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MAY 22

BIKE RIDE

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Welcome

DC Bike Ride!

May 22, 2016

As Mayor of the District of Columbia, it is my pleasure to extend a warm welcome to the participants of DC Bike Ride!

Bicycling has become an accessible means of travel. The District of Columbia has more than 58 miles of bicycle lanes which include: 6 miles of protected lanes; 60 miles of multi-use trails; and more than 2,600 bicycle racks.

Since the launch of the Capital Bikeshare program in 2010, which is now the largest bikesharing system in the United States, the District has recently expanded services that will provide low-cost memberships and bicycle education to participants under its Community Partners Program.

I join the residents of the District of Columbia in wishing you a productive and enjoyable event.

Muriel Bowser
Mayor, District of Columbia
Welcome to the inaugural DC Bike Ride! We are pleased to present this unique event as a celebration of biking in the Nation’s Capital. Today is the culmination of nearly two years of work focused on showcasing our beautiful city and its iconic monuments and landmarks. This is your day to enjoy the city car-free and to bike because you love to.

I would like to thank District of Columbia Mayor Muriel Bowser, Deputy Mayor Brian Kenner and the Council of the District of Columbia for their support. I would also like to express my gratitude to Washington Area Bicyclist Association (WABA), the District Department of Transportation (DDOT), the Metropolitan Police Department (MPD), Arlington County, VA, and all of the city, state and federal agencies and offices that have worked to make this event possible.

I would also like to extend my gratitude to our partners, including our presenting sponsors CareFirst BlueCross BlueShield and Events DC. A sincere thank you is also in order to the hundreds of volunteers who are helping support DC Bike Ride...from getting you on your way at the start line to welcoming you at the Finish Festival, and everything in between.

Finally, I would like to thank you, the participants, for joining us on this wonderful day. Your involvement not only allows us to celebrate National Bike Month in DC in a new and exciting way, but it also helps raise significant dollars for bike safety and related programs. This includes the Vision Zero Initiative which aims to eliminate fatalities and serious injuries to travelers utilizing the District’s transportation system by 2024.

We hope that when you cross the finish line today, it does not mark the end of the journey for you. Instead it is just the beginning of a life-long love of riding.

Enjoy the Ride and keep on pedaling!

Greg Bibb
Chief Executive Officer
Capital Sports Ventures
Welcome to DC Bike Ride!

It’s an exciting time to be in the nation’s capital, as bicycling has become more visible and accessible for all. We continue to see remarkable growth in the number of bicyclists throughout the District of Columbia. People from all walks of life are discovering or rediscovering bicycling. The District Department of Transportation (DDOT) prides itself on cultivating a world-class transportation system that not only serves the people who live, work, and visit this city, but also makes the city more livable, sustainable, and prosperous.

Over the last decade, the District of Columbia has rapidly built a citywide network of bicycle lanes and other bicycle accommodations fit for a robust metropolitan region. The District now has more than 68 miles of bicycle lanes, including 6 miles of protected lanes; 60 miles of multi-use trails; and more than 2,600 bicycle racks. Continued expansion of bicycle parking, Bikeshare programs, and the bicycle network encourage a safe and more convenient cycling environment. These efforts have not only been successful in inviting numerous cyclists into the city, but also create safer streets for drivers, transit riders, pedestrians, and cyclists.

In 2010, the District launched the Capital Bikeshare program. Now one of the largest bikesharing systems in the United States, Capital Bikeshare has grown to become a major multijurisdictional transportation system with more than 375 stations and 3,000 bikes in the region. We recently launched our Community Partners Program to expand access to the program through nonprofit health and service providers. The program provides low-cost memberships and bicycle education to participants.

While we continue to grow the number of people bicycling in the city, DDOT remains focused on the District’s Vision Zero Initiative, Mayor Muriel Bowser’s goal of achieving zero fatalities and serious injuries to travelers of our transportation system by 2024. To achieve this goal, DDOT is promoting partnerships that advance pedestrian and bicycle safety, continuing to build out the bicycle network, and engaging non-traditional partners from other agencies in building a culture of transportation safety in the District.

DC Bike Ride plays an important role in celebrating and enjoying riding a bicycle in the city. Venture off on a safe and enjoyable ride through our city and you’ll see why we are so proud to call the nation’s capital home. We are Washington, DC and we welcome you!

