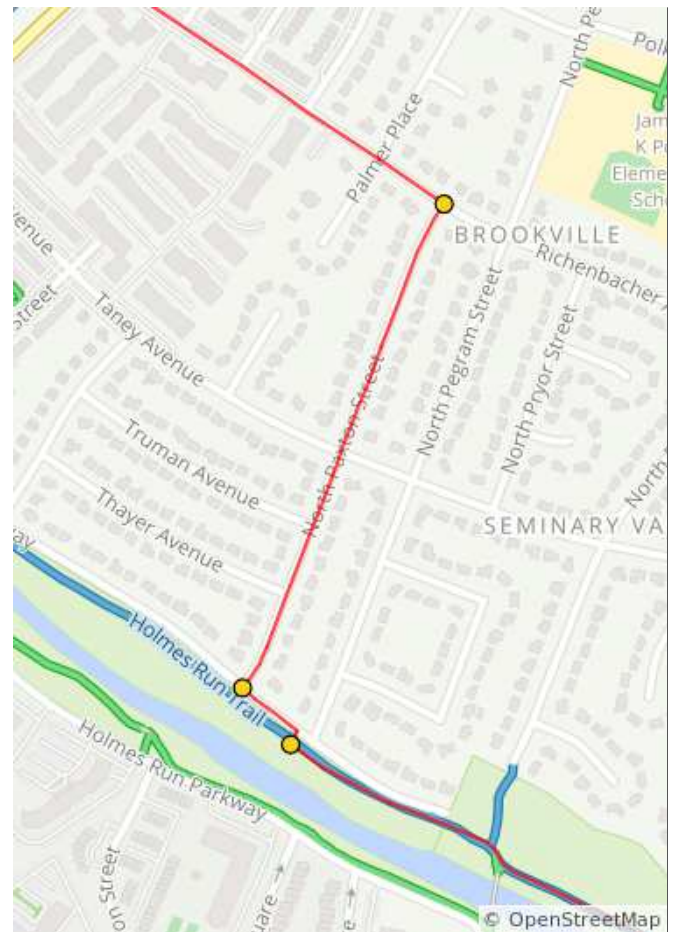


Num	Dist	Type	Note	Next
52.	16.7	←	L onto N Beauregard St	0.2
53.	16.9	→	R onto Sanger Ave	0.4
54.	17.3	↑	Continue onto Richenbacher Ave	0.3

0.6 miles. +34/-9 feet

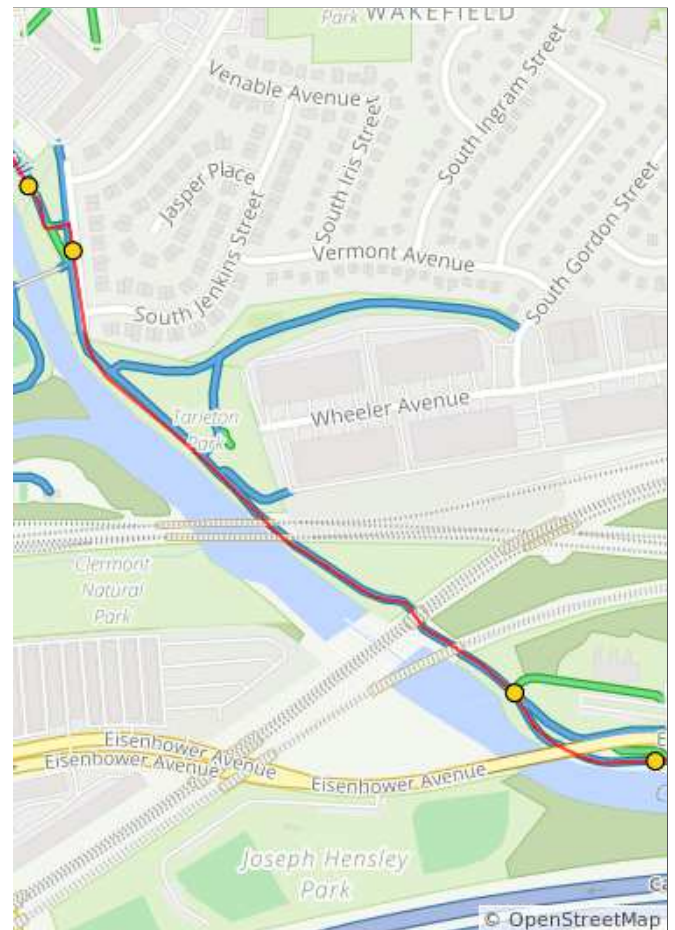


Num	Dist	Type	Note	Next
55.	17.5	→	R onto N Paxton St	0.3
56.	17.9	←	L onto Holmes Run Pkwy	0.1
57.	17.9	←	L to get onto Holmes Run Trail	0.7



