



THE
50
STATES
RIDE

presented by



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Federal Credit Union

Ride all 50 state-named
avenues in the District
at this legendary event!



Thank you to our route sponsors:



THERME **US**



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Thank you to our celebration sponsors:



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WIN A NEW BIKE!

Use the hashtag #50StatesRide on Instagram and tag @WABADC instagram to be eligible to win a shiny new ride from Priority Bicycles.



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With a dividend rate of **4.33% APY**, Signal Financial is committed to helping you achieve your financial goals. That's why we've created Signal Smart Savings, our high yield savings account that allows you to earn more without having to do more.

Signal Financial is excited to be the title sponsor of this year's 50 States Ride!

For more information, visit signalfinancialfcu.org or call 301-933-9100.



2023 50 States Ride

OFFICIAL RIDE GUIDE

Ride date: Saturday, September 30, 2023

The 50 States Ride is a community beloved social ride that invites riders to take on one of four 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 empowering people to ride bikes, build connections and transform places. Thank you for taking part!

The 2023 50 States Ride will take place on Saturday, September 30th starting at Kraken in Edgewood, DC near the Rhode Island Avenue Metro Station.

The Diamond Route presented by Therme US 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 presented by Wegmans is a 30 mile jaunt across the District that features a few of DC's traffic circles; a pair of low-traffic, tree-lined climbs; and some 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 through quiet neighborhood streets and 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.

The Straightaway Route presented by KinderCare is a 2-mile, kid-friendly zoom down the Met Branch Trail with a break for fun activities and snacks at Alethia Tanner Park, then back up the trail in time to kick off the party at Kraken.

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Event Code of Conduct

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.

“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.

Ride Support

The 50 States Ride is 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.
- There is no support and gear vehicle to pick you up.

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).
-

Ride Safety

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.
-

Inclement Weather

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

The 2023 50 States Ride routes are now available [here on Ride with GPS!](#)

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 [Ride with GPS](#) account.**
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 log in.
4. On the web browser, [go to the ride routes here](#) and find the correct route for your ride. Then click “send to phone.”
5. Open the app on your phone, **find the route, and click “Navigate.”**



THERME
GROUP
US

Therme is *cyc'd* to bring our state-of-the-art wellbeing resort to D.C.

Therme believes wellbeing is a fundamental human right. Our innovative, interdisciplinary approach to wellness builds on the wealth of knowledge that exists within communities to further awareness of our environment and build places where our physical and mental health are nurtured among family and friends.

Come visit our booth at the end of the ride - wheel tell you all about Therme!

Check In

Check-in Location

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

Check-in Schedule

Diamond Route – Check-in: 7:00 AM – 7:45 AM; Group start: 8:00 AM; No Drop Groups start: 8:05 AM

Roundabout Route – Check-in: 8:00 AM – 8:45 AM; Group start: 9:00 AM; No Drop Groups start 9:05 AM

Triangle Route – Check-in: 9:30 AM – 10:00 AM; Group start 10:15 AM

Straightaway Route – Check-in: 10:30 AM – 11:00 AM; Group Start 11:15 AM

Ride Marshals

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.

Pit Stops

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

- Fields at RFK Campus Pavilion- Mile 12 (7:30 AM – 10:30 AM)
- Diamond Teague Park/ Dock 79- Mile 24 (8:30 AM – 11:30 AM)
- Franklin Park- Mile 37 (9:30 AM – 12:30 PM)
- City Ridge- Mile 47 (10:00 AM - 3:00 PM)
- Takoma- Mile 53 (10:30 AM - 4:00 PM)

30-mile Roundabout Route

- Fields at RFK Campus Pavilion- Mile 8 (7:30 AM – 10:30 AM)
- Franklin Park- Mile 14 (9:30 AM – 12:30 PM)
- City Ridge- Mile 18 (10:00 AM - 3:00 PM)
- Takoma- Mile 25 (10:30 AM - 4:00 PM)

10-mile Triangle Route

- Franklin Park- Mile 8 (9:30 AM – 12:30 PM)

2-mile Fun Ride

- Alethia Tanner Park- Mile 1 (11:00 AM - 2:00 PM)



The Townhomes at Michigan Park
Now selling final homes
EYA.com/MP



life within walking distance®

EYA is proud to support
WABA and The 50 States Ride as the
2023 Triangle Route sponsor

Wishing all the cyclists a great ride!

We'll be cheering you on from our
Michigan Park community,
located just past mile 2
on the 10-mile ride.

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Time Limits

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

- 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 an outdoor bike valet monitored by attendants, but you may want to have a lock for added security)
 - 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

Water

There will be water jugs from which you can fill your reusable water bottle at pit stops, check-in, 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 will receive a boxed lunch from Potbelly with your choice of sandwich, regular potato chips, and oatmeal chocolate chip cookies. Everyone will also receive a drink ticket to select a non-alcoholic beverage at the bar. If you choose to pay, you can apply your drink ticket towards the cost of any alcoholic beverages. You can purchase additional drinks and pre-packaged snacks from the venue's (cashless) bar throughout the event.

Bathrooms

There will be restrooms (public restrooms not port-a-potties) available at most ride sites (start/end points and pit stops) with the exception of the pit-stop at Diamond Teague Park (mile 24 of the Diamond Route).

At the ride start, there will be a large restroom trailer with multiple restroom stalls and handwashing stations inside.

There are limited restroom facilities inside the after party venue, so participants will be asked to use the restroom trailer outside during the party.

Finish Line and After-Party

It is the 20th edition of this event, so we want to host the party of all parties. You're not going to want to miss what's in store including food and drink, music, games and prizes, comedy, great vendors to interact with and much more.

