Dear Virtual Cap2Cap Participants,

THANK YOU for signing up for the virtual Dominion Energy Cap2Cap Ride, we have been working hard to come up with a creative alternative for Cap2Cap this year. We also would like to thank you for your patience as we navigate through these new times. We truly hope you all enjoy this new option and we are grateful for your support to the Virginia Capital Trail Foundation!

You can complete Virtual Cap2Cap on the Virginia Capital Trail, a local trail in your area, a stationary bike, around your neighborhood, or wherever works best for you! Please note you choose your route. Virginia Capital Trail Foundation will not be providing designated routes, route markings, or staff on-site during your virtual ride. The route you choose will not be inspected and no traffic control will be provided. You must abide by state, federal, and local laws and any stay at home orders. Riding in the virtual Cap2Cap is at your own risk. Wherever you choose to complete Cap2Cap, please read this guide for more information. If you decide to use the Virginia Capital Trail, please visit our website for more information regarding the Virginia Capital Trail and COVID-19 Guidelines.

You can complete Cap2Cap virtually anywhere between August 17th and August 31st. This experience will still capture the sense of community we are all craving with pop-up rest stops and other engaging opportunities.

Please find instructions on how to sign your updated waiver and new packet pick-up locations on the next page.

With Gratitude,

The VCTF Team
Cat, Claire, and Cyndee
Packet Pickup
Friday, August 21st from 4:00 PM to 8:00 PM
Hardywood Park Craft Brewery: 2410 Ownby Ln, Richmond, VA 23220
Hardywood Brewery is open and following all CDC Guidelines. We will be practicing social distancing and everyone will be required to wear a mask. Please confirm below if you would like to pick up here.

Friday, August 21st from 4:00 PM to 8:00 PM
Chickahominy Riverfront Park: 1350 John Tyler Hwy, Williamsburg, VA 23185
Chickahominy Riverfront Park will be a drive-thru style. Please confirm below if you would like to pick up here.

Saturday, August 22nd from 7:00 AM to Noon
Dorey Park: 7200 Dorey Park Drive, Henrico, VA 23231
Dorey Park will be a drive-thru style. Please confirm below if you would like to pick up here.

*Chickahominy Riverfront Park and Dorey Park will be drive-thru style. All virtual rider’s SWAG bags will include: Official Virtual Cap2Cap T-shirt, Backpack, Water Bottle, and you will be able to pick-up purchased items. We will be sending out maps on Ride Week to give further clarification on instructions for packet pick-up. All volunteers will have masks and have hand sanitizer readily available. We would like to ask that you do the same. If you live out of town, we will have a mailing option. These will be mailed out on September 1st.

Here are your instructions on how to update/confirm your packet-pick up location and sign your updated waiver*:

1. Visit RunSignUp
2. Click “More” in the upper right-hand corner
3. Click “Edit Registration”
4. Scroll Down
5. Click “Questions”
6. Confirm NEW waiver AND update packet pickup location.
7. Scroll down and click “Update Responses”

*IMPORTANT: UPDATE THIS INFORMATION EVEN IF YOUR PICKUP LOCATION DOES NOT CHANGE.

Submit Results By September 1st
Once you have completed Cap2Cap, submit your results so you can see how you compare to everyone else! You can also join our Strava team HERE.

How to submit results:
2. Click “Results” in the upper right-hand corner
3. Click “Submit Virtual Results”
4. Please note, you will have to set your goal according to the distance you signed up for; either 7, 25, 50, or 100. Do NOT set your goal for anything other than what you signed up for so we are able to track that you completed the distance.

Swag
You will get the t-shirt pictured here, a water bottle, and a drawstring bag.
**Fun Opportunities**

**Photo Opportunities:** At both Dorey Park and Chickahominy Riverfront Park, there will be Cap2Cap Banners available for photo opportunities to get you in the Cap2Cap Spirit! The banner at Dorey Park will be near the connector trail in the back of the park near the pond. The banner at Chickahominy Riverfront Park will be in the field beside the pool.

**Social Media:** Don’t forget to share on social media your accomplishment! #virtualcap2cap

**Virtual Bibs:** What would ride day be without a Cap2Cap bib? Show off your ride day spirit by downloading and printing your virtual bib.

