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# Official Ride Guide

EVENT INFO AND INSTRUCTIONS



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WASHINGTON AREA  
BICYCLIST ASSOCIATION

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# 2024 50 States Ride

## OFFICIAL RIDE GUIDE

Ride date: Saturday, September 21, 2024

The 50 States Ride is a community beloved social ride that invites riders to take on one of three different routes, including the name-sake challenge which touches all 50 state-named avenues in the District.

The ride is a fundraiser which supports WABA's work in the DC region and our mission of empowering people to ride bikes, build connections and transform places. Thank you for taking part!

The 2024 50 States Ride will take place on Saturday, September 21st starting at Kraken in Edgewood, DC near the Rhode Island Avenue Metro Station.

The Diamond Route presented by Wegmans is the iconic 50 States journey: all the state-named avenues (plus *Ohio Drive*, *California Street*, and *Columbia Road*). It's an adventurous 60 miles across all four quadrants with more than 200 turns, too many stop signs to count, and some big hills that might be new to you—a long day on the bike, but one you won't forget. Don't be surprised if you end the day with a new friend or two and a fresh perspective on the city.

The Roundabout Route is a 30 mile jaunt across the District that features a few of DC's traffic circles, some low-traffic, tree-lined climbs, and shiny new bike lanes. Fewer miles and less climbing than the Diamond Route, but still a great way to enjoy a whole lot of city in just a few hours.

The Triangle Route presented by The Neighborhoods of EYA is a 10 mile, low-stress ramble on some of DC's best protected bike lanes. A great option if you're new to riding in the city or you want to keep your ride low-key so you can save some energy for the party afterwards.

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## EYA is proud to support **WABA & The 50 States Ride**

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through DC's beautiful streets!

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**EYA.com**



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# Timing/ Check-In

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## Check-in Location

*Kraken (514 Rhode Island Avenue NE Washington, DC 20002) [map](#)*

## Check-in Schedule

Diamond Route (60mi.) –

Check-in: 7:00 AM – 7:45 AM;

Group start: 8:00 AM;

No Drop Groups start: 8:05 AM

Roundabout Route (30mi.) –

Check-in: 8:00 AM – 8:45 AM;

Group start: 9:00 AM;

No Drop Groups start: 9:05 AM

Triangle Route (10mi.) –

Check-in: 9:30 AM – 10:00 AM;

Group start 10:15 AM

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# Getting to the Event

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Each ride route starts and finishes at Kraken- Bryant Street (Kraken Kourts & Skates):

514 Rhode Island Avenue NE, Washington DC 20002. [map](#)

We encourage participants to reach the ride by bike or public transportation if possible. The venue is directly adjacent to the Metropolitan Branch Trail and the Rhode Island Avenue Metro Station on the red line. Please note that Metro opens at 7am on Saturdays, so depending on your ride route taking Metro may or may not be feasible.

If you plan to drive, there is free parking at the nearby Rhode Island Avenue Metro Station.

Slightly more convenient, there is a paid parking lot directly in front of the venue with 250 spaces. This should in all likelihood accommodate all people who may wish to park here and could be a very convenient option since it is right at the ride start and finish point but there is no reserved parking for the event and all parking is first come, first serve. To use this parking lot, you will need to pay online here: <https://www.premiumparking.com/P2425>. They do not collect money on site. You can pay in advance or when you arrive. We recommend either the 9hr or 12 hour rates of \$13 or \$16, respectively, depending on how long you will stay at the post-ride party. Keep in mind that enforcement is extremely strict at this parking lot and there are very stiff penalties for not paying or overstaying.

Many people may choose to seek street parking in a nearby neighborhood. This could make it possible to park and then ride a short distance to get to the event. Ideally, you will scout this out in advance to have a plan.



# Event Code of Conduct

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WABA's first priority is to provide a fun, inclusive and safe environment for all participants. Below is the Code of Conduct that you commit to when you enter a WABA space. Learn more at [waba.org/code](https://waba.org/code).

“As a member of the WABA community, I commit to the following whenever I am in a WABA space:

1. I acknowledge that I exist in a society built on unequal, and unjust power structures. I agree that I have a responsibility to interrogate my privileges and use my power to help make WABA spaces increasingly safe, inclusive, and supportive for everyone.
2. I acknowledge that WABA has a zero-tolerance policy for racist behavior, sexual harassment, physical or verbal abuse, microaggressions, tokenism, and all other harmful actions. I agree that these actions have no place in a supportive, inclusive community, and to make it a priority to never harm another person in any of these ways.
3. I acknowledge that my behavior — not my intentions—is what affects the people around me, and that it is possible for me to harass or otherwise harm others even when I don't mean to. I agree to be respectful, kind, compassionate, and supportive to those around me in both word and in action—and, if someone lets me know that my behavior is harmful, to immediately adjust that behavior with the goal of preventing future harm.
4. I acknowledge that the work of mitigating the harmful effects of unjust power structures is never done. I agree to take on the responsibility of speaking out against instances of racism, sexism, ableism, and other discrimination or manifestations of prejudice, whenever I have the power to do so.
5. I acknowledge that if I cannot adjust a behavior that is harming other community members, it makes sense for WABA staff to ask me to leave the community space. I agree that if WABA staff asks me to leave a WABA space because of a Code of Conduct violation, I will do so. “

If you experience a code of conduct violation at the hands of another participant, staff member or volunteer, or witness unjust behaviors by another individual, please notify a WABA staff member.

