



A Guide to Enjoying The Worldwide EndoMarch In Washington, D.C.

March 2015

Written by

Cherrelle Lawrence of #HerYellowRibbon.org

&

April Kendall of endoNme.com

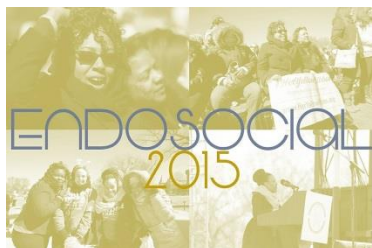
ENDO EVENTS

FRIDAY, MARCH 27

ENDOSOCIAL 2015

(6:00-9:00PM)

Details: Join endoNme and #HerYellowRibbon as they join together for the 1st Annual EndoSocial - an most exciting fun filled pre-event before the Worldwide Endomarch!



This night will include discussing healthy ways to live everyday with endometriosis along with a twist of learning more about this condition in the form of a game night.

Hosted by:

Cherrelle Lawrence of [#HerYellowRibbon.org](http://HerYellowRibbon.org) & April Kendall of endoNme.com

Location: Hyatt Place – Washington, D.C. – U.S. Capitol
33 New York Avenue NE, Washington, DC 20002

Cost: \$3.50 Early Bird Tickets (by March 15) - \$5.00 General Admission - \$10.00 At The Door
Tickets can be purchased at: EndoSocial.eventbrite.com

Best way to get there: Metro (Red Line – NoMA – New York Avenue) – 5 Minute walk from the NoMA metro station. You can also walk from Union Station or the Hyatt Regency (15 min walk from Union Station & 20 min walk from Upper Senate Park)

SATURDAY, MARCH 28

WORLDWIDE ENDOMARCH

(2:00 – 6:00PM)



Hosted by: Andy Bishop, Adrian Cabbage, and Joel Parker of Triple Threat Produx, will be the Masters of Ceremonies.

Location: Upper Senate Park

200 New Jersey Avenue Northwest, Washington, DC 20001

Best way to get there: Metro (Red Line – Union Station or Judiciary Square) – Walk to the park! (10 min.)

SUNDAY, MARCH 29

ENDO WITH EMPOWERMENT

(9:00AM – 12:00PM)

Details: Sunday morning, following the Washington DC Worldwide Endomarch, connect with new EndoSisters, hear from inspiring speakers about how they are managing symptoms and living with endometriosis.

SPEAKERS INCLUDE
AUDREY MICHEL
AUBREE DEIMLER
MEREDITH GERSTEN
ENDOSISTERS.ORG

MARCH 29TH
9AM-12



Speakers:

- Audrey Michel with Rewired Life
- Aubree Deimler with Peace With Endo
- Meredith Gersten aka Fit Chick with Endo

As well as the wonderful ladies from EndoSisters.org

Cost: FREE

RSVP: <http://endoempowerment.eventbrite.com/>

Designed & Written by:
Cherrelle Lawrence ([#HerYellowRibbon.org](http://HerYellowRibbon.org)) & April Kendall (endoNme.com)

~For ENDOMARCH use ONLY~

TRANSPORTATION AROUND THE CITY

TAXI'S & UBER

If you prefer something more direct and faster, call for a cab or Executive Town Car of Washington DC. They will get you where you need to be by the most direct route and they are fairly reasonable.

Or, if you have a smartphone and android sign up for Uber where you can order and pre-pay for on-demand car service from door-to-door. (Link: <https://www.uber.com>)

CIRCULATOR BUS

The DC Circulator provides five bus routes that take care of some of the empty spots in the subway system. The DC Circulator buses are a convoy of brand new, sparkling clean and easy-to-access buses painted bright red. The most popular bus route is the Smithsonian - National Gallery of Art Loop which goes around the National Mall. Another important route is the Georgetown - Union Station. The bus fare is \$1 a trip (or 50 cents if you're a senior). The DC Circulator can also help you connect to Metro stations for a more flexible transportation solution. The DC Circulator comes about every 10 minutes. Bus stops are identified by a red/silver circulator sign. DC Circulator Maps are available once you board. Those seeking guided or narrated tours should use the Tourmobile or the Old Town Trolley. (Link: <http://www.dccirculator.com/Home/BusRoutesandSchedules.aspx>)

