

## **Route 4 - Falls Church 7 Corners/Rt. 50**

**6:30 AM Start:** Providence Rec. Center in Falls Church

**Pick-ups:** 7 Corners Center (Rte 50 side) at 6:50 /TJ Community Center/Ft Myer /Memorial Brdg (VA side)

Warning: These distances are just guesses and were made without a cyclometer. No cumulative distances are indicated for this reason. The distances should just be a guide.

0 Providence Recreation Center - meet at the bike rack in front. "Begin riding by exiting the parking lot, passing the high school football field"

0.2 R at stop sign onto Jaguar Trail. Pass high school on the right. Go through two 4-way stops

0.5 L on Strathmore just past Dye St.

0.05 "Continue on Strathmore, crossing Graham"

0.3 "L at ""T"" intersection onto Rollin"

0.1 "R on Oak Ridge at ""T"" Intersection"

0.1 L on Wayne

0.2 R on Westmoreland at the 4-way stop

0.6 R on Arlington Blvd (Rte 50). Stay on the service road that parallels Rte 50.

0.3 "Cross Annandale Rd, staying on Rte 50"

0.4 "At the Texaco station, go straight, ignoring the ""do not enter"" sign. Begin to climb."

0.3 "Straight at the stop light, crossing Rte 7."

0.2 Stop at the 7-Corners shopping center to pick up more riders. "Riders should be under the big ""7-Corners"" sign in the parking lot. Resume the route."

0.2 "Cross Patrick Henry, staying on the Rte 50 service road"

0.6 "Straight across the (unmarked) Carlin Springs stop light intersection, one stop light past Manchester." "Green Bike Route sign points to Rte 50 and 4-mile run bike routes. Go straight, following Rte 50."

0.2 Get onto sidewalk before going over the bridge.

0.1 "R on Edison, following the green bike route sign. Edison is a horseshoe-shaped road"

0.2 Rejoin Rte 50 feeder road after Edison horseshoe

0.4 Cross George Mason Rd. Get onto sidewalk past George Mason.

0.2 "Straight across Gleebe Rd, picking up a sidewalk/bikepath on the other side. " Bike path is only about 100 yards long and very narrow

0.1 R on (unmarked) Old Gleebe Rd at bottom of bike path. Pass Thomas Jefferson school on left.

0.2 L on 2nd St

0.6 Ft. Myer gate. Have drivers license ready

0.1 L on McNair Rd. at the Chapel

0.4 Right-Left dogleg to stay on McNair near 2nd chapel. Begin to descend.

0.2 "R on Marshall at ""T"" intersection"

0.2 "Exit Ft. Myer, continuing down the hill past the Iwo Jima memorial"

0.2 "Pick up the bike trail on the right, just before hitting Rte 110."

0.3 Follow the bike trail up to the Arlington Cemetery access road. Cross the road and turn left. The Memorial bridge and Lincoln Memorial will be dead ahead

0.3 Cross road at crosswalk and head towards the bridge. Cross memorial bridge on the wide pedestrian walkway.

0.6 "At far side of bridge, cross two streets in quick succession, continuing straight" towards Washington Monument