Leif A. Dormsjo
Director
District of Columbia Department of Transportation
Events DC is proud to be a founding partner of DC Bike Ride. We welcome all riders to this inaugural event. On behalf of the Board of Directors and staff of Events DC, the official convention and sports authority for the District of Columbia, it is an honor to host the thousands of participants and their supporters in the nation’s capital for today’s family-friendly event.

In the long history of endurance events in the District – from the Rock ‘n’ Roll DC Marathon and Half Marathon to the Events DC Nation’s Triathlon, the Marine Corps Marathon, and the countless fun runs that take place throughout the city – DC Bike Ride is a one-of-kind event. For one day only, 17 miles of roadway will be closed to motor vehicles, allowing residents and visitors alike to explore our city on two wheels and view the historic landmarks from the relaxed perspective of riding at your own pace.

We extend our thanks to District of Columbia Mayor Muriel E. Bowser, the Council of the District of Columbia, and our city’s hospitality community for their continued support of this ride and the many year-round events that take place within the District. We are also grateful to the leadership of Capital Sports Ventures for having the vision and putting in the hard work to make DC Bike Ride a reality.

Thank you and enjoy the ride!

Max Brown
Chairman, Events DC
On behalf of the Washington Area Bicyclist Association’s 6,000 members and 70,000 supporters, thank you for joining us on the first annual DC Bike Ride. What a day! A day we experience the unique sights of our Nation’s Capital, and celebrate life on two wheels with everyone we meet along the way.

Our 44 years of work to make the region a better place to bike relies on folks like you, and experiences like DC Bike Ride. When you choose to bike, you join a thriving and diverse movement of people, organizations, companies, and bike shops working to make biking more popular in our community. You help our work for a safer experience on our roadways, more bike lanes and trails, better laws, and better education campaigns. Your choice to bike strengthens our voice and your choice spreads the joy of biking.

For many, events like DC Bike Ride are a catalyst for personal change. Today, we hope you relive the adventure, memories and accomplishments you experienced biking around as a kid, and we hope this day shifts your relationship with biking from here on out. It’s an incredible moment for many, and we are grateful to be here cheering you on!

Here’s a story we like from one of our members, Olive, who quit smoking and bought her first bike when she turned 60.

“WABA was there to encourage me every step of the way. I attended lots of classes led by groups funded by or affiliated with WABA, like Women & Bicycles and Black Women Bike DC. I went on WABA beginner level rides with mentors to help me develop into a confident city cyclist. I learned the networks of bike lanes, my rights as a cyclist, and was given the skills to maximize my safety in areas where protected bike lanes aren’t established.”

“Today I feel invincible, smart, and especially proud every time I complete a bike ride!” she exclaimed. “I feel strong. With WABA’s help, I am now doing something good for my body, and I look forward to riding my bike into the next decade.”

Olive’s story is becoming a common story. More people in our region are taking to two wheels and transforming their lives, and we love each and every story. Biking to run errands, to enjoy time outdoors, spend time with friends—this simple, everyday activity is more than just exercise or transportation. It connects us to our communities, opens up new possibilities, and makes us happier.

On behalf of Olive, our members, and thousands of others: thank you. We hope you have a great time, and we hope to see you next year. And thanks to our generous friends and sponsors who help make DC Bike Ride possible, including CareFirst and Events DC our presenting sponsors, and REI and KIND Healthy Snacks, our official partners. This event was made possible by the incredible organizing efforts of Capital Sports Ventures. Numerous city officials and agencies have been critical in helping turn DC Bike Ride, a dream event, into a reality. Thanks to Mayor Bowser and her staff, The District Department of Transportation, National Park Service, the local Advisory Neighborhood Commissions and everyone else. And to our 400 enthusiastic volunteers — we thank you for sharing your passion for biking, and thanks for supporting our work for better biking.

Here’s to celebrating life on two wheels!

