

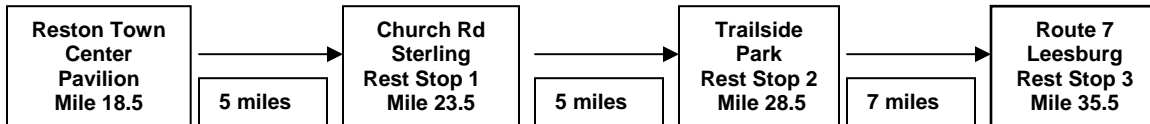
Paul's Ride for Life

Ride Day Fact Sheet



START LOCATION

- Pavilion at the Reston Town Center in Reston, VA
- Reston Town Center can be reached from the Dulles Toll Road (VA Route 267) using either the Reston Parkway or Fairfax County Parkway Exit.
- Ride is located along the W&OD Trail



PARKING

- There are several parking garages within the Reston Town Center
- Parking closer to the Pavilion will work best

REGISTRATION – Reston Town Center Pavilion (next to Clydes)

- **On-line** Registration
 - If you registered on-line line BEFORE coming to the ride, pick up your tee-shirt, registration number, and sponsor materials at the registration table.
- **On-Site** Registration - starts at 7:30 am and closes at 9:00 am.
 - You must pay the on-site registration fee of \$30 with **cash or check** (credit cards will not be accepted) at the registration table and then pick up your tee-shirt, registration number and sponsor materials.

TEE-SHIRTS for the first 200 riders!



THE RIDE - Begin the ride as soon as you clear the registration table -- it is a rolling start

- 10 mile ride - travel West (go right) on the W&OD trail to Church Road in Sterling and back to Reston Town Center.
- 35 mile ride - travel West (go right) on the W&OD trail to Route 7 in Leesburg and back to Reston Town Center.



REST STOPS Three official rest stops have water, fruit, snacks and good cheer.

- At **Church Street** in Sterling at the 10 mile ride turn-around (mile marker 23.5)
- At **Trailside Park** (Paul's Memorial Shelter) in Ashburn (mile marker 28.5)
- At Route 7 in Leesburg (mile marker 35.5) turn-around for 35 mile ride



BATHROOMS - Trailside Park, Ashburn (mile marker 28.5)

- Reston Town Center near the Pavilion
- Smith Switch Rest Station (mile marker 25.5)
- Trailside Park, Ashburn (2 port-a-johns and restrooms at concession stand)



SAFETY

- Bicycle maintenance and support is provided on-site by **The Bike Lane** at the start of the Ride at the Reston Town Center and the end of the ride in Leesburg.
- **ALL riders must wear helmets.**
- First aid support is available.
- Assistance by Ride Marshals wearing Yellow tee-shirts with Marshal Vests Follow all guidelines posted on the W&OD Trail.



AFTER THE RIDE

Join Paul's family and friends at Noon for closing ceremonies at the Pavilion at Reston Town Center to celebrate Paul's life.

Enjoy the Ride! Be courteous and celebrate life!!