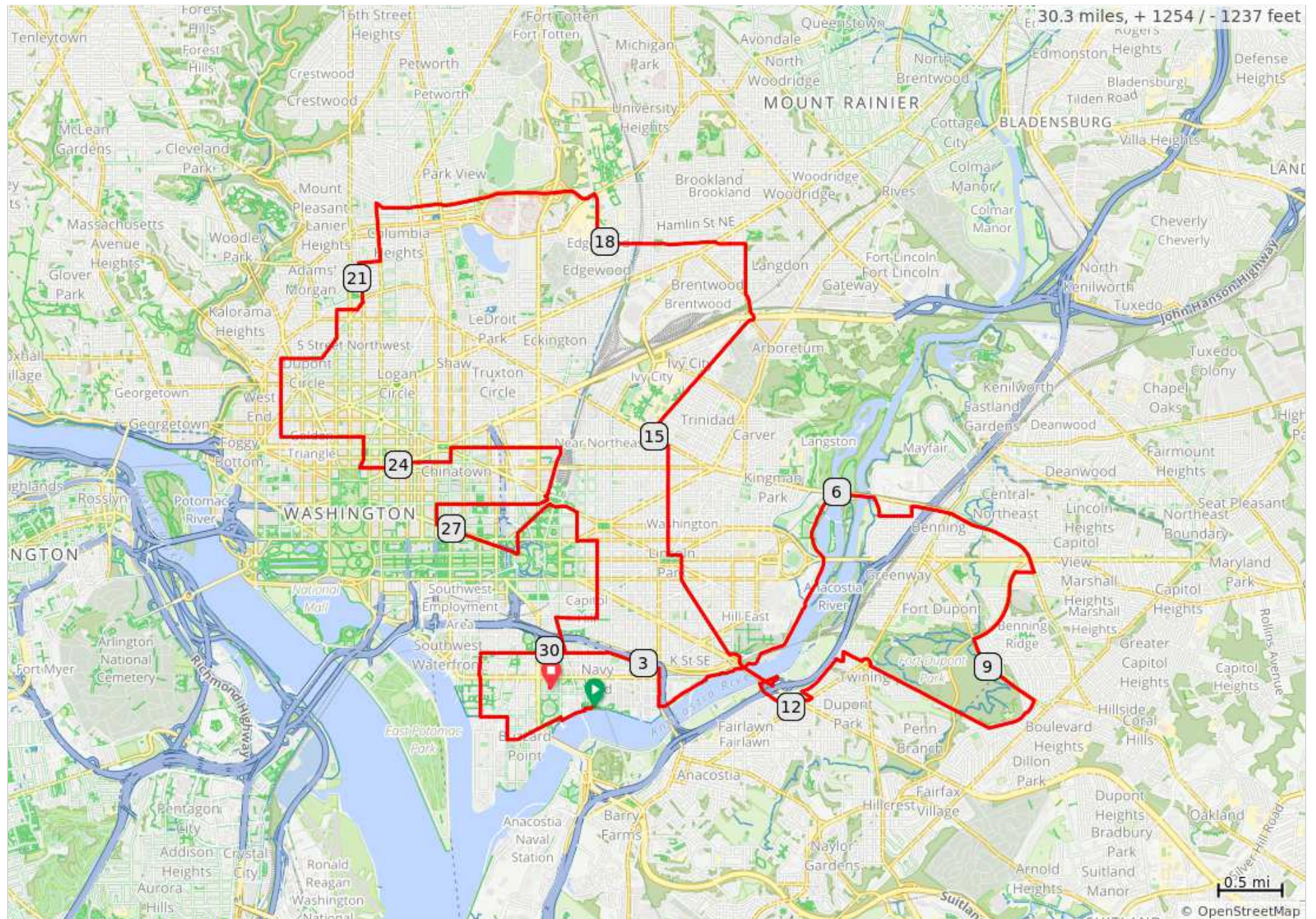


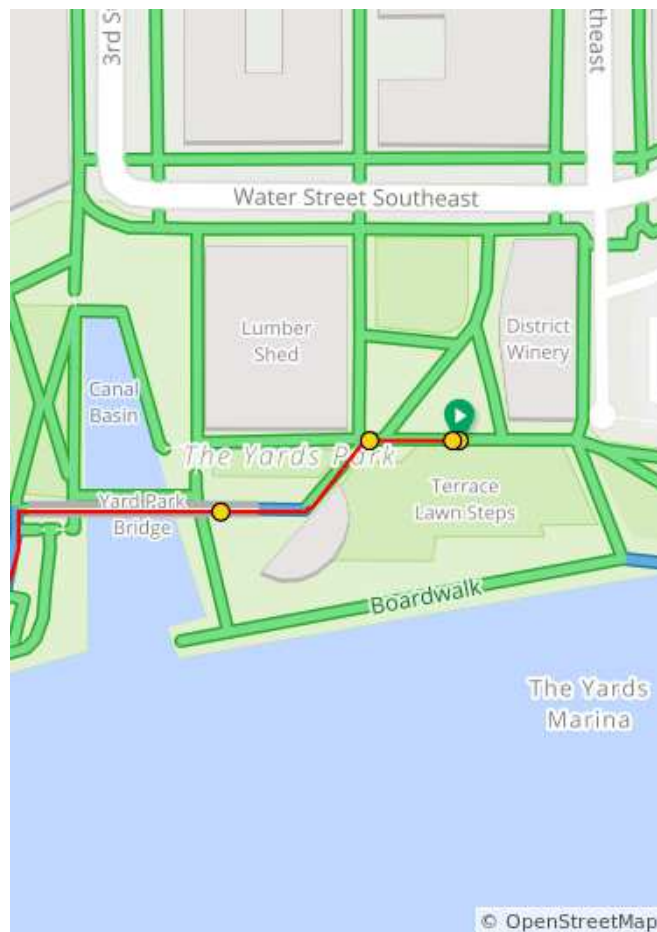
2021 Low Stress Network Ride Route



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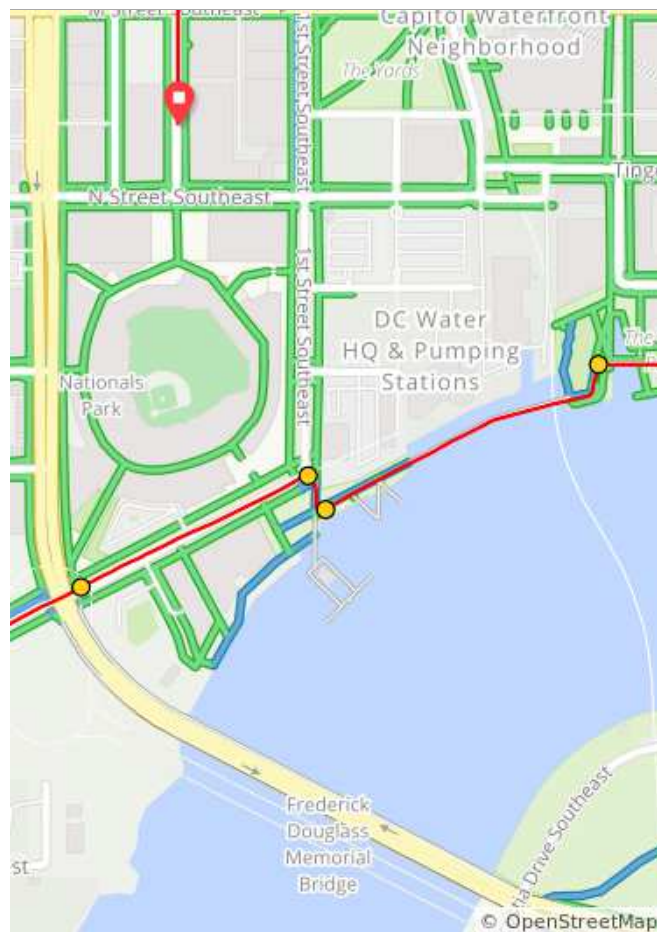
Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	0.0
2.	0.0	i	ROUTE START: From Yards Park, head west on the Anacostia Riverwalk Trail towards the Yards Park Bridge	0.0
3.	0.0	←	L to continue on the Anacostia Riverwalk Trail	0.0
