



## Welcome to the 2020 Sweet Ride!

Hey you awesome bicyclist,

I'm sorry we can't be together in person for the Sweet Ride and Shindig this summer...but I hope this Kit makes your solo rides sweeter. I'm cheering you on from home as you explore the trails around National Landing.

Thank you for purchasing a Ride Kit — the proceeds from every Kit directly supports WABA, including our coronavirus recovery advocacy for slow streets and outreach to new riders. We're grateful for your support.

Sincerely,

  
Anna McCormally  
Events Coordinator

P.S. I'd love to see photos of your ride—please drop a line to [events@waba.org](mailto:events@waba.org) or @WABADC on Twitter with pics of your Sweet Ride!

## Thank you to our generous sponsors!

**They're making your Sweet Ride even sweeter.**



## Ride Information

**Below** you'll find maps and cues for FIVE ride routes (6 miles, 10 miles, 16 miles, 28 miles, and 47 miles) connected by Northern Virginia trails, so you can ride all summer long.

You can do these routes in any combination you want: pick the distance you want to try, challenge yourself to a longer ride, work from 6 miles to 47...or any other combination you can imagine!

All the ride routes start and end at The Grounds in Crystal City (1102 S Eads St, Arlington, VA 22202), but you can hop on and off the routes wherever you want.

See individual route cue sheets (attached separately) for ride descriptions and difficulty.

## Public Health Note

The continued spread of COVID-19 means we can't ride together in a big group.

These rides are meant to be done solo or with members of your household. Please be sure to follow guidelines for physical distancing, and stay home if you are sick.

WABA will make reasonable efforts to communicate changes under COVID-19 restrictions, but may not provide an update to registrants with every change to local government policies and recommendations.

See our guide for riding during COVID-19 (attached separately) for more details.

## Safety Information

This is an unsupported ride. There are no ride marshals or support staff involved.

In case of an emergency, call 911.

There are no bathrooms or venues involved in this ride.

There is no food or water provided on this ride. Please bring your own snacks and water.

## Routing

This cue sheet is your primary navigational tool.

You can get turn-by-turn directions on your phone using the Ride with GPS app.

GPX and TCX files for these routes are also available as part of your purchase of a Sweet Ride Kit. If you have not received the files and would like to, contact Anna at [events@waba.org](mailto:events@waba.org).

## What to Bring On Your Ride

- Bike
- Helmet
- Hand sanitizer or disinfectant wipes
- Two full water bottles
- Snacks or a meal for a mid-ride stop
- Flat repair supplies: patch kit or spare tube, tire levers, pump or CO2 cartridge
- Saddle bag, backpack, or pannier
- Charged cell phone
- U-lock
- Wallet
- Keys