



# RIDE GUIDE

## Nation's Capital



2024

Presenting Sponsor:





# TABLE OF CONTENTS

---

## **WELCOME**

## **WEEKEND OVERVIEW**

- Early Packet Pickup
- Champion-Level Perk
- Ride-Day Schedule
- Post-Ride Party

## **BE PREPARED**

- Mobile App
- Bib & Bike Tags
- Parking Information
- "Why I Ride" Wall

## **MAPS**

- All Routes Map
- Venue Map: Pre-Ride
- Venue Map: Post-Ride

## **RESOURCES**

- Ride Hotline
- GPX Files
- Course Signage
- Rest Stop Summary

## **SAFETY**

- Bicycle Safety & Etiquette
- Emergency Management
- Weather Conditions & Safety

## **SPONSORS**

---



# WELCOME!

Welcome to the 2024 Alzheimer's Association Ride to End ALZ® Nation's Capital in Leesburg, Virginia! We are so excited that you will be joining us for this amazing event in the Virginia Countryside. With each mile, participants will fuel cutting-edge research targeted to change the trajectory of Alzheimer's disease.

Ride to End ALZ is a fully supported event for a range of riders, whether you're a novice cyclist, weekend warrior or avid enthusiast. The third annual Nation's Capital event takes place in Leesburg on Saturday, May 4. You can choose a 10, 25, 45, 65 or 100-mile route and there will be rest stops, lunch, and entertainment afterward. All routes start and finish at the stunning Morven Park in Leesburg, VA.

Be sure to like and follow [Ride to End ALZ Nation's Capital](#) on Facebook and check the website ([alz.org/ride](http://alz.org/ride)) for additional information about the ride. If you are not riding with a team, be sure and join Team Purple; email [ride@alz.org](mailto:ride@alz.org) and ask to be added to the team!

After the ride, we encourage you to post your photos on the Ride to End ALZ Facebook page so others can celebrate your efforts and be inspired to join the fight to end Alzheimer's and all other dementia.

We can't wait to see you!

Brenda Suggitt  
Sr. Associate Director, Ride to End ALZ

*Thank you for riding to fight Alzheimer's and all other dementia.*

**100%** of dollars raised support research efforts of the Alzheimer's Association.



# WEEKEND OVERVIEW

## Early Packet Pickup

Make packet pickup a breeze by ensuring you've met your fundraising minimum prior to arrival. Riders who have not yet reached their minimum will be asked to donate the remaining amount to meet the fundraising requirement prior to receiving any event goodies. At packet pickup you'll receive your rider number and a Ride to End ALZ jersey.

Riders (and their guest) who have qualified for the Champion's Dinner are encouraged to pick up their packet that evening as well.

THURSDAY, MAY 2

11:00 A.M. to 6:00 P.M.

TREK Bicycle Vienna  
224 Maple Ave. E.  
Vienna, VA 22180

## Ride-Day Schedule

### Saturday, May 4

17638 Old Waterford Rd., Leesburg, VA 20176

6:00 a.m.

Venue Open

- Onsite Packet Pickup & Registration
- Light Breakfast
- Medical Services
- Bike Maintenance
- Bag Check
- Bike Corral

7:00 a.m.

100 & 65-Mile Rides Start

8:00 a.m.

45-Mile Ride Starts

9:00 a.m.

25 & 10-Mile Rides Start

10:00 a.m.

Post-Ride Party Begins

4:00 p.m.

Post-Ride Party Ends

## Champion-Level Perk

### Champions Dinner

**For our \$1,000+ Fundraisers:** This exclusive event is fun opportunity for those who have raised at least \$1,000 to learn about current and future Alzheimer's research projects we will fund together. It will feel red carpet, but leave the black ties and dresses at home and come ready to enjoy live music and award-winning culinary fare!

This Champion-Level Perk will take place on Friday, May 3rd. Details for this exclusive event will be emailed directly to all who qualify.

Please ensure to RSVP for you and your guest, if attending.

