

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



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

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

Helpful Links

www.wmata.com/safetrack

www.waba.org/safetrack

www.montgomerycountymd.gov/mcdot

www.bikemontgomery.com



SafeTrack Surge #6

