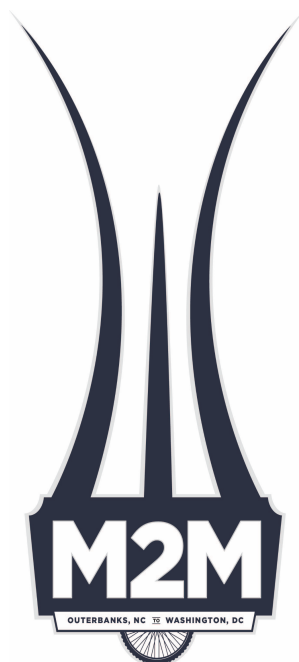




2026 RIDERS GUIDE
AIR FORCE HERITAGE MEMORIAL TO MEMORIAL (M2M)
BIKE RIDE

September 10-13



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1. THE PURPOSE OF THE AIR FORCE HERITAGE MEMORIAL TO MEMORIAL (M2M) BIKE RIDE

The purpose of the Air Force Heritage Memorial to Memorial (M2M) Bike Ride is to Celebrate, Promote, and Support.

- Celebrate our USAF Heritage
- Promote Fitness and Recruiting
- Support Wounded Airmen and Guardians

From the humble beginnings of two bicycle mechanics in a garage to the vast skies, this journey is a story we all share. Hundreds of military and civilian cyclists will come together, have fun, face a significant challenge, and deepen their understanding of our Air and Space Forces.

2. DECIDING IF YOU WANT TO TAKE ON THIS CHALLENGE

The ride is challenging (like a marathon, but longer) and designed to be purposeful, but we also want it to be fun and a great experience with great people. A high percentage of riders return year after year, underscoring the camaraderie and enjoyment they experience. The ride is excellent for anyone looking to take on a challenge and try something new. It is not a race but a ride where we enjoy each other's company, build new friendships, celebrate our heritage, and help each other finish each day. The sense of accomplishment from completing this ride is well deserved.

M2M is also not an all-or-nothing event. Most participants ride all four days; however, we welcome riders to join us at any time, whether for a single day, multiple days, or even a few miles if we pass by your neighborhood. Some riders from North Carolina only ride Day 1. Some from the Norfolk area ride Days 2 and 3. Riding the final day has proven a desirable option for those who live in the DC area or are time constrained.

Here's a high-level overview of the event to help you decide.

- Day 1. Kitty Hawk, NC to Chesapeake, VA – 91 miles with 427 feet of climbing.
- Day 2. Chesapeake, VA to Richmond, VA – 107 miles with 3,596 feet of climbing.
- Day 3. Richmond, VA to Fredericksburg, VA – 76 miles with 3,325 feet of climbing.
- Day 4. Fredericksburg, VA to Washington, DC – 70 miles with 5,554 feet of climbing.

3. THINGS YOU SHOULD DO NOW

A. REGISTER ONLINE

Register online and pay the registration fee by going to M2MRide.com and scrolling down to "Sign Up to Ride." You should register early if you want to ride. Based on our ability to provide rider support services, such as baggage trucks, we have capped the total number of four-day riders at 350, depending on available hotel capacity. We will, however, not restrict the number of single-day riders.

B. MAKE PLANS FOR GETTING TO THE START

Most riders either drive from their hometowns or fly/train into Norfolk and connect with someone who can take them to the start hotel. If you want to do this, below is a link to an online document where people who need rides can connect with people who can offer rides. Each year, riders have successfully matched those offering rides with those needing them. You can access the document by clicking on the link below.

[2026 M2M Ride Share Bulletin Board](#)

NOTE. For riders flying into Norfolk International, one of the M2M support trucks will pass through on September 9th at 1230-1300 and another at 2:45 pm and can transport some bike boxes and baggage to the M2M starting point. The truck cannot carry passengers, so riders will still need to arrange their own transportation to the starting point. Please email us directly if you are interested, so we know when to expect you and have your contact information in case you are late to the truck, and we need to coordinate a departure delay to support you.

C. MAKE YOUR HOTEL RESERVATIONS

When the hotel contracts are announced in Section 8 of this guide, make your reservations as hotel rooms fill up. The sooner we know if more people need rooms, the sooner we can negotiate with the hotels for additional rooms if they still have vacancies.

Some riders share rooms to save money. If you're interested in sharing a room, click the link below to access a shared document and find others who are also looking to share.

[2026 M2M Room Sharing Bulletin Board](#)

NOTE FOR WOUNDED AIRMAN AND GUARDIANS. Please contact M2M for room reservations, as some hotels have blocked accessible rooms for us. Allocation of these rooms is handled separately, and the rooms are not included on the Hotel Listing sheet at the end of this document.

NOTE FOR ACTIVE-DUTY MILITARY/GOVERNMENT EMPLOYEES. Please check the hotel website for per diem or active-duty military rates, as these may be better than what we were able to negotiate.

D. PURCHASE YOUR M2M KIT: [M2M Gear Store](#) is closed for 2026

The M2M jersey celebrates our heritage. The roundel on the front is our national insignia on military aircraft. The M2M logo on the back features the Air Force Memorial's contrails. The logo rests on the Wright Brothers' Memorial plinth, just as our heritage rests on the shoulders of the Wright Brothers. The two planes depicted on the jersey represent our heritage and the flight from the Wright Brothers' 1903 Flyer to today's multi-service F-35. From bike trails to contrails and beyond!



The kit is a "Forever Kit," meaning we plan to keep the same kit year after year; thus, you won't need to buy a new kit if you decide to ride M2M again. We request that every rider be in the M2M kit (jersey, bibs/shorts, and socks) on days 1 and 4. It looks great when everyone is riding together in the same kit, especially for the photos at the memorials. If you are an E-6 or below, don't have the kit, and can't afford it, please [email us](#). We might be able to help you obtain one.

We will issue all riders the annual M2M T-shirt and a set of M2M gloves. Expect beauty and quality!