## Post-Ride Party

### Post-Ride Lunch

We encourage family and friends to come and cheer on the riders as they finish! All riders will receive their medal when they cross the finish line. Additional meal wristbands can be purchased for guests at packet pickup or on site — \$20 for adults and \$10 for kids 12 and under. *Gluten-free and vegetarian options will be available.*

- Classic Cucumber Salad w/ Fresh Mint and Dill (GF/Veg)
- Quinoa & Lentil Salad w/ House Vinaigrette Dressing (GF/Veg)
- Fresh Sliced Watermelon
- Roast Pork Loin w/ Pommery BBQ (GF)
- Herb Roast Chicken with Lemon Herb Sauce (GF)
- Grilled Vegetables w/ Balsamic Glaze (GF/Veg)
- Spice Herb Rice (GF/Veg)
- Assorted Cookies, Brownies, and Blondies
- Cold beer or refreshing non alcoholic drink

### Gear Pick-up

Checked in a small bag with us before the ride? Don't forget to grab it when you finish.

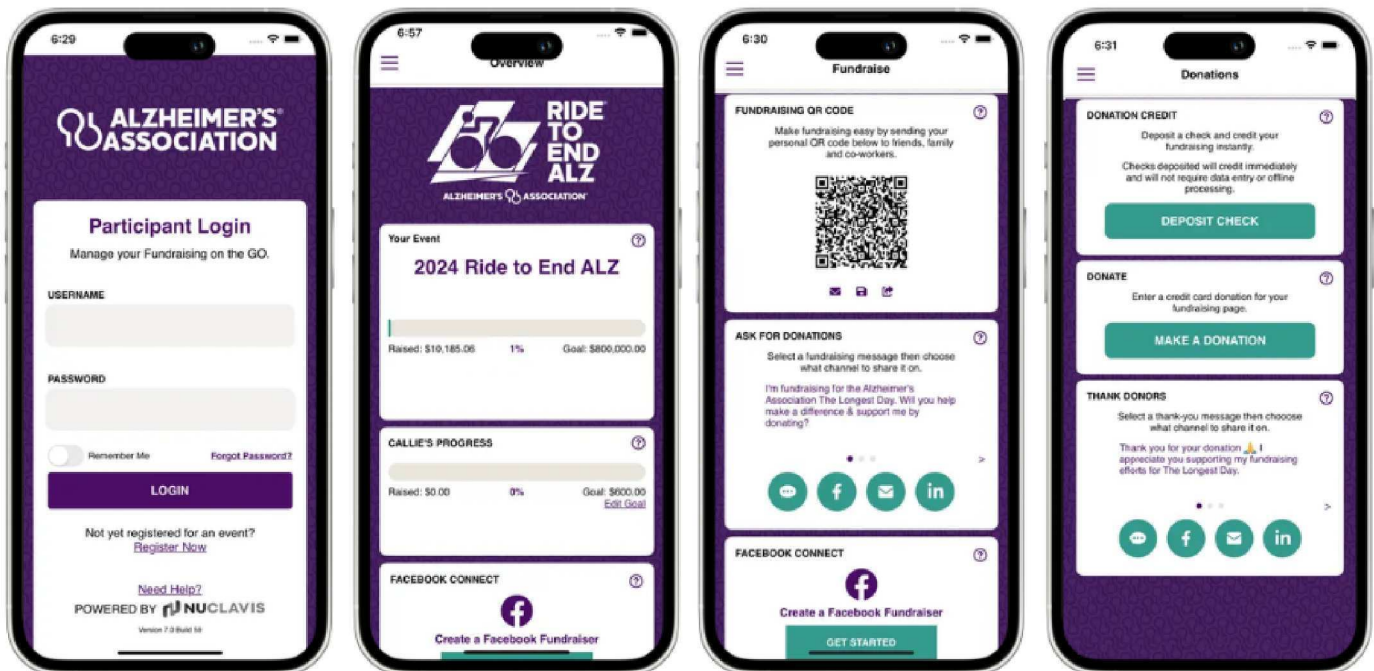
### Medical

Medical personnel will be on site should any riders, volunteers, or spectators need attention.

## Mobile App

Download the ALZ Fundraising app, a brand-new mobile app to support your fundraising efforts for Ride to End ALZ as well as any other Alzheimer's Association events you enjoy. That's right — the ALZ Fundraising app is your one-stop shop for all of your fundraising efforts to help fight Alzheimer's. You can:

- Scan and deposit check donations immediately.
- Stay up-to-date on all donations.
- Receive gift notifications on your phone.
- Text family and friends to ask for their support.
- Create a Facebook fundraiser
- Post your story to social media.
- Update your fundraising page and add a photo from your phone.
- Track your activity and participate in physical challenges.