4.	0.0	↑	Continue on the Anacostia Riverwalk Trail over the Yards Park Bridge	0.0

0.0 miles. +0/-1 feet



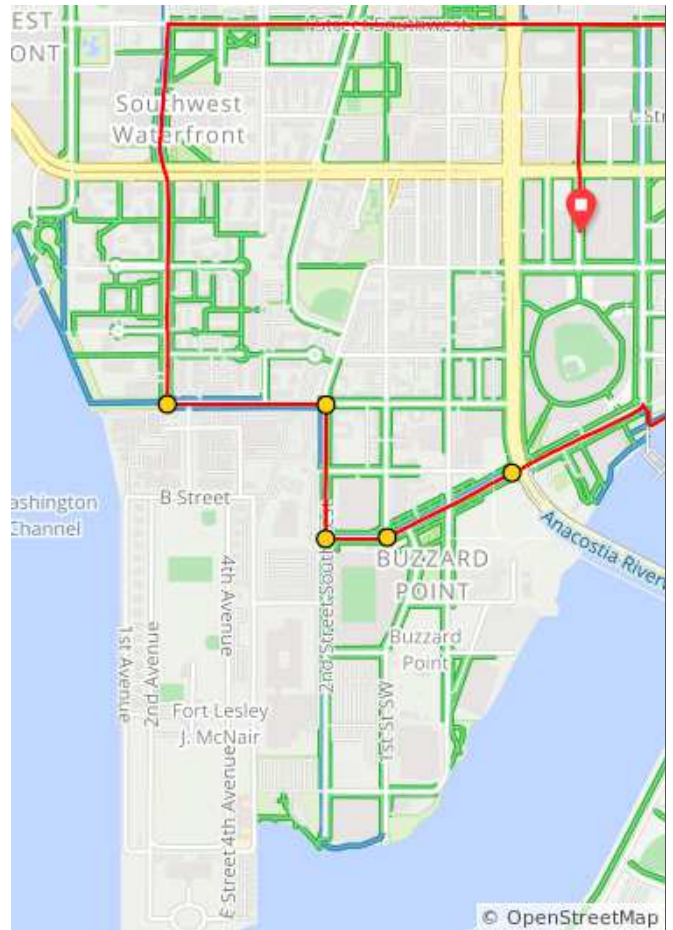
Num	Dist	Type	Note	Next
5.	0.1	←	L to continue on the Anacostia Riverwalk Trail	0.2
6.	0.3	→	R to stay on the Anacostia Riverwalk Trail towards Potomac Avenue Southeast	0.0
7.	0.3	←	L onto Potomac Avenue Southeast at Nationals Park	0.2
8.	0.5	↑	Cross S Capitol St SW. You might have to push the button to get the light.	0.0