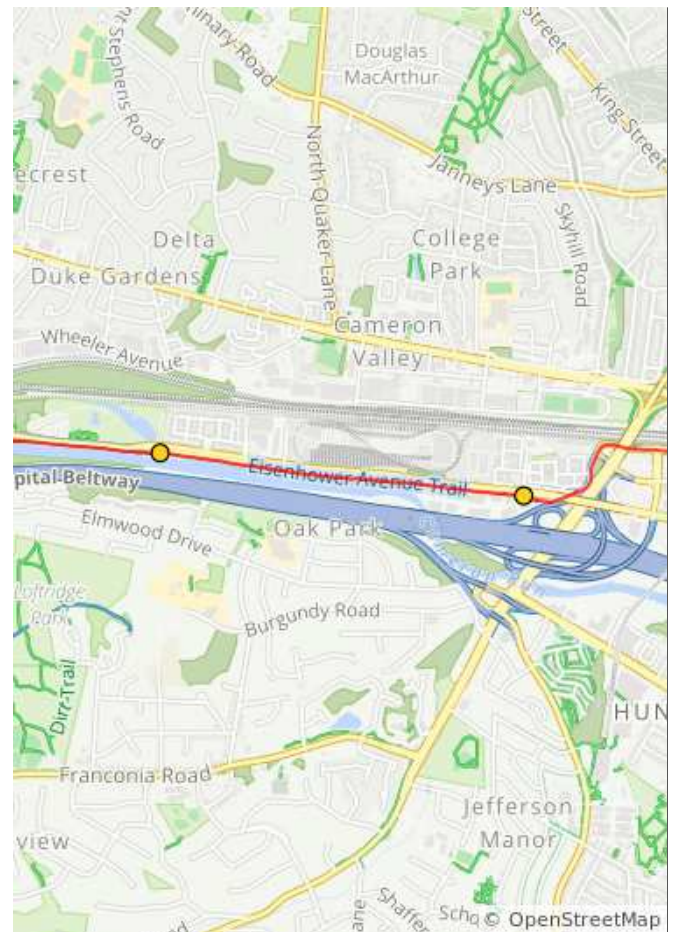
0.7 miles. +0/-37 feet

Num	Dist	Type	Note	Next
58.	18.6	↑	Continue on Holmes Run Trail (if the bridge is washed out, use the street on the far side to go around the playground)	0.1
59.	18.7	↑	Continue straight on Holmes Run Trail	0.4
60.	19.1	→	Slight R onto Eisenhower Avenue Underpass	0.1
61.	19.3	↑	Continue straight on the trail	0.4



1.3 miles. +8/-34 feet

Num	Dist	Type	Note	Next
62.	19.7	↑	Continue straight on the trail	1.0
63.	20.6	→	R into the Courtyard Marriott (if you cross the bridge you have gone too far)	0.0



1.4 miles. +27/-29 feet

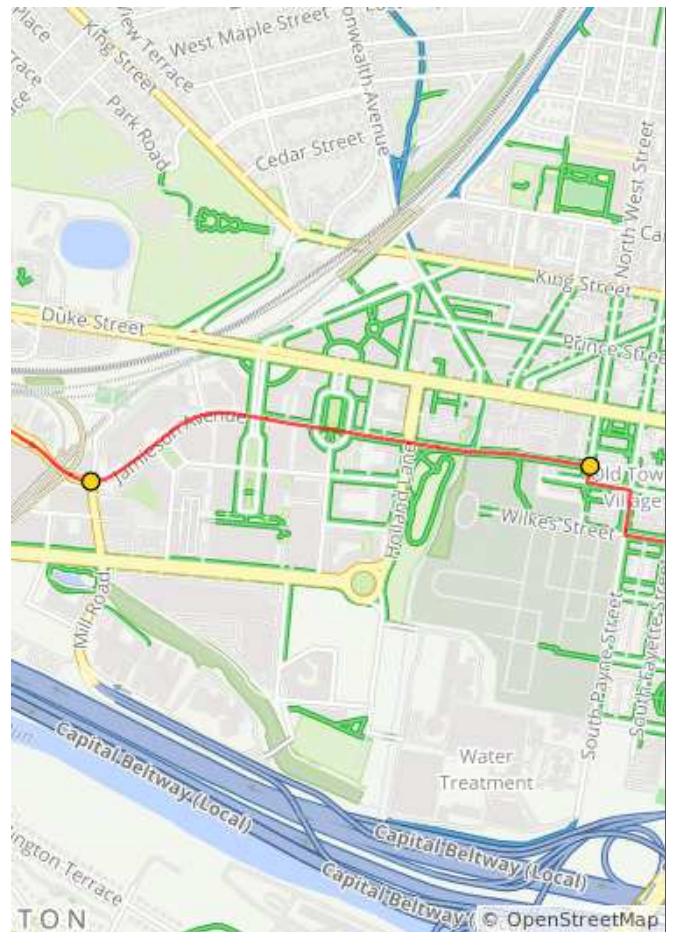
Num	Dist	Type	Note	Next
64.	20.6	←	L across the Courtyard Marriott parking lot	0.1
65.	20.7	↑	Continue straight onto Frontage Rd	0.1
66.	20.8	↑	Continue straight on to Mills Road	0.6



