



Presented by



Associate Ride Partners



Welcome to the Ride 2 Recovery – Memorial Challenge presented by United Healthcare

Before embarking on a serious training program, it is a good idea for everyone to get checked out by their doctor to address any current or potential physical problems.

R2R is NOT a race. It is an experience that will challenge you physically, mentally, and emotionally. For most, riding with R2R means riding every mile. We understand and appreciate the dedication and support you invest in your goal, but your health and well-being are also important to us. As you set your own goals and measure your accomplishments, remember, your success is not necessarily about riding every mile, it is about riding every mile you can while remaining healthy and injury-free.

R2R Challenges are not about how fast you can go, but rather about how to ride with a group. We usually have two groups riding and stagger the start times according to the length and difficulty of each day's ride. You can ride alone at home, but on R2R Challenges, we ride in groups. You will find a group of riders that will work at close to your pace and you should work together – sometimes riding faster or slower to keep the group together. Riding in a group provides opportunity to draft (letting you use less energy), to get to know other riders, and most important of all, to have a support vehicle with you.

If you are alone, you will NOT have any support with you. Support vehicles carry spare wheels, tool kits, first aid, drinks and snacks. They also provide protection if you need to stop for a repair or injury. If you are unable to ride for whatever reason, the support vehicle will provide you and your bike with a ride to the rest stop or hotel.

R2R is a group ride. Take advantage of the opportunity to learn more about riding and to make new friends with similar interests.

PLEASE NOTE: Routes can change without notice You must attend the Ride Briefing each day which will give you details on changes, points of interest along the route and dinner plans for that particular day. Routes are marked with ORANGE arrows painted on the road and we will be escorted by American Legion Riders for most of the day, each day.

To promote safety and camaraderie during the ride, please NO iPods or other musical devices while riding!

Sample Daily Schedule: Please see below for Daily Departure Schedule

- 7 am + Breakfast (at Hotel) on your own
- 9:30 am Ride Briefing (your luggage must be in the truck)
- 10 am Ride Start from hotel
- 2-3 pm Arrive Hotel (Please look for luggage truck to pick up your stuff and room assignment)
- 5:30/6 pm Dinner at American Legion location
- 8 pm + Post Dinner activity as available (please look for Monster Lounge)

There will be a ride briefing approx. 30 minutes before the start of each day....

What you will receive:

Jersey
T-shirt
Shorts **active duty warriors only (limited supply)**
Helmet **as needed**
Arm warmers **for active duty warriors only as needed**
Ride Guide and Goodie Bag

If you have an accident during the ride:

1. First aid in each support vehicle
2. Alert Caregivers / Medical on the ride
3. Call 911

Luggage: 1 large suitcase and 1 small backpack should be enough + if you have a bike bag or box

Expected Weather

Some low clouds, Warm temps with afternoon clearing with highs in the low to mid 80's.

SUGGESTED PACKING LIST:

Bike
Cycling ROAD Shoes
Helmet
Maint kit (pump/spare tire/tube)
2-3 Jerseys (will be issued one)
2-3 shorts (will be issued one while supplies last)
Cycling gloves
Warmer clothing (light/rain jacket, arm and or leg warmers, cold weather hat)

Chap stick
Any prescription medications
Hygiene/shaving kit
2-3 casual khakis/nice jeans/collared shirts
Swim suit
Socks
Camera
Sunglasses
Sun screen
Maint kit (pump/spare tire/tube)

Arrival at Hotel / Rooming: Free Shuttle from the Reagan National airport!! NO FREE SHUTTLE FROM DULLES AIRPORT

Please look for the big truck when you arrive to the finish. There you will find your bags and rooming assignments. PLEASE NOTE: you are free to change roommates on your own, but please make sure all 4 parties are in agreement.

When you arrive, most days there will be fresh baked cookies and snacks courtesy of Otis Spunkmeyer. Please make sure that you thank those staff for their support.

DINNER: in this guide are the times for dinner. It is usually 5:30 depart from the hotel and 6-8 dinner.

While Riding:

Ten Commandments of Bicycling

- I. Wear a helmet for every ride
- II. Conduct an ABC Quick Check before every ride
- III. Obey traffic laws: ride on the right, slowest traffic farthest to right
- IV. Ride predictably and be visible at all times
- V. At intersections, ride in the right-most lane that goes in your direction
- VI. Scan for traffic and signal lane changes and turns
- VII. Be prepared for mechanical emergencies with tools and know-how
- VIII. Control your bike by practicing bike handling skills
- IX. Drink before you are thirsty and eat before you are hungry

X. Have fun

Rules of the road

Cyclists fare best when they act and are treated as drivers of vehicles

- Obey all traffic signs and signals
- Ride in the same direction as other traffic
- Use hand and arm signals
- One hand on the handlebars
- Effective brakes

Efficiency on the Bike

Use lower gears

Most beginning cyclists push too big a gear; down shift and spin a smaller gear

Low cadence will cause you to fatigue faster and might cause knee pain

Try to spin about 90 rpms; you'll have more energy and get a better workout

No bull

When stopped, don't push off the ground to get started

Leave one pedal in the two o'clock position; push down when you are ready to go

You will have enough momentum to balance and put your other foot on the pedal

Relax

You should be comfortable while you ride

Relax while you ride; it takes energy to grip the handlebar in fear

Change hand positions often, slightly bend your elbows, stretch your neck while riding

Don't rock the boat

Make sure that your saddle height is adjusted properly

Too high and your hips rock; too low causes knee pain

You should have a slight bend in your knee at the bottom of the pedal stroke

Skip the soft shoes

Soft-soled shoes absorb pedaling energy and slow you down

Stiff-soled cycling shoes help you transfer more energy to forward motion

Toe clips and clipless pedals attach your foot to the pedal which increases efficiency

Red light, green light

Restarting from a stop uses more energy than a slowing and not stopping

Time it so that you hit the intersection on green so you don't have to stop

Make sure that you are aware of how your actions affect other vehicles around you

Avoid the wall

Listen to your body while you ride to avoid hitting the wall of exhaustion

Eat before you are hungry and drink before you are thirsty to avoid fatigue

If you experience a lightheaded feeling, get off the bike and get some fluids

SUNDAY, May 29 Tentative SCHEDULE

8 AM - 12 PM Memorial Challenge Registration

12 - 1 PM USO Lunch @ Sheraton

1:15 PM Depart Sheraton via bus to Ft. Meyer

2:15 PM R2R Wreath Laying Ceremony @ Tomb of the Unknown - (Everyone is invited to attend)

3:30 PM Memorial Challenge Orientation & Clinic (**mandatory participation**)

