

BIKE MOBILE WORKSHOP ON the Virginia Capital Trail with Cat Anthony

Meet at 1:30 p.m. on Tuesday, April 9 at Rocketts Landing (public lot across from Conch Republic restaurant)

Emergency Contact Cat Anthony (cell) -804-840-6610

Virginia Capital Trail link: - <https://www.virginiacapitaltrail.org/printable-maps/>

MAXIMUM 12 participants: Each participant will need to be able –

- to stand for brief safety instructions, and get on and off a bicycle without assistance
- be able to ride at least 8 miles per hour for up to 15 miles (5-6 breaks planned)

Things to Know and Bring -

- Bicycles and helmets are provided by Pedego Electric Bikes, who will meet everyone at Rocketts Landing with electric bicycles
- Check to make sure your rental bicycle is in a good state of repair and is sized for you (seat should be at hip level).
- Dress for the weather, we will go no matter what, unless there are thunderstorms, intense rain, ice or snow
- Wear closed-toed shoes
- Bring: sunscreen if needed and a water bottle
- The route is mainly flat with a few short climbs; distance probably 12-15 miles. All riding surfaces are paved.
- Pedego Electric Bikes will pick up rental bikes at Rocketts Landing after your trip. If you want to keep your bike longer for an extra discounted fee of \$20/hour, you can return the bikes directly to Pedego in Shockoe Slip

Specific meeting point: Public lot across from Conch Republic restaurant at Rocketts Landing
N 37°31'15.928" W -77°25'0.4"



After a brief safety instruction, Cat will lead you on the tour of the Virginia Capital Trail.

Once on your bike, the tour will last about 1 hour depending on many factors. The ride will introduce you to an urban greenway and various revitalization efforts that have been undertaken in the City of Richmond. Tour leaders will describe how projects were accomplished along the route.

Field trip sponsored by the Virginia Capital Trail Foundation, <https://www.virginiacapitaltrail.org> and BikeWalk RVA <https://www.sportsbackers.org/program/bike-walk-rva/>