Everyone will be served a boxed lunch with a non-alcoholic drink. But you may want to bring a credit card to purchase any other snacks and drinks including alcoholic drinks from the bar. As well, vendors will have options for other merchandise to purchase.

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 outside 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 swag bags and packets including materials for the party including a lunch and drink ticket as well as a schedule of events for the party.

Proceeding inwards, participants will be able to visit sponsors and vendors who will have set up tables and displays. Look out for WABA's merchandise table which will offer clothing, water bottles, and special candy and snacks.

We will be joined by partner organizations during the post-ride party to celebrate all things bikes with us.

- Signal Financial
- Therme US
- Wegmans
- BellRinger
- Lime Connect

- Grassroots Comedy

Social Media Contest



Post great moments from the event to Instagram using #50StatesRide while tagging @wabadc. To be in the running to win a great bike from Priority Bicycles- The Classic Plus Gotham Edition, valued at \$599.

Games and Entertainment

You'll want to stick around at the party for bike-themed carnival style games for which you can win prizes as well as a specially curated comedy show from our partner, Grassroots Comedy to take place at 4pm.

Throughout the event, we will conduct raffle drawings for prizes.

FAQs

You may want to check out [this blog post about What to Expect at a WABA Ride](#) as well!

About the Ride

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.

Where does this event take place?

The ride will start and end at Kraken in Edgewood DC (514 Rhode Island Avenue NE Washington DC 20002 [map](#))

How should I get there? Is there parking?

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 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 \$8 or \$12, respectively, depending on how long you will stay at the 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.

When is this event?

The 50 States Ride will take place on Saturday, September 23, 2023.

What time does this event start?

Check-in is open from 7:00 AM – 11:15 AM. The post-ride party will be open from 11:00 AM – 5:30 PM.

Each route has a designated check-in time:

- **Diamond Route** – Check-in: 7:00 AM – 7:45 AM; Group start: 8:00 AM; No Drop Groups start: 8:05 AM
- **Roundabout Route** – Check-in: 8:00 AM – 8:45 AM; Group start: 9:00 AM; No Drop Groups start 9:05 AM
- **Triangle Route** – Check-in: 9:30 AM – 10:00 AM; Group start 10:15 AM
- **Straightaway Route** – Check-in: 10:30 AM – 11:00 AM; Group Start 11:15 AM

Are the roads closed for this ride? Are there cars?

Roads are NOT closed for this ride. This means:

- The route is NOT closed to motor vehicle traffic.

- The three longest routes are on a combination of bike lanes, quiet neighborhood streets, and trails and have places where participants will share the road with cars.

Is this ride supported?

No. All ride routes are unsupported. That means:

- Streets are not closed for this ride. You will ride on streets with motor vehicle traffic.
- The route is unmarked.
- There is no support and gear vehicle to pick you up.
- WABA staff will have basic first aid materials at the check-in, finish line, and pit stop areas. Staff will make these materials available to participants in case of minor injury. In case of an emergency, WABA staff or volunteers will call 911.

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).

Is the route marked with signs or arrows?

No. The route is unmarked.

Participants should navigate using the physical cue sheet provided in their check-in packet, or with free turn-by-turn navigation on their smartphone using the Ride with GPS app.

Will there be ride marshals?

Yes. Ride Marshals are volunteers who are there to help participants navigate and offer encouragement and support.

- **Lead Ride Marshals** will leave at the start of the ride with most participants and will be available on the route to join up with or seek guidance from.
- **No Drop Group Ride Marshals** will guide optional groups from the start for those who wish to stay with a group.
- **Sweep Ride Marshals** will bring up the back of each group.

Want to stick with a Ride Marshal for the whole ride? Look for the “ride with buddies!” sign at check-in (or ask at the info table) to find a Ride Marshal designated to stick with a smaller group. .

I'm not sure which route is right for me!

We'd love to talk to you about this and help you pick the route that is the best fit for the ride you want to have! Email events@waba.org if you'd like to chat about it.

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.

[Click this link for a resource on how to properly fit your helmet.](#)

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. Since this is an unsupported ride we will not have any way to recharge batteries or pick-up any stranded riders.

Will food and drink be provided?

There will be a selection of snacks provided at registration, pit stops and the finish line. We will also have water stations available for you to fill your water bottles. WABA will not be providing water bottles so please make sure you bring your own bottle with you for the ride.

At the post-ride party, all participants will receive a boxed lunch with a non alcoholic beverage such as a soda, gatorade, or water. Thereafter, participants can choose to purchase drinks or snacks from the (cashless) bar.

About Registration

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

No problem! Please email 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.

Do I have to be a WABA member to register for this ride?

Nope! If you're not a WABA member, you'll get the non-member rate. It includes an annual Digital Membership. So if you're not a member before you register, you will be one after!

What is your refund policy?

Because this is a fundraiser there will be no refunds for this event.

If you are feeling sick or have symptoms of an illness, do not come to the event. Email events@waba.org and let us know you cannot come because you are sick, and we will transfer your registration fee to a 100% tax deductible donation or put your registration fee towards a future WABA ride

Can I transfer my registration to another individual?

Yes. However, there is a \$25 admin fee for transferring registration. Please email events@waba.org to make your transfer.

Is there a youth rate for this ride?

Yes. Participants age 18 and under are eligible for the youth rate.

Can I register a guest for this ride?

Yes. You can register multiple people at one time. However, you must provide the name and email address of every attendee.

I want to register a child or person who does not have their own email address.

Please email events@waba.org and we will get this worked out.

Can I register onsite the day of the ride?

Yes! Online registration will close at 5pm on Friday, September 22nd. However, you will be able to register onsite the day of the ride until check-in closes. You can register with WABA staff at the info table at check-in.

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

We are happy to help! Email your question to events@waba.org.