6:30 PM Dinner @ Sheraton Hotel - Arlington

Guests: \$30 Donation

Sheraton National Hotel

900 S Orme St

Arlington VA 22204

Tel: +1 (703) 521-1900

Post dinner Memorial Challenge Late Registration

MONDAY, May 30

ONE DAY RIDERS: Important info

One-day riders for Monday must sign in at the Sheraton Hotel prior to 11:30 AM

Schedule - All riders will meet at Hotel prior to departure to Ft. Meyer

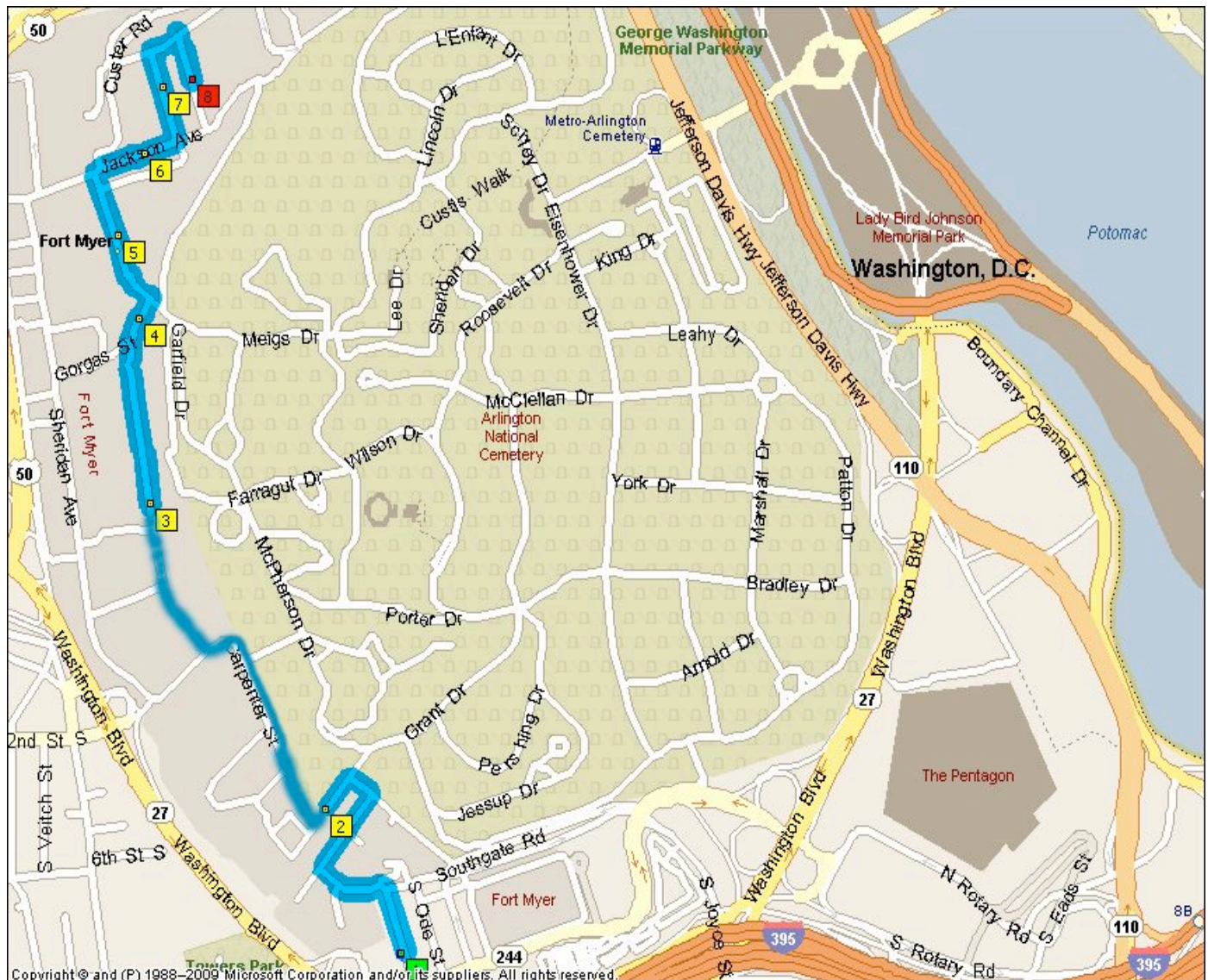
10:30 AM One-Day Registration @ Sheraton –Arlington – Lobby Ballroom