We will have two store windows: the first is open now through Apr 1st and will deliver by May 29th, so you can have everything for the summer. The second store will run from Apr 2nd until July 13th, so you receive your order by Aug 28th, in plenty of time for the M2M. If you have a choice, you help M2M by buying in the first window (by Apr 1st), as the price M2M pays for this service is based on the quantity we sell in that window. See the gear store on our website, [M2MRide.com](#), or visit the M2M Gear Store directly.



New Items: In response to feedback, we have a few new official kit items this year:

- Women have two additional options...a sleeveless jersey and shorter shorts.
- Men and women have a speed suit option... (one-piece "Austin Sutton Fast" M2M kit)
- Recumbent riders have the option to buy the Sport Jersey with front pockets.

Optional items:

- M2M Caps
- M2M sleeves
- New classic cotton/poly blend Oxford button down (big upgrade from last year's)

E. ASK FOR FINANCIAL ASSISTANCE IF YOU NEED IT

Thanks to our generous donors, we have funds to offset costs for some E-6 and below riders who may find that participating in the M2M would create a financial hardship. If this applies to you, [email us](#) for further information. Proper discretion will be respected.

F. TRAIN FOR SUCCESS

September will come quickly, so don't wait too long to start training. Plan to build your strength, endurance, and mental toughness, as we can encounter any combination of heat, wind, or rain during the ride. For ongoing training tips, join the [2026 M2M Riders Facebook Group](#), where our cycling team coach posts monthly updates covering training advice for the ride, and where you can ask specific questions you might have to prepare yourself for this effort successfully.

G. LEARN ABOUT OUR CHARITABLE CAUSE

We request that every rider consider raising funds for our charity, the AFA's Wounded Airmen and Guardians Program, which supports wounded Airmen and Guardians and their families. It's also important to let our sponsors know that, while they cover the lion's share of the ride cost, we are multiplying their generosity by having riders raise money for the WAGP.

The 2026 M2M fundraising drive has begun. You can donate or create a personal fundraising webpage by clicking our website's WAGP tab or directly at <https://givebutter.com/afa-2026M2M>

If you need assistance or have questions, AFA's Leslie Mazeska (LMazeska@afa.org) can help anyone get started (O: 571-544-7250).

H. RECRUIT SPONSORS OR DONATE TO THE M2M

We are all recruiters for our Air Force and Space Force! We could also use your help in recruiting M2M sponsors!

I find the M2M 2026 Talking points super useful in telling our story. And people and companies altruistically like to join the worthwhile effort. [M2M 2026 Talking Points](#). (I have also attached the talking point to this email in case the link doesn't work for you.)

Melody Redding and Brad Glasco have professionalized our sponsor recruitment program by instituting Sponsorship Levels with corresponding benefits. Though we try to earn "Goodwill" at every opportunity, we do the best we can for all the sponsors.

Valor Sponsor: \$20K

Patriot Sponsor: \$10K

Guardian Sponsor: \$5K

Sponsor: Any gift

Please reach out to them for help with anything you need, such as presentations. They will help you navigate options.

Brad Glasco: bglascom2m@gmail.com (817)718-9774

Melody Redding: melodyredding.m2m@gmail.com (202)714-1027

4. THINGS YOU NEED TO BE AWARE OF BEFORE YOU ARRIVE

A. YOUR LIABILITY FOR THE RIDE

Everyone (military and civilian) is welcome to participate in the M2M, but they assume personal liability. Each rider agrees to this as part of the registration process. Neither the Air Force Cycling Team (AFCT) nor the Department of the Air Force (the United States Air Force or United States Space Force) assumes any liability.

B. LIMITING YOUR BAGGAGE

We ask everyone to limit their baggage to one carry-on-size suitcase based on available load space within the baggage trucks. This daily baggage is loaded into the trucks each morning, and you collect it from the baggage truck

each evening. In addition to transporting your materials, we use this method in the evenings to ensure everyone arrives safely off the course.

We will transport your bike box or another bag for you if needed, but it will be placed at the front of the baggage truck and will not be unloaded or accessible until we reach the Air Force Memorial in Washington, DC, at the end of day four.

C. DRESSING FOR SUCCESS

The only item you must bring to participate in the M2M is a bicycle helmet, which must be worn at all times while riding. Beyond this, what you bring with you depends on your personal preferences for performance and comfort. The riding weather in North Carolina and Virginia in September can be ideal; however, given that we're riding along the coast, realize that there's always the possibility that on any day (or days), you may have to deal with strong winds and/or rain. We recommend bringing clothing suitable for various weather conditions, and we strongly recommend a rain jacket.

Here are the historical weather forecasts for our route to help with your planning.

- Daily average low temperature: 68°F
- Daily average high temperature: 85°F
- Humidity: 75%
- Probability of rain: 26%
- Wind: 9 mph with variable direction
- Sunrise 6:47 AM, Sunset 7:27 PM

D. WHAT OTHER THINGS SHOULD YOU BRING

GPS Device and Navigation. The official route for each day will be available digitally through Ride with GPS for navigation using a bicycle computer or smartphone. The routes are designed to guide riders along the planned M2M course; however, each rider is ultimately responsible for navigating the route.

There are two primary navigation options:

- 1) A bicycle computer. This is the most common and recommended option. Garmin, Wahoo, Hammerhead, COROS, and other compatible cycling computers can be used to navigate the M2M routes. Riders should load and test the routes on their device before M2M.
- 2) A smartphone using the Ride with GPS app. Mount your phone securely to your bicycle and use the app for turn-by-turn navigation. Download each day's route for offline use before riding. Once downloaded, Ride with GPS can continue navigating without cellular service, including while your phone is in Airplane Mode, which may help extend battery life. You can access the app at [this link](#).

Repair Kit. Typical supplies in a repair kit are a spare tube, tire levers, CO2 cartridges or a small pump, and a couple of Allen wrenches. AFCT members will stop to help anyone in need, but we assume that, at a minimum, all riders will know how to fix a flat tire. Extra spare tire tubes and CO2 cartridges will be in the baggage/support trucks, so be sure to replenish your supplies if you use yours while on the road.

