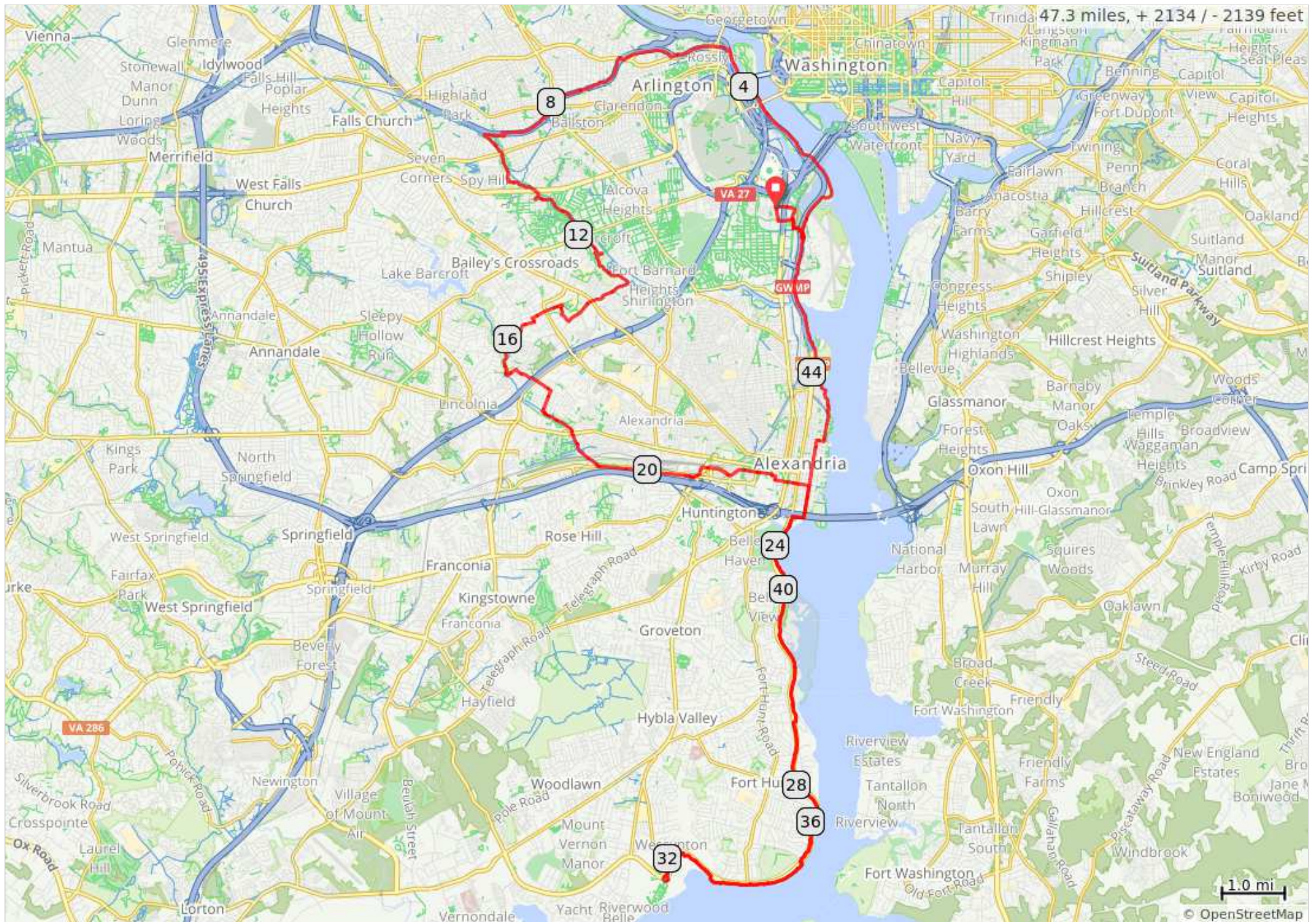


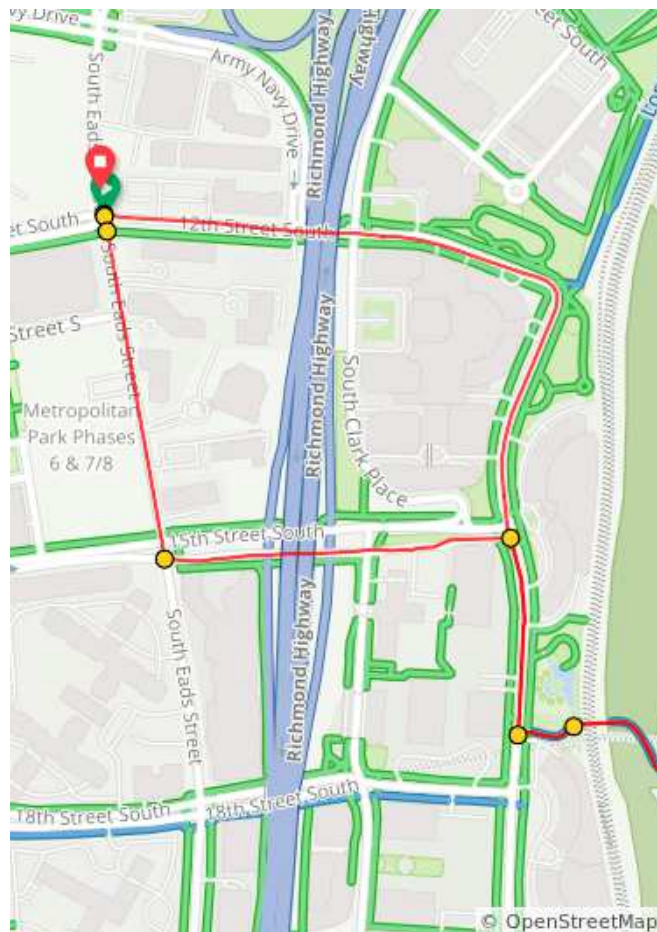
## 2020 Sweet Ride - Sweet 47



## 2020 Sweet Ride - Sweet 47

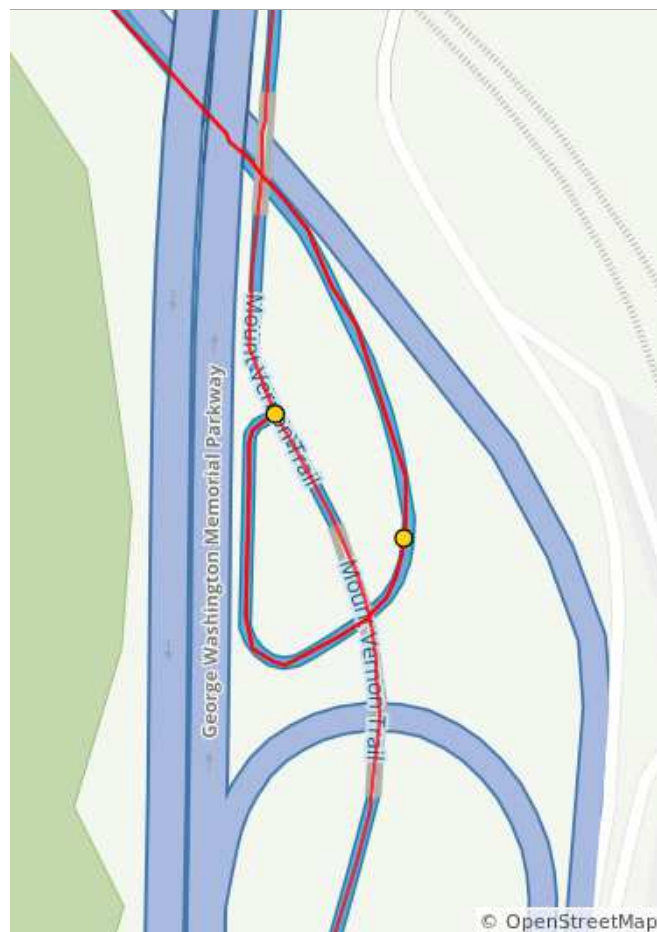
Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	0.0
2.	0.0	↑	Cross 12th St to head south on S Eads St	0.0
3.	0.0	↑	Continue on S Eads St	0.2
4.	0.2	←	L onto 15th St S	0.2
5.	0.5	→	R onto Crystal Dr	0.1
6.	0.6	←	L into the park, onto Mt Vernon Trail (if you cross 18th St you have gone too far)	0.0
7.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