## How To Wear Your Bib and Bike Tags

At packet pickup, riders will receive their rider bib, bike tag with RFID tracking chip, wristband, and helmet sticker. The following graphic will guide you on how to wear each asset. **Please also fill in the emergency information on the back of your bib when you receive it.**

**REMINDER:** Our support number is on the back of your bib and on your wristband! Call our support phone line and we will get a support vehicle to your location ASAP! That number is **833-988-7853**. It is also recommended that you add this number to your cell phone in advance of the ride.

**IMPORTANT:** If your medical need is an emergency for you or another rider, always call 911 first and then call our support line second.

**BAG & BIKE CHECK** - These services are available at the main venue and it is required for your belongings to have the event provided tags on them (i.e. bike tag). You must present a matching rider number, such as your bib or wristband, in order to retrieve any checked items. **Do not dispose of your bib or wristband onsite.**

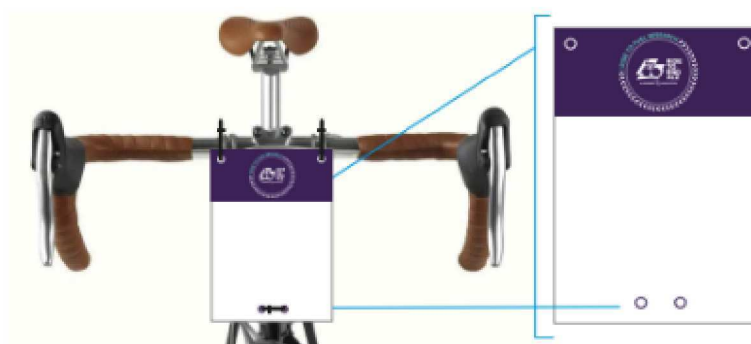


**Ride Bib:** Pin to center back of bike jersey

**Please fill in the emergency information on the back of your bib when you receive it.**



**Helmet Sticker:** Affix to center front of helmet

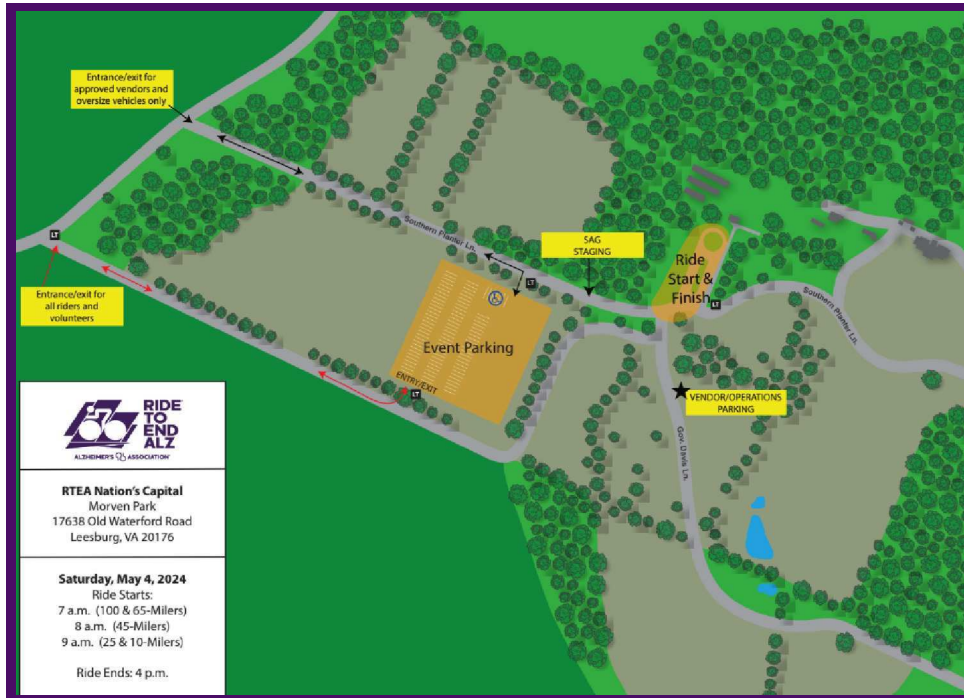


**Bike Plate:** Attach to front of bike bars with zip ties as pictured.

Carbon fiber, metal and the body block the rfid signal. Bike plate **MUST NOT** be wrapped around any part of the bike. **DO NOT BEND** the rfid chip on back of the bike plate.