11:30 AM Ride Briefing @ Sheraton -Arlington

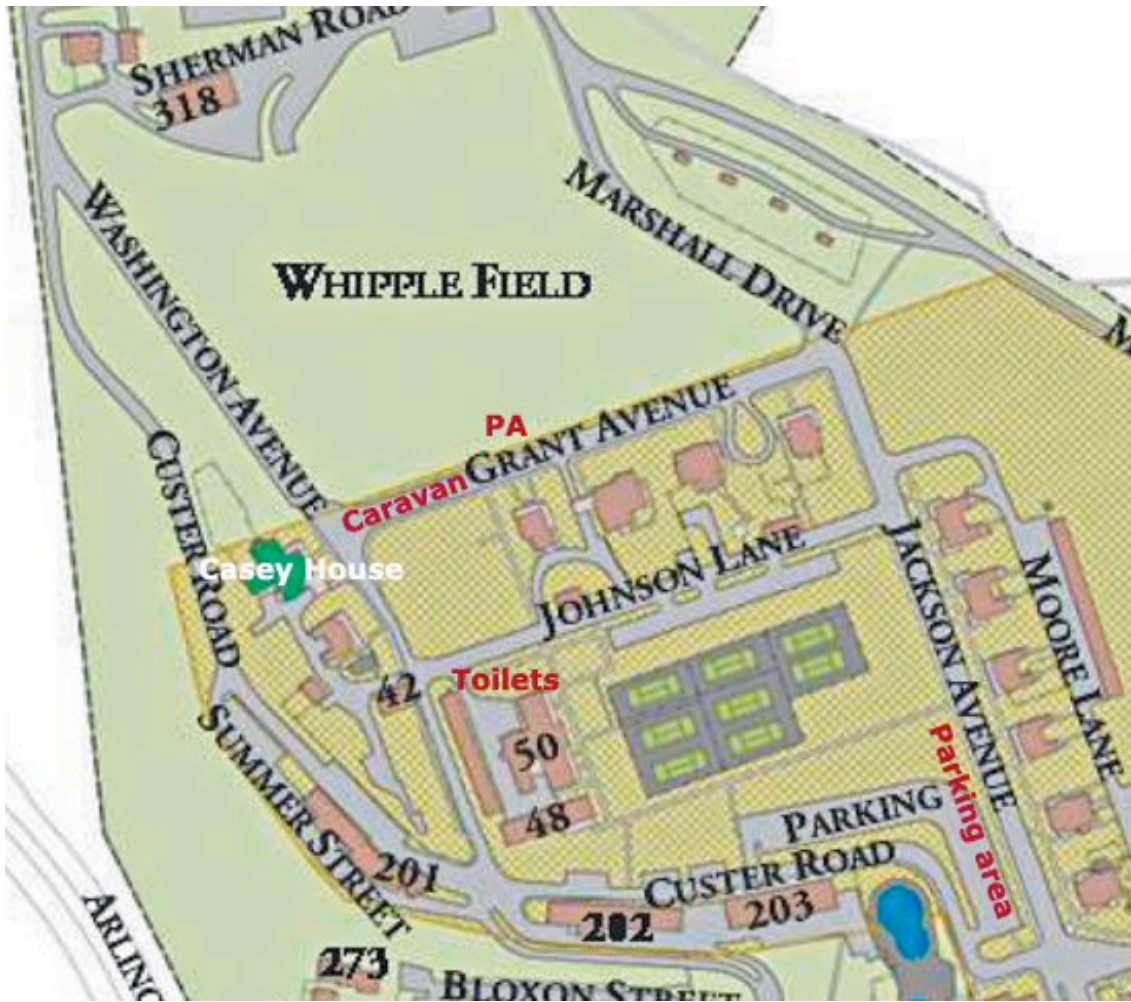
12:00 PM Ride to start

12:45 PM Program and Ride Start @ Whipple Field

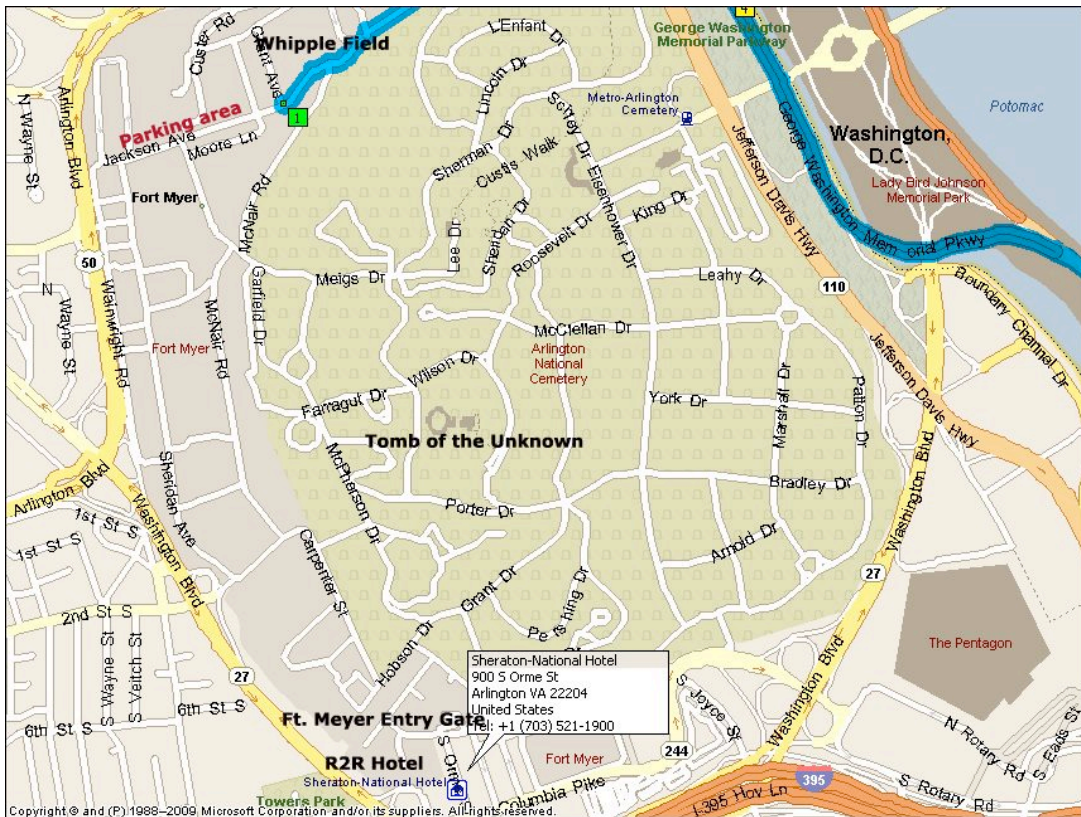
Grant Ave. @ Jackson Ave. Ft. Meyer



Route from Hotel to Start



Start Area detail



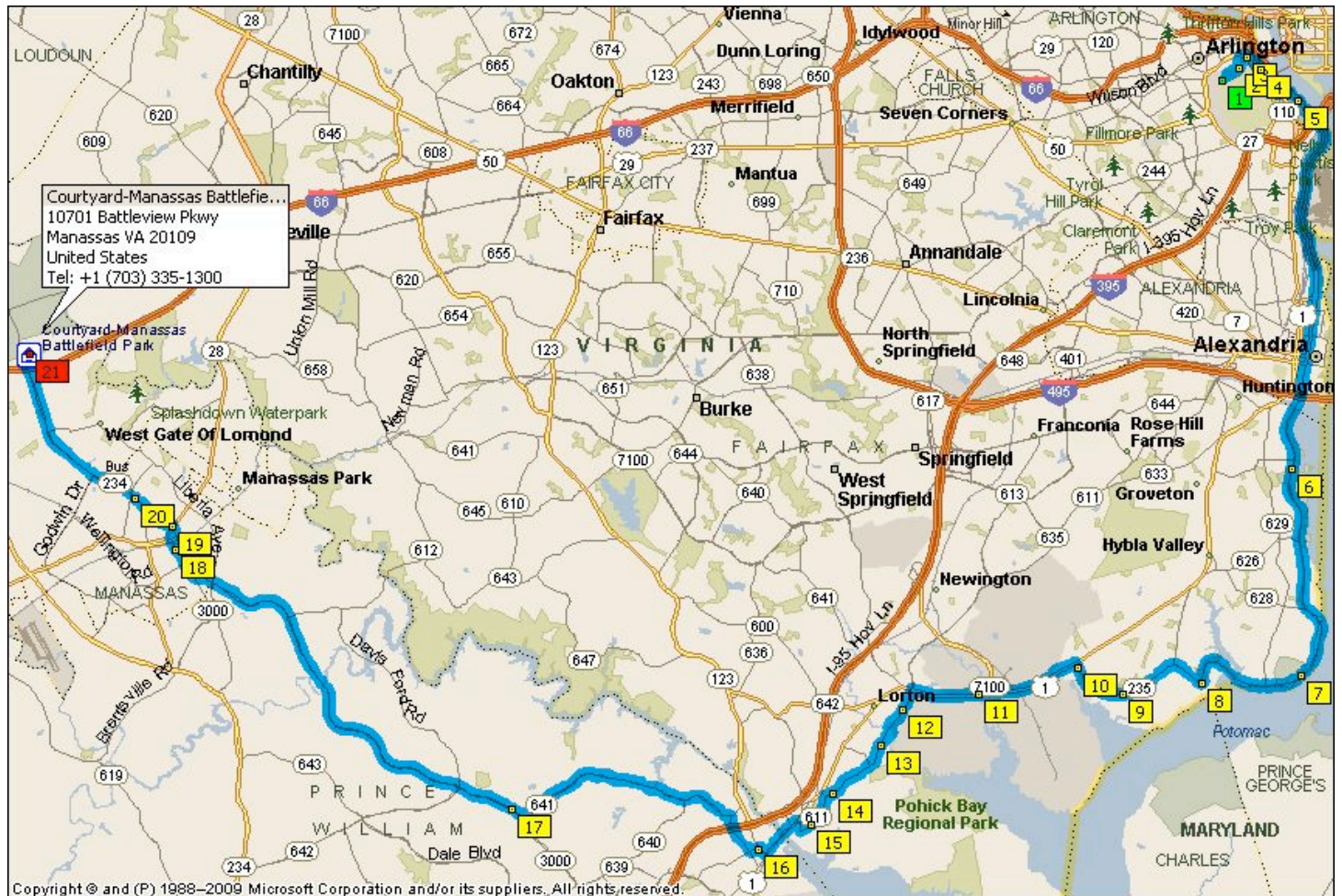
Map for Sunday and Monday

Monday, May 30 Whipple Field to Manassas

Ride Briefing: Sharaton Hotel: 11:30 AM

Depart Hotel via Bike for Arlington Cemetery: 12:00 PM

Expected arrival 3.5 hours from start time from Ft. Meyer



HOTEL(S)

Courtyard-Manassas

10701 Battleview Pkwy
Manassas, VA 20109
(703) 335-1300

Country Inn and Suites

10810 Battleview Pkwy
Manassas, VA 20109
(703) 393-9797

Fairfield Inn – Manassas

6950 Nova Way
Manassas, VA 20109
(703) 393-9966

DINNER: 6:30 PM

Depart Hotel 6:00 PM

Post 10 – Manassas

9950 Cockrell Road
Manassas, VA 20109
(703) 369-4900

Guests welcome with \$15 donation to R2R

Monday, May 30 Whipple Field to Manassas (49.8 miles)

Ride Briefing: 11:30 AM – Sheraton

Depart Hotel via Bike for Whipple Field: 12:00 PM

Expected arrival 3.5 hours from start time from Ft. Meyer

Mile	Instruction	Comment
0.0	Depart Fort Myer, VA 22211 on Jackson Ave (East)	
0.4	Turn LEFT at N Meade St	
0.6	Take Ramp (RIGHT) onto US-50 [Arlington Blvd]	US-50
0.9	Bear RIGHT (South-East) onto Ramp	Geo Wash Pkwy / Memorial Br
1.2	Bear RIGHT (South) onto George Washington Memorial Pkwy	
7.0	Keep STRAIGHT onto (N) Washington St	
8.5	Road name changes to George Washington Memorial Pkwy	
17.1	Bear RIGHT onto SR-235 [Mt Vernon Memorial Hwy]	
18.9	At Grist Mill Park SR-235, Alexandria, VA 22309,	USO Lunch Stop @ Grist Mill Park
20.1	Turn LEFT (West) onto US-1 [Richmond Hwy]	
23.5	Bear LEFT (South) onto SR-611 [Old Colchester Rd]	
27.4	Turn RIGHT (North) onto SR-611 [Furnace Rd]	
27.7	Turn LEFT (South-West) onto US-1 [Richmond Hwy]	
28.8	Turn RIGHT (North) onto SR-253 [Occoquan Rd]	
30.0	Turn LEFT (West) onto SR-641 [Old Bridge Rd]	
34.7	Bear RIGHT (West) onto SR-3000 [Prince William Pkwy]	
43.3	Keep STRAIGHT onto Wellington Rd	
44.0	Turn RIGHT (North) onto Fairview Ave	
44.5	Turn RIGHT (East) onto Center St	Name changes to Prescott Ave
44.9	Road name changes to Sudley Rd	
45.7	Keep STRAIGHT onto SR-234 [Sudley Rd]	
49.7	Bear RIGHT (East) onto Battlevue Pkwy	Arrive Courtyard-Manassas