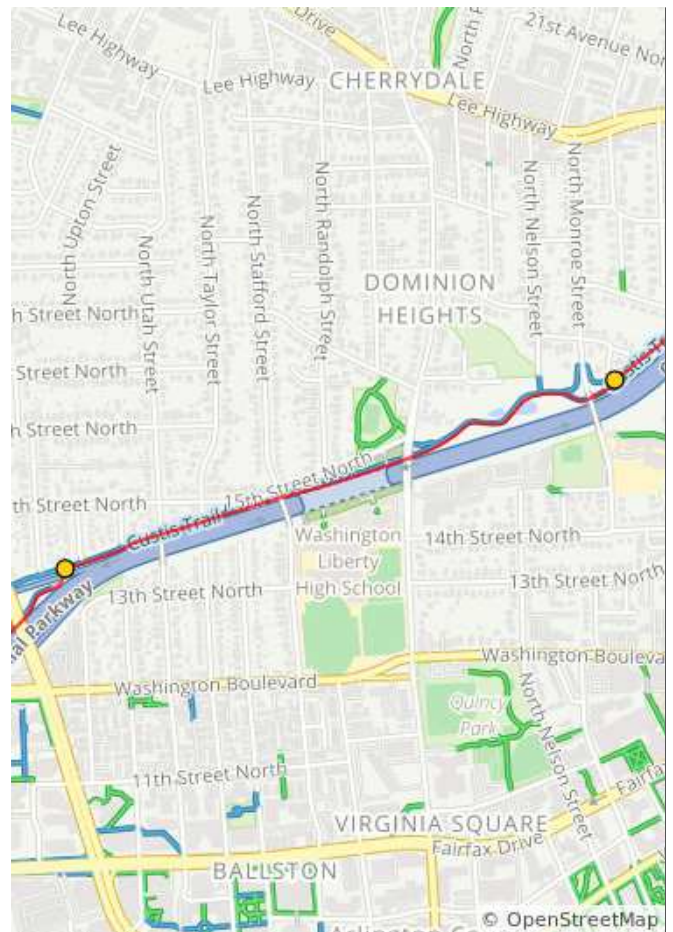
Num	Dist	Type	Note	Next
13.	5.7	→	R to stay on Custis Trail	1.1
14.	6.8	←	Keep L to stay on Custis Trail	0.3

1.9 miles. +108/-54 feet



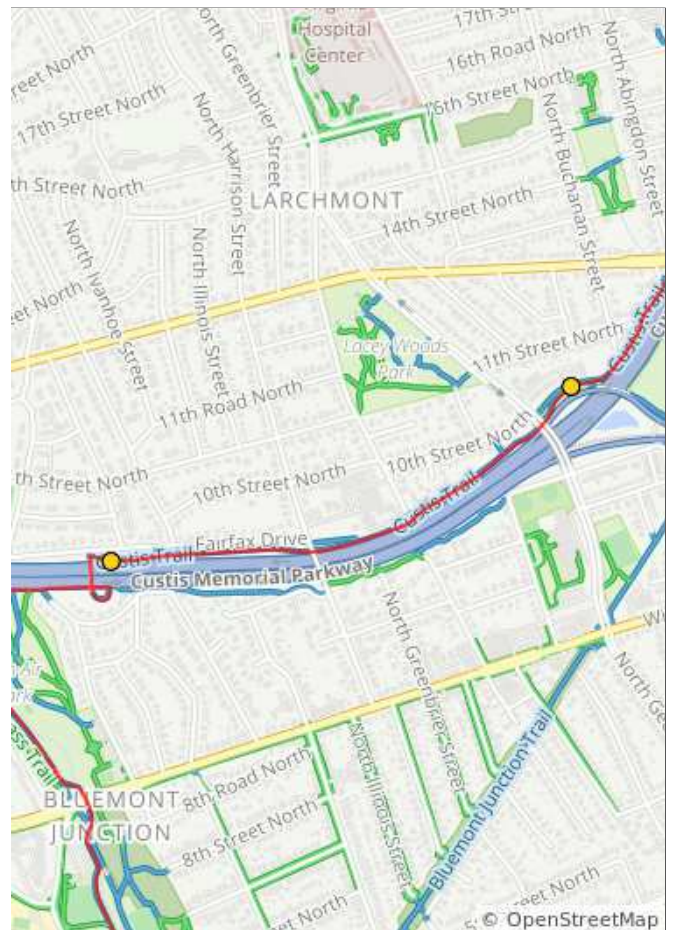
Num	Dist	Type	Note	Next
15.	7.1	←	Keep L to stay on Custis Trail	0.8
16.	7.8	←	Keep L to stay on Custis Trail	0.5

1.1 miles. +94/-19 feet



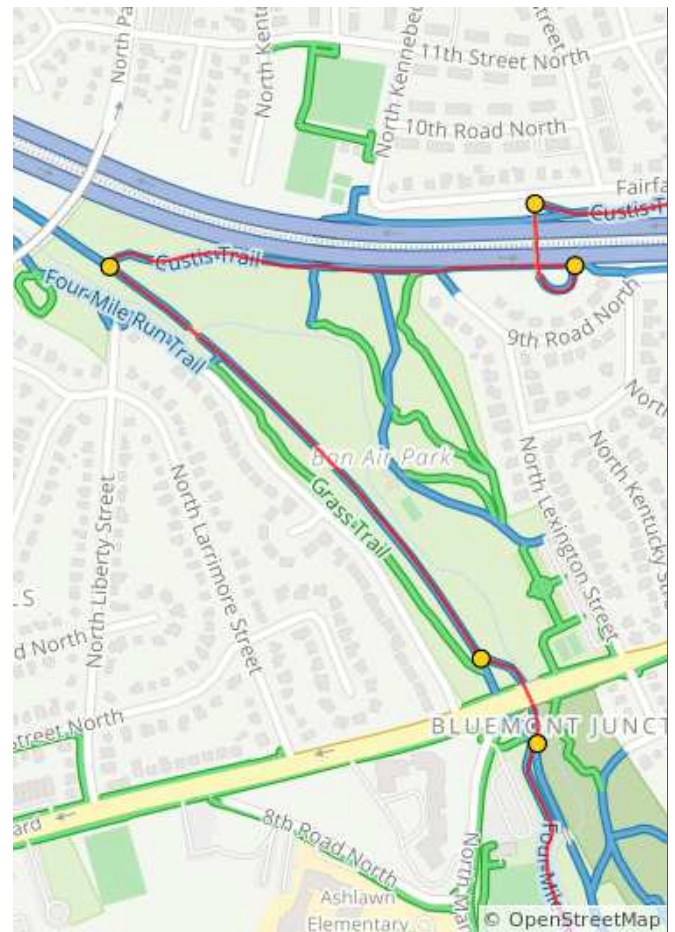
Num	Dist	Type	Note	Next
17.	8.3	←	Keep L to stay on Custis Trail	0.7
18.	9.0	→	Go R at the fork to follow the Custis Trail up the hill	0.0

1.1 miles. +36/-39 feet



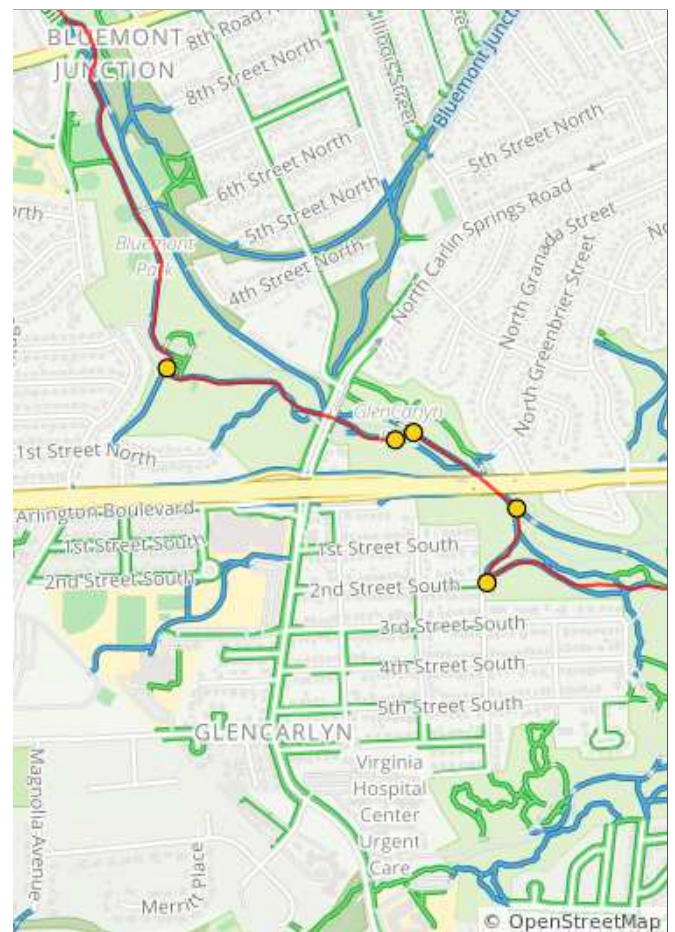
Num	Dist	Type	Note	Next
19.	9.0	←	L to follow the trail across the bridge	0.1
20.	9.1	←	L	0.3
21.	9.4	←	L onto Washington and Old Dominion Trail	0.4
22.	9.8	←	Slight L to stay on Washington and Old Dominion Trail	0.1
23.	9.8	→	Slight R onto Four Mile Run Trail	0.4