# Parking Information

Please use the address 17638 Old Waterford Rd., Leesburg, VA 20176, when using GPS. This will navigate you to enter the park from Old Waterford Rd. (NOT US15 / Rte740). Please follow event signage for the Ride to End ALZ.



# "Why I Ride" Wall

This is WHY we Ride! We invite everyone to bring a picture of the person they are riding for and place it on our "Why I Ride" wall the morning of the ride.

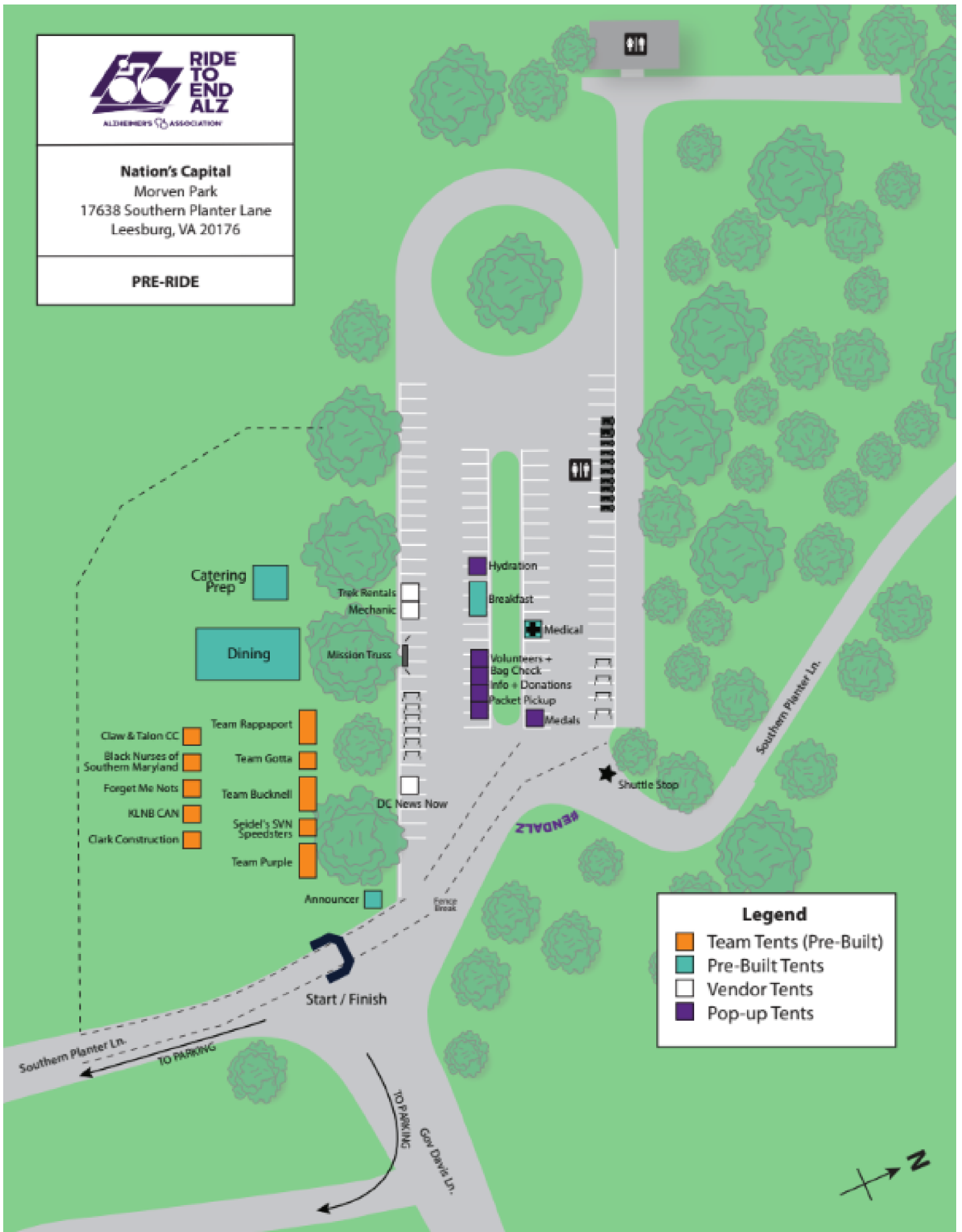
You can bring a picture, a handwritten note or both, whatever you would like to honor your loved one.