0.4 miles. +20/-3 feet



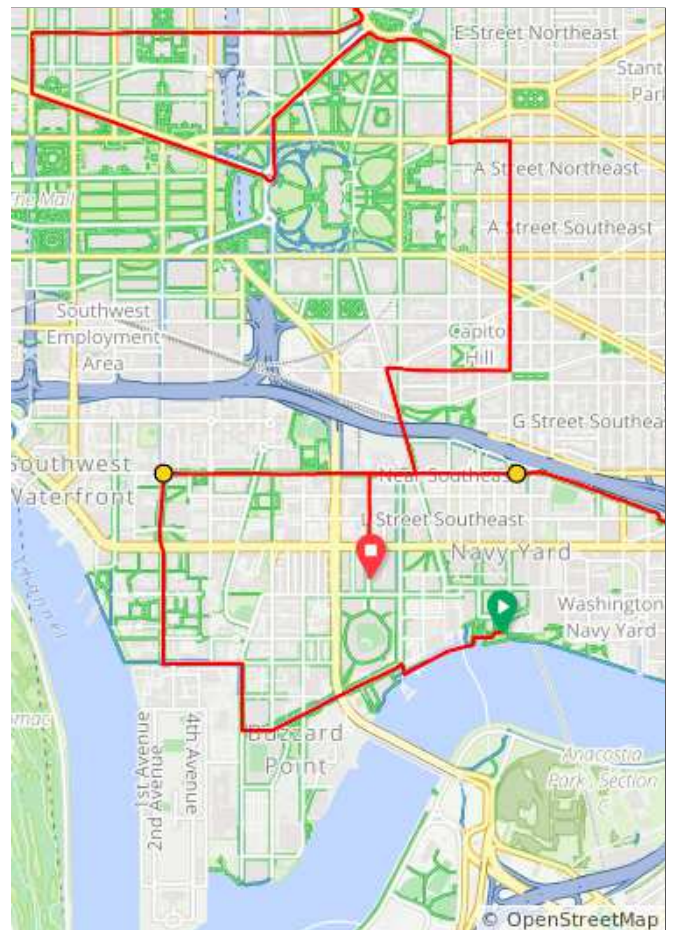
Num	Dist	Type	Note	Next
9.	0.5	<i>i</i>	Watch for gravel!	0.2
10.	0.7	↑	Continue onto R St SW (ignore detour signs)	0.1
11.	0.8	→	R onto 2nd St SW into the cycletrack (lefthand side of the road)	0.2
12.	1.0	←	L onto P St SW	0.2
13.	1.2	→	Use the crosswalk to turn R into 4th St SW cycletrack	0.5

0.7 miles. +3/-10 feet



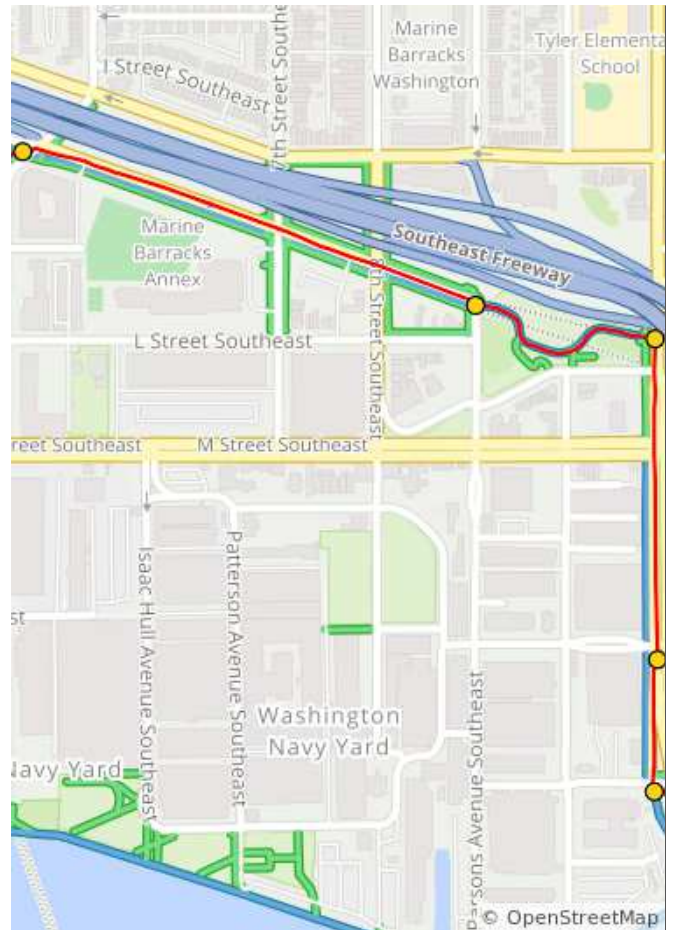
Num	Dist	Type	Note	Next
14.	1.7	→	R onto I St SW	0.9
15.	2.6	↑	Continue on the bike path!	0.1

1.4 miles. +27/-9 feet



Num	Dist	Type	Note	Next
16.	2.7	↑	Cross 5th St SE to continue onto the Virginia Avenue bikepath	0.3
17.	3.0	←	Use the sidewalk to continue straight through the park	0.1
18.	3.1	→	R onto 11th St SE	0.2
19.	3.3	→	Slight R to go down towards O St SE	0.1
20.	3.4	←	Use the sidewalk to turn L on O St SE under the bridge	0.1

0.8 miles. +13/-35 feet



Num	Dist	Type	Note	Next
21.	3.6	↑	Continue on Water St SE	0.3
22.	3.9	→	R onto Anacostia Riverwalk Trail (before M St SE)	0.3
23.	4.1	→	Stay on the Anacostia Riverwalk Trail under the bridge	1.8

0.7 miles. +22/-27 feet



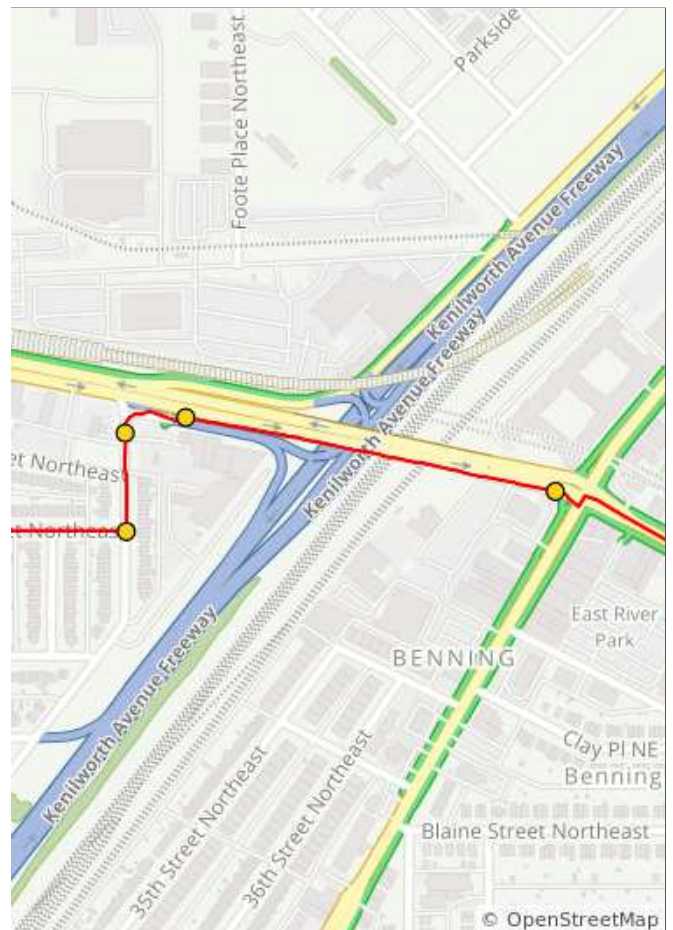
Num	Dist	Type	Note	Next
24.	5.9	→	R toward Benning Rd NE. Get on the sidewalk.	0.0
25.	5.9	→	R onto Benning Rd NE. Use the sidewalk to cross two bridges	0.1
26.	6.1	↑	Continue on the Benning Road sidewalk!	0.2
27.	6.3	→	R onto Anacostia Ave NE	0.2
28.	6.4	←	L onto Dix St NE	0.3