0.9 miles. +13/-82 feet



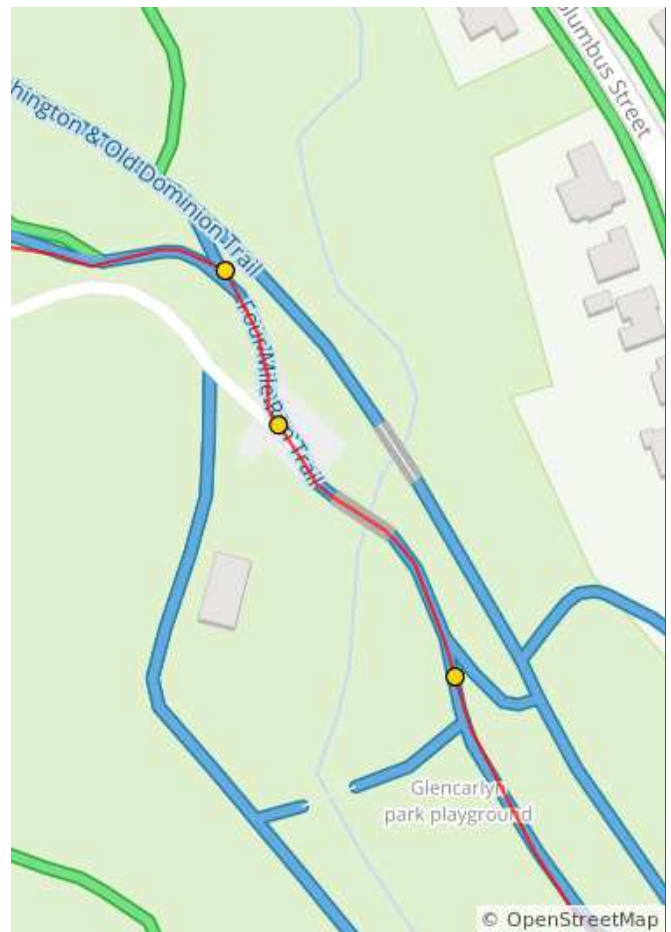
Num	Dist	Type	Note	Next
24.	10.3	←	Go L at the fork	0.3
25.	10.6	←	Go L at the fork	0.0
26.	10.6	→	R onto Washington and Old Dominion Trail	0.2
27.	10.8	→	Slight R onto Four Mile Run Trail	0.1
28.	10.9	←	Sharp L to stay on Four Mile Run Trail (if you reach S Jefferson St you have gone too far)	0.3

1.1 miles. +37/-31 feet



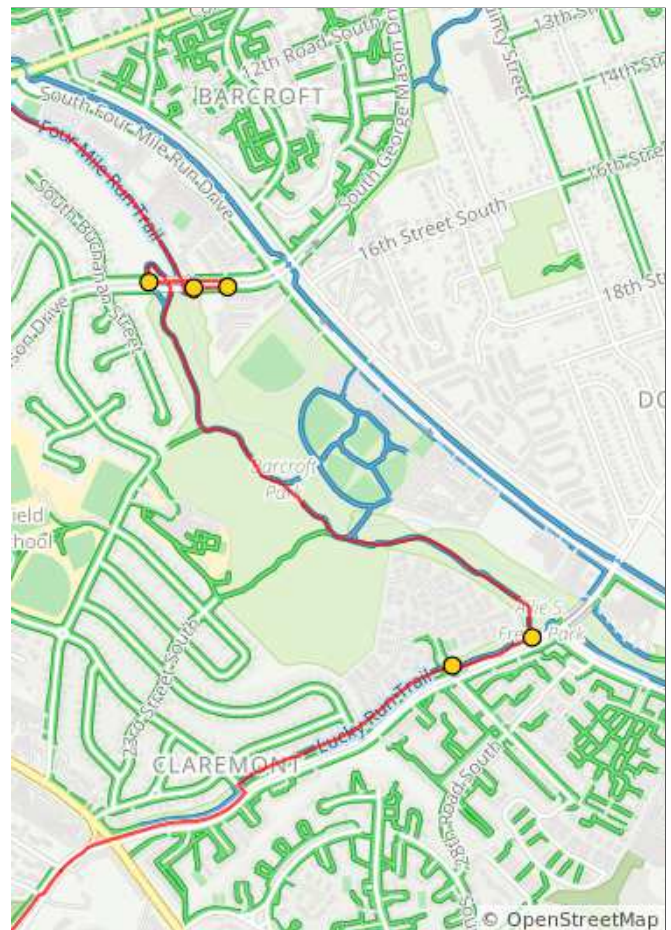
Num	Dist	Type	Note	Next
29.	11.2	➡	R to stay on Four Mile Run Trail	0.0
30.	11.2	⬆	Continue straight on Four Mile Run Trail, past Glencarlyn Park Structure and across the creek	0.1
31.	11.3	⬆	Glencarlyn Park is coming up on your left! Pause here for a break if you want one.	1.1

0.4 miles. +0/-15 feet



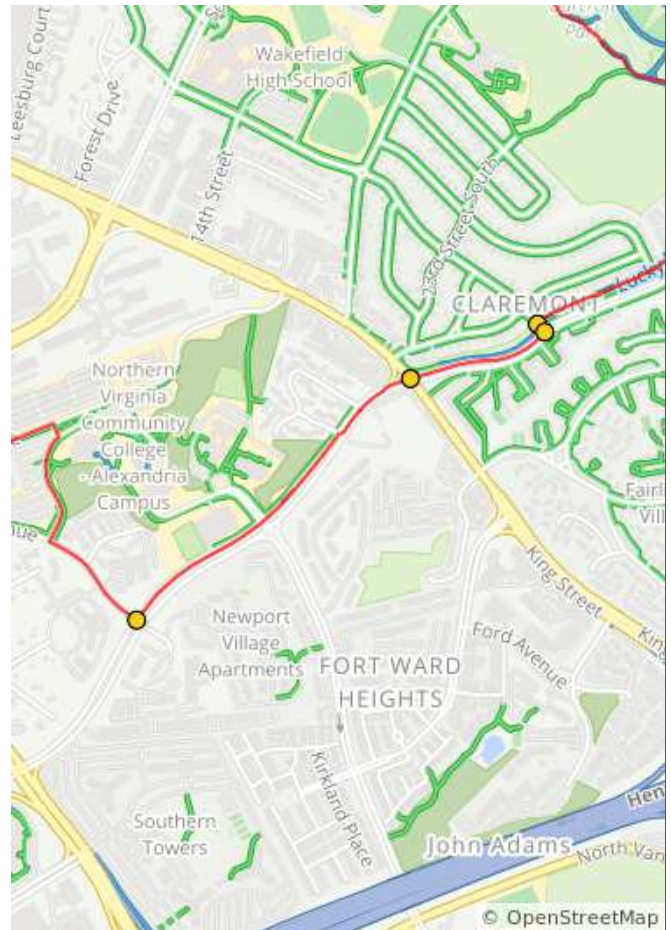
Num	Dist	Type	Note	Next
32.	12.4	➡	R onto S George Mason Dr	0.0
33.	12.5	⬆	Make a U-turn to go the other way on S George Mason Dr	0.1
34.	12.6	➡	R onto Four Mile Run Trail after crossing the creek	0.8
35.	13.4	➡	R	0.1
36.	13.5	⬆	Cross S Wakefield St and continue on Four Mile Run Trail	0.3