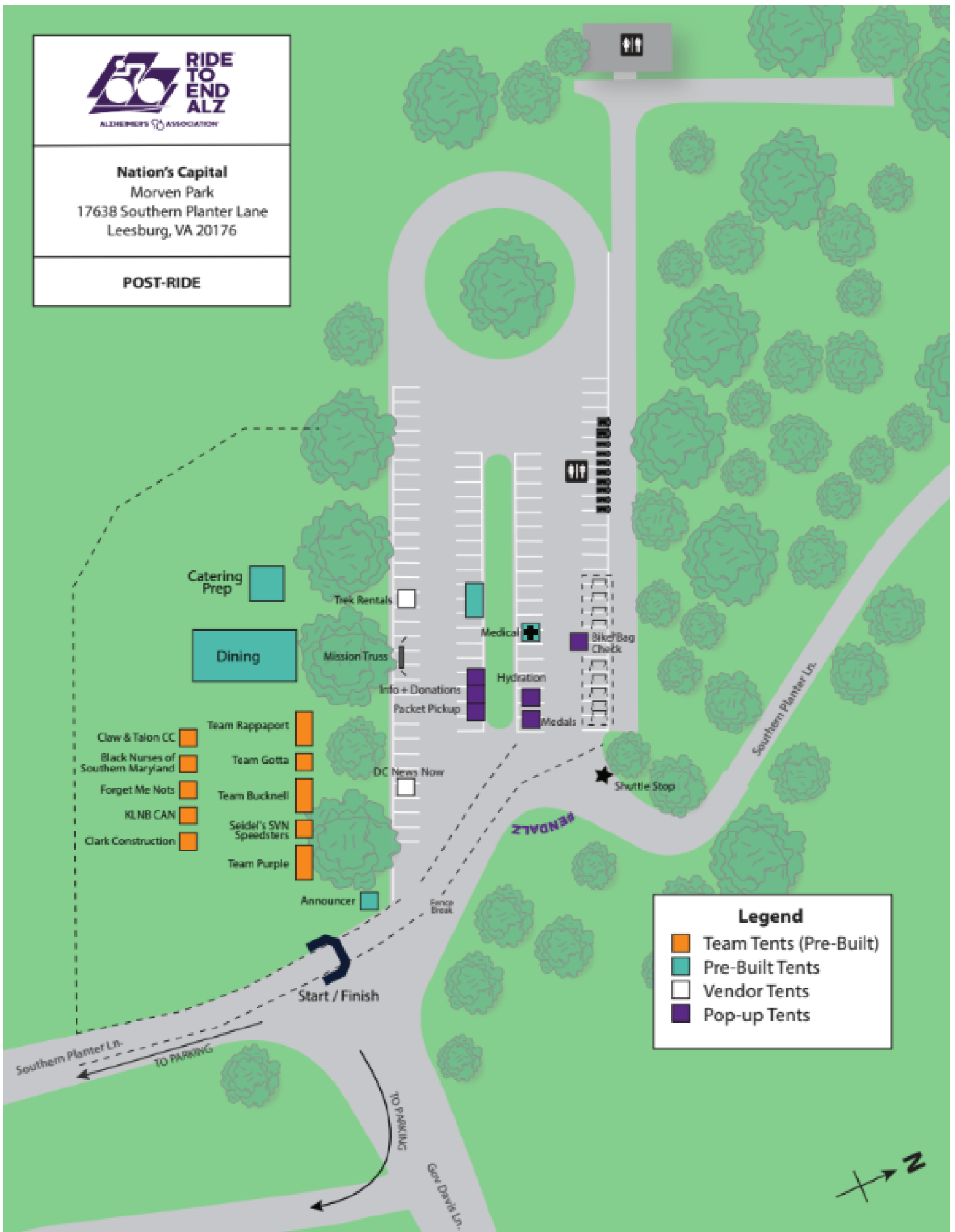





# Venue: Pre-Ride



# Venue: Post-Ride





**RIDE TO END ALZ**  
ALZHEIMER'S ASSOCIATION

---

**Nation's Capital**  
Morven Park  
17638 Southern Planter Lane  
Leesburg, VA 20176

---

**POST-RIDE**

**Legend**

- Team Tents (Pre-Built)
- Pre-Built Tents
- Vendor Tents
- Pop-up Tents

The course starts and finishes at Morven Park in Leesburg, VA and offers a great day of riding through the Virginia countryside. You have the option of 10, 25, 45, 65, and 100-mile routes. There will be rest stops with food and water located every 10-15 miles. There will be Support and Gear vehicles (SAG) and mechanical support on the course to assist riders in need.

At intersections, **PLEASE USE EXTREME CAUTION**. There will be law enforcement assisting at particular locations, but they will not be at every turn. It is your responsibility to look both ways and use best judgment when making a turn.

## Safety Video



## Ride Hotline

Out on the course and need assistance? It could be for reasons such as mechanical, non-emergency medical, or help with directions. Call our rider hotline and we will get a support vehicle to your location ASAP! That number is **833-988-7853** and it is also located on the back of your bib so you always have it on you while riding.

**IMPORTANT:** If your medical need is an emergency for you or another rider, always call 911 first and then call our rider hotline second.

## Route Files

Riders should download the event GPX files at: <https://ridewithgps.com/events/156885-alz-nc-2024>, and ensure they are ready to go on their device for ride day.

To download for your device, scroll down to the Ride With GPS map for your desired distance and select it. Then click the orange button at the top of the map that says "Send to Device."

## Course Signage

The course will be fully marked with signage for each distance. Watch for oversized signage with special instructions on the route (i.e. Routes turning in different directions).





# Rest Stop Summary

Ride	From	To	Point to Point	Total