Gregory Billing
Executive Director
Washington Area Bicyclist Association
EVENT SCHEDULE

- Friday May 20
  3:00 PM TO 7:00 PM Packet Pickup presented by REI
  NoMa Junction @ Storey Park – 1005 First Street NE, Washington, DC 20002

- Saturday May 21
  10:00 AM TO 5:00 PM Packet Pickup presented by REI
  NoMa Junction @ Storey Park – 1005 First Street NE, Washington, DC 20002

- Sunday May 22
  6:00 AM Corrals open
  Upon arrival to the start line, riders will notice pace per mile signs along Pennsylvania Ave.
  Signs will be posted for 18MPH, 16MPH, 14MPH, 12MPH, 10MPH, 8MPH, and 6MPH. You are
  allowed to self-seed yourself according to your comfortable estimated MPH pace as
  indicated through the registration process.
  Corral 1 - VIP  Corral 4 - 14MPH  Corral 7 - 8MPH
  Corral 2 - 18MPH  Corral 5 - 12MPH
  Corral 3 - 16MPH  Corral 6 - 10MPH
  7:45 AM Corrals close
  7:50 AM National Anthem
  8:00 AM Ride begins
  9:00 AM Finish Festival starts, see page 19 for entertainment and activity lineup.
  1:00 PM Finish Festival concludes. See you next year!
- Friday May 20 & Saturday May 21

Location: NoMa Junction @ Storey Park –
1005 First Street NE, Washington, DC 20002
Pickup your Rider Identification Kit (RIK). Your RIK comprises of a rider bib number, a bike sticker and helmet sticker. In order to participate in DCBR, your bib must be attached to the front of your shirt or jacket, your bike sticker must be attached to the top tube of your bike and you must wear the helmet sticker on your helmet. Helmets are mandatory for all riders.

On Friday, at the DCBR Packet Pickup, celebrate the end of Bike to Work Day with REI’s Bike Home from Work Party. And, on Saturday, enjoy music from local DJs, yummy food and ice cold beer, BMX demonstrations, vendors, and more!

Directions to Packet PickUp
NoMa Junction @ Storey Park is accessible by car, bike, and Metro. Metropolitan Branch Trail will take you right by the venue. Bike racks will be available at Packet Pickup. The closest metro station is the NOMA - Gallaudet U station (red line).

RIDER PROFILE:
PAUL HEATON
“Riding just makes sense. It enables me to save money on transportation, help the environment by conserving energy, see the sights of DC, and get exercise.”
You must be positioned in your designated corrals and be ready for the start of DCBR by 7:45AM. Please plan accordingly! The start and finish line is at Pennsylvania Ave. and 3rd Street NW.

BIKE
WABA scoped out the best trails for you! Check out the recommended bike routes at dcbikeride.com/getting-to-dcbr-by-bike.

CAR
These directions will get you into the vicinity of the start line:

FROM VIRGINIA/395 AND POINTS SOUTH
- Follow 395-N toward Washington, DC
- After crossing over the Potomac, keep right to stay on I-395 N
- Stay in far right lane and follow signs for 395N/D Street/US Senate
- After exiting first tunnel stay right. Follow signs for 395N/D St NW/New York Avenue
- Enter 3rd Street Tunnel
- Stay in right lanes and take Exit 9 toward US Capitol
- Find parking or head to your reserved spot, then find your way to the start line

FROM VIRGINIA/66-Rt.50 (note that E Street will closed at 7:00am)
- Follow 66 east toward Washington, DC
- Cross the Theodore Roosevelt Bridge and stay left for 66 East/E Street
- Take 66 East/E Street exit
- Immediately stay right for E Street
- Follow E Street through the E Street Expressway toward 17th Street
- Turn left on 17th Street NW
- Continued on next page
GETTING TO THE START (continued)

★ Turn right on H Street NW
★ Turn right on 7th Street NW
★ Arrive at 7th and E Street NW
★ Find parking or head to your reserved spot, then find your way to the start line

FROM MARYLAND AND POINTS NORTH
★ Follow 295-S toward Washington, DC
★ Take ramp right for I-695 toward Capitol Hill
★ Take ramp right for I-395 North
★ At bottom of ramp stay left toward D Street N.W. / New York Ave
★ Enter 3rd St Tunnel
★ Stay in right lanes and take Exit 9 toward US Capitol
★ Find parking or head to your reserved spot, then find your way to the start line

PARKING
Reserve and prepay for parking before the ride. Visit dcbikeride.com/parking-information.