METRO-RAIL & METROBUS

WEBSITE: <http://www.wmata.com/>

Metro's super helpful website will allow you to plug in your location and destination to find out the best/quickest route via bus or rail. The site will also tell you how much your transit fare will be!



wmata.com
Customer Information Service: 202 637-7000
TTY Phone: 202 638-3780
Metro Transit Police: 202 962-2121

Legend

- Red Line • Glenmont / Shady Grove
- Orange Line • New Carrollton / Vienna
- Blue Line • Franconia-Springfield / Largo Town Center
- Green Line • Branch Ave / Greenbelt
- Yellow Line • Huntington / Fort Totten
- Silver Line • Wiehle-Reston East / Largo Town Center

Station Features

- Bus to Airport
- Parking
- Hospital
- Airport

Connecting Rail Systems



MetroRail Operating Times

- Mon-Thu 5am-midnight
- Fri 5am-3am
- Sat 7am-3am
- Sun 7am-midnight
- Times are approximate

Metro is accessible.



DRIVING

Driving around the city can be hard on out of town visitors – parking in the city is even more difficult!

If you must drive and need help with parking, try the Parking Panda website (www.parkingpanda.com/dc-parking). This site helps you find the BEST parking rates available in the city, based on your destination.

OTHER ACTIVITIES: SIGHTSEEING & MUSEUMS

BLOSSOM KITE FESTIVAL

When: March 28, 2015

Details: As part of the festivities at the National Cherry Blossom Festival, kite enthusiasts compete and show off their kite flying skills on the National Mall in Washington, DC (Link: <http://dc.about.com/od/specialevents/a/SmithKiteFest.htm>) This is just a short walk away from the EndoMarch location – something nice to do for families with young children!

LOOKING FOR FAMILY FUN THINGS TO DO WHILE IN DC?

CLICK HERE TO VIEW FREE ACTIVITIES FOR FAMILIES!



National World War II Memorial



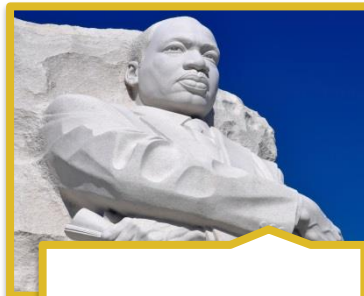
Smithsonian Museums:
- Air & Space
- Museum of American History



National Zoo



Washington Monument



MLK Memorial

SHOPPING & DINING

SHOPPING

There will be several souvenir shops and stands available on the National Mall, as well as at Union Station. For those of you who are looking for a true shopping experience, or just need to buy clothing – visit any of the following places:

- Metro Center
- Regan National Airport
- Union Station
- Crystal City Station & Shops
- Tanger Outlets at the National Harbor

Visit: <http://washington.org/find-dc-listings/shopping> to find more places!

DINING

There are several places to eat, while in DC!

Of course, the national “chain” restaurants are everywhere – you should have no problem finding those!

For those of you who need options: [Union Station](#) offers a variety of restaurants and fast-food options!

Become one with Maryland & have some SEAFOOD – there are several hot spots for seafood lovers:

- McCormick & Schmicks
- Horace & Dickie’s Seafood
- Maine Avenue Fish Market
- Luke’s Lobster

The [National Harbor](#) also offers nice variety of food and bar places – you will need a car to get there!

Visit: <http://washington.org/find-dc-listings/restaurants> to find more dining options!

Designed & Written by:
Cherelle Lawrence (#HerYellowRibbon.org) & April Kendall (endoNme.com)
~For ENDOMARCH use ONLY~