



Grace United Methodist Church

11700 Old Fort Rd ▪ Fort Washington, MD 20744 ▪ 301- 292-7828 ▪ Robert E. Slade, Pastor
<http://www.gracefortwashington.org/>



Join the Grace United Methodist Church for a Fun, Fit, Family Bicycle Ride and Walk on Saturday, May 19, 2018.

- Where:** Indian Head Rail Trail
100 Walter Thomas Rd
Indian Head, MD 20640
- Parking:** Park across Route 210 at either the Village Green Town Park or Charlie Wright Park (adjacent to Indian Head Elementary School).
- Time:** 9:00 am – 2:00 pm (prayer 8:45 am, bicycles to start right after. Walkers start at 9 a.m.)
- Terrain:** Flat (very easy). 13 miles.

Route mileage from Indian Head, MD to White Plains, MD:

Start to Arthur Ross Pl	-	1.55 miles (RT 3.10 miles)	(Water Station)
Arthur Ross Pl to Rt 225	-	1.45 miles (RT 6.00 miles)	
Rt 225 to Livingston Rd	-	.55 miles (RT 7.10 miles)	(Water Station)
Livingston Rd to Middletown Rd	-	7.80 miles (RT 22.70 miles)	(Water Station)
Middletown Rd to end	-	1.90 miles (RT 26.50 miles)	(Water Station)

It's recommended that you wear a bicycle helmet for safety. Also, be very careful crossing where the trail intersects with the roads. Be cautious and stay hydrated!!

Contact: Melvin Coles, Jr 301-613-0156 or Ron Clarke 240-988-2014 for any questions.

The guys from Arrow Bicycle of Hyattsville MD (5108 Baltimore Ave) will be present to give our bikes safety checks! Gretchen Sumbum and Chris Militello, owners of Arrow Bicycle, coach Melvin Coles, III in his Special Olympics efforts in cycling. So please introduce yourselves.

INDIAN HEAD RAIL TRAIL



Trail Amenities

- A paved 13 mile long, ten foot wide path
- Wildlife viewing areas
- Restroom facilities
- Pavilions and benches
- Interpretive signs
- Mile markers
- Drinking fountains at trail heads

Trail Etiquette

- Keep to the right of the trail except when passing
- Move off the trail when stopped
- Cyclists (should give an audible "on your left" warning when passing)
- Ride/walk single file during busy periods
- Dogs must be kept of 6 foot non-retractable leash
- Familiarize yourself with all trail rules
- Respect wildlife by keeping a distance and limiting your stay
- Obey all traffic signs, stop at all road crossings and yield to oncoming traffic
- Be aware of your surroundings, know your location on the trail and carry a cell phone
- Respect the rights and privacy of adjacent property owners