METRO
★ Metro weekend schedule does not begin running until 7:00 AM, please plan accordingly as all riders need to be in respective corrals by 7:45 AM.
★ The closest Metro stations to the start/finish line:
  ★ Via the Red Line: Judiciary Square
  ★ Via the Green/Yellow Line: Archives-Navy Memorial-Penn Quarter
  ★ Via the Orange/Blue: Federal Center SW
★ Visit wmata.com for bike policy and schedule.
SERVICES ALONG THE ROUTE

AID STATIONS/WATER STATIONS
Light refreshments and water stations will be available at the Aid Stations. We recommend bringing refillable water bottle(s) so you can stay hydrated while you ride.

★ Start line
★ Between mile 3 & mile 4
★ Between mile 9 & mile 10
★ Between mile 12 & mile 13

TOILETS
Toilets are available at all Aid Stations and the Start and Finish Festival area:

★ Start line
★ Between mile 3 & mile 4
★ Between mile 9 & mile 10
★ Between mile 12 & mile 13

LOST AND FOUND
Check at the Finish Line (Info/Solutions Tent) for items lost. Still missing items? After May 22, email hello@dcbikeride.com.

BIKE REPAIR
DCBR Mobile Mechanics will be on the course throughout the day to assist riders.

Complimentary bike repairs generously provided by Revolution Cycles.

MEDICAL HELP
The George Washington University Medical Team will be onsite to attend to medical needs. Ask any staff member, volunteer or police officer to get medical assistance. If you have an emergency dial 911.

INFORMATION TENT
Have questions? Visit the Info/Solutions Tent at the Start Area (on Penn. Ave. at 6th St.)

SAG VEHICLES (SUPPORT AND GEAR)
SAG vehicles provide transportation to the Finish Line for riders (and their bikes) who require assistance or are behind the 6 MPH pace. Make sure your bike sticker is attached to the top tube of your bike so that we can reunite you with your bike at the finish line.

RIDER PROFILE:
LUCY AGUIRRE
“Back in college, I competed in triathlons. But, now, after joining WABA and Women & Bicycles, I ride for the pure joy of it.”
Wear your helmet; no ifs, ands, or buts about it

Have your Rider Identification Kit (RIK) visible at all times; attach the bike sticker to your top tube, affix the bib to your chest and wear your helmet sticker on the front of your helmet; you may be asked to leave the ride if any element of your RIK is missing

Respect other bicyclists

Human-powered bikes only

Ride in a straight line; if changing paths, check over your shoulder before doing so, and then signal to indicate which way you’re planning to go

Use hand signals to indicate that you are slowing down, stopping, turning or changing lanes

Keep to the right and pass to the left (call out “on your left” when passing)

Move completely to the right side of the road if stopping for any reason

Do not ride against the flow of the ride

Do not use your cell phone while riding

Maintain adequate distance between yourself and other bicyclists – especially on downhills and tight turns

Control your speed and be prepared to slow down for congestion or road hazards

Keep at least one hand on the handlebars at all times

Do not wear earbuds or any other form of headphones

RIDER PROFILE:

**ANN CAVAZOS**

“I ride to be off the grid. I ride to have time to think without being in front of screens. I ride as if it was a prescription for a higher quality of life.”
DCBR TIPS

BEFORE THE RIDE
★ Reserve parking and check Metro schedules and rules; plan accordingly.
★ Check the weather and wear appropriate clothing; when in doubt, wear layers!
★ If riding in a group, determine a meeting place and time to meet at the start.
★ Rider Identification Kit (RIK) Checklist:
   • Affix your bib to the front of your shirt or jacket
   • Attach your bike sticker to the top tube
   • Put the helmet sticker on your helmet (helmets are mandatory!)

WHAT TO BRING
★ Cash and/or credit card
★ Photo identification
★ Cell phone
★ Water bottle(s)
★ Sunscreen
★ Sunglasses
★ Patch kit in case of a flat

WHAT NOT TO BRING
★ Please note, random bag searches may occur. We recommend that backpacks are not brought to the event.

DAY OF RIDE
★ Fuel up – eat a good breakfast; KIND Healthy Snacks will be onsite with goodies!
★ Hydrate often during the ride; bring a refillable water bottle (Psst...you get a DCBR bottle at Packet Pickup!)
★ Be alert – you’ll be sharing the road with other riders of all skill levels.

RIDING WITH YOUTH
★ Children under the age of 3 are not allowed on the ride.
★ Every youth must be registered and ride with an adult riding in DCBR.
★ Youth ages 3–7 must ride with an adult on a tandem bike, in a child’s seat, on a tag-along bike or in a bike trailer.
★ Riders ages 8 - 13 may ride their own bikes but must remain in close proximity to the adult with whom they are registered.
★ Riders ages 14–17 can ride their own bicycles, but must be registered with and supervised by adults riding in DCBR.
DCBR TIPS (continued)

★ The ratio of adult riders to riders ages 8-17 must be 1:1.