0.2 miles. +2/-0 feet

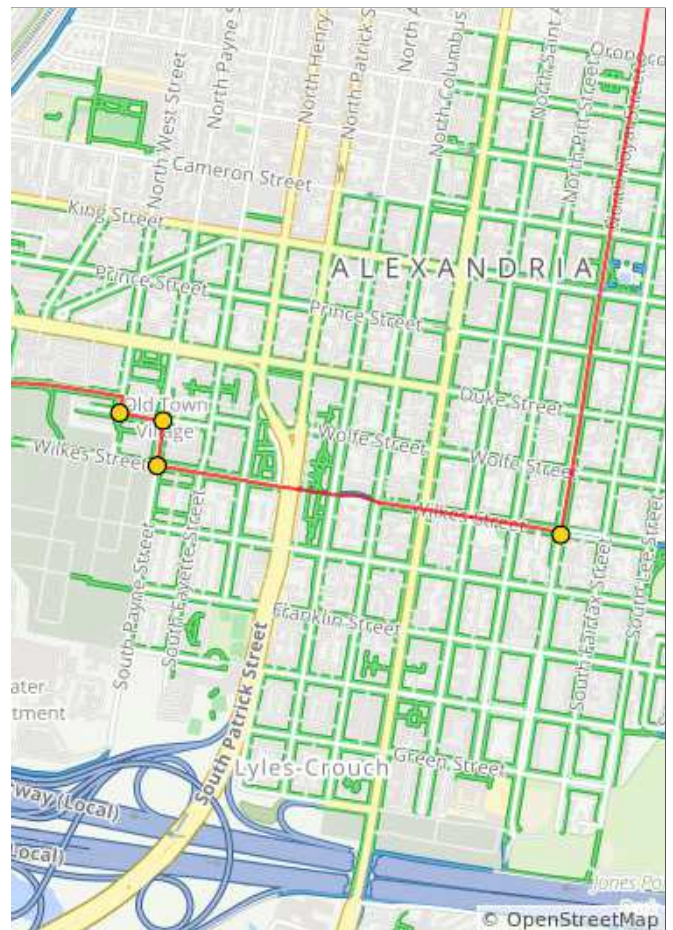
Num	Dist	Type	Note	Next
67.	21.4	↑	Continue straight onto Jamieson Avenue	0.7
68.	22.1	→	R onto S West St	0.0

1.3 miles. +23/-24 feet



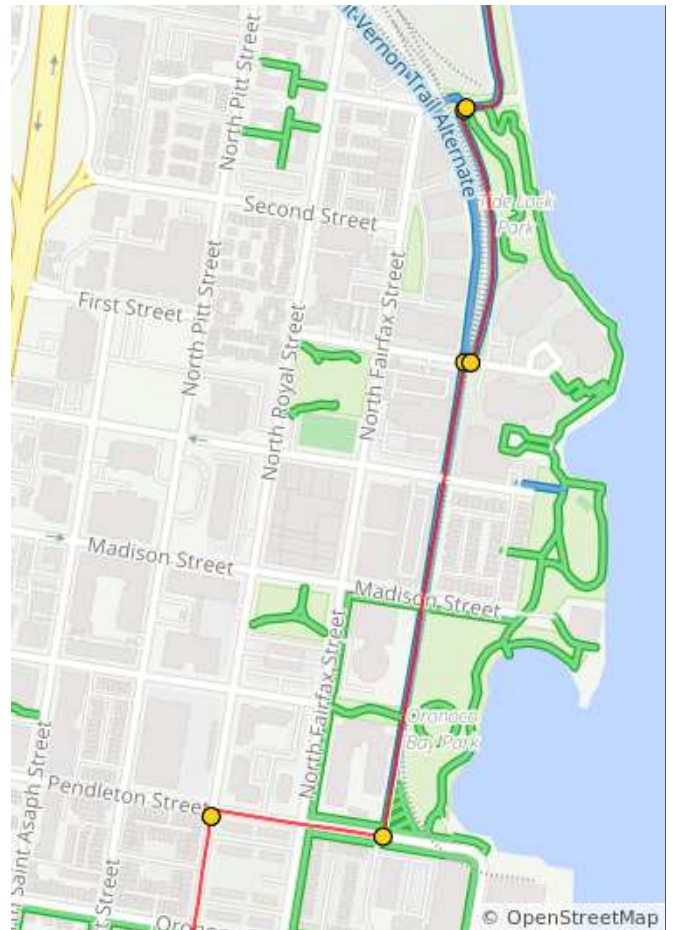
Num	Dist	Type	Note	Next
69.	22.1	←	L onto Roundhouse Ln	0.1
70.	22.2	→	R onto S Payne St	0.1
71.	22.2	←	L onto Wilkes St	0.5
72.	22.8	←	L onto S Royal St	0.7