- Here are your instructions to access your Virtual Bib:
  - a. Go to your RunSignUp Profile
  - b. Next to the Dominion Energy Cap2Cap 2020 click “View Digital Bib”
  - c. Print!
  - d. Wear it with pride!

**Chalk the Trail:** If you or someone you know wants to add to this fun, virtual experience, join us in chalking the Virginia Capital Trail with encouraging messages for riders! We will be chalking up the Virginia Capital Trail when we do our rest stop days. If you would like to participate there will be chalk left out starting Monday, August 17th by all of the rest stop locations. Or you can bring your own and write encouraging messages anywhere along the Virginia Capital Trail!

**Strava:** You can also join our Strava team to join other Cap2Cap participants [HERE](#).

**Raffle**
Thank you to those who bought raffle tickets! All raffle winners will be emailed on Friday, August 28th. You can still buy raffle tickets if you log on to RunSignUp and add them!
Virginia Capital Trail Guide

If you choose to use the Virginia Capital Trail, here is information on the Virginia Capital Trail.

Parking

1. Jamestown Settlement
2. Chickahominy Riverfront Park
3. Charles City Courthouse
4. Cul’s Courthouse Grille
5. Indian Fields Tavern
6. Herring Creek Trailhead
7. Four Mile Creek Trailhead
8. Dorey Park
9. Great Shiplock Park

Pop-Up Rest Stop Information

On the following dates, we will have volunteers at the following locations with extra bottled waters and pre-packaged snacks for the first 200 people. Please do not rely on these rest stops for all of your needs when doing your ride. You are in charge of planning your water and food for your ride. Please note, you will have to wear or show your virtual bib as proof that you are participating in Cap2Cap. Masks will be required for participants when entering the rest stop tent.

REST STOP DATES
Monday, August 17th, 9:00 AM to NOON
Saturday, August 22nd, 9:00 AM to NOON
Sunday, August 23rd, 9:00 AM to NOON
Friday, August 28th, 9:00 AM to NOON
REST STOP LOCATIONS
Chickahominy Riverfront Park
Charles City Courthouse
Dorey Park

Rest Rooms
Bathrooms are open at Charles City Courthouse, Spoke + Art Provisions (water fountain available), and Chickahominy Riverfront Park. Portable toilets are also available at Herring Creek, Turkey Island, and Four Mile Creek. Please bring your own hand sanitizer as a backup. You can find additional information here.

Trail Etiquette Reminders
1. Be Respectful and Alert
2. Stay to the right, pass on the left, and give audible warnings
3. Obey all Capital Trail Trail and Road Signs
4. Use safe speeds, slow down in congested areas
5. If you’re on wheels, yield to pedestrians
6. Pull off the Trail when stopped
7. Keep dogs on short leashes and clean up after your pet
8. Maintain a single file when allowing others to pass
9. No unauthorized motorized vehicles

*Please remember this is a ride, not a race on the Virginia Capital Trail.
Frequently Asked Questions

1. Do I have to complete my ride distance in 1 day?
   No! You can complete your route in sections.

2. Do they need to be wearing their bibs for the rest stops or do they just need to show it?
   We prefer that you wear it but feel free to just bring it on your ride if you do not have any safety pins.

3. Will there be food trucks?
   No, there will not be food trucks at any of the rest stops. Rest stops will only have bottled water and snacks. Please be prepared to bring all the food and water you will need for your ride.

4. Is there a photographer on-site?
   No, there will not be a professional photographer on-site so bring your camera or smartphone to snap a picture and post on social media!

5. Are there certain dates/times for the chalking?
   There will be chalk at rest stops starting August 17th.

6. Can you purchase items/raffle tickets on-site at the pickup locations? And if so, what are the raffle prizes?
   You can purchase raffle tickets until August 22nd online through RunSignUp. Enter to win a bike, Stone Brewing gift pack, and gift cards!

7. Will there be transportation?
   No, there no transportation will be provided.
Please Consider Supporting our Cap2Cap Sponsors

For 10% off your order of Hubs Nuts use the code “CAP2CAP” at checkout.