2.3 miles. +23/-17 feet

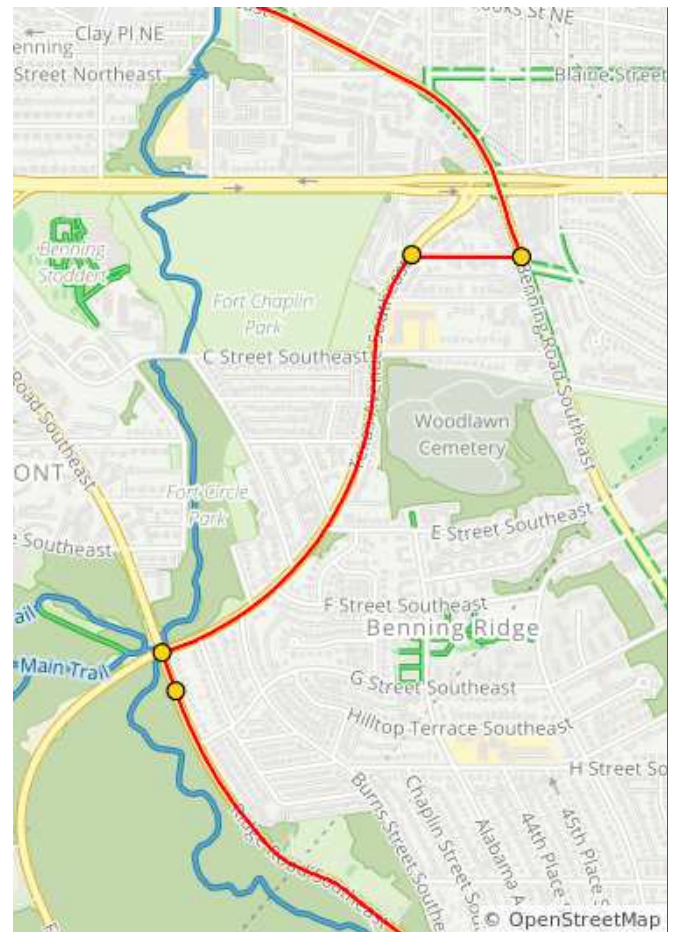


Num	Dist	Type	Note	Next
29.	6.7	←	L onto 36th St NE	0.1
30.	6.7	→	R towards Benning Road NE and use the sidewalk to cross the bridge	0.1
31.	6.8	↑	Use the sidewalk to go over the Benning Road NE bridge	0.2
32.	7.0	↑	Cross Minnesota Avenue NE and continue on Benning Rd NE	0.9

0.6 miles. +10/-8 feet



Num	Dist	Type	Note	Next
33.	7.9	→	R onto A St SE	0.1
34.	8.1	←	L onto Texas Ave SE	0.7
35.	8.7	←	L onto Ridge Rd SE	0.1
36.	8.8	↑	Here comes your biggest climb of the ride!	0.6



1.7 miles. +95/-18 feet

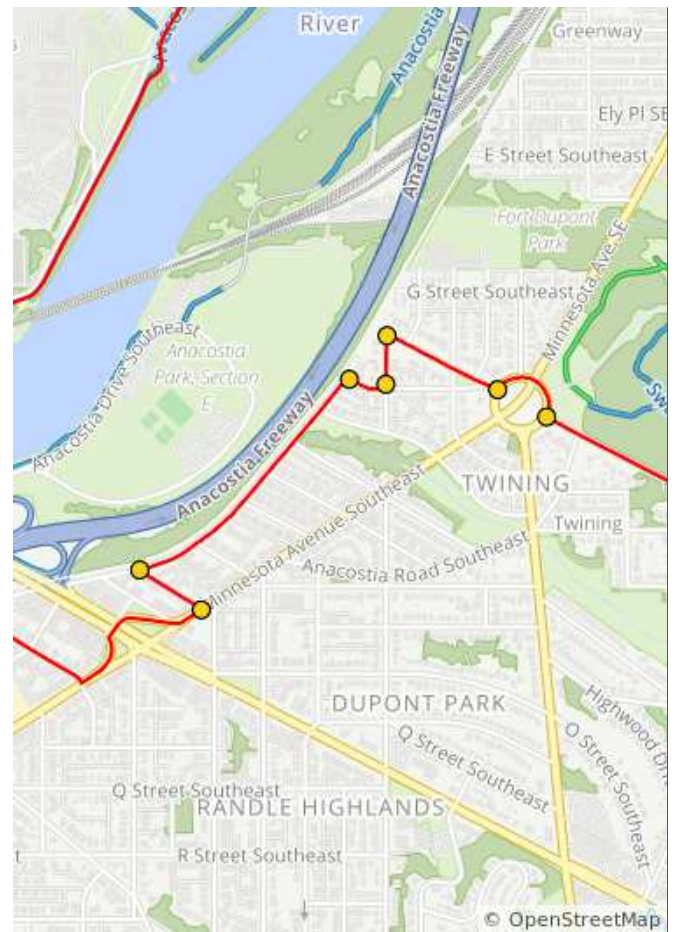
Num	Dist	Type	Note	Next
37.	9.4	→	R onto Alabama Ave SE	0.4
38.	9.9	→	Slight R onto Massachusetts Ave SE	1.1