Mirror. Some riders will not ride without a mirror, and others will not ride with one. If you wish to use one, the link below goes to a common one often used by cyclists.

<https://www.efficientvelo.com/tools/safe-zone-helmet-mirror-1>

Red Taillight. We strongly recommend using a bright flashing taillight. Even during the day, a taillight helps cars to see you. This becomes especially important when visibility is reduced or when it rains. It is safer when an entire group of riders has taillights flashing!

E. WHERE TO FIND AND DOWNLOAD THE FILES FOR YOUR GPS DEVICE

The M2M routes will be published on our group's Ride with GPS account in early September. We will email everyone when the routes are available for download to your bike computer or smartphone. There will be four individual route files, each labeled with the respective day number.

F. HOW TO RIDE SAFELY IN A GROUP

Throughout the four days, we will ride in groups. Riding a pace line builds camaraderie and significantly reduces the energy a rider needs to maintain a given speed, especially in a strong headwind. Groups offer additional safety; however, they can introduce risks if everyone doesn't follow basic rules. To keep everyone safe, here are some basic rules for group riding.

- 1) Obey the rules of the road. You are a legal vehicle on the streets.
- 2) Earbuds/headphones should never be worn when riding in a group.
- 3) Ride smoothly. Avoid sudden swerves, accelerations, or decelerations.
- 4) Everyone should practice riding straight while looking around. For example, a common mistake for new riders when looking over their left shoulder to check traffic is to rotate their body to the left as well, which pulls the left arm on the handlebars and can cause the rider to swerve left and possibly into another rider or oncoming traffic.
- 5) Use your brakes with extreme caution when riding in a group. A good rule of thumb is only to use your brakes if you are the last rider. If you are in the middle of the pack and you hit the brakes, the rider behind you might not be able to react in time, crash into your rear wheel, and cause the riders behind them to crash. Stop pedaling or sit up and catch the wind if you are in the peloton and need to slow down. So be proactive. Keep an eye on the wheel in front of you but also look ahead and see what is approaching and what riders ahead in the group are doing, so you're always ready to react and remain safe.
- 6) Never overlap wheels with the rider in front of you, as this can lead to dangerous collisions if they unexpectedly shift their back wheel toward your front wheel.
- 7) Don't half-wheel the rider next to you (putting yourself half a wheel ahead of the rider). This is unsafe riding etiquette because it increases your speed, prompting the other rider to move up alongside you.
- 8) Give a heads-up before you stand up. When you stand up, your forward motion momentarily stops, and your bike moves back a fair bit; thus, there's the possibility that the rider behind you will hit your stalled back wheel and cause both of you to crash, along with possibly everyone behind them. If you plan on standing, give fellow riders a heads-up or pull off to the side beforehand.
- 9) Communicate dangers. If the front riders say "Slowing," "Stopping," "Car up," or "Point out a road hazard," repeat the warning. If the riders in the back shout "Car back," pass it forward.
- 10) Always pass on the left, never on the right. Riders assume the right side is clear and accessible, allowing them to move right as needed.
- 11) Warn others if you intend to pass. You can do this by simply calling out "passing on your left" so the other rider can hold their line and not accidentally swerve into you as you pass.
- 12) Generally, keep about two feet of clearance between your front wheel and the back wheel of the rider in front of you. Expand this to two to three yards when the roads are wet and accept that the peloton will be less efficient. If there is heavy rain, extend the distance between riders to three to four yards for safety, given the increased stopping distances needed.
- 13) Indicate when you want to hand off the front. You can do this using hand gestures or by flicking out an elbow. And don't hand off just before a corner or obstacle. Hold on to the front a little longer and choose a more appropriate spot to drop back.
- 14) If you're an experienced or stronger rider, then work to keep your less-strong riders shielded from the wind. This way, everyone can enjoy the ride and have a good time.
- 15) Be careful not to drop your water bottles! Stay steady when drinking and carefully place your water bottle back in its holder while keeping it in place. Inexperienced riders may want to drink only when they are in the back of the peloton.
- 16) The links below go to a good article on riding etiquette and a video on how to rotate in a peloton. Warning: Both resources were developed for a British audience that rides on the left side of the road. For this to make sense to you, swap the lefts and rights.

<https://www.trainerroad.com/blog/cycling-group-rides-a-guide-to-etiquette-pacelines-drafting-and-safety/>

<https://www.youtube.com/watch?v=yvnlpMYK-AY>

G. DAY 1 PERSONAL CHALLENGE

Are you up for testing your mettle on a 6.1-mile course along a straight, flat, well-paved section of the Dismal Swamp Canal Trail? On Day 1, the Annual M2M Personal Challenge runs from approximately the 72-mile point to the 78-mile point of the course.

The start is precisely at the “Bikes Can Use Full Lane” sign. The finish is when the rider passes the bear statue, just before reaching the Dismal Swamp parking area.

If you want to test yourself, this segment is regularly used by local riders to gauge their physical and mental toughness. There is no sign-up process for this. The only things needed to “participate” are a Strava account, a GPS device actively recording your day’s ride, and ensuring that your ride is uploaded to Strava when your ride day is complete—a fun way to test yourself and share bragging rights with your fellow riders.

To participate, you need a Strava account (free or paid). We suggest you create an account before M2M and practice uploading your ride a couple of times on your training rides to ensure you know how to upload it, that it saves successfully to Strava, and that you are ready for the Dismal Swamp personal challenge should you decide to participate.

We want this to be a personal test of endurance and speed for those who wish to participate; thus, please keep to the spirit of the event by not drafting other riders or working as a team.



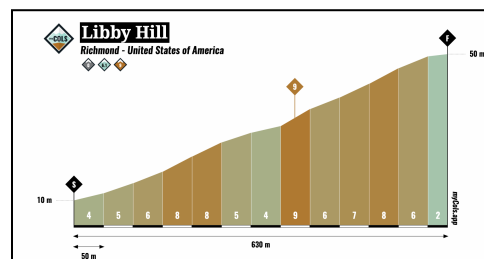
H. DAY 2 KING OF THE MOUNTAIN

As you roll into downtown Richmond, you have the option to ride the Libby Hill Climb—a short, cobbled ascent made famous during the 2015 UCI Road World Championships.

