

# Avoid the wait... don't be late!



## Bicycle Route Detours During Metro SafeTrack



Plenty of bike parking  
is available at all Metro  
stations to secure your bike.



The proper way to lock your bike to the rack:  
Place U-lock around the front tire, bike frame and bike rack.

## Reduced **Red Line** Service From Twinbrook to Shady Grove AUGUST 9 - 18, 2016

- ✓ **Red Line** trains will continuously single track between Twinbrook and Shady Grove from August 9 thru August 18, 2016.
- ✓ **Red Line** trains will run between Shady Grove and Twinbrook every 18 minutes.
- ✓ Normal Red Line service will operate between Twinbrook and Glenmont.
- ✓ Customers should avoid Shady Grove and Rockville if possible. Customers are encouraged to use Twinbrook, White Flint, or Grosvenor stations.
- ✓ All **Red Line** customers should consider alternate travel options and avoid traveling during rush-hour periods if possible.

Learn more about bike safety and Maryland  
State Laws regarding bicycles at:

[www.mva.maryland.gov/safety](http://www.mva.maryland.gov/safety)



## Keep Hydrated!

Hydration has a significant impact on cycling performance and is especially important in hot weather. As a general rule of thumb, bring two full bottles on every ride and drink 4-8 ounces of fluid every 15 minutes. For rides that last over an hour, use a sports drink to replace carbohydrates and electrolytes. This is particularly important when temperatures are high.

**Bicycle Detour Route Map on the back!**

## Try something new ... See a different view!

Bike from Shady Grove or Rockville  
stations to Twinbrook, where more  
**Red Line** trains will be available.

“SafeTrack Detour” signs  
will guide you along the way.

Join WABA for a fun, casual ride to learn the route!

**Saturday, August 6, 2016 - 10:00am**  
Register at [waba.org](http://waba.org)

Or pick up a bike @ **capital bikeshare**

## Helpful Links

[www.wmata.com/safetrack](http://www.wmata.com/safetrack)

[www.waba.org/safetrack](http://www.waba.org/safetrack)

[www.montgomerycountymd.gov/mcdot](http://www.montgomerycountymd.gov/mcdot)

[www.bikemontgomery.com](http://www.bikemontgomery.com)



SafeTrack Surge #6



# Bicycle Detour Route Map

(During Metro SafeTrack Surge #7)