1.1 miles. +27/-6 feet

Num	Dist	Type	Note	Next
39.	10.9	→	R onto Randle Cir SE	0.1
40.	11.0	→	R onto Massachusetts Ave SE	0.2
41.	11.2	←	L onto 30th St SE	0.1
42.	11.3	→	R onto K St SE. Use the sidewalk for one block.	0.1
43.	11.3	←	L on to Fairlawn Ave SE	0.4
44.	11.7	←	L onto Burns St SE	0.1
45.	11.8	→	R onto Minnesota Ave SE	0.0

1.9 miles. +21/-61 feet



Num	Dist	Type	Note	Next
46.	11.8	→	Keep R to stay on Minnesota Avenue	0.1
47.	11.9	←	L to stay on Minnesota Ave SE	0.1
48.	12.0	→	R onto Nicholson St SE	0.3
49.	12.3	↑	Continue on Nicholson St SE into Anacostia Park	0.0
50.	12.3	→	R onto Anacostia Dr	0.0
51.	12.4	↑	Continue on Anacostia Drive under the bridge	0.1

0.6 miles. +20/-50 feet



Num	Dist	Type	Note	Next
52.	12.5	→	R onto Anacostia Riverwalk Trail up the hill	0.1
53.	12.6	→	R to stay on Anacostia Riverwalk Trail across the Sousa bridge	0.3
54.	12.9	←	Stay L at the fork to follow the trail around Barney Circle	0.1
55.	13.0	↑	Continue around Barney Circle	0.0
56.	13.0	→	R onto Kentucky Avenue Southeast	0.7

0.7 miles. +56/-21 feet

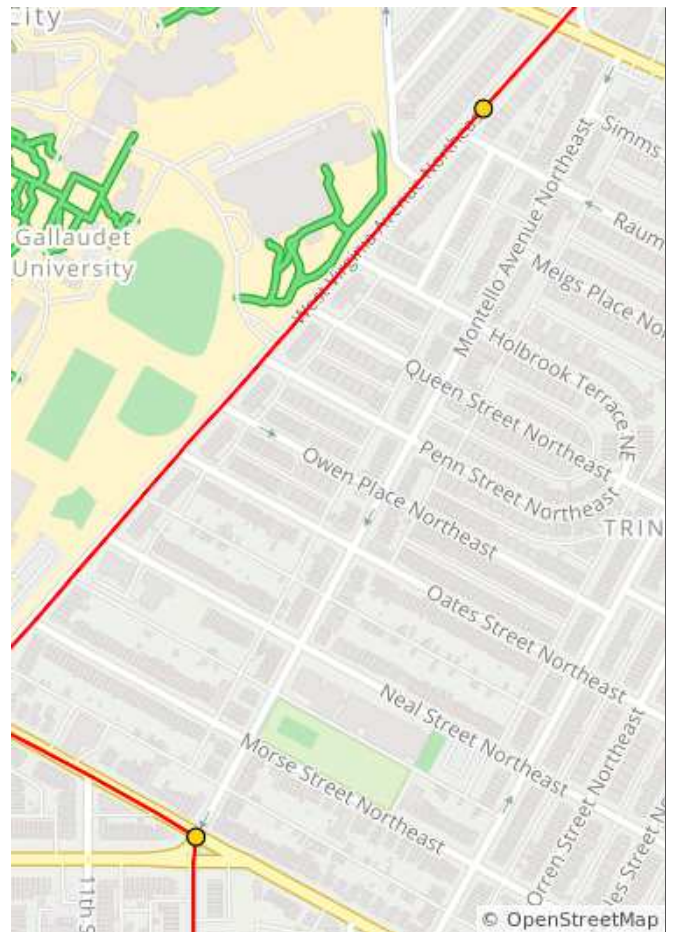


Num	Dist	Type	Note	Next
57.	13.7	→	Cross independence Avenue and veer R onto 13th St SE	0.0
58.	13.8	→	Slight R onto 13th St SE	0.2
59.	13.9	←	L onto East Capitol St NE	0.1
60.	14.0	→	R onto 12th St NE	0.9

1.0 miles. +3/-0 feet



Num	Dist	Type	Note	Next
61.	14.9	←	L into Florida Ave NE bike lane	0.7
62.	15.6	<i>i</i>	You are almost to your first pit stop! Half a mile to Atlas Brew Works	0.3



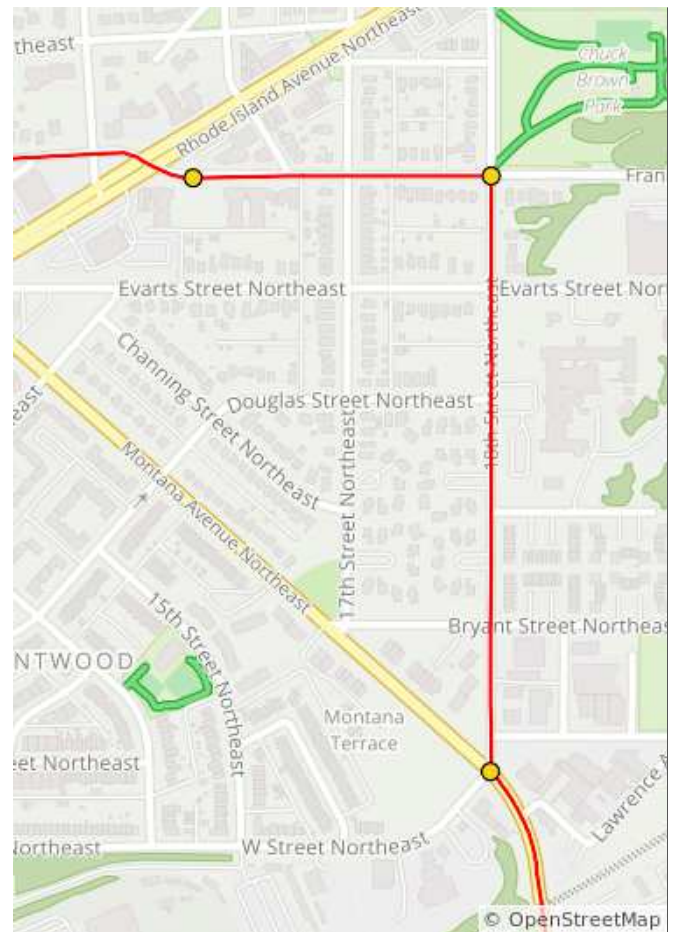
1.6 miles. +21/-0 feet

Num	Dist	Type	Note	Next
63.	15.9	<i>i</i>	Pit stop coming up ahead on your left!	0.1
64.	16.0	←	L into the Atlas pit stop— use caution turning in.	0.1
65.	16.1	↑	Continue on West Virginia Avenue	0.2
66.	16.3	→	R to go around the traffic circle	0.0
67.	16.3	←	Slight L to continue around the circle	0.0
68.	16.3	→	Exit the circle onto Montana Ave NE. Watch for traffic under the bridge!	0.2