- Distance: 0.63 km (0.4 mi)
- Elevation Gain: ~39 m (128 ft)
- Avg Grade: ~6%, with pitches near 9%

This optional King of the Mountain challenge is your chance to test your grit on one of America’s most iconic climbs. Stand, spin, or grind your way up—it’s not a race, just a moment to push yourself and experience a slice of cycling history.

Record your ride with Strava if you’d like to track your effort. At the summit, soak in the view and take pride in the climb.



I. RIDERS JOINING US ON DAY 4

If you are a Day 4 rider and have not joined us for any of the other days’ rides, please plan to attend the 6:35 am welcome/safety briefing on Day 4 so that you are ready to join the larger group at 6:45 am for the group ride out of Fredericksburg.

J. VISITING THE WRIGHT BROTHERS’ MEMORIAL

Those interested in visiting the Wright Brothers’ Memorial (a National Park) the day before the ride can collect a pass at the gate and enter for free with any of the IDs listed below.

- Interagency Military Pass
- Department of Defense Identification Card (non-expired CAC Card)
- Veteran Health Identification Card (VHIC)
- Veteran ID Card
- Veterans’ designation on a state-issued US driver’s license or identification card

The National Park Service also offers free lifetime passes to veterans. Follow [this link](#) to request one; processing and delivery will take several weeks. The pass will allow the cardholder and three others into any national park for free.

5. THINGS TO KEEP IN MIND DURING THE RIDE

A. GET YOUR BAGGAGE TO/FROM THE BAGGAGE TRUCK EACH DAY

Please plan your mornings to allow time to prepare, eat breakfast, check out of your room, and drop your baggage off at the baggage trucks before the day’s rider rollout. Please pick up your bag from the baggage trucks as soon as possible after you’ve checked into your room. Having the bags picked up is one of the primary ways we confirm whether all riders have finished or are still out on the course. If you don’t pick up your baggage, we will have to come and find you. If you have somehow gotten lost or behind the rear guard and the day is getting late, please call or text SAG #1 so we know your location and whether you need assistance.

B. HOW WE WILL COMMUNICATE WITH YOU

We want to keep communication simple while ensuring riders receive important information throughout M2M. We use Signal as our primary communication channel during the event for daily announcements and time-sensitive updates, such as changes to the route, schedule, support locations, weather, or other information affecting the ride.



The Rider’s Guide provides the comprehensive information you need to prepare for M2M, while Signal provides timely information and reminders during the event.

Please join the M2M Signal group before the ride and monitor it throughout the event. Scan the QR code to the right to download Signal and request access to the group. M2M admins will verify your registration and approve your request.

C. THE ON-ROUTE VEHICLES AND SUPPLIES WE WILL HAVE TO SUPPORT YOU

As much as we don’t like to think about it, there are times when we all need support, whether as simple as assistance replacing a blown tire tube or as messy as repairing a broken chain. All SAG vehicles will have water, Gatorade, spare tubes, and a bicycle pump. SAG 1 is your primary point of contact for mechanical assistance. It will have the materials listed in the table below. (Note that there are no parts to help with hydraulics. If you have a hydraulic problem, you will likely need to call a SAG to be transported to a bike shop.) SAG 2 has primary responsibility for the 25-mile water/Gatorade stops and will assist SAG 1 as needed. Please don’t count on SAG 2 being available, as other riders may already be using it to set up / run the hydration stop. SAG 3 is a backup to SAG 1 and 2 as required. The baggage trucks will not serve as SAG vehicles during the ride; however, in inclement weather, they may assist with transporting bikes to the next hotel.

Our medical team will have limited medical supplies and can patch minor wounds, discuss injuries, or recommend medications for minor ailments. However, we do not have dedicated medical support during the ride. For anything beyond minor ailments, call 911.

PARTS CARRIED IN SAG 1			
ITEM	QUANTITY	ITEM	QUANTITY

Tool kit	1	Brake cable	2
Bicycle pump	1	Tires	Several 25mm, 32mm
Work stand	1	Chain lube	1
Bike tubes	60 (two sizes, one up to 28, 28 and over)	CO2 cartridges	Several
Chain	Two each for nine gears, ten gears, eleven gears, and twelve gears	Cleats	2 sets Look, 1 set Shimano SPD, 1 set Mtn SPD
Brake pads	Two sets	Disc brake pads	2 “standard” size
Deraillieur cable	2	Disc brake rotors	4

D. KEY PHONE NUMBERS TO HAVE WITH YOU DURING THE RIDE

The M2M Director will email all participants with the phone numbers for the support vehicle and key personnel contacts the week before the ride.

E. PROCEDURE FOR DAY 4 RIDE INTO THE AIR FORCE MEMORIAL

All riders will regroup before entering the United States Air Force Memorial so we can ride in as a group under police escort. The meet-up point is the parking lot across from Planet Fitness at 1301 S Joyce St, Arlington, VA, at 2:00 PM. See image below. We will form a 2x2 formation in the parking lot shown here. The Chief of Staff of the Air Force will lead the riders into the Air Force Memorial. A detailed itinerary for this “final mile” to the Memorial and M2M closing ceremony is provided in the Daily Itinerary at the beginning of this document. The following map provides context for the area and our route.

6. OTHER FUN STUFF

A. YOUR NEW FAVORITE T-SHIRT

As in past years, we will issue the annual M2M T-shirt to all riders, supporters, donors, and sponsors. Expect another beautiful edition! Those riding RAGBRAI will get their shirt in Iowa. Four-day riders not riding RAGBRAI will pick up their shirts at the Kill Devil Hills primary hotel the night before the ride. When you register, you will be asked for your shirt size.

B. NEW CHALLENGE COINS

We have two challenge coins.