10 Mile	Start	Rest Stop #1-A	4.7	4.7
	Rest Stop #1-A	Finish	4.6	9.3
25 Mile	Start	Rest Stop #1	12.2	12.2
	Rest Stop #1	Finish	12.1	24.3
45 Mile	Start	Rest Stop #1	12.2	12.2
	Rest Stop #1	Rest Stop #2	13.7	25.9
	Rest Stop #2	Rest Stop #1	7	32.9
	Rest Stop #1	Finish	12	44.9
65 Mile	Start	Rest Stop #1	12.2	12.2
	Rest Stop #1	Rest Stop #2	6.7	18.9
	Rest Stop #2	Rest Stop #3	10.12	29.02
	Rest Stop #3	Rest Stop #4	13.68	42.7
	Rest Stop #4	Rest Stop #5	8.6	51.3
	Rest Stop #5	Finish	13.5	64.8
100 Mile	Start	Rest Stop #1	12.2	12.2
	Rest Stop #1	Rest Stop #2	13.7	25.9
	Rest Stop #2	Rest Stop #3	10	35.9
	Rest Stop #3/6	Rest Stop #4	13.8	49.7
	Rest Stop #4/7	Rest Stop #5	8.5	58.2
	Rest Stop #5/8	Rest Stop #3	7.1	65.3
	Rest Stop #6/3	Rest Stop #4	13.8	79.1
	Rest Stop #7/4	Rest Stop #5	8.5	87.6
	Rest Stop #8/5	Finish	13.8	101.4

**\*\*\*\*As a general matter, all riders must cross the finish line by on or about 4:00 p.m.; however, the Association reserves the right to terminate the Ride early if it determines, in its discretion, that circumstances warrant such action.**

## Bicycle Etiquette & Safety

Please obey the rules of the road and respect other people you encounter along the route. Below, you will find some general road riding etiquette rules that should be followed to create a safe environment for all involved. Please review the content, as your safety is our #1 priority.

### 1. WEAR A HELMET AT ALL TIMES.

2. Follow the Rules: Follow all traffic laws that an automobile driver would observe, which includes, but is not limited to, stopping at red lights, stop signs and yielding to pedestrians. In some cases, a police officer stationed at an intersection will give the riders the right of way — in this case, it is okay to proceed with caution. **DO NOT PROCEED UNTIL THE OFFICER MOTIONS YOU.**

3. Radio Devices: Headphones, phones, radios and other devices are **NOT** permitted while riding.

4. Be Predictable: Smooth, consistent riding is the key to ensuring everyone feels comfortable and that you are not a hazard to yourself or anyone else.