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## Ride Support

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The 50 States Ride is generally an unsupported ride. This means:

- Streets are not closed for this ride. You will ride on streets with motor vehicle traffic.
- The route is unmarked.

But, there will be a SAG vehicle patrolling the course. If you are in need of assistance, you can call a WABA hotline [(802) 274-9185 ] which will be posted at the start of the event. Calling this number should be limited to cases of emergency or a stranded participant.

- During the ride, we can drive one person at a time and their bike to the metro or ride start (their choice)
- The SAG vehicle will have water, snacks, and a first aid kit
- The SAG vehicle will be available from the start of the ride to 4:00 pm

Participants are expected to:

- Call 911 in case of an emergency.
  - Have an emergency-contact who is not a ride participant “on call” during the ride.
  - Carry a charged cell phone (and charged battery pack for the longer rides).
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# Ride Safety

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Ride participants have a responsibility to bicycle safely, respectfully, and lawfully to maximize safety for all trail and road users.

When you are on this ride, you are a representative of WABA.

We ask you to:

- Stop at all red lights and stop signs as appropriate. Cyclists can use the leading pedestrian interval at stop lights and yield at stop signs except when others have right of way at the intersection.
- Always yield to pedestrians.
- Follow posted signs.
- Use hand signals when turning.
- Communicate verbally with other riders.
- Do not ride more than two abreast, and do not take up more than one lane of travel. When riding on sidewalks, trails, or paths, be cautious when passing other users and slow down.

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## Inclement Weather

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The 50 States Ride will go on rain or shine except in the case of dangerous conditions such as lightning or high winds.

In the event of conditions that would cause the event to be unsafe to happen, we will contact participants by email, so have your phone handy.



# making a difference together

We are devoted to being a good neighbor in every community we serve. That's why we're working with customers like you to help our communities thrive. Your support allows us to give more and do more to improve lives and make our neighborhoods stronger. Thank you for helping us make a difference.

*Wegmans*



# Ride Routes/ Navigation

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The 2024 50 States Ride routes are now available [here on RideWithGPS!](#)

At ride check-in, you will have the option to take a printed cue sheet for your route. However, many people will opt to navigate using the RideWithGPS app that provides audible directions through your phone.

## Ride with GPS

To get free Ride with GPS turn-by-turn navigation on your smartphone, you will to do a few things, all pretty easy:

1. Sign up for a free [RideWithGPS](#) account on your web browser and log in. You can close a pop-up that encourages you to sign up for a premium account– unless you want to, don't input any credit card information!
2. Join the WABA RideWithGPS club by clicking [here](#) while logged into your account on your web browser.
3. Install the mobile app on your phone and open it. Skip any initial pop-ups or settings prompts and sign in.
4. On the web browser, go to the [ride routes](#) and it will show you the ride routes in the app. Select the correct route for your ride.
5. It's a good idea to click "Save" and then "Download for Offline".
6. Click "Navigate" to start the ride.

To download gps files to another device:

From the app on your phone:

1. Open the route on your phone and click the three dots in the upper right corner while you have the route displayed.
2. Click through to export a GPX file.

On a computer while viewing the route in your web browser:

1. Click on “More” in the gray box above the route name/title.
2. Click on “Export as File”.
3. Select the appropriate file type.

**Tips:**

1. Follow all the instructions above. If you do not join the WABA club, you will get pop-ups to prompt you to purchase a paid plan.
2. Some people opt to wear an ear bud (in one ear) to hear the audio cues. Do this at your own risk– you should be able to hear traffic around you.
3. Check your settings in the RideWithGPS app. Select “More” at the bottom of the screen, then click on “Settings”. Under “Navigation”, you can ensure you will get audio cues and alerts. “Handlebar Mode” can prompt your phone to wake when nearing turns– this can save on battery.
4. Check your phone settings. Consider adjusting the brightness of the phone to make it more visible or a dimmer screen can save battery.



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your service needs.**



# Ride Marshals

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Ride Marshals are WABA volunteers who are there to help you navigate and offer encouragement and support. Marshals receive training from WABA staff before the event and know participants may look to them with questions, for assistance, or to be a buddy. Marshals carry basic first aid supplies, and are instructed to call 911 in the case of an emergency on the ride.

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## Pit Stops

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Enjoy carefully considered on course support at each of our awesome pit-stops so you can refuel with snacks, hydration, and high-fives.