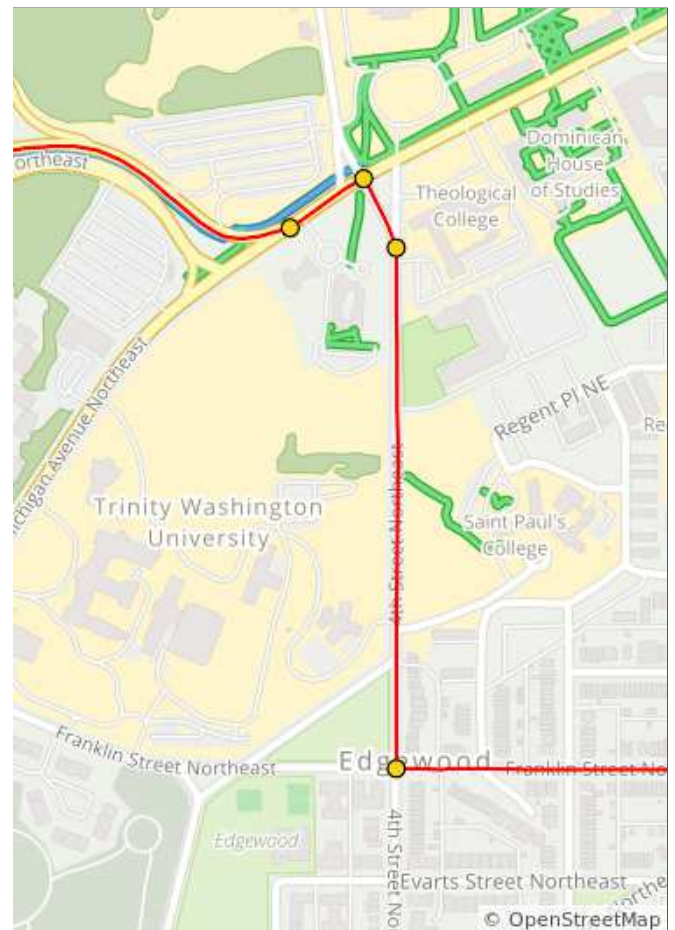
0.7 miles. +0/-21 feet

Num	Dist	Type	Note	Next
69.	16.5	➡	Slight R onto 18th St NE	0.4
70.	16.9	⬅	L onto Franklin St NE	0.2
71.	17.1	⬆	Continue across Rhode Island Avenue NE	1.0



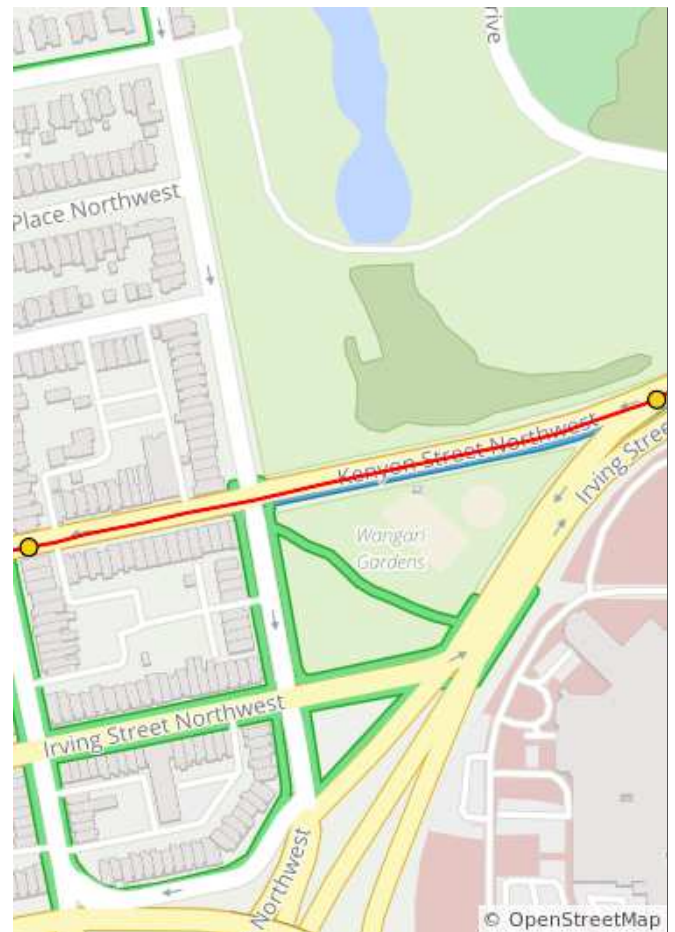
0.8 miles. +80/-31 feet

Num	Dist	Type	Note	Next
72.	18.1	➡	R onto 4th St NE	0.3
73.	18.4	⬅	Slight L onto Harewood Rd NE	0.1
74.	18.5	⬅	L onto Michigan Ave NE	0.1
75.	18.5	➡	Slight R onto Irving St NE—use the cycletrack on the lefthand side!	0.8