2.3 miles. +29/-47 feet



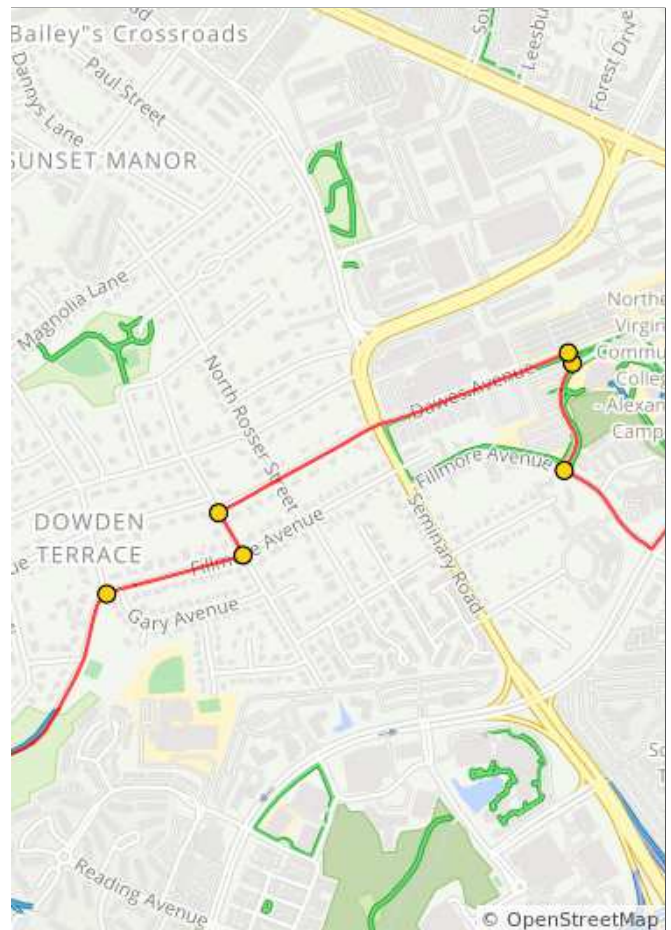
Num	Dist	Type	Note	Next
37.	13.9	←	L onto S Dinwiddie St	0.0
38.	13.9	→	R onto S Walter Reed Dr	0.2
39.	14.1	↑	Continue onto N Beauregard St	0.5
40.	14.6	→	R onto Fillmore Ave	0.2

1.0 miles. +95/-0 feet



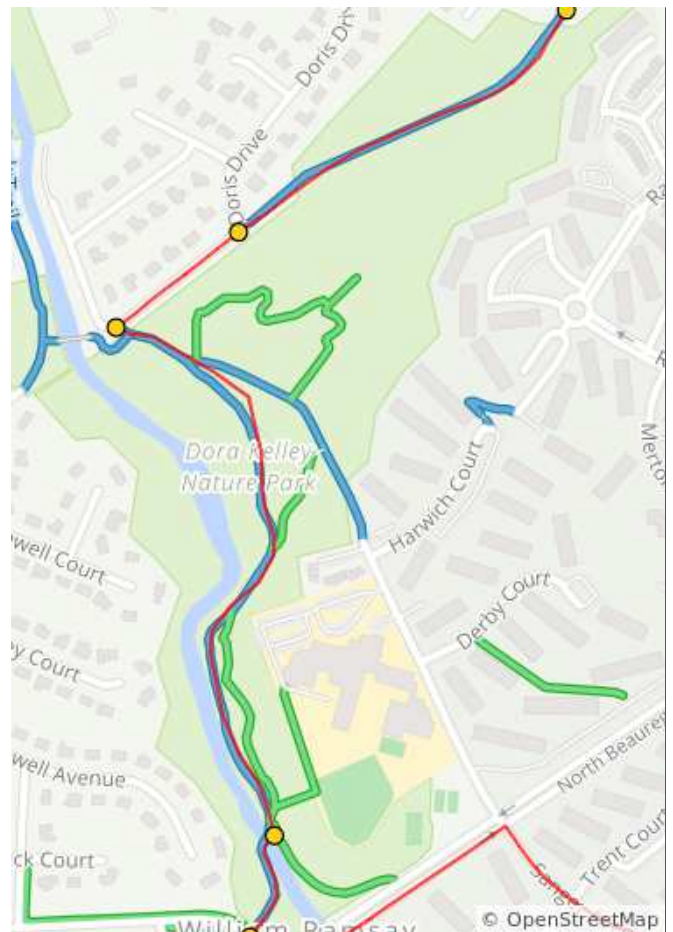
Num	Dist	Type	Note	Next
41.	14.7	→	R onto Bisdorf Dr	0.2
42.	14.9	←	Keep L to stay on Bisdorf Dr	0.0
43.	14.9	←	L onto Dawes Ave	0.5
44.	15.4	←	L onto N Stevens St	0.1
45.	15.5	→	R onto Fillmore Ave	0.2
46.	15.7	↑	Continue onto N Chambliss St	0.2

1.1 miles. +25/-19 feet



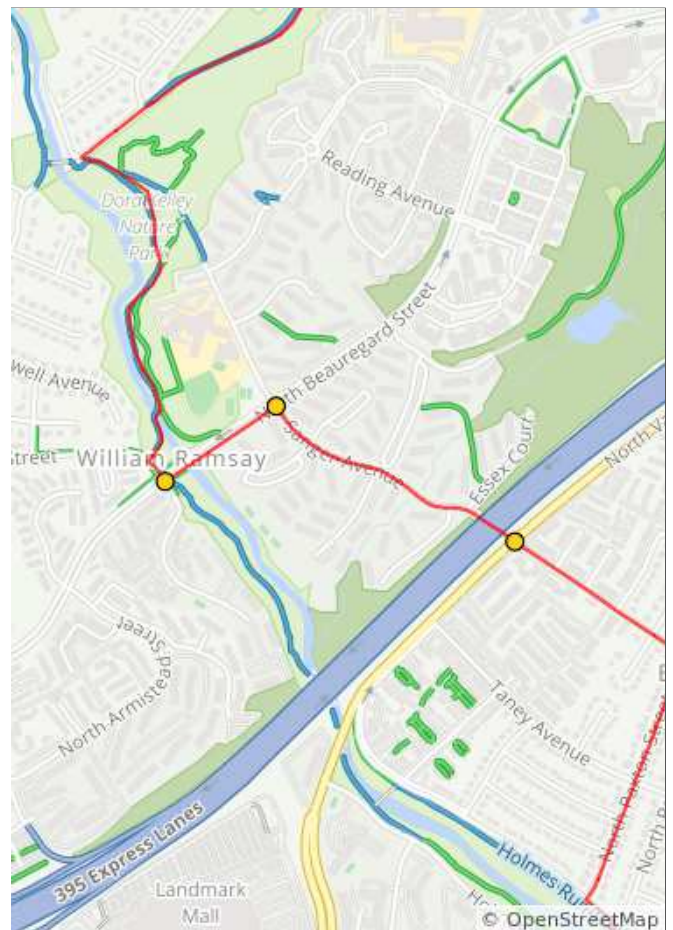
Num	Dist	Type	Note	Next
47.	15.8	↑	Continue onto Holmes Run Trail	0.3
48.	16.1	↑	Continue onto N Chambliss St	0.1
49.	16.2	←	Sharp L onto Holmes Run Trail	0.4
50.	16.6	→	R to stay on Holmes Run Trail across the creek	0.1
51.	16.7	←	L onto N Morgan St	0.0