**USO Lunch Stop
Grist Mill Park
4710 Mt Vernon
Memorial Hwy**

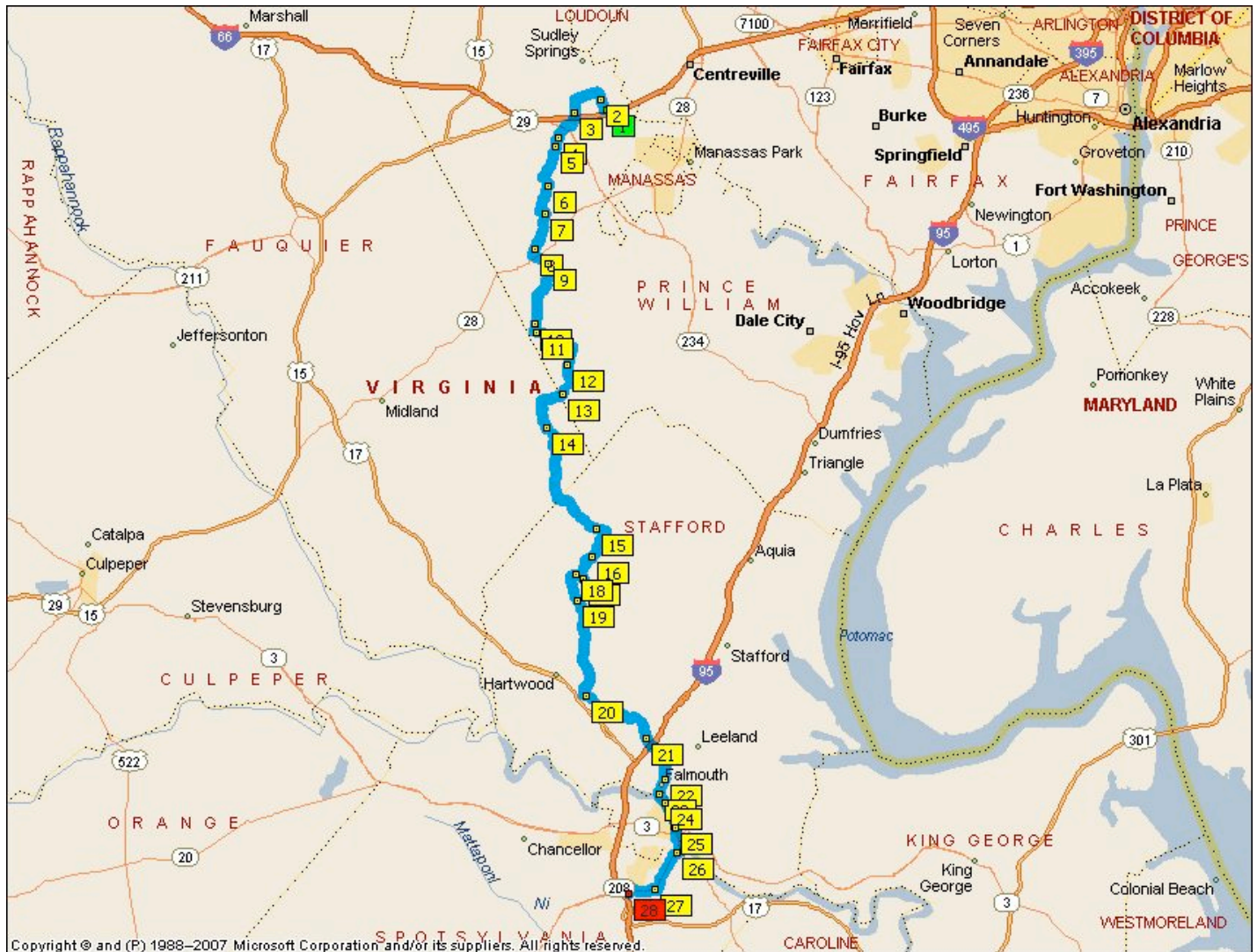


Tuesday, May 31 Manassas to Fredericksburg

Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride Briefing: 9:00 AM

Depart: First group 9:30 AM Second group 10:15 AM



Hotel(s)

Country Inn & Suites

5327 Jefferson Davis Hwy
Fredericksburg, VA 22408
(540) 898-1800

Econo Lodge

5321 Jefferson Davis Hwy
Fredericksburg, VA 22408
(540) 898-5440

Dinner: 6:00 PM

Legion Post 320

8456 Brock Road
Spotsylvania, VA 22553
540-850-2927

Guests welcome with \$15 donation to R2R

Tuesday, May 31 Manassas to Fredericksburg (54.0 miles)

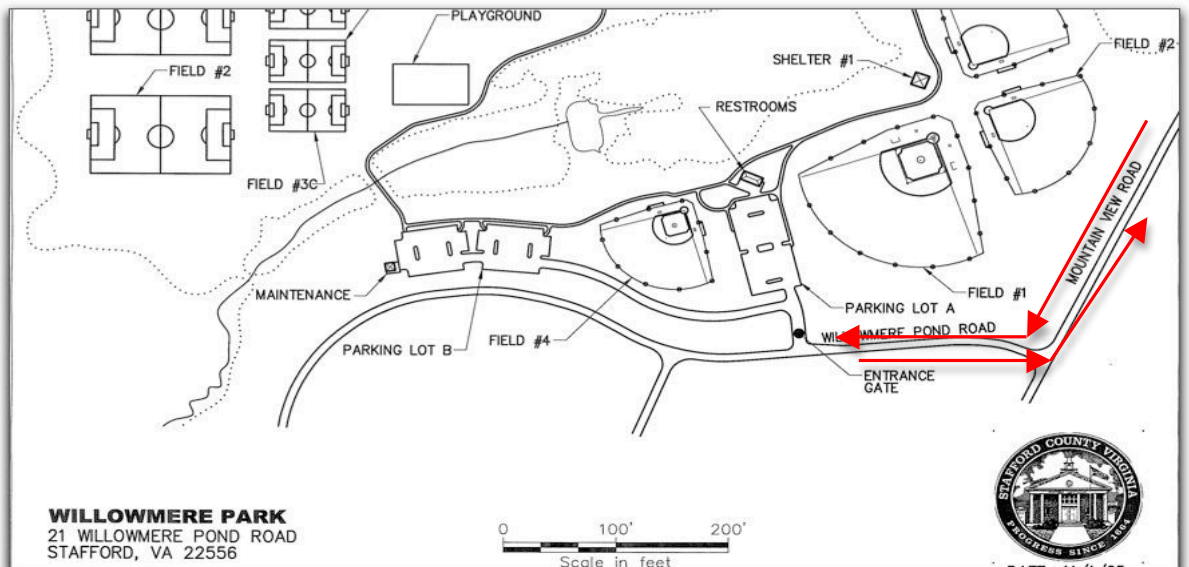
Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride Briefing: 9:00 AM

Depart: First group 9:30 AM Second group 10:15 AM

Mile	Instruction	Comment
0.0	Depart on Battlevue Pkwy(W); Turn RIGHT onto US-234 [Sudley]	Depart Courtyard-Manassas
1.1	Turn LEFT (West) onto US-29 [Lee Hwy]	
2.3	Turn LEFT (South) onto Groveton Rd	
3.7	Turn RIGHT (West) onto Balls Ford Rd	Changes to Devlin Rd at mi 4.9
6.8	Turn LEFT (South) onto SR-619 [Linton Hall Rd]	
7.3	Turn RIGHT (South) onto Sudley Manor Dr	
8.7	Turn LEFT (East) onto SR-215 [Vint Hill Rd]	
9.1	Turn RIGHT (South) onto Kettle Run Rd	
9.8	Turn RIGHT to stay on Kettle Run Rd	
11.3	Turn LEFT (East) onto Fitzwater Dr / SR-652	
12.4	Turn RIGHT (South) onto SR-646 [Aden Rd]	
13.5	Turn RIGHT (South-West) onto Carriage Ford Rd	
15.9	Turn LEFT (East) onto Hazelwood Dr	
18.1	Turn RIGHT (South-West) onto Fleetwood Dr	
20.8	Road name changes to SR-611 [Sowego Rd]	
21.7	Bear LEFT (West) onto SR-612 [Brent Town Rd]	
27.1	Turn RIGHT (South-West) onto SR-610 [Aquia Rd], then immediately bear LEFT (South) onto SR-612 [Tacketts Mill Rd]	
30.5	Turn LEFT (East) onto SR-616 [Poplar Rd]	
31.3	Turn LEFT (East) onto SR-627 [Mountain View Rd]	
31.9	Turn RIGHT (South) onto Willowmere Pond Rd	USO Lunch Stop @ Willowmere Pk
32.1	Turn LEFT (West) onto SR-627 [Mountain View Rd]	
32.7	Turn LEFT (South) onto SR-616 [Poplar Rd]	
39.0	Turn LEFT (East) onto SR-652 [Truslow Rd]	
42.7	Turn RIGHT to stay on Truslow Rd	
45.8	Turn RIGHT (South) onto US-1 [Cambridge St]	
46.5	Turn LEFT (East) onto US-1 Bus [US-17 Bus]	
48.4	Turn RIGHT onto US-17 Bus [SR-2] then immediate LEFT on US-17	
49.8	Turn RIGHT (West) onto Lansdowne Rd	
52.2	Turn RIGHT (West) onto Mine Rd	
53.3	Turn LEFT (South) onto Spotsylvania Ave	
53.7	Turn RIGHT (North-West) onto Market St	
54.0	Turn RIGHT onto US-1 N	Arrive Country Inn & Suites