0.7 miles. +7/-22 feet



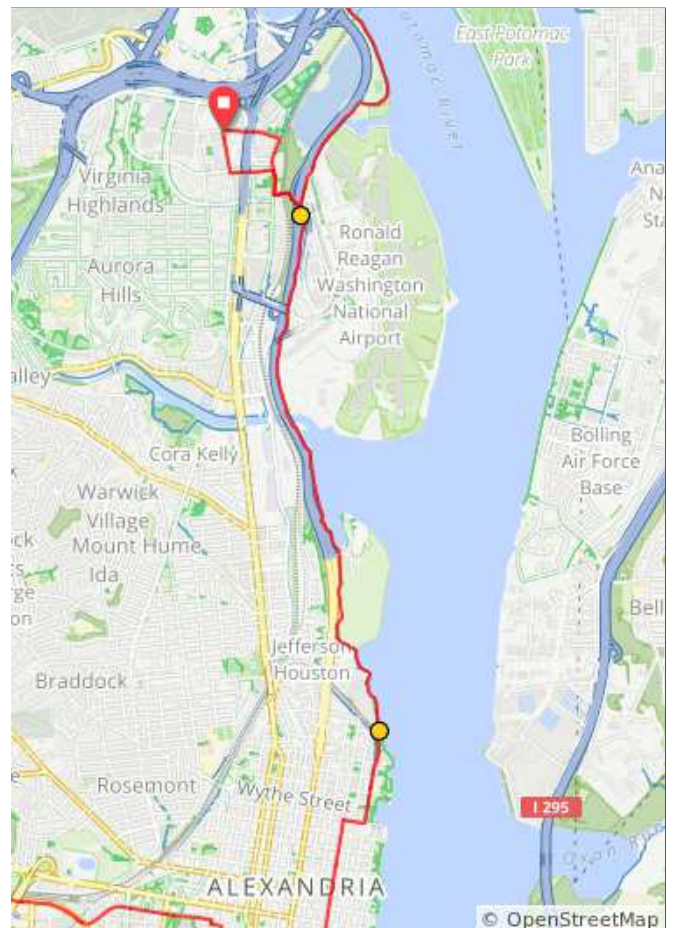
Num	Dist	Type	Note	Next
73.	23.5	➡	R onto Pendleton St	0.1
74.	23.6	⬅	L onto Mt Vernon Trail	0.3
75.	23.9	➡	R onto Canal Center Plaza to cross the railroad tracks	0.0
76.	23.9	⬅	Immediate L onto Mt Vernon Trail (railroad tracks are on your left)	0.2
77.	24.1	⬆	Tide Lock Park is to your right! Pause here for a break if you want one.	0.0
78.	24.1	➡	R to stay on Mt Vernon Trail	0.0

1.3 miles. +19/-14 feet



Num	Dist	Type	Note	Next
79.	24.1	⬅	Follow Mt Vernon Trail to the L and continue straight	3.0
80.	27.1	⬅	L to stay on Mt Vernon Trail down the hill	0.3

3.0 miles. +81/-62 feet



Num	Dist	Type	Note	Next
81.	27.4	→	R onto Crystal Dr	0.3
82.	27.8	↑	Continue onto 12th St S	0.3
83.	28.0	→	R onto S Eads St. You're back at the Grounds! You did it!	0.0
84.	28.0	📍	End of route	0.0

0.9 miles. +22/-14 feet