1.0 miles. +19/-115 feet

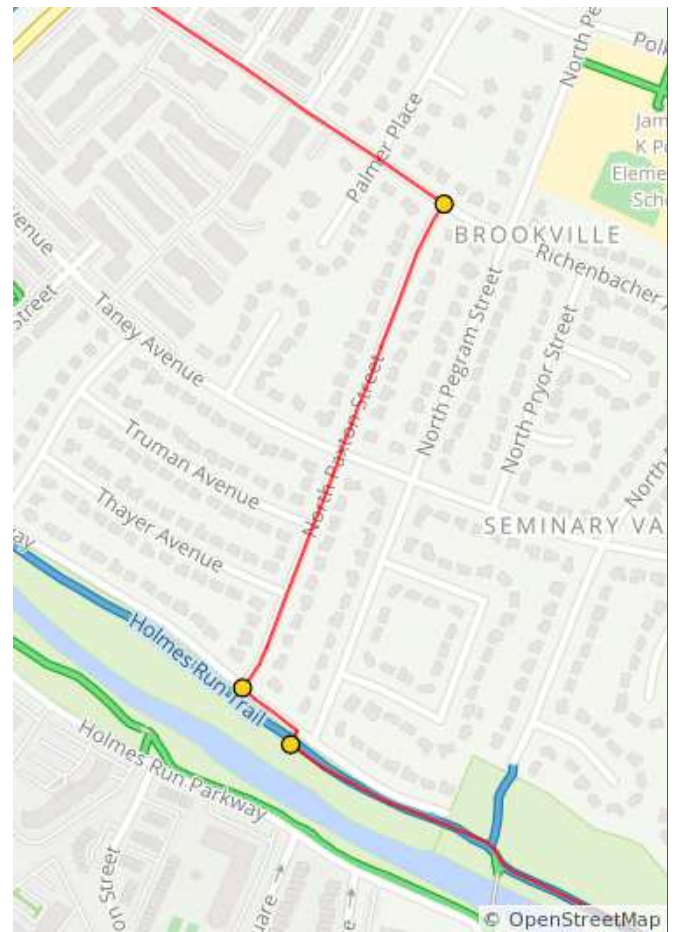


Num	Dist	Type	Note	Next
52.	16.7	←	L onto N Beauregard St	0.2
53.	16.9	→	R onto Sanger Ave	0.4
54.	17.3	↑	Continue onto Richenbacher Ave	0.3

0.6 miles. +42/-7 feet

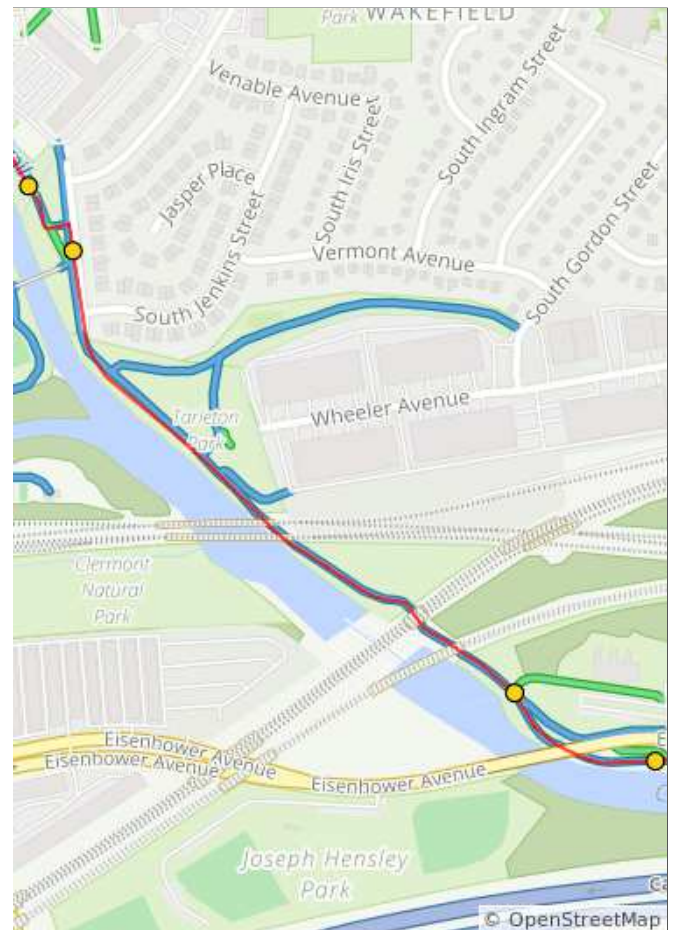


Num	Dist	Type	Note	Next
55.	17.5	→	R onto N Paxton St	0.3
56.	17.9	←	L onto Holmes Run Pkwy	0.1
57.	17.9	←	L to get onto Holmes Run Trail	0.7



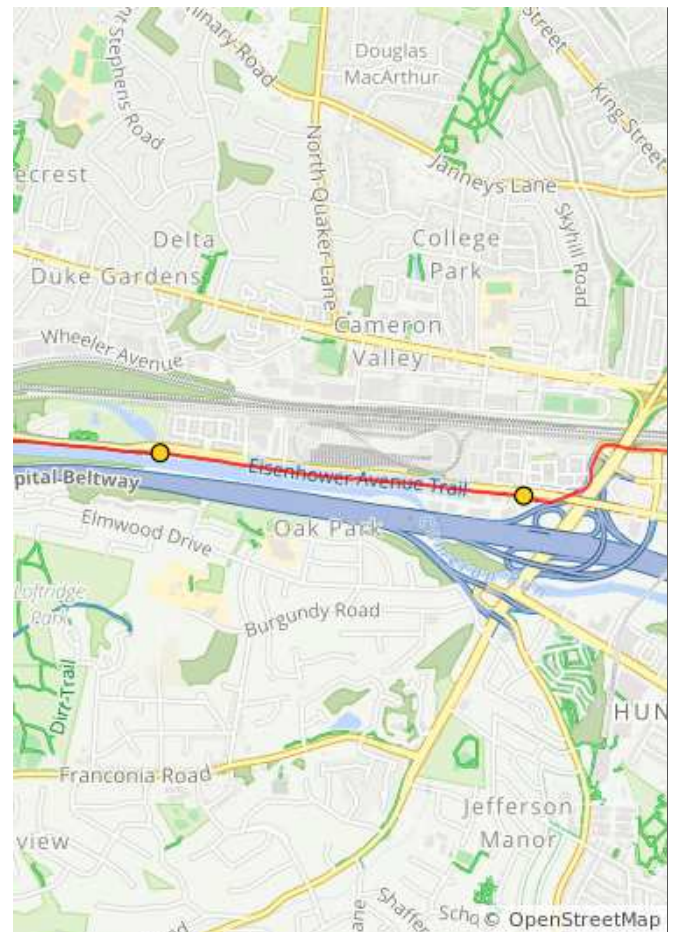
0.7 miles. +0/-39 feet

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 on Holmes Run Trail	0.4
60.	19.1	→	Slight R onto Eisenhower Avenue Underpass	0.1
61.	19.3	↑	Continue on the trail	0.4



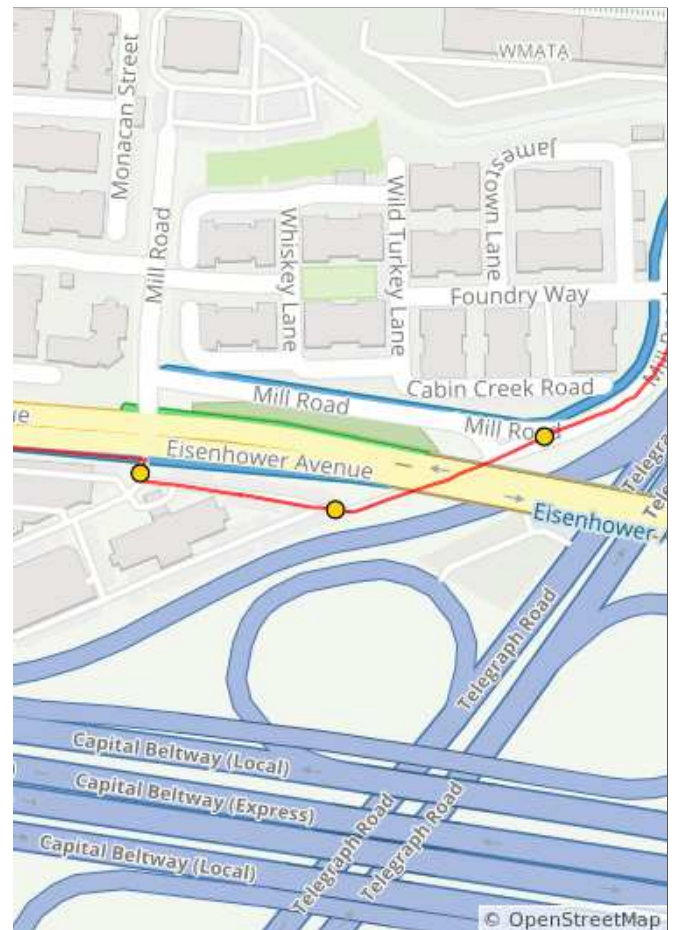
1.3 miles. +8/-34 feet

Num	Dist	Type	Note	Next
62.	19.7	↑	Continue 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