USO Lunch Stop Willowmere Pk



WILLOWMERE PARK
21 WILLOWMERE POND ROAD
STAFFORD, VA 22556

0 100' 200'
Scale in feet

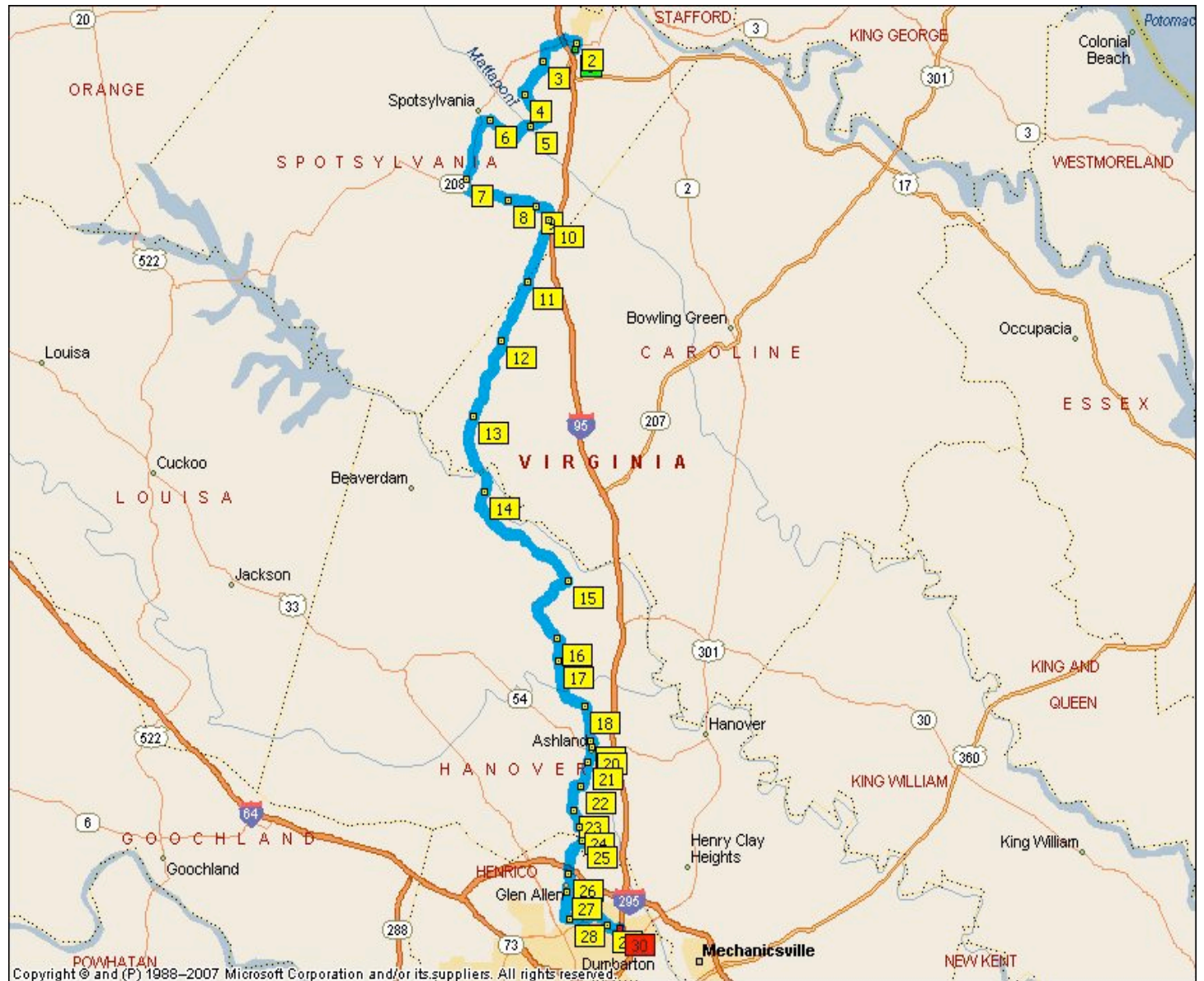


Wednesday, June 1 Fredericksburg to Richmond

Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride Briefing: 8:30 AM

Depart: First group 9:00 AM Second group 10:00 AM



Hotel(s)

Comfort Suites

10601 Telegraph Rd
Glen Allen, VA 23059
(804) 262-2200

Candlewood Suites

10609 Telegraph Rd
Glen Allen, VA 23059
(804) 262-2240

DINNER: 6:00 PM

Buses depart hotel: 5:15 PM

Location: Battlefields Post 144

1717 Old Hanover Rd., Sandston, VA 23150
Guests welcome with \$15 donation to R2R

Wednesday, June 1 Fredericksburg to Richmond (61.2 miles)

Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride briefind: 8:30 AM

Depart: First group 9 AM Second group 10 AM

Mile	Instruction	Comment
0.0	North on US-1 (Jefferson Davis Hwy)	Depart -Country Inn & Suites
0.3	Turn LEFT onto Co Rd 636 / Hood Dr	
0.7	Turn LEFT (West) onto Courthouse Rd / VA-208	
1.9	Turn LEFT (South) onto Leavells Rd / Co Rd 639	Changes to Smith Station Rd at mi 4.4
6.1	Turn RIGHT (West) onto Massaponax Church Rd	
10.0	Turn LEFT (South) onto Courthouse Rd	
13.4	Bear LEFT (East) onto Morris Rd	
18.0	Turn RIGHT (South) onto US-1 / Jefferson Davis Hwy	
20.0	Turn RIGHT (West) onto Arcadia Rd	
21.9	Turn RIGHT (West) onto Countyline Church Rd	Look for Bike Route 1 signs
28.2	Bear RIGHT (South-West) onto Ladysmith Rd	
28.5	Turn LEFT (South) onto Landora Bridge Rd	
33.9	Turn LEFT (East) onto Verdon Rd	USO Lunch Stop on rt. ELON Baptist Church
40.0	Turn RIGHT (South-West) onto New Market Mill Rd	RR Tracks at Mile 38.7
42.4	Turn LEFT (South-East) onto Old Ridge Rd	
44.6	Turn RIGHT (South) onto Blunts Bridge Rd	At Mile 47 – Caution Fast Downhill
50.2	Bear LEFT (South-East) onto W Patrick St	
50.4	Turn RIGHT (South) onto N Center St	
52.6	Turn RIGHT (West) onto Gwathmey Church Rd	
53.1	Turn LEFT (South) onto Elmont Rd	
55.2	Turn LEFT (East) onto Cedar Ln	
55.5	Turn RIGHT (South) onto SR 626 [Old Washington Hwy]	
56.9	Turn LEFT (South) onto Greenwood Rd	
59.3	Turn LEFT (East) onto Francis Rd	
59.8	Turn RIGHT (East) onto Virginia Center Pkwy	
60.4	Turn LEFT (North-East) onto Jeb Stuart Pkwy	
61.0	Turn RIGHT (North-East) onto Telegraph Rd	Arrive Comfort Suites