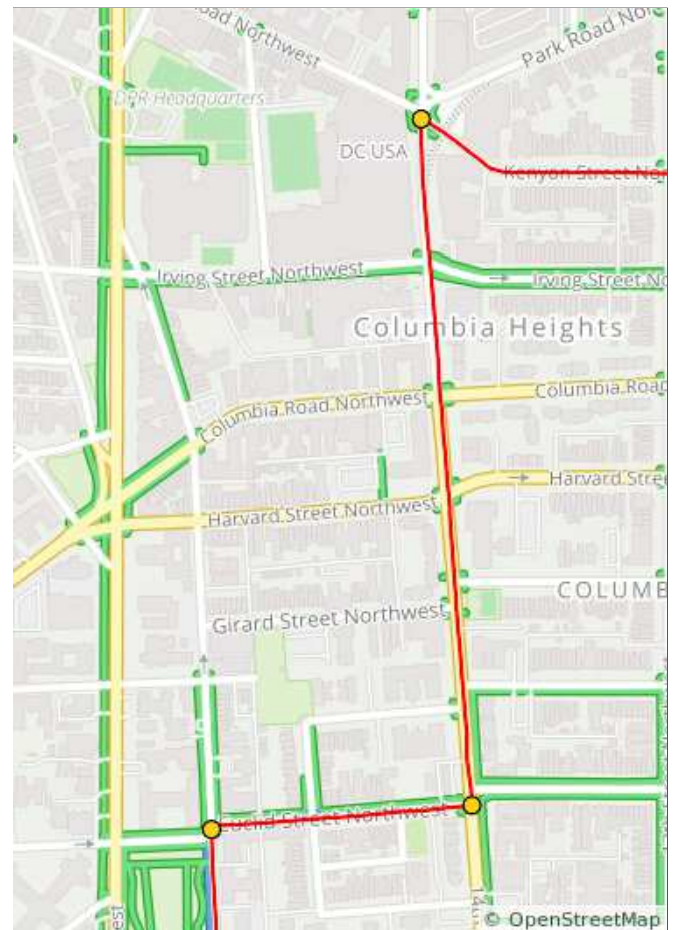
1.4 miles. +18/-4 feet

Num	Dist	Type	Note	Next
76.	19.3	↑	Continue onto Kenyon St NW	0.2
77.	19.5	i	Continue on Kenyon St NW. Bike lane ends— use caution merging with traffic	0.7



1.0 miles. +6/-11 feet

Num	Dist	Type	Note	Next
78.	20.2	←	L onto 14th St NW	0.5
79.	20.7	→	R onto Euclid St NW	0.2
80.	20.9	←	L onto 15th St NW	0.2



1.3 miles. +13/-10 feet

Num	Dist	Type	Note	Next
81.	21.1	→	Slight R to stay on 15th St NW	0.1
82.	21.2	↑	Cross W St NW and veer R onto New Hampshire Ave NW	0.0
83.	21.2	→	R onto New Hampshire Ave NW	0.1
84.	21.3	→	R onto V St NW	0.2
85.	21.4	←	L onto 17th St NW	0.2
86.	21.6	→	Slight R onto New Hampshire Ave NW	0.2
87.	21.8	→	R onto R St NW	0.3

1.0 miles. +0/-70 feet



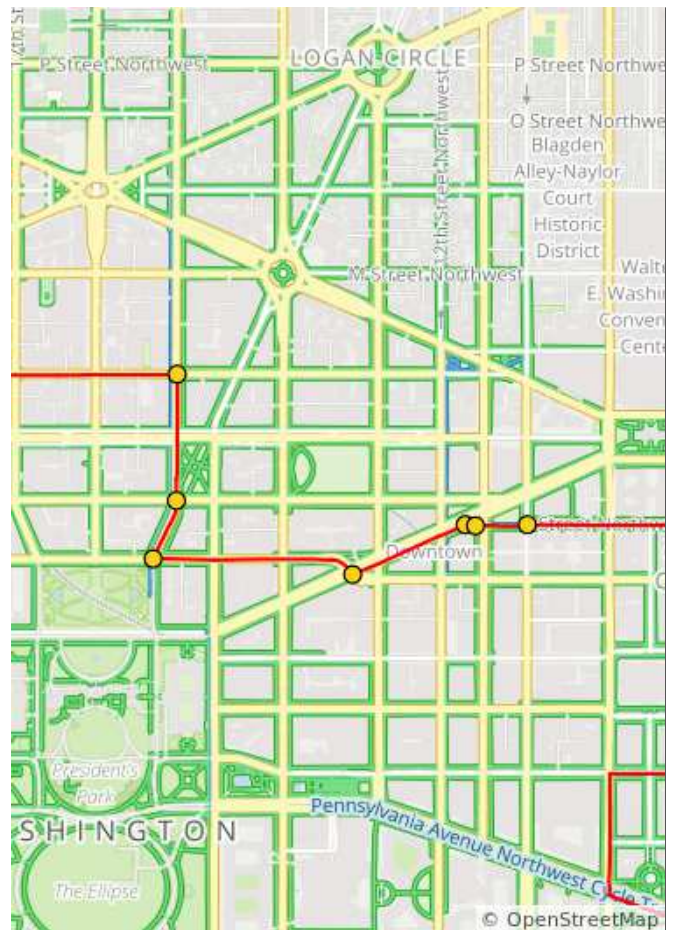
Num	Dist	Type	Note	Next
88.	22.2	←	L onto 21st St NW	0.6
89.	22.8	←	L onto L St NW	0.7

0.9 miles. +0/-38 feet



Num	Dist	Type	Note	Next
90.	23.4	→	R onto 15th St NW	0.2
91.	23.6	↑	Continue onto Vermont Ave NW	0.1
92.	23.7	←	L onto H St NW	0.3
93.	23.9	←	L onto New York Ave NW	0.2
94.	24.1	→	Slight R onto I St NW. Second pit stop is coming up!	0.0
95.	24.1	↑	Continue straight into the pit stop!	0.1
96.	24.2	↑	Continue onto I St NW	0.2

