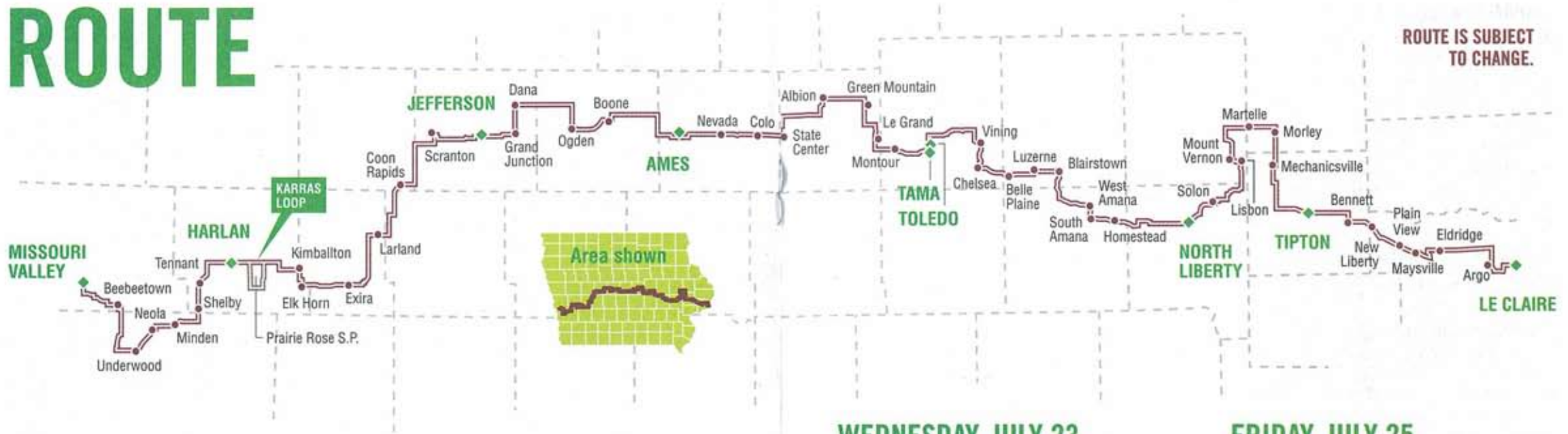


ROUTE



About the Route

Look forward to some picturesque towns the cross-state bicycle tour has never before visited. Expect the usual assortment of Iowa oddities and interesting sites along the way, plus the abundance of friendly Iowans and great food that make the Register's Annual Great Bicycle Ride Across Iowa what it is.

SUNDAY, JULY 20

Missouri Valley to Harlan
59 miles • 3,797 feet of climb

Towns	Miles	Feet of Climb	Population
Missouri Valley			2,992
Beebeetown	10	773	Unincorp.
Underwood	14.5	1,210	688
Neola (Meeting)	5.4	111	845
Minden	4.5	318	564
Shelby	7.9	584	696
Tennant	5.8	379	73
Harlan	10.9	422	5,282

MONDAY, JULY 21

Harlan to Jefferson
83 miles • 5,239 feet of climb

Towns	Miles	Feet of Climb	Population
Harlan			5,282
Prairie Rose S.P. (Loop)	14.5	941	Unincorp.
Kimballton	14.5	1,267	342
Elk Horn	3.1	263	649
Exira	9.9	793	810
Larland	15	1,175	Unincorp.
Coon Rapids (Meeting)	13.3	867	1,305
Scranton	17.3	646	604
Jefferson	9.9	228	4,626

TUESDAY, JULY 22

Jefferson to Ames
57 miles • 1,377 feet of climb

Towns	Miles	Feet of Climb	Population
Jefferson			4,626
Grand Junction	8.2	186	964
Dana	5.6	148	84
Ogden (Meeting)	15.9	367	2,023
Boone	8.3	363	12,803
Ames	19	313	50,731

WEDNESDAY, JULY 23

Ames to Tama-Toledo
78 miles • 2,869 feet of climb

Towns	Miles	Feet of Climb	Population
Ames			50,731
Nevada	12	278	6,658
Colo	7	210	868
State Center (Meeting)	8.5	199	1,349
Albion	16.5	720	592
Green Mountain	10.6	453	Unincorp.
Le Grand	9.4	482	883
Montour	6.1	268	285
Tama-Toledo	7.9	259	2,731 / 2,539

THURSDAY, JULY 24

Tama-Toledo to North Liberty
76 miles • 3,123 feet of climb

Towns	Miles	Feet of Climb	Population
Tama-Toledo			2,731 / 2,539
Vining	16.8	808	70
Chelsea	5.5	361	287
Belle Plaine (Meeting)	6.7	164	2,878
Luzerne	5.5	361	105
Blairstown	5.6	321	682
West Amana	12	344	Unincorp.
South Amana	2.3	70	Unincorp.
Homestead	5.3	224	Unincorp.
North Liberty	16.3	470	7,224

FRIDAY, JULY 25

North Liberty to Tipton
65 miles • 3,051 feet of climb

Towns	Miles	Feet of Climb	Population
North Liberty			7,224
Solon	8.9	555	1,177
Lisbon	13	732	1,898
Mount Vernon (Meeting)	2	112	4,171
Martelle	12	640	280
Morley	7	188	88
Mechanicsville	7.3	351	1,173
Tipton	14.8	473	3,155

SATURDAY, JULY 26

Tipton to Le Claire
53 miles • 1,835 feet of climb

Towns	Miles	Feet of Climb	Population
Tipton			3,155
Bennett	9.9	367	395
New Liberty	5.6	181	121
Plain View	6.3	150	Unincorp.
Maysville	3.8	184	276
Eldridge (Meeting)	9.2	306	4,807
Argo	10.1	300	Unincorp.
Le Claire	8.1	347	2,868