1. “5th Anniversary” M2M Challenge Coin. The 2026 special “5th Anniversary” M2M Challenge Coin is shown here.
2. M2M-MCM Coin. If, in your lifetime, you complete both events (M2M and the Marine Corps Marathon), you will earn the prestigious coin. How many coins in this world require one to run a marathon and ride 350 miles? We have 51 recipients to date. **Please let me know if you will complete the M2M-MCM challenge this year and, if so, at which event.** We will reward all recipients upon completing the second event, whether at the M2M closing ceremony at the Air Force Memorial or upon completing the MCM at the Marine Corps Marathon. The coin is neat for several reasons...first, it is a joint coin we can celebrate with the Marines.



The M2M and MCM are open to the public, celebrating the best of our services and finishing at our respective memorials. Our abbreviations are coincidentally similar: MCM and M2M. Both are serious athletic events (one doesn't usually go out and run a marathon or ride 350 miles in four days without months of training). We both support charity. Both are "East Coast" events in the Fall (M2M in Sept, MCM in Oct).

Note: No federal, Air Force, or Marine Corps endorsement should be implied.

C. LEARN MORE ABOUT M2M

M2M Hall of Fame

As you undertake your training, enjoy reading the write-ups on our 2023 Hall of Fame (HOF) members, Steve Hughes and Jack McCombs, our 2024 HOF inductees, Mark Wilder and Kevin Dwyer, and our 2025 HOF inductees, Dr. Leslie Knight and Jack Knight. You can view information on our honorees on our website or by clicking [this link](#).

M2M History

You can also watch new M2M videos created for us.

- Jacob Derry created a video from his photography work during the 2024 ride. It is 2:15 minutes long and can be viewed at [this link](#).
- In addition, Andrew Bergdorf created four one-minute video clips highlighting our core values. The videos can be viewed at the links below.
 - [Video 1](#) – Integrity
 - [Video 2](#) – Service
 - [Video 3](#) – Excellence
 - [Video 4](#) – Day 4 Montage

In addition, you can learn more about M2M by accessing the M2M dashboard created this year. I particularly love that roughly 80% of the riders who rode with us one year return the following year. We are thus clearly doing something right! I also like the map showing where the riders come from, with riders across the US, including three European riders. Another positive trend is civilian ridership, which increased to 20% of total riders from only 2% in the initial year. I expect this trend to grow as we expand... it gives us a chance to tell our Air Force story and be better recruiters. In the future, we will improve our data collection for historical and planning purposes. Click [Dashboard](#).

D. ANNUAL RIDER AWARDS

As in prior years, we will honor the top rider with the Orville Wright Award and the Best Support Person with the Wilbur Wright Award. The winners will receive a lifetime membership in the Air Force Association (AFA) and a plaque. We will honor our fastest rider from the Day 1 M2M Personal Challenge and our Best climber from the Day 2 "King of the Mountain" challenge.

E. M2M ON SOCIAL MEDIA

In addition to posting on the various M2M social media sites, riders are encouraged to post on their own sites during the M2M. If you post M2M photos on your social media, please add the following tags to help promote both M2M and our USAF recruiting efforts.

- (1) Facebook - #usafrecruiting / @U.S. Air Force Recruiting
- (2) Instagram - usaf_recruiting
- (3) X - @USAFRecruiting / #AirForceRecruiting

F. Photos

Our "Image Gallery" on the top of our website contains all images we have taken or received from prior M2M rides.

For 2026, cyclists can upload their favorite photos at:

<https://neptune9photography.smugmug.com/upload/MN4vMc/M2M2026>

To see the 2026 photos and to download, use the link:

<https://www.neptune9photography.net/Client-Galleries/n-4LK5p6/Sports/Cycling/M2M/M2M-2026/Rider-Teammate-Uploads>

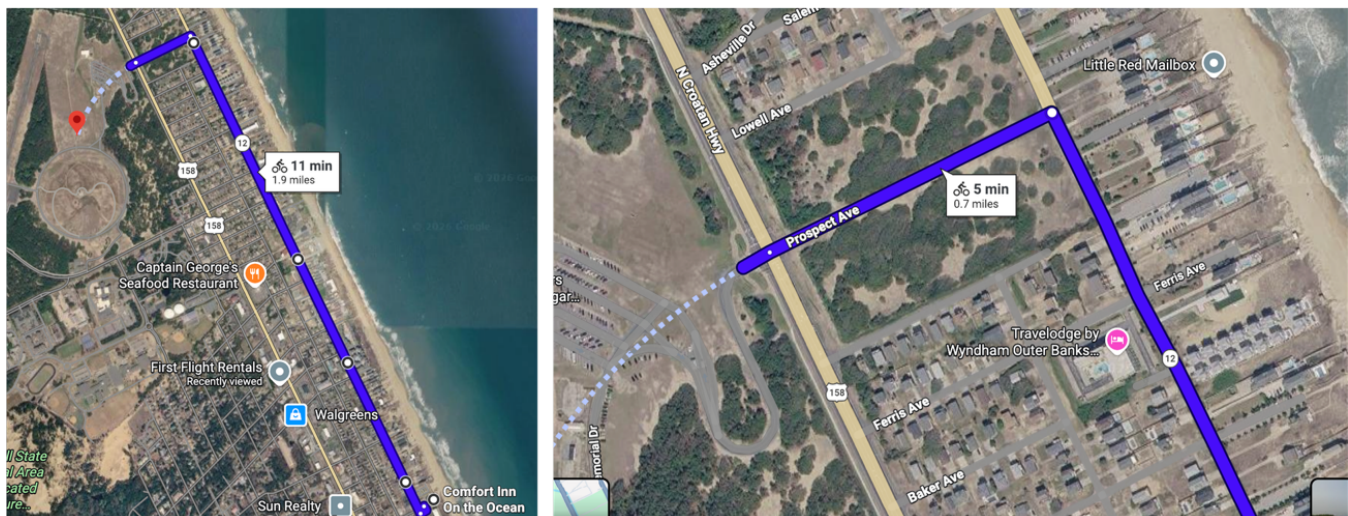
7. DETAILED ITINERARY

Getting to the start on Day 1

Please do not ride on highway 158. The town of KDH and the KDH police are super M2M supporters. Please comply with this request from the KDH police department.