1.4 miles. +8/-18 feet



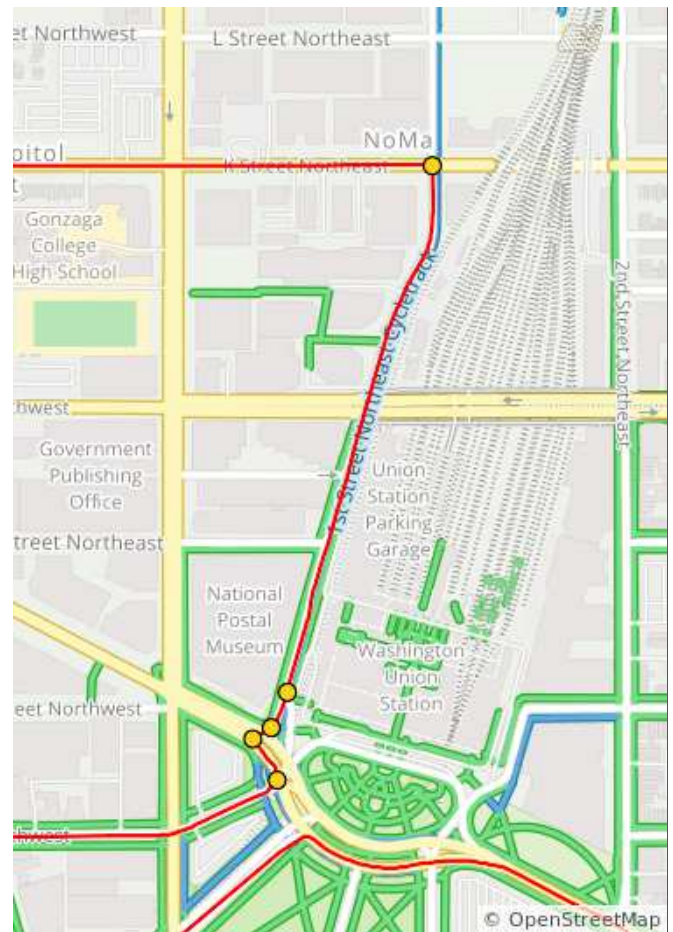
Num	Dist	Type	Note	Next
97.	24.4	←	L onto 7th St NW	0.1
98.	24.5	→	R onto K St NW	0.9

0.3 miles. +8/-0 feet



Num	Dist	Type	Note	Next
99.	25.4	→	R onto First St NE	0.4
100.	25.7	↑	Follow the bike lane until it ends. Then use the crosswalk to cross Massachusetts Avenue	0.0
101.	25.8	↑	Use the crosswalk to cross Massachusetts Avenue.	0.0
102.	25.8	←	Use the sidewalk to turn L on to Massachusetts Avenue	0.0
103.	25.8	→	R onto E St NE	0.9

1.3 miles. +20/-14 feet



Num	Dist	Type	Note	Next
104.	26.7	←	L onto 9th St NW	0.2
105.	26.9	←	L onto Pennsylvania Avenue NW cycletrack	0.7
106.	27.5	↑	At the traffic circle, take the 2nd exit onto 1st St NW	0.2

1.7 miles. +5/-19 feet



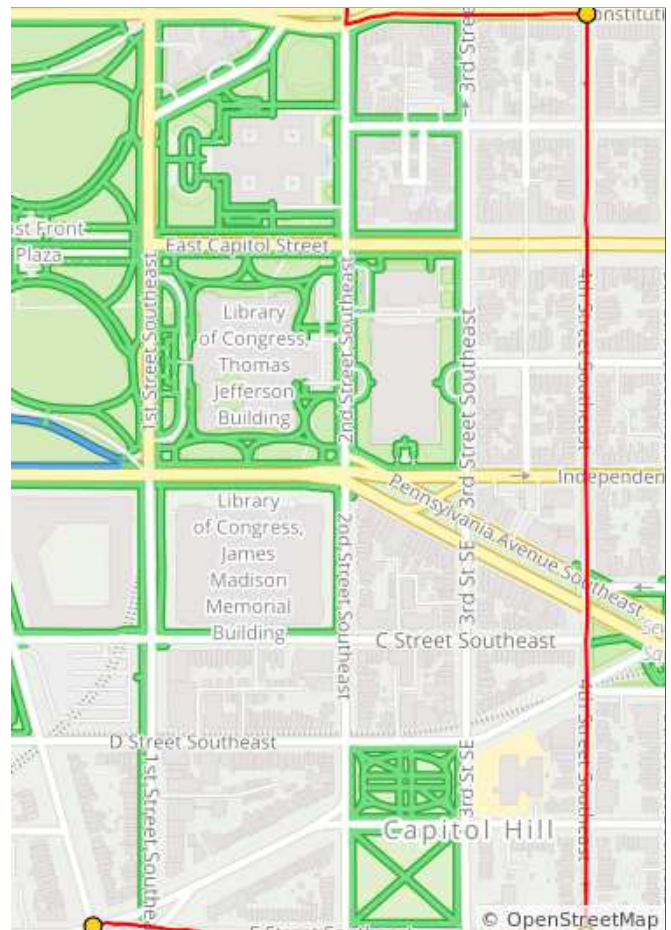
Num	Dist	Type	Note	Next
107 .	27.7	→	R onto Louisiana Ave NW	0.3
108 .	28.1	→	Slight R onto Columbus Circle Northeast	0.1
109 .	28.1	↑	Continue onto Massachusetts Ave NE	0.1
110 .	28.3	→	R onto 2nd St NE	0.2
111 .	28.5	←	L onto Maryland Ave NE	0.0
112 .	28.5	→	Slight R onto Constitution Ave NE	0.2

1.0 miles. +70/-0 feet



Num	Dist	Type	Note	Next
113 .	28.7	→	R onto 4th St NE	0.6
114 .	29.3	→	R onto E St SE	0.3
115 .	29.6	←	L onto New Jersey Ave SE (be careful of construction)	0.3

1.1 miles. +1/-54 feet



Num	Dist	Type	Note	Next
116 .	29.9	➡	R onto I St SE	0.1
117 .	30.0	⬅	L onto Half St SE. You're almost the finish line!	0.2
118 .	30.2	⬆	Continue across M St SE. You're almost there!	0.1
119 .	30.3	<i>i</i>	ROUTE END: Atlas Brew Works Half Street Brewery and Taproom! YOU DID IT!	0.0
120 .	30.3	📍	End of route	0.0

0.7 miles. +6/-10 feet