★ Plan ahead in case you get separated from your youth; instruct him/her to seek out a marshal wearing either a safety vest or blue Ride Crew shirt.

★ If you are riding with a youth that does not have a phone, please make sure to write your cell phone number and name on the back of the child’s bib.

RIDING AS A GROUP/TEAM
★ Make sure you and others in your group have stored important numbers and contact info, including that of someone not riding in DCBR, your hotel (if applicable), your team members home and cell numbers, etc. in your phones.

★ If you get separated from your group, continue to the next aid station and seek them out there. Do not pull over to the side of the road to wait for them.

Happy Riding!

RIDER PROFILE: ADINA CRAWFORD

“I ride to fulfill my personal, spiritual, and fitness goals. Through riding, I am able to enjoy the scenery at my own pace.”
After you cross the finish line, the two-wheel celebration continues! We have some great entertainment lined-up to help you commemorate your epic ride!

**MUSIC & ENTERTAINMENT**
- 9 AM – 10 AM: DJ Jahsonic and Adrian Loving
- 10 AM – 11 AM: White Ford Bronco, DC’s popular All-90’s cover band
- 11 AM – 1 PM: DJ Questlove from the in-house band for The Tonight Show Starring Jimmy Fallon

**FOOD & DRINKS**
- After 17 miles, grab some grub at some of the best local food trucks! Bring cash so you can eat, drink and be merry.

**KID’S ZONE**
- Enjoy activities fit for the whole family with carnival games, face painters, balloon artists and so much more!

**REI VILLAGE**
- Get inspired with the REI Village, a backyard style party area full of games, giveaways and lots to discover.

**POST-RIDE YOGA SESSION**
- 10AM (John Marshall Place Park): cool down with a post-ride yoga session with the gurus at Grip the Mat and refuel with snacks from KIND Healthy Snacks.

**MORE ACTIVITIES**
- Check out dcbikeride.com/finish-line-festival!

**BIKE PARKING**
- Limited bike parking will be available on 4th street. Riders are responsible for the safety of their own bikes and equipment. Parking is first come, first serve.
FINISH FESTIVAL MAP

1. Start/Finish Line
2. Info/Solutions Tent
3. Media Check-in
4. Bike + Roll Bike Rentals
5. Main Stage
6. Volunteer Check-in
7. VIP Hospitality
8. Kids Zone
9. REI Village
10. Grip the Mat Yoga
11. Food Trucks + Concessions
12. Official Merchandise
13. Bike Parking

💧 Water
✚ Medical
🚽 Restrooms
Get decked out in official DCBR gear – we’ll have shirts, jerseys, hats and much more! Visit the Merch Store at the Finish Festival and show your DCBR pride!
DCBR STRETCHES BEYOND SEVENTEEN MILES

DCBR and WABA (Washington Area Bicyclist Association) are geared up to work across all DC communities! Thanks to you, proceeds from the ride will fund WABA’s work as a leading partner focused on changing the culture and empowering riders through DC’s Vision Zero Campaign, the city’s eight-year initiative to put an end to traffic deaths and serious injuries. These critical funds will allow for dedicated advocacy and community outreach work to raise the profile and reach of the Campaign. The following programs are direct beneficiaries:

FAMILIES FOR VISION ZERO SUMMIT:

The Summit will bring together DC’s residents, experts, and the press for a series of presentations, a panel discussion, and facilitated town hall meeting with an emphasis on engaging nontraditional community groups.

SAFE STREETS WORKSHOPS:

WABA will host four interactive public workshops and safety audits geared toward a geographically broader audience.

NEIGHBORHOOD STREET SAFETY AUDITS:

The Audits will equip families with the information and tools to redesign the streets that shape their lives the most — those surrounding their homes.

DEANWOOD FAMILY BIKE BLOCK PARTY:

WABA will host a block party in the Deanwood Neighborhood of DC that will serve as the culminating event of the workshops and audits.
Thanks to Our Partners
An event this awesome needs awesome partners, and we’ve got the very best:

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REI co-op

KIND healthy snacks

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