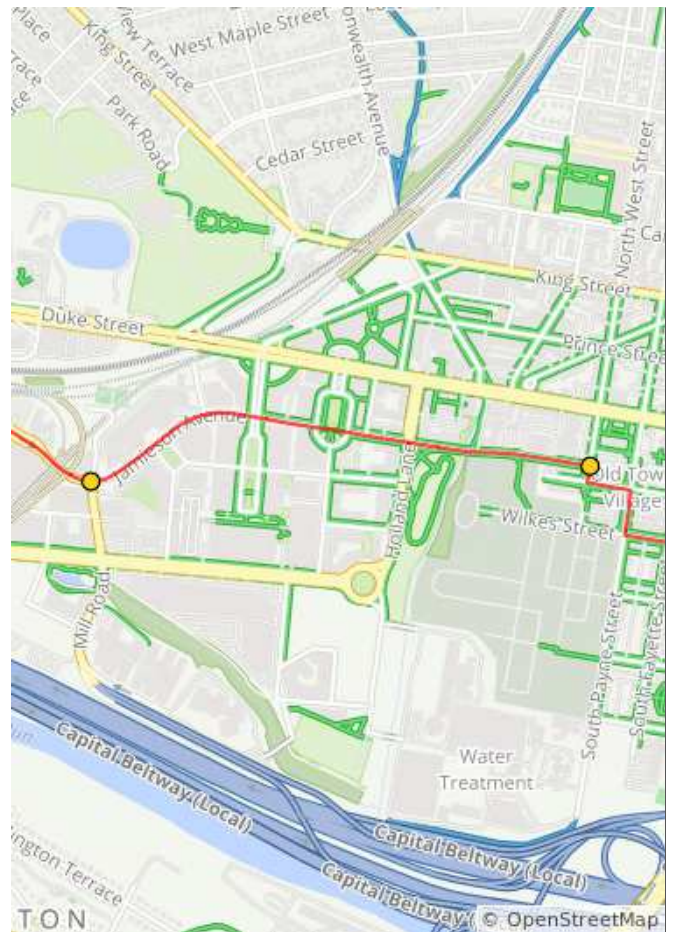
Num	Dist	Type	Note	Next
64.	20.6	←	L across the Courtyard Marriott parking lot	0.1
65.	20.7	↑	Continue onto Frontage Rd	0.1
66.	20.8	↑	Continue onto Mills Road	0.6



0.2 miles. +1/-0 feet

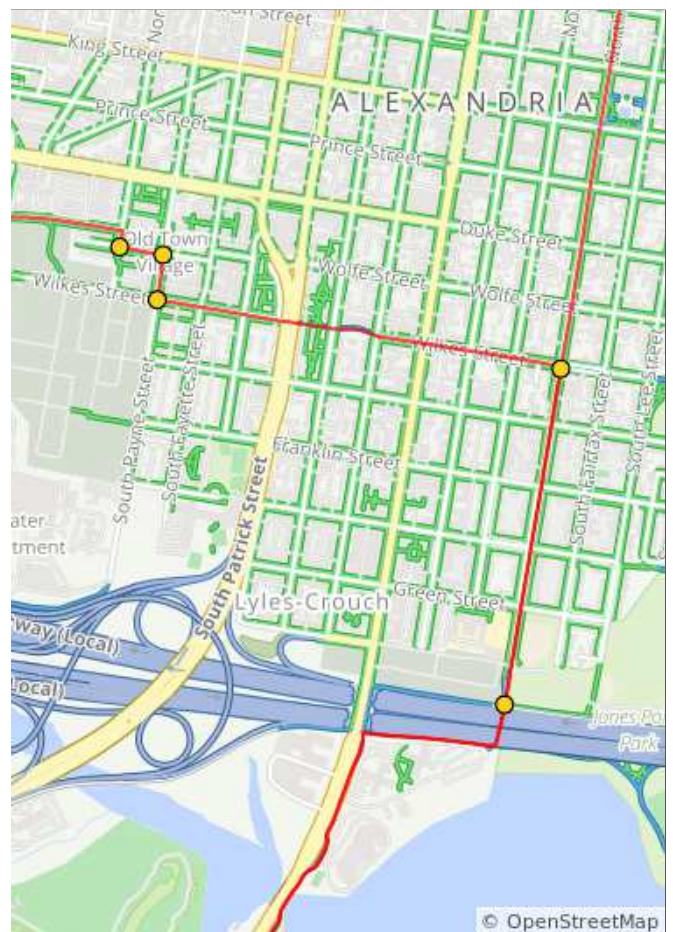
Num	Dist	Type	Note	Next
67.	21.4	↑	Continue onto Jamieson Avenue	0.7
68.	22.1	→	R onto S West St	0.0

1.3 miles. +21/-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	→	R onto S Royal St	0.5
73.	23.2	↑	Continue onto Mt Vernon Trail	0.1

1.1 miles. +10/-31 feet

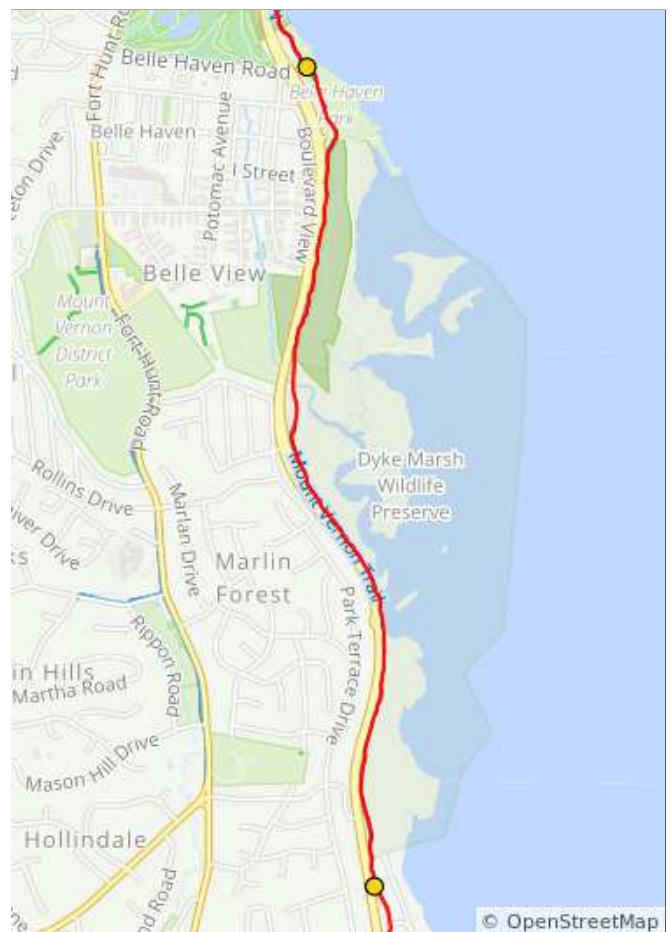


Num	Dist	Type	Note	Next
74.	23.3	➡	R to stay on Mt Vernon Trail	0.2
75.	23.4	⬅	L to stay on Mt Vernon Trail	1.0



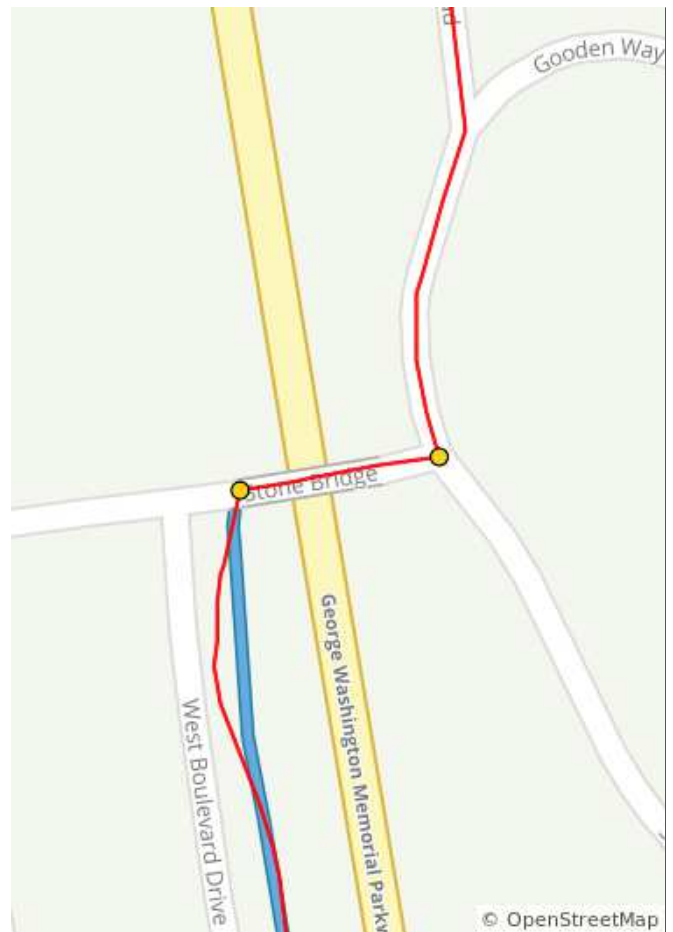
0.2 miles. +10/-0 feet

Num	Dist	Type	Note	Next
76.	24.4	⬆	Belle Haven Park is coming up on your right! Pause here for a break if you want one	2.3
77.	26.7	⬅	L onto Northdown Rd	0.2