### 60-mile Diamond Route

- Canal Park- Mile 8 and 24 (7:30 AM – 10:30 AM)
- CityCenterDC- Mile 31 (9:00 AM – 12:30 PM)
- City Ridge- Mile 42 (10:00 AM - 3:00 PM)
- Takoma- Mile 49 (10:30 AM - 4:00 PM)

### 30-mile Roundabout Route

- CityCenterDC- Mile 11 (9:00 AM – 12:30 PM)
- City Ridge- Mile 16 (10:00 AM - 3:00 PM)
- Takoma- Mile 22 (10:30 AM - 4:00 PM)

### 10-mile Triangle Route

- CityCenterDC- Mile 6 (9:00 AM – 12:30 PM)

# Time Limits

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There is no time limit for the ride — since this is an unsupported ride and no roads are closed for the ride, WABA will not ask anyone to stop riding. However, you will not be able to get snacks or water at any of the ride pit-stop sites after they close—see preceding pit stop schedule (or in your cue sheet on ride day!) for details.

# What to Bring

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- Bike
- Helmet (Required by our insurance. You can't ride without one.)
- Bike lock (Even if you don't plan to stop during the ride, it's good to have a lock with you during the ride, in case of an unanticipated or emergency stop along the ride route. Also, at the post-ride party, we will have a bike valet monitored by attendants, but you still may want to have a lock.
- Credit card (in addition to anything that could cause you to stop along the ride and need to pay for something, the post-ride party will have drinks and food available at a cashless bar as well as other merchandise available from vendors including WABA, Bailiwick Clothing, Capital Candy Jar, and more.
- SmartTrip card
- Weather appropriate clothing (bring some rain gear!)
- Water bottles (you can fill it at the check-in area if you need to)
- Saddle bag (to carry spare tube, tire levers, and pump or patch kit)
- Spare tube (especially if you have a non-standard rim size!)
- Charged cell phone and charger
- Sunglasses and sunscreen
- Additional snacks
- An adventurous spirit!



# Food and Water

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## Water

There will be water jugs from which you can fill your reusable water bottle at check-in, pit-stops, and the finish line. WABA does not provide cups or plastic water bottles—bring your own!

There will be hand sanitizer by the water jugs at pit-stops. Please sanitize your hands before and after touching the water spout.

## Snacks

Snacks at pit stops will be vegetarian. There will be fresh fruit including apples and bananas as well as pre-packaged, single serving snacks with sweet and salty, vegan, and gluten-free options.

## Food

At the post-ride party, everyone who pre-purchased a boxed lunch from Potbelly will receive one with their choice of sandwich, regular potato chips, and oatmeal chocolate chip cookies. Otherwise, there will be no lunch options but Kraken will have a variety of snacks available for purchase. You can also purchase drinks at their bar throughout the event.

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# Restrooms

There will be restrooms (either public restrooms or port-a-potties) available at or nearby all ride sites (start/end points and pit stops).

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# Finish Line and After-Party

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After completing the ride, you'll finish at Kraken where there will be food and drink available, exhibitors, games, and more.

Those who pre-purchased a boxed lunch will receive one.

Consider bringing a credit card to purchase any other snacks and drinks including alcoholic drinks from the bar.

## After Party Location

*Kraken* (514 Rhode Island Avenue NE Washington, DC 20002) [map](#)

Each route will conclude at the same place as the ride start.

Participants will have the option to store their bicycles at the venue at a bike valet monitored by attendants. Participants will then be directed to visit the party check-in tables where they will be given a ride t-shirt. Proceeding inwards, participants will be able to visit sponsors and exhibitors who will have set up tables and displays. Look out for WABA's merchandise table which will offer clothing, water bottles, and more.

# Social Media Contest

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Post great moments from the event to instagram using #50StatesRide while tagging @wabadc to be in the running to win great prizes including \$50 gift cards to Wegmans and more.

# FAQ's

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## **What is this event?**

The 50 States Ride is a bicycling event to raise funds for the Washington Area Bicyclist Association (WABA)'s work in the DC region and our mission: empowering people to ride bikes, build connections and transform places.

## **Do I have to follow traffic laws?**

Yes. WABA asks and expects all participants to ride lawfully and with respect for other road users. This means:

- Stop at all red lights and stop signs as appropriate. Cyclists can use the leading pedestrian interval at stop lights and yield at stop signs except when others have right of way at the intersection.
- Always yield to pedestrians.
- Use hand signals when turning.
- Follow all posted signs.
- Communicate verbally with other riders.
- Do not ride more than two abreast, and do not take up more than one lane of travel. When riding on sidewalks, trails, or paths, be cautious when passing other users and slow down.

## **Do I have to wear a helmet?**

Yes. WABA's insurance requires that everyone riding a bicycle on a WABA ride wears a helmet while riding.

## **Can I ride my e-bike?**

WABA welcomes e-bikes on our ride. We ask that you choose a route that is suitable for your bike and have a fully charged battery the day of the event.

**I selected a ride route but now I want to change it.**

No problem! Please email [events@waba.org](mailto:events@waba.org) and we will get you switched to the route of your choice.

Note: You will be responsible for paying the registration fee difference if switching from a shorter route to a longer route. We are not able to issue refunds for any registration.

**I have a question that you haven't answered here.**

We are happy to help! Email your question to [events@waba.org](mailto:events@waba.org).

**See You Out  
There!**



**WABA**  
WASHINGTON AREA  
BICYCLIST ASSOCIATION