USO Lunch Stop – ELON Baptist Church 14031 Verdon Road, Ruther Glen VA

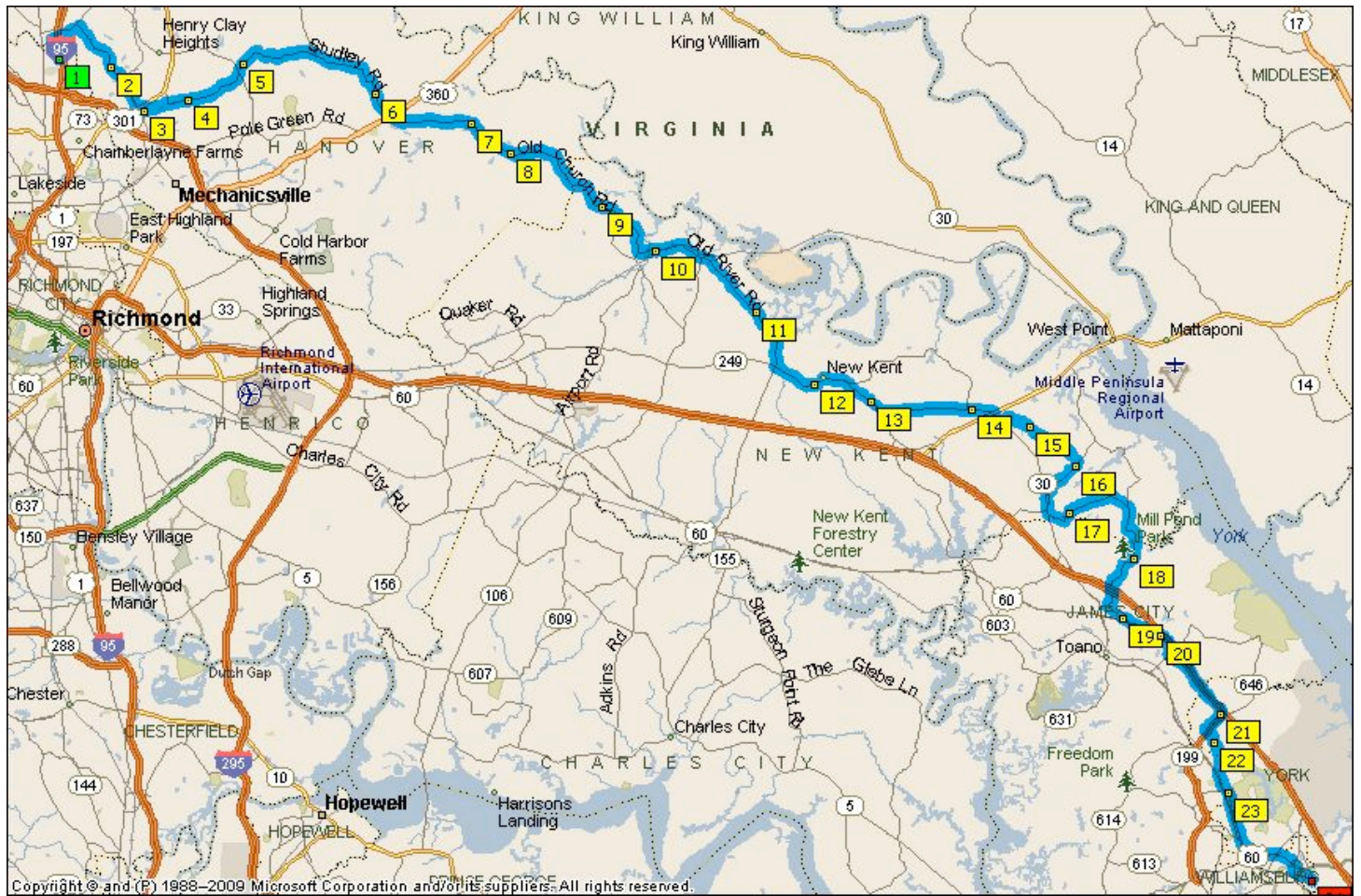


Thursday, June 2 Richmond to Williamsburg

Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride Briefing: 8:45 AM

Depart: **First group 9:00 AM Second group 10 AM**



Hotel

Lexington George Washington

500 Merrimac Trail

Williamsburg, VA 23185

(757) 259-5508

Dinner: 6:00 PM

Bus Departs from Hotel: 5:15 PM

4th Degree Virginia District of the Knights of Columbus

Father John P. Washington Assembly #2184,

Yorktown, Virginia will host a BBQ dinner

St. Bede's Catholic Church

3686 Ironbound Rd.

Williamsburg, VA 23188

Thursday, June 2 Richmond to Williamsburg (69.4 miles)

Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride Briefing: 8:45 AM

Depart: First group 9:00 AM Second group 10 AM

Mile	Instruction	Comment
0.0	North on Telegraph Rd (North-East)	Depart Comfort Suites
0.8	Turn RIGHT (East) onto Kings Acres Rd	
1.9	Turn RIGHT (South-East) onto Atlee Station Rd	
5.5	Turn LEFT (East) onto US-301 [SR-2]	
5.7	Turn RIGHT (South) onto Atlee Rd	
6.0	Turn LEFT (North-East) onto Studley Rd	
16.4	At Hwy 360 Crossing, name changes to Old Church Rd	Optional Rest Stop – Gas Station on left
27.4	Turn LEFT (East) onto Old River Rd	
34.5	Turn LEFT (East) onto SR-249 [New Kent Hwy]	
36.0	At 11719 New Kent Hwy, New Kent, VA 23124, stay on SR-249	USO Lunch Stop at School on right
43.1	Turn LEFT (North-East) onto Polish Town Rd	
44.9	Bear LEFT to stay onto Polish Town Rd	
46.3	Turn RIGHT (South) onto Farmers Dr	
47.9	Turn LEFT (South) onto SR-30 [New Kent Hwy]	
48.6	Turn LEFT (East) onto Tabernacle Rd / Richardson Rd	
49.2	Turn LEFT (North) onto Holly Forks Rd	Changes to Tabernacle Rd
53.0	Road name changes to Six Mt Zion Rd	
55.4	Turn LEFT to stay on Six Mt Zion Rd	
55.9	Turn LEFT (South-East) onto Old Stage Rd	
56.8	Turn Left onto SR-30 [Rochambeau Dr]	Major road crossing
58.6	Road name changes to Rochambeau Dr	Major road crossing
62.3	Turn LEFT (South-East) onto Mooretown Rd	
66.9	Turn RIGHT (South) onto SR-713 [Waller Mill Rd]	
67.0	Turn LEFT (East) onto US-60 [Bypass Rd]	
68.5	Bear RIGHT (South) onto US-60 [SR-5]	Merge onto US-60 and then stay LEFT
68.7	Turn LEFT (East) onto SR-162 [2nd St]	
69.3	Keep STRAIGHT onto SR-143 [SR-162] – Hotel on RIGHT	Arrive Lexington George Washington

