

## EVENT DETAILS:

### Great Washington D.C. Chapter - Monthly Bike Ride

**Saturday 19 Sep at 0830**

Start in Falls Church

Parking at American Legion Post 130 - 400 North Oak St Falls Church, VA 22046

This will be a group ride to get us together and outside. We will vary the locations to maximize exposure to area resources and get members of the GWC together. Ride #1 will be on the W&OD trail, road bikes are preferred but not required. We will group by bike type and ability.

Taking COVID into consideration, we will look for ways to engage with Midshipmen for rides in Annapolis and throughout the region. At the first ride, we will probe interest in obtaining a riding kit that in some way can support the USNA cycling or triathlon teams as well as the GWC.

### Schedule

Saturday 19 Sep - **0830** meet at American Legion Post 130 Parking Lot at 400 North Oak St, Falls Church, VA 22046

We will meet at 0830 with intent to roll out at 0845.

Travel plan is west on the W&OD trail. Objective will be ~20 miles total to **Lake Fairfax Mountain Bike Parking (10.2 Miles 1 way)** and back.

We will group by bike type and estimated skill/speed. Road bikes preferred for this paved route but we can break into groups if we have multiple mountain bike riders.

If the group would like to break into smaller groups or go shorter/further, we have additional well marked turn-around opportunities at Whole Foods in Vienna (5 mi 1 way) and Hunter station (8.5 mi 1 way).

- **Lake Fairfax Mountain Bike Parking (10.2 Miles 1 way)\*** [map](#)
- Reston Center Park (12 mi 1 way)
- Downtown Herndon (13.5 mi 1 way)

The trail continues safely to Purcellville, VA; we can explore the western portions in the future. The Mountain Bike Parking area may be a good starting point for future excursions.

Runners, walkers, and families are welcome on the W&OD Trail. CAUTION: East of Falls Church there are some detours on the trail as trail improvements are under construction.

We can estimate ~15-18 MPH pace which will take us back to easily by 1030-11 depending on distance selected and stop duration. The American Legion does not open until noon and has approved us to park in their lot.

POC: Kate Murray -- [director.murray00@usnagwc.org](mailto:director.murray00@usnagwc.org) (I will respond to all registrants with a text if you opt in)

Best regards,

[USNA Alumni Assoc Greater D.C.](#)