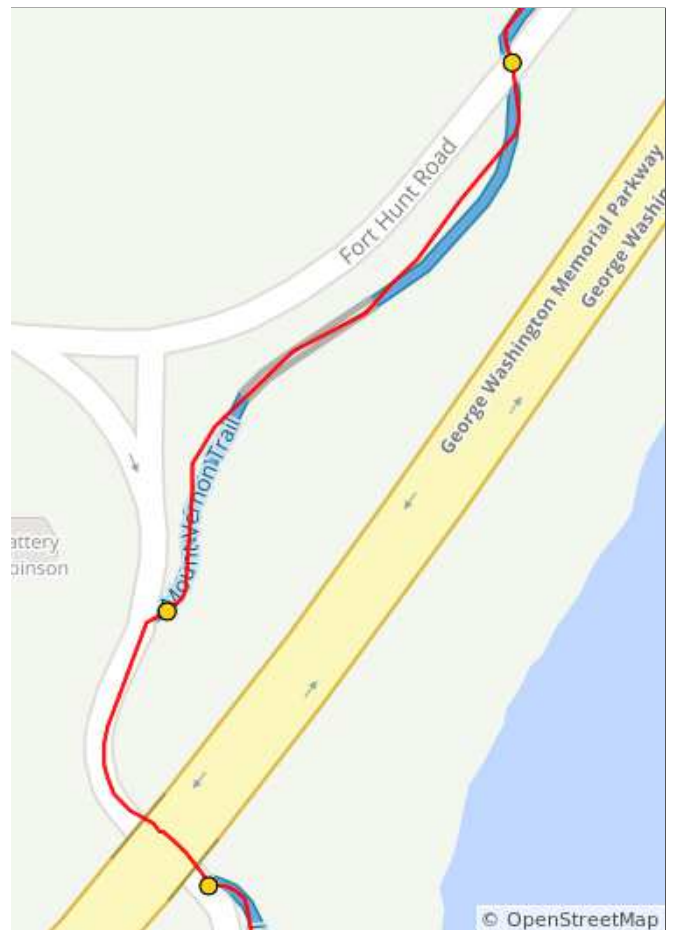
3.3 miles. +75/-16 feet

Num	Dist	Type	Note	Next
78.	26.9	→	R onto Alexandria Ave	0.0
79.	26.9	←	L to continue on the Mt Vernon Trail	2.4



0.2 miles. +0/-3 feet

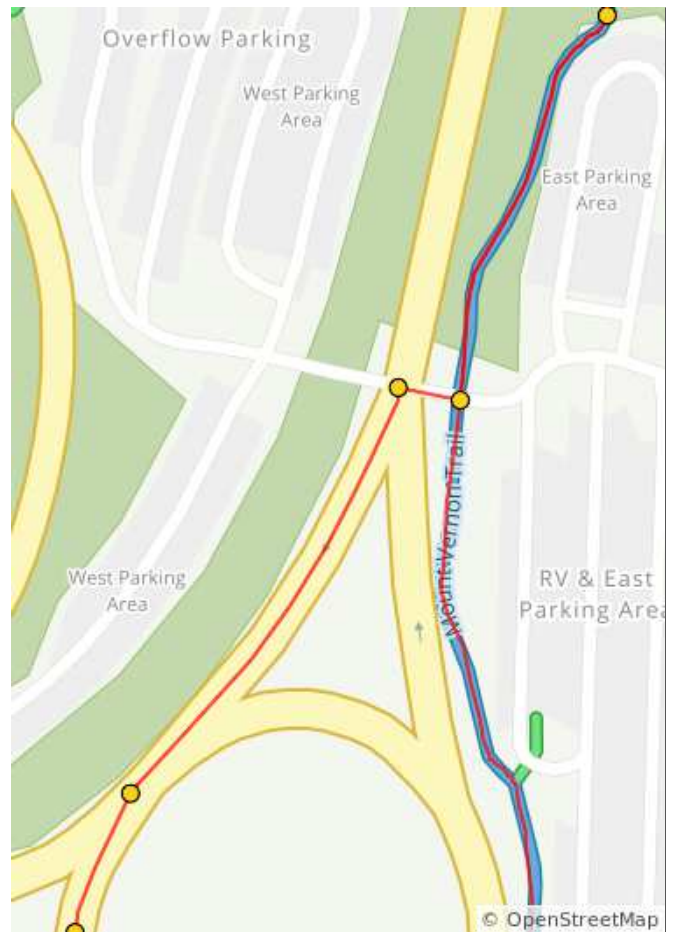
Num	Dist	Type	Note	Next
80.	29.3	←	Slight L to stay on Mt Vernon Trail across Fort Hunt Rd	0.1
81.	29.4	→	R onto Fort Hunt Road	0.1
82.	29.5	←	Slight L onto Mt Vernon Trail	2.7



2.5 miles. +16/-8 feet

Num	Dist	Type	Note	Next
83.	32.1	→	Slight R to stay on Mt Vernon Trail	0.1
84.	32.2	→	R toward George Washington Memorial Pkwy	0.0
85.	32.2	←	L onto George Washington Memorial Pkwy	0.1
86.	32.3	←	Keep L to stay on George Washington Memorial Pkwy	0.0
87.	32.3	←	Continue around the circle. You're at Mt Vernon! Stop for a break if you want one.	0.1

2.8 miles. +0/-8 feet



Num	Dist	Type	Note	Next
88.	32.4	→	Slight R toward Mt Vernon Trail	0.0
89.	32.4	←	L onto Mt Vernon Trail	1.3

0.1 miles. +0/-0 feet

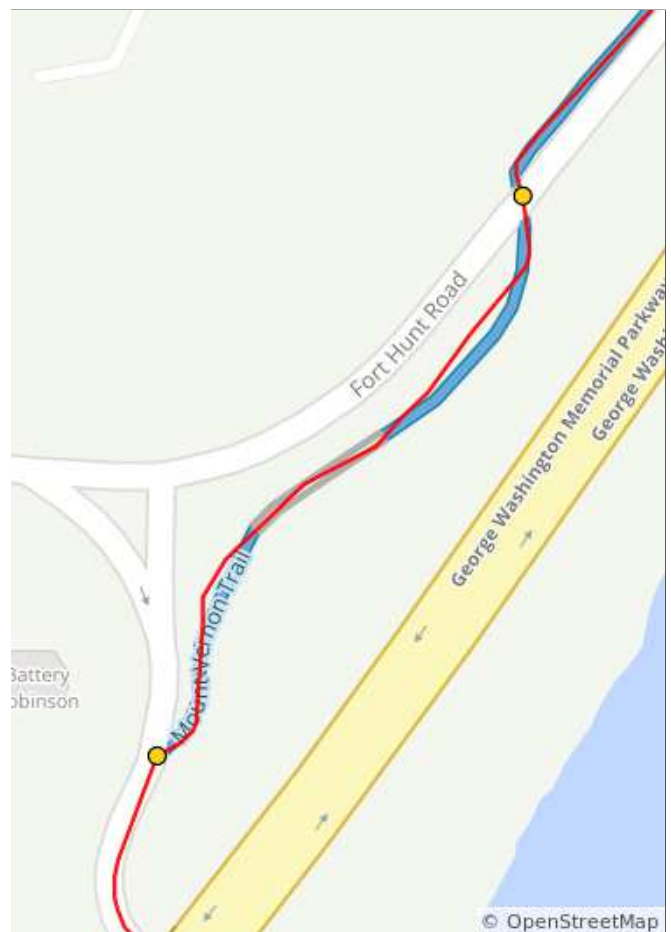


Num	Dist	Type	Note	Next
90.	33.7	←	Slight L to stay on Mt Vernon Trail	1.6
91.	35.3	↑	Continue onto Fort Hunt Rd	0.1