USO Lunch Stop at school on right – 11719 New Kent Hwy

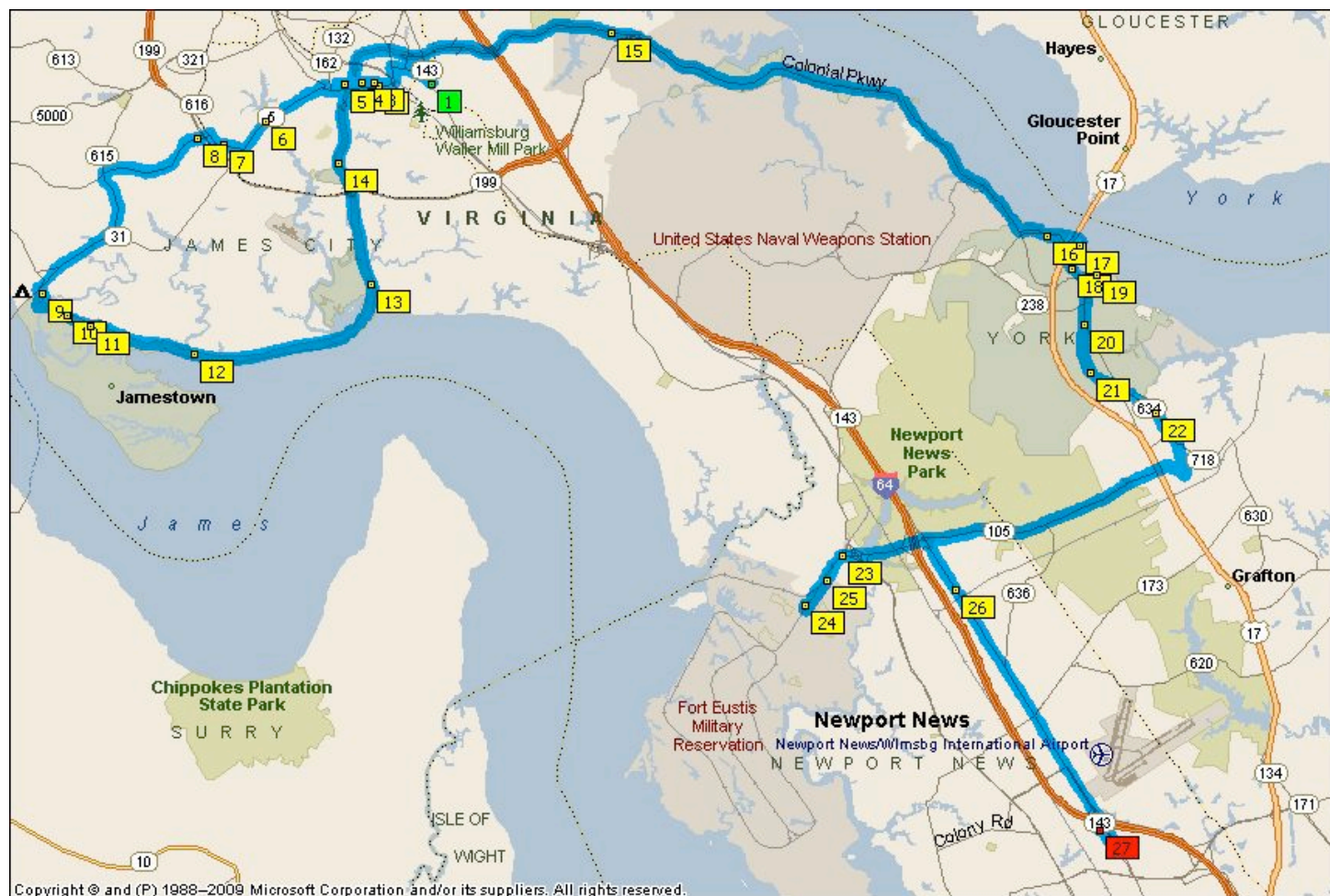


Friday, June 3 Williamsburg to Ft. Eustis

Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride Briefing: 9:00 AM

Depart: **First group 9:15 AM Second group 10:00 AM**



Hotel(s)

Courtyard – Newport News

530 St Johns Road
Newport News, VA 23602
(757) 842-6212

Residence Inn

531 St Johns Road
Newport News, VA 23602
(757) 842-6214

Dinner: Ft. Eustis

Depart Hotel: 5 PM?

Friday, June 3 Williamsburg to Ft. Eustis (48.6 miles)

Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride Briefing: 9:00 AM

Depart: First group 9:15 AM Second group 10:00 AM

Mile	Instruction	Comment
0.0	Depart on SR-143 [SR-162] (North-West); Keep STRAIGHT on SR-162	From Lexington George Washington
0.7	Turn LEFT (South) onto US-60 [SR-162]	
0.9	Keep STRAIGHT onto (E) Francis St	
1.2	Turn RIGHT (North) onto Blair St	Changes to Duke of Gloucester St
1.8	Turn LEFT (South) onto Nassau St	
1.9	Turn RIGHT onto W Francis St	
2.1	Turn RIGHT (North) onto SR-5 [S Boundary St]	
2.1	Turn LEFT (South-West) onto SR-5 [Jamestown Rd]	
3.7	Turn RIGHT (West) onto SR-752 [John Tyler Ln]	
4.2	Turn LEFT (West) onto John Tyler Memorial Hwy	Cross major intersection
6.0	Bear LEFT (South) onto SR-615 [Ironbound Rd]	
6.9	Turn RIGHT (West) onto SR-31 [Jamestown Rd]	
8.3	Turn LEFT (South-East) onto Colonial Pkwy	
8.8	Turn LEFT onto Colonial National Historical Pkwy	
28.7	Turn LEFT (East) onto Fusiliers Redoubt Ramp	
29.1	Turn LEFT (East) onto Old Williamsburg Rd	Changes to Water St
29.7	Turn RIGHT (South-West) onto Ballard St	
30.4	Turn LEFT (East) onto Colonial Pkwy	
30.7	Colonial National Historical Pkwy, Yorktown VA 23690; Return West on Colonial Pkwy [Colonial National Historical Pkwy]	USO Lunch Stop Yorktown Visitors Center
31.0	Turn LEFT (South) onto Ballard St	
31.1	Bear RIGHT (South) onto SR-238 [Cook Rd]	
31.6	Keep RIGHT onto SR-634 [Surrender Rd]	
32.8	Bear RIGHT (South) onto SR-634 [SR-704]	
32.9	Turn LEFT (East) onto SR-634 [Old York-Hampton Hwy]	
34.1	Turn RIGHT (South) onto SR-634 [Old York-Hampton Hwy]	
34.6	Turn RIGHT (North-West) onto Fort Eustis Blvd [VA-105]	Cross major intersection mi 35
40.1	At Fort Eustis, stay on SR-105 [Fort Eustis Blvd] (West)	Enter Ft. Eustis
40.8	Goes around RoundAbout (Hines Circle), proceed back on Washington	
41.6	Road name changes to SR-105 [Fort Eustis Blvd]	
43.1	Bear RIGHT (South) onto SR-143 [Jefferson Ave]	
48.2	Turn RIGHT onto Claire Ln, then immediate RIGHT onto Hornsby Ln	
48.6	Turn LEFT onto St Johns Road	Arrive Courtyard-Newport News

USO Lunch Stop – Yorktown Visitors Center



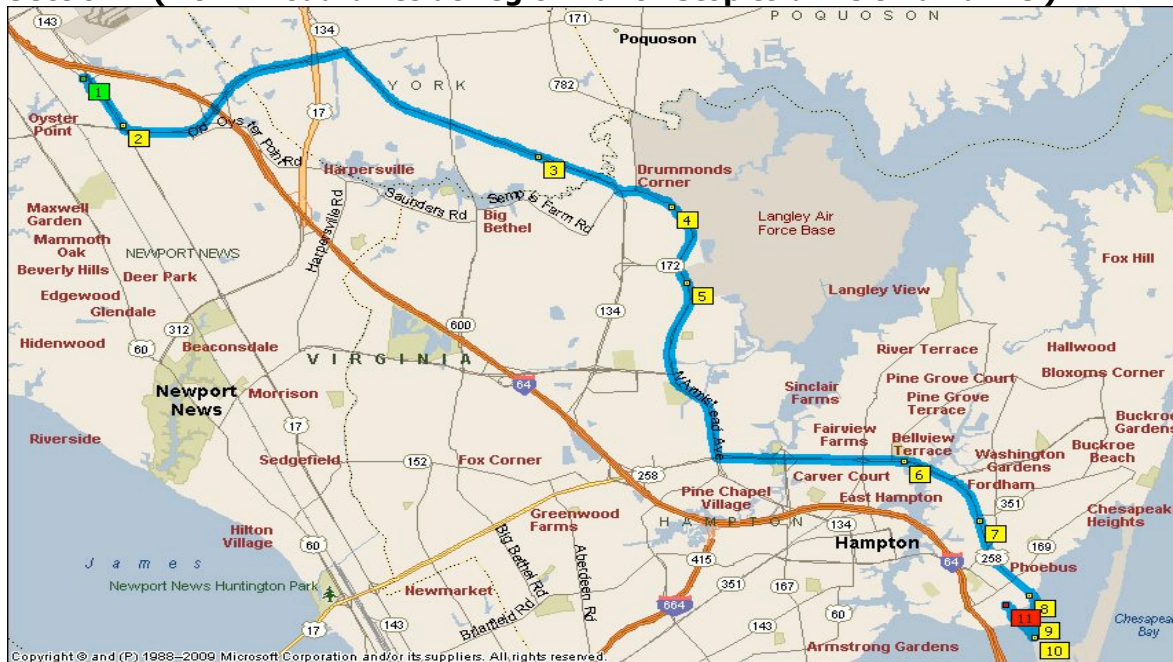
Saturday, June 4 Ft. Eustis to Virginia Beach