Please cross highway 158 at Prospect and only when the police direct. To get to Prospect, ride up the coastal road (route 12). (In the past, several of us joined 158 one block south of Prospect...not this year!)

Campers, you can enter the park from the back. If you do ride around to the front, please ride to route 12 and then join Prospect. (Do not ride on 158)



Wednesday, September 9th (Day 0): Arrive in Kill Devil Hills, NC

- Luggage trucks drive through Norfolk Airport at 1245 and 1445. They can pick up bags and luggage, but not passengers.
- Arrive in Kill Devil Hills and check into your hotel.
- Pick up your ride packet and license plate at the check-in center at the Weds, 9 Sep, 2:00 – 7:30 PM, Comfort Inn on the Ocean, 1601 S Virginia Dare Trail.
 - If you arrive at any other time or other day, see Deborah Wharff, support vehicle #2, for your packet.
- Put your bike together and take a test ride to ensure it's ready to go in the morning.
- If you have any issues with your bike, the Outer Banks Bicycle shop located at 203 S Virginia Dare Trail) will help assemble bikes at no cost. They also have the tools and expertise to help resolve any other issues you may have. The

shop will remain open until 7:00 p.m. on Wednesday and reopen at 6:00 a.m. Thursday to help any cyclist who has a problem.	
- Once your bike is up and running, take your bike box and any baggage you won't need access to over the next four days to the baggage trucks.	
Thursday, September 10th (Day 1): 91 miles with 600 feet of climbing	
6:00 am - 6:35 am	Load luggage - Be sure the luggage gets on the correct truck (Night one hotels are about a mile apart. Trucks will be clearly labeled.
6:35 - 6:40 am	Leave as a group and bike to and arrive at the north side of the Wright Brothers' Memorial no later than 7:00 a.m. Cross the highway only when directed by the police. Do not ride on the highway, instead please approach the crossing to the Wright Brothers Memorial on Prospect.
6:45 am	Wright Brothers Memorial gate opens.
7:00 am	Riders form up, Welcome speeches NC Lt Gov Rachel Hunt provides welcome words
7:10 am	Flyby and Group Photo
7:15 am	Safety Briefing
7:30 am	Ride off the island in a 2x2 formation under police escort.
25 miles	Hydration/snack stop at Diggers
63-miles	Hydration/snack stop. A food truck and a variety of lunch options will be available at the Navy Annex.
72-miles	The M2M personal challenge is open to those interested in testing their stamina. Detailed information is available later in this Rider's Guide.
78- miles	Hydration Stop at the end of the Dismal Swamp
Days end	- If you are staying at the Fairfield Inn & Suites Chesapeake Suffolk or the Candlewood Suites Chesapeake/Suffolk, you can pick up your bag at the Fairfield Inn. - If you are staying at the Holiday Inn & Suites Chesapeake or the Hampton Inn & Suites Chesapeake, you can pick up your bag at the Holiday Inn.
5:00 pm	Informal Pizza Social (Wounded Airmen's Dinner) for everyone at the Fairfield Inn, 2122 Joliff Road. Two of our wounded Airmen and fellow riders will tell their stories. This is one of the great highlights of the M2M.
Friday, September 11th (Day 2): 106 miles with 2,900 feet of climbing	
6 am - 6:30 am	If you are staying at the <u>Holiday Inn & Suites Chesapeake</u> or the <u>Hampton Inn & Suites Chesapeake</u> , bring your bag to the truck at the Holiday Inn, 2436 Gum Road. The truck will be available until 6:30 a.m.
6:00 am - 6:55 am	If you are staying at or near the <u>Fairfield Inn & Suites Chesapeake Suffolk</u> or the <u>Candlewood Suites Chesapeake</u> , bring your bag to the truck at the Fairfield Inn, 2122 Joliff Road.
7:00 am	Regardless of where you stayed the night before, all riders should arrive at the Fairfield Inn & Suites and be prepared for the day's group rollout. All riders roll out under police escort.
25-miles	Hydration/snack stop.
47-miles	All riders take the Jamestown Ferry across the Jamestown River. The ferry leaves every half hour and is free.

50-miles	The Jamestown VFW hosts lunch. The lunch stop is on the right-hand side of the road, a couple of hundred yards north of where you exit the Jamestown Ferry and before you get on the Virginia Capital Bike Trail. Please be sure to thank the members for going out of their way each year to show us their hospitality. Lunch will be available until approximately 12:45 pm to ensure all riders are fed.
73-miles	Hydration/snack stop at the Charles City Courthouse
93-miles	Hydration/snack stop at Four Mile Park
101 miles	For those interested, there is the famous Libby Hill cobblestone climb, the King of the Mountain Challenge.
Days end	Pick up your bag at the Omni Richmond Hotel Downtown.
On your own	Evening at leisure in beautiful downtown Richmond.
Saturday, September 12th (Day 3): 76 miles with 3,425 feet of climbing	
6:00 am - 6:35	Bring your daily baggage to the baggage trucks at the Omni Richmond Hotel. Roll at 6:40
6:55	Arrive at Governor's Mansion
7:00 am	VA Governor welcomes the team Announcements Reenlistment ceremony
7:15 am	All riders roll out under police escort.
25-miles	Hydration/snack stop
58-miles	Hydration stop
Days end	Pick up your bag at the Hampton Inn & Suites Celebrate VA
5:00 pm	Hall of Fame / Storytelling Dinner at Fredericksburg Convention Center 5:30 Buffet line opens Quilt of Valor Presentation Hall of Fame Induction Storytelling
Sunday, September 13th (Day 4): 73 miles with 4,355 feet of climbing	
6:00 am - 6:40 am	Bring your daily baggage to the baggage trucks at the Hampton Inn.
6:35 am	Day 4 only riders: Safety Briefing (Joshua Johnson, AFCT Coach). Please arrive in time to collect your T-shirt from the baggage truck.
6:45 am	All riders form up.
6:45 am	Dan Smith, AFCT Regional Lead – National Capital Region, briefs the riders on the Day 4 route.
6:55 am	All riders roll out under police escort.
25 miles	Hydration/snack stop at MCBQ Visitor Control Center, 27031 Telegraph Rd, Stafford, VA
49 miles	Hydration stop at QinetiQ US, 10440 Furnace Rd, Lorton, VA 22079
2:00 pm	All riders regroup at the meetup point (1301 S. Joyce Street) Pentagon City). The location of the meetup spot and further information on the ride to the United States Air Force Memorial are provided later in this Riders' Guide.

