

Route 1 - Springfield

6:00 AM

Start: Dunkin' Donuts, Commerce St & Brandon Ave, Springfield

Pick-ups: McD's at Rose Hill Shop. Center (Rose Hill Dr & Franconia Rd,)/King Street Metro Station /Commonwealth and Mt Vernon Ave (7:15am)/meets with Route 2 at Four Mile Run

0.0 L Commerce St, cross bridge CAUTION: Narrow Bridge, Construction, Traffic

0.3 L Bowie Dr at end of bridge

0.4 R Cimarron St

0.7 L Frontier Dr

0.8 R Deepford St

1.3 R Thomas Dr

1.5 L Franconia Rd at Traffic Light CAUTION: Traffic and Turning Vehicles

3.5 S At Traffic Light at Van Dorn St

3.9 S Rose Hill Dr - McDonalds on the right (pick-up pt for WABA Bike-to-Work Ride)

4.2 L Lavista Dr (2 block fm Rose Hill) - get to center dedicated left-turn lane before turn

4.3 R Upland Dr

5.0 L Clermont Dr CAUTION: Steep down-hill

5.3 S Thru Opening in Beltway Sound Wall and down Switchback Ramp

5.4 S On to Eisenhower Connector at light-controlled crossing, CAUTION: Bltwy exiting

5.6 R Eisenhower Ave

6.4 BR Option: Side Path available on right or stay on curb lane along Eisenhower Ave

7.4 BR Before overpass at Marriott entrance and take service road along rt-side of overpass

7.5 L Mill Rd and go under overpass

7.7 S At Stop Sign and follow road curve to the right and under overpass

8.3 S On to Jamieson Ave at Traffic Light

8.4 L Dulany St

8.5 S At Duke St - Use light controlled X-Walk CAUTION: Traffic and right-turners

8.6 BR On to Diagonal Rd after X-ing Duke St - King St Metro Station on Left (King St Metro Station is a pick-up point for the WABA Bike-to-Work Ride)

8.8 L Daingerfield Rd CAUTION: straight and turning traffic from same lane

8.8 S X - King St at Traffic Light

8.9 S On to Commonwealth Ave CAUTION: Narrow Underpass

10.5 S At Traffic Light at Mt Vernon Ave CAUTION: Multi-Road Complex Intersection (Commonwealth at Mt Vernon Ave is a pick-up pt for WABA's Bike-to-Work Ride)

11.2 BR At top of Cul-de-sac at end of Commonwealth Ave on to Trail

11.4 BL On to sidewalk along Jefferson Davis Hwy, X bridge on sidewalk

11.4 L At end of bridge on to Four Mile Run Trail entrance

11.5 U-loop On to Four Mile Run Trail and proceed on trail under bridge just crossed

11.7 L After going under last bridge, go up incline on to the Mt Vernon Trail going North (Mt Vernon Tr. at Four Mi Run is a pick-up point for the WABA Bike-to-Work Ride)

13.6 BR Towards the River north of airport and stay on trail along River front

14.5 L Approx 300ft after going under last bridge and loop up on to 14th St Bridge sidewalk

15.2 S X - St at bottom of ramp after exiting bridge CAUTION: Traffic, sharp curbing ramp

15.2 R Use Sidewalk along Street in front of Jefferson Memorial to avoid on-coming traffic

15.6 S X - bridge and stay on sidewalk along roadway

15.7 R Raoul Wallenburg Place (1 5th St) at light-controlled X-walk. Stay on sidewalk

15.8 BR X -over to right side of Street when safe at one of pedestrian X-ings

15.9 S X - Independence Ave at Traffic Lt, Stay on 15th St - Use either road or side path

16.2 S X - Constitution Ave at Traffic Light

16.5 R Pennsylvania Ave CAUTION: Traffic, Double parked vehicles and turning vehicles

16.6 L Freedom Plaza at 14th St CAUTION: Heavy Traffic and Turning Traffic