Breakfast: 6:30 AM – 8:30 AM: Hotel

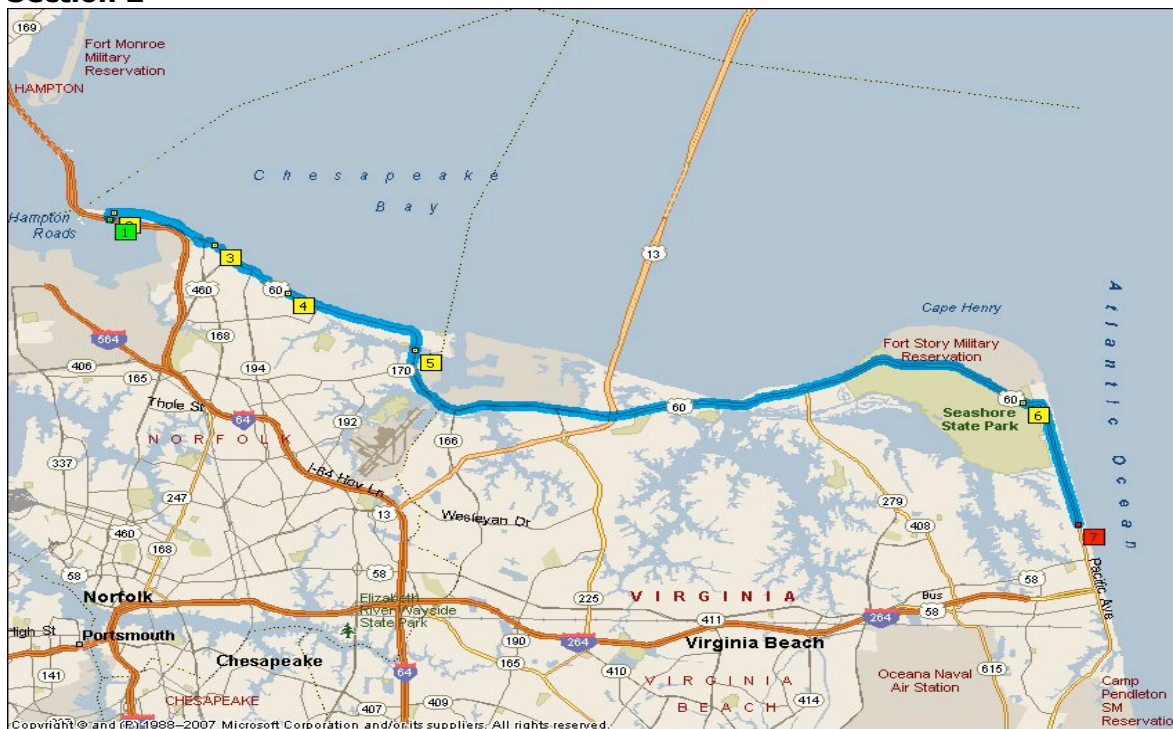
Ride Briefing/ Program : 8:30 AM

Depart: 9:00 AM

Section 1 (NOTE: Load bikes at Legion Lunch Stop to drive thru Tunnel)



Section 2



Hotel

The Cavalier Hotel

42nd St & Atlantic Ave

Virginia Beach, VA 23451

(757) 425-8555

Dinner: Patriotic Festival

Beach Boys

5 PM

Saturday, June 4 Ft. Eustis to Virginia Beach (39 miles)

(Sec1: 17.2 mi; Sec2: 21.8 mi)

Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride Briefing/ Program : 8:30 AM

Depart: 9:00 AM

Mile	Instruction	Comment
0.0	Turn RIGHT onto Hornsby Lane	From Courtyard hotel
0.5	Turn LEFT onto Freedom Way, then RIGHT onto SR-143 [Jefferson Ave]	
1.2	Turn LEFT (East) onto SR-171 [Oyster Point Rd]	
2.2	Stay LEFT onto SR-171 [Victory Blvd]	
4.0	Turn RIGHT (South-East) onto SR-134 [Hampton Hwy]	
7.5	Turn LEFT (East) onto Semple Farm Rd	Changes to Com Shepard Blvd
9.0	Turn LEFT (South) onto N Armistead Ave	
11.7	Turn LEFT (East) onto US-258 [W Mercury Blvd]	
16.6	Bear LEFT (South-East) onto US-258 [Ingalls Rd]	
16.7	At Fort Monroe, return North on US-258 [Ingalls Rd]	Begin Ft. Monroe scenic loop
16.8	Keep STRAIGHT onto SR-143 [Ingalls Rd]	
17.2	Arrive American Legion Post 48 221 E. Mellen St.	USO Lunch Stop

NOTE: Load bikes at Legion Lunch Stop to drive thru Tunnel

Second Section Summary (after tunnel)

Mile	Instruction	Comment
0.0	Depart Marina on 13th View St (North-East)	
0.1	Turn RIGHT (East) onto US-60 [SR-168]	
1.9	Bear RIGHT onto US-60 E ramp to stay on Ocean View Ave	
2.7	Bear LEFT (South-East) onto US-60 [E Ocean View Ave]	
	REGROUP AT 77 th and ATLANTIC	REGROUP FOR GRAND FINISH
21.8	Arrive Cavalier Hotel [4201 Atlantic Ave, Virginia Beach VA]	Hotel on the left

USO Lunch Stop – Legion Post 48

221 E Mellen St, Hampton VA



Sunday, June 5 Virginia Beach to Virginia Beach CycleFest

Breakfast: 6:30 AM – 8:00 AM: Hotel

Ride Briefing/ Program: 8:00 AM

Depart: 8:30 am



Hotel (for those staying overnight Sunday night)

Hampton Inn

1511 Usaa Drive

Norfolk, VA 23502

(757) 605-9999

Transportation from Cavalier Hotel to Hampton Inn after concert???

NOTE: After you finish the Sunday ride back at the Cavalier Hotel and shower and pack your bags, the Cavalier Hotel will store your bags until after the 4 PM concert for you

Sunday, June 5 Virginia Beach to Virginia Beach (37.7 miles)

Breakfast: 6:30 AM – 8:30 AM: Hotel

Ride Briefing/ Program: 8:30 AM

Depart: 9:00 am

Mile	Instruction	Comment
0.0	Depart on US-60 [Atlantic Ave] (South)	Depart Cavalier Hotel
0.8	Road name changes to Pacific Ave	
2.7	Road name changes to General Booth Blvd	
5.7	Turn RIGHT (West) onto SR-615 [Oceana Blvd]	
6.5	Turn LEFT (West) onto Tomcat Blvd	
8.1	At roundabout, take the THIRD exit onto Hornet Dr	
10.5	Bear LEFT (South-East) onto London Bridge Rd	
13.2	Road name changes to Red Mill Blvd	
13.8	Turn LEFT (East) onto Warner Hall Dr, then immediately turn RIGHT (South) onto Upton Dr	
14.2	At Mills Crossing on Upton Dr (South) Shopping Center on Rt.	USO Rest Stop
14.8	Turn LEFT (East) onto Sandbridge Rd	
17.0	Turn RIGHT (South) onto New Bridge Rd	
18.3	Turn LEFT (South) onto Indian River Rd	
18.9	Turn LEFT (East) onto (N) Muddy Creek Rd	
21.8	Turn RIGHT onto Pleasant Ridge Rd	
24.2	Turn RIGHT (North) onto SR-615 [Princess Anne Rd]	
28.5	Bear RIGHT (North-East) onto Upton Dr	
31.1	Turn LEFT (West) onto Dam Neck Rd	
31.4	Turn RIGHT (North) onto SR-615 [General Booth Blvd]	
32.0	Road name changes to General Booth Blvd	
34.9	Road name changes to Pacific Ave	
36.9	Road name changes to US-60 [Pacific Ave]	
37.7	Arrive Cavalier Hotel [4201 Atlantic Ave, Virginia Beach VA	

Patriotic Festival

Darius Rucker Concert

4 PM