5. Know Your Limitations: **UTILIZE THE COURSE SUPPORT PROVIDED** – The Ride to End ALZ course can be difficult in volatile weather. There will be Rest Stops with food and hydration, along with mechanical support, roughly every 10-20 miles. There will also be SAG vehicles along the course that will assist with your ride.

6. Call Out Any Change: Call out “Slowing”, “On Your Left/Right”, “Car Up”, “Car Back”, etc.

7. Signal: Be sure to signal with your hands or voice so that everyone knows your intentions.

8. **DO NOT** Overlap Wheels: Be aware of those around you and pay attention to the position of your front wheel vs. their back wheel.

9. Ride Single-File or Two-Abreast: Ride to End ALZ is a ‘rules of the road’ ride, which means the roads are open to traffic. Please do not endanger yourself and others by riding more than two abreast and inconveniencing the local citizens who allow us to ride through their community.

10. Stay to the Right: Ride as far to the right as is practical, unless making a lefthand turn or avoiding hazards in the road. If you must stop, do your best to move off the road when you stop.

11. Leave No Rider Behind: If you are riding with a group and get separated at an intersection do not stop in the bike lane to wait for them. Pull completely off the road or “soft pedal” (pedal slowly) until they catch up.

12. Use Caution, Crossing Fast-Moving Traffic: There are few points in the course where you will have to cross fast-moving traffic. These intersections will be controlled by county sheriffs. Please make sure that you use extreme caution when crossing the road and follow instruction given by officers.

13. Say “Thank You”: Ride to End ALZ would not exist without the many volunteers and agency support on-course. Please take the time as your ride by to thank them for dedicating their time to the event.

14. As a general matter, the event will end on or about 4:00 p.m., though the Association has reserved the right to terminate the Ride early if it determines, in its discretion, that circumstances warrant such action. All riders must comply with the event's cutoff time as determined by the Association. This means that even if you have not finished the Ride you will be expected to terminate, promptly but safely, your ride and accept a drive for your and your bike back to the post-Ride venue.

# Emergency Management

Ride to End ALZ is an outdoor event on public roads with many different factors that could influence participant safety including, including, but not limited to, weather and street traffic. Although not all scenarios can be anticipated, the following section will outline the most likely issues and most importantly, outline a decision-making process.

## Weather Conditions & Safety

Ride to End ALZ reserves the right to postpone the ride start, reduce the length or cancel the event to ensure the safety of its participants. The organization will do everything within its capabilities to communicate cancellation, postponement or alteration of the event to participants as quickly as possible. Ride to End ALZ will utilize a text messaging alert system at their discretion to communicate any emergency notifications including, but not limited to any of the above mentioned scenarios. In all cases, partners and participants are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

Weather is unpredictable and rain is a very real possibility. Ride to End ALZ will be monitoring weather conditions closely, and barring severe weather emergencies, the ride will continue unless conditions worsen. Participants should be prepared for high winds, temperatures ranging from 60-100 degrees Fahrenheit, heavy rainfall, and/or a combination of these conditions.

Given that weather can change during the event, weather related announcements may need to be issued after the start of the event. Ride to End ALZ will utilize the Event Alert System (EAS) as a visual aid for communicating to Riders and volunteers the potential for adverse weather conditions. A series of color codes will be used to indicate increasing severity of adverse conditions. The color-coded signs will be displayed at each rest stop and the venue.



### Good Conditions

Enjoy the event / be alert.



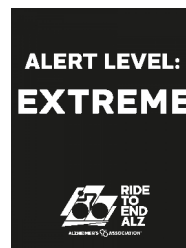
### Less Than Ideal Conditions

Slow down / be prepared for worsening conditions.



### Potentially Dangerous Conditions

Slow down / observe course changes / follow official instructions / consider stopping.



### Event Cancelled / Extreme and Dangerous Conditions

Participation stopped / follow event official instructions.

## Presenting Sponsor



## Media Sponsor



## Rest Stop Snacks Sponsor



## Bike Shop Sponsor



## Rest Stop Sponsors

