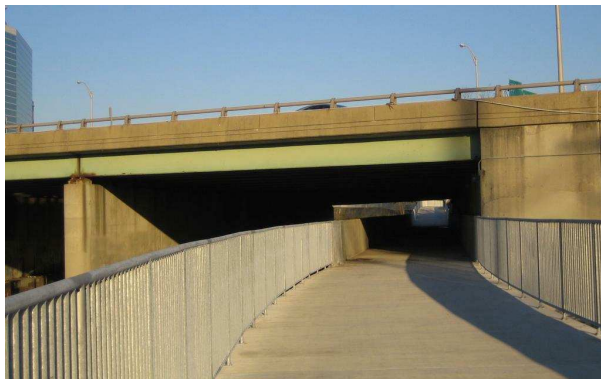


## Phoenix Rising

April 23, 2009



## Four Mile Run Trail - S. Shirlington Rd. to Mt. Vernon Trail



The grand opening of the I-395 underpass section of the Four Mile Run Trail, originally scheduled for May 2nd but now pushed back to May 30th, marks the beginning of a new era for Arlington County's Four Mile Run Trail. The goal of this two-year, \$4.5 million project was to create a safe and direct connection from the S. Shirlington Rd. intersection (which is where the W&OD trail terminates) to the path along S. Glebe Rd. About 3000 feet of new trail development later, trail "regulars" like Colin Dixon of [Phoenix Bikes](#) will tell you: *mission accomplished*. Bicycle commuters can enjoy the

(potentially) ten minutes of extra rest in the morning and families can finally feel safe taking the kids for a ride into DC. We can thank local government and bicycle/pedestrian advocacy groups for their hard work and dedication in making this happen.

As for the remaining section of the trail between the underpass (mile marker 5.5) and the trail terminus (7.5), it may not be gorgeous (except in a post-modern, industrial kind of way), but it gets the job done. The trail parallels the north side of Four Mile Run, which at this point is a broad river developed with flood-control measures and multi-purposed as an electricity power line corridor. After a series of bridge underpasses, the trail merges into the Mt. Vernon Trail near the south end of Reagan National Airport. If DC is your final destination, head just a little over two miles north to the 14th St. bridge trail.

**Trail Stats:** About two miles from S. Shirlington Rd. ([map](#)) to the terminus

**Trail Type:** Paved, multi-use

**Administration:** Arlington County Department of Parks, Recreation & Cultural Resources



## [Phoenix Bikes](#)

*"A mythical bird that never dies, the phoenix flies far ahead to the front, always scanning the landscape and distant space. It represents our capacity for vision, for collecting sensory information about our environment and the events unfolding within it."* (The Feng Shui Handbook)

[Phoenix Bikes](#), a non-profit youth-focused community bike shop based in South Arlington, shares this "capacity for vision" with its namesake. Led by passionate cyclists Colin Dixon (rides to work about twelve miles each way) and John Harpold (owner of "thirty or so bikes in my basement"), Phoenix Bikes has struck a chord - a

chord that resonates with youth education organizations, local cycling advocates, and last but not least, the under-privileged community that it serves. But the DC community almost lost this voice...

In late 2006, Community Spokes, an Arlington County government program with a similar focus as Phoenix Bikes, shut its doors due to low participation. However, supporters banded together to convince the county to allow the program to keep its grant (as well as its cement-block shed headquarters in Barcroft Park [map](#)) and rebrand itself as an independent, non-profit organization. Two years after its reopening, Phoenix Bikes is thriving in no small part to its modified business plan. Like a for-profit shop, Phoenix Bikes sells used bikes and offers low-cost repairs. But it does this while providing a safe-haven for local youth and teaching valuable skills, both bike and life-related. With an expanding slate of programs (including [Earn-A-Bike](#), [Team Phoenix youth rides](#), and [Volunteer Shop Night](#)), broad community support, and increasing national exposure - the Phoenix is indeed rising.

**Organization Type:** Non-profit 501(c)(3)

**Donations - Monetary:** <http://www.phoenixbikes.org/> or [Network for Good](#)

**Donations - Bicycle:** <http://www.phoenixbikes.org/en/support/donate-a-bike>

## [Phoenix Bikes - Bike Show 2009](#)

Do you have your tickets to the hottest event in town? Surprisingly, no, I'm not referring to a Washington Nationals game. What I am talking about is [Bike Show 2009](#) brought to you by [Phoenix Bikes](#). The show, taking place **Thursday, April 30th** in Rosslyn's Dome Theater ([map](#)), is a celebration of sorts for Phoenix Bikes and the greater DC cycling community. Come for the featured speakers (Keith Oberg of [Bikes for the World](#) and Eric Gilliland of [WABA](#)), the culture (bicycle art at its finest), or the beer (courtesy of Capital City Brewing). Whatever your motivation, you'll have the chance to rub elbows with some of DC's finest cycling advocates. The Bike Show represents Phoenix Bikes' most important annual fundraiser. Your \$20 ticket donation helps Phoenix Bikes continue to expand its reach of youth-oriented bicycle programs.



So I'll ask you one more time...do you have your tickets? Your tickets...to the Bike Show!