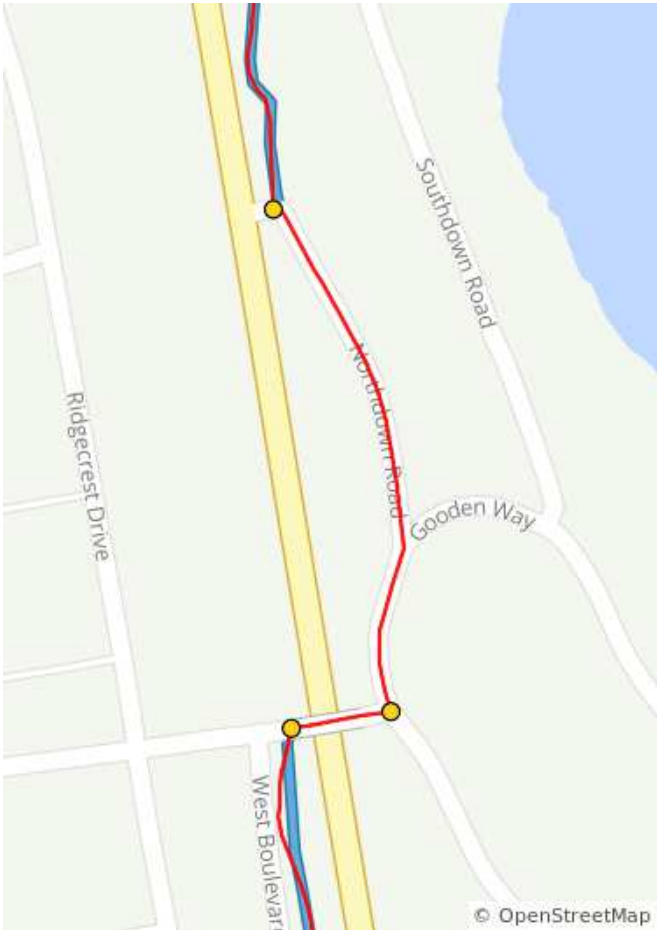
2.8 miles. +63/-55 feet

Num	Dist	Type	Note	Next
92.	35.3	→	Slight R onto Mt Vernon Trail	0.1
93.	35.4	→	Slight R to stay on Mt Vernon Trail	2.4



0.2 miles. +6/-8 feet

Num	Dist	Type	Note	Next
94.	37.8	→	R onto Alexandria Ave	0.0
95.	37.8	←	L onto Northdown Rd	0.2
96.	38.0	→	R onto Mt Vernon Trail	3.3



2.6 miles. +8/-27 feet

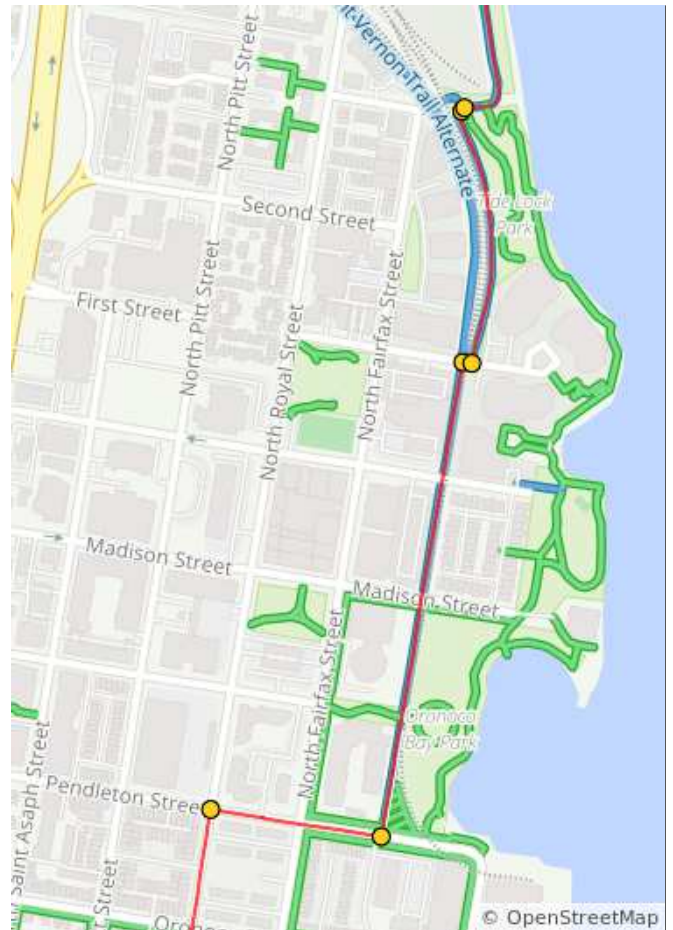
Num	Dist	Type	Note	Next
97.	41.3	→	R to stay on Mt Vernon Trail	0.2
98.	41.5	←	L to stay on Mt Vernon Trail	0.1
99.	41.5	↑	Continue onto S Royal St	1.2



3.5 miles. +0/-16 feet

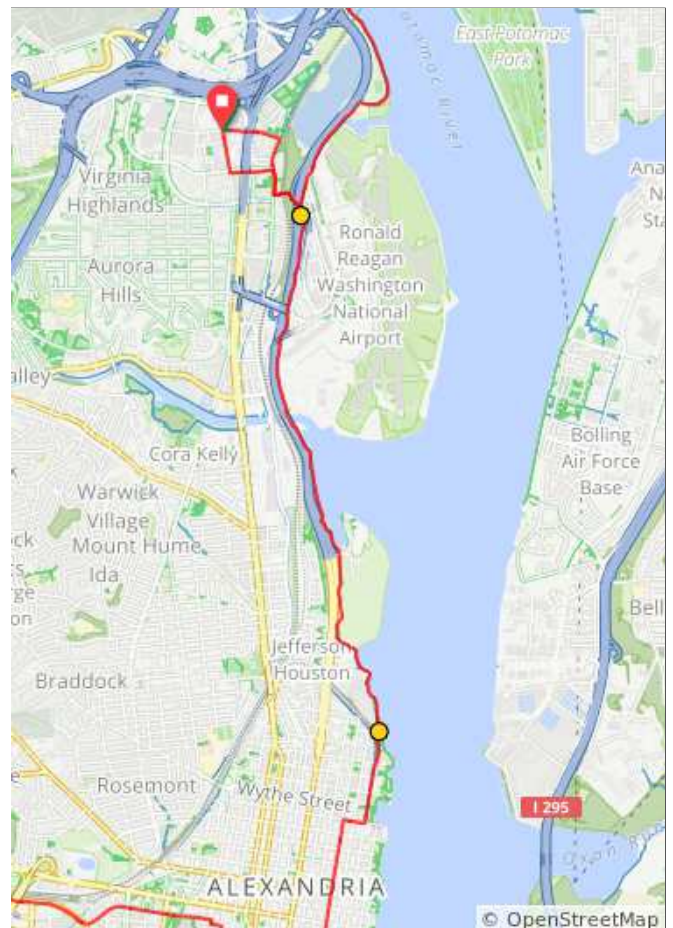
Num	Dist	Type	Note	Next
100	42.7	→	R onto Pendleton St	0.1
101	42.8	←	L onto Mt Vernon Trail	0.3
102	43.1	→	R onto Canal Center Plaza to cross the railroad tracks	0.0
103	43.1	←	Immediate L onto Mt Vernon Trail (railroad tracks are on your left)	0.2
104	43.3	↑	Tide Lock Park is to your right! Pause here for a break if you want one.	0.0
105	43.3	→	R to stay on Mt Vernon Trail	0.0

1.8 miles. +18/-14 feet



Num	Dist	Type	Note	Next
106	43.3	←	Follow Mt Vernon Trail to the L and continue on	3.0
107	46.3	←	L to stay on Mt Vernon Trail down the hill	0.3

3.0 miles. +82/-64 feet



Num	Dist	Type	Note	Next
108	46.6	→	R onto Crystal Dr	0.3
109	47.0	↑	Continue onto 12th St S	0.3
110	47.2	→	R onto S Eads St. You're back at the Grounds! You did it!	0.0
111	47.3	📍	End of route	0.0

0.9 miles. +22/-16 feet