2:10 pm	General Ken Wilsbach,, Air Force Chief of Staff, leads the riders to the Air Force Memorial under police escort.
2:15 pm	All riders gather for the closing ceremony...speeches, presentations, and photos.
2:20 pm	Burt Field, President and CEO of the Air & Space Forces Association, and Alex Hetherington, director of the Marine Corps Marathon (MCM), announce the recipients of the M2M-MCM challenge coin. General Allvin presents the coins to the recipients. Surf Beletic, M2M Director, announces the Orville Wright (Best Rider) and Wilbur Wright (Best Support) awards, with General Wilsbach presenting the awards to the recipients. CSAF General Wilsbach provides closing remarks
2:35 pm	Group Photo
2:45-3:30 pm	All riders collect their bike boxes and baggage from the baggage trucks.

8. HOTEL LISTINGS

The M2M team has secured pricing agreements with the hotels listed below; however, availability is limited, so we recommend booking early to secure your spot. If you are not able to secure a room, as all of the slots have been taken, then we advise you to (1) call the hotel directly and ask for the group rate which they will often extend to additional riders, (2) if you are on government orders, call and ask if they have government rate rooms available, or (3) look at other hotel options in the area, some of which we have detailed below.

Note that **each hotel listed below has a deadline** after which it is no longer obligated to honor the M2M group rate. Please make your reservations before these dates to ensure you receive the best pricing.

SEPTEMBER 9 TH (KILL DEVIL HILLS, NC)		LINK TO MAP OF PRE-RIDE HOTELS	
HOTEL #1		HOTEL #2	
Comfort Inn on the Ocean 1601 S Virginia Dare Trail 2524416333		Ramada Plaza by Wyndham Nags Head Oceanfront 1701 S Virginia Dare Trail 252-564-7222	
20 Two Double Beds Pool View = \$109 15 Two Double Beds Balcony = \$109 15 Two Double Beds Ocean View = \$149		39 Two Queen Bed City View = \$144 13 Two Queen Bed Dune View = \$156 10 Two Queen Bed Ocean View = \$254 7 King Bed City View = \$144 4 King Bed Dune View = 156 5 King Bed Ocean View = \$254 2 King Bed with Jacuzzi = \$173	
August 10 th is the deadline for booking at the M2M rate.		August 10 th is the deadline for booking at the M2M rate.	
Click here to book your room.		Click here to book your room.	
HOTEL #3		OTHER OPTIONS	
TownePlace Suites by Marriott Outer Banks Kill Devil Hills 2028 S Virginia Dare Trail 252-457-2190		John Yancey Oceanfront Inn 2009 S Virginia Dare Trail 252-441-7141	
40 Double Queen Rooms = \$149		We do not have a block of rooms at this hotel, but we have provided the information in case rooms are unavailable at properties where we have agreements. Check their website for the latest prices; at the time this list was created, rooms for our stay at this hotel were listed at \$126. John Yancey Oceanfront Inn Website	
August 08 th is the deadline for booking at the M2M rate.			
We don't have a direct link to the group page, so: - Click this link to go to the hotel website, then - Under Dates in the upper left of the page, select Sept 9 – Sept 10 for the dates, and - Under the Special Rates drop-down list in the upper right of the page, enter AFCAFCQ to get to the M2M room reservation page			

SEPTEMBER 10 TH (CHESAPEAKE, VA)		LINK TO MAP OF DAY 1 HOTELS	
HOTEL #1		HOTEL #2	
Fairfield by Marriott Inn & Suites Chesapeake Suffolk 2122 Jolliff Rd 757-966-2727		YourSpace Hotels Chesapeake 2137 Starmount Pkwy 757-381-1800	
30 Double Rooms = \$112 15 Suites = \$112		10 Queen Double Rooms = \$110	
August 10 th is the deadline for booking at the M2M rate.		August 10 th is the deadline for booking at the M2M rate.	
Click here to book your room.		Click here to book your room.	

HOTEL #3	HOTEL #4
Candlewood Suites Chesapeake/Suffolk 4809 Market Pl 757-405-3030	Hampton Inn & Suites Chesapeake-Square Mall 4449 Peek Trail 757-465-7000
	20 Double Rooms = \$112
Call directly as we have not received registration information for this property.	Click here to book your room.
HOTEL #5	
Holiday Inn Express & Suites Chesapeake 2436 Gum Rd 757-465-2222	
40 Run of the House Rooms (what's available) = \$134	
Click here to book your room.	

SEPTEMBER 11 TH (RICHMOND, VA)		LINK TO MAP OF DAY 2 HOTELS	
HOTEL #1	HOTEL #2		
Omni Richmond Hotel 100 S 12th St 804-344-7000	Delta Hotels Richmond Downtown 555 E Canal St 804-788-0900		
30 Run of the House Rooms (what's available) = \$189	25 Run of the House Rooms (what's available) = \$182		
August 18 th is the deadline for booking at the M2M rate.	August 13 th is the deadline for booking at the M2M rate.		
Click here to book your room	Click here to book your room.		
HOTEL #3	HOTEL #4		
Courtyard by Marriott Richmond Downtown 1320 E Cary St 804-754-0007	Residence Inn by Marriott Richmond Downtown 1320 E Cary St 804-225-5550		
20 Double Queen Rooms = \$189 20 Run of the House Rooms (what's available) = \$189	20 Run of the House (what's available) = \$209		
August 21 st is the deadline for booking at the M2M rate.	August 21 st is the deadline for booking at the M2M rate.		
Click here to book your room.	Click here to book your room.		
HOTEL #5	OTHER OPTIONS		
Hilton Richmond Downtown 501 E Broad St 804-344-4300	Hampton Inn & Suites Richmond - Downtown 700 E Main St 804-643-5400		
40 Run of the House (what's available) = \$191	We do not have a block of rooms at this hotel, but we have provided the information in case rooms are unavailable at properties where we have agreements. Check their website for the latest prices; at the time this list was created, rooms for our stay at this hotel were listed at \$202. Hampton Inn & Suites Website		
We are waiting on room and registration information from the hotel and will post it as soon as it is available. In the meantime, you should be able to obtain the M2M preferred rate by registering directly with the hotel.			

SEPTEMBER 12 TH (FREDERICKSBURG, VA)		LINK TO MAP OF DAY 3 HOTELS
HOTEL #1	HOTEL #2	
Hampton Inn & Suites Fredericksburg-at Celebrate VA 1080 Hospitality Ln 540-786-5530	Homewood Suites by Hilton Fredericksburg 1040 Hospitality Ln 540-786-9700	
40 Two Bed Queen Beds = \$144	40 King Studio Suites = \$159	
August 13 th is the deadline for booking at the M2M rate.	August 06 th is the deadline for booking at the M2M rate.	
Click here to book your room.	Click here to book your room.	
HOTEL #3	OTHER OPTIONS	
Hilton Garden Inn Fredericksburg 1060 Hospitality Ln 540-548-8822	Extended Stay America Premier Suites- Fredericksburg 1065 Hospitality Ln 540-693-0001	
50 Run of the House Rooms = \$119	We do not have a block of rooms at this hotel, but we have provided the information in case rooms are unavailable at properties where we have agreements. Check their website for the latest prices; at the time this list was created, rooms for our stay at this hotel were listed at \$140. Extended Stay America Website	
August 12 th is the deadline for booking at the M2M rate.		
Click here to book your room.		

SEPTEMBER 13 TH (WASHINGTON, DC)		LINK TO MAP OF WASHINGTON, DC HOTEL
Sheraton Pentagon City Hotel 900 S Orme St, Arlington VA 703-521-1900		
15 Run of the House (what's available) = \$142 ----- Special note: This rate is available to riders two days before and two days after the ride ends, subject to availability, i.e., September 11-15. This can be especially useful for anyone staying in the area for a couple of days, or for families who want to arrive early to greet their finishing rider.		
Deadline		
Click here to book your room.		

9. CAMPING INFORMATION

2026 M2M Camping Update - If you are camping, we will open camping registration later this Spring. We will provide transportation of your personal camping equipment and luggage from the Night 0 campground near the Wright Brothers Memorial to each stopover town and ultimately to the Air Force Memorial in Washington, DC. The camping option is \$80 for all 4 nights or \$30/ night.

Sign up for camping at: [M2M Camping Registration](#)

Night 0, Wednesday - 9 Sept - Kitty Hawk:

M2M campers stay at [Joe & Kay's Campground](#) at 1193 Colington Rd, Kill Devil Hills, NC. There are separate Men's and Women's Showers and bathrooms. Please plan to have a battery bank available to charge your equipment overnight, if needed. A Penske truck will be at Joe and Kay's Campground in the morning. In the morning, everyone needs to have their gear packed in the truck by 0640, so you can ride the 2 miles to the Opening Ceremony at the Wright Brother Memorial, 1000 N Croatan Hwy, Kill Devil Hills, NC 27948. The truck will be locked up at 6:40 am, and a driver will move it to the next campsite.

Night 1, Thursday 10 Sept - Fairfield Chesapeake, VA:

There will be camping on the lawn of the Fairfield by Marriott Inn & Suites Chesapeake Suffolk, 2122 Jolliff Rd, Chesapeake VA. There will be portajohns and the lobby has one male and one female bathroom. Showers are paid for and are about ¼ mile east at Onelife Fitness, open until 10. Onelife Fitness has towels.

Night 2, Friday 11 September – Richmond, VA:

There is camping at SCOR Richmond, approximately 2.5 Miles from the Main Hotel, the Richmond Omni. The address is 1385 Overbrook Rd, Richmond, VA. We have bathrooms with showers and power outlets to charge our equipment. There is an indoor (large party room) and an outdoor camping (Astroturf field). The area is fenced and will be locked at midnight, but a staff member is available for emergencies (to allow EMS in, or someone who needs to leave). A truck will be parked with us overnight and will close at 6:30 am. A driver will move the car to the next campsite. We are expected to load in the morning with sufficient time to return to the central hotel to launch with everyone else. The space is large and can accommodate all of those that wish to camp. There will be others in the facility until 10 pm, then we have exclusive use until morning. Adjacent, there is an indoor rock-climbing facility- if you didn't get enough exercise in 105 miles today!

The "HOUSE OF FUTBOL" cafe is open at SCOR where campers will be staying in Richmond. They will be open for dinner on Friday night until ~ 10, and the owner is opening for Breakfast / coffee at 5:30 am. They will try and have some protein options, donuts and coffees. This is a new feature of SCOR and the grand opening is just in time.

Night 3, Saturday 12 September, Fredericksburg, VA:

Campers are staying at the City Park, where we will be waiting. Old Mill Park is located at 2201 Caroline St, Fredericksburg, VA 22401. We have full Men's and Women's bathroom facilities, but limited power outlets for charging our equipment. We are 2.6 miles from Primary hotels and miles from the Hall of Fame / Storytelling Dinner at Fredericksburg Convention Center. At least one truck will be parked with us, allowing us to keep our bikes securely locked inside. This truck will open at 6:00 am and close at 6:40 am, giving us enough time to ride to the primary hotel and leave with the rest of the group. A driver will move the truck to the Air Force Memorial. This park is closed to the public after dark, but open to us for camping by special permit. There is a nice climb to warm you up in the morning, leading to the start at the Hampton Inn and Suites Celebrate VA!