Miles Biked: Total bike miles about 658.83 miles (1060.28 KM)
Days of biking: 12 days
Location: USA States – Washington, Idaho, North Dakota, South Dakota, Minnesota, Iowa, Nebraska, Wyoming, Utah and Oregon
Total Expenses: ~= $1313.07 USD

Total Cycling Millage = 658.83 MI (1060.28 KM)
Total Ground Transportation Millage = 4711 MI (7581.6 KM)
Above cycle distance, by state:
101 KM (62.92 Miles) – Washington State
117 KM (76.59 Miles) – Idaho
103 KM (64 Miles) – North Dakota
101 KM (63.05 Miles) – South Dakota
104 KM (64.62 Miles) – Minnesota
108 KM (66.94 Miles) – Iowa
105 KM (65.5 Miles) – Nebraska
103 KM (64.1 Miles) – Wyoming
104 KM (64.56 Miles) – Utah
106 KM (65.98 Miles) – Oregon

**Pre long drive, Thursday, June 18, 2020**
Daily Bike Miles: 20.81 miles
Location: Portland, Oregon to Port Angeles, Washington
Points of interest:
1. I started work at 5:30 AM and finished work at 2:00 PM.
2. Left Portland at 3:00 PM.
3. Drove to Crescent Lake in Port Angeles, Washington.
Expenses: 109.35 USD – Motel, did not record gas and food costs.
Accommodations: Slept at Emerald Valley Inn near Port Angeles, Washington.

**Pre long drive, Friday, June 19, 2020**
Daily Bike Miles: 39.21 miles
Location: Port Angeles, Washington to Grapeview, Washington
Points of interest:
1. Cycled the Olympic Discovery trial from Port Angeles, Washington to Sequim, Washington and then back to Port Angeles, Washington.
2. Drove to Mason Lake, Washington.
Expenses: Not recorded for this day.
Accommodations: Slept at Dave's place on Mason Lake in Grapeview, Washington

**Pre long drive, Saturday, June 20, 2020**
Daily Bike Miles: 23.71 miles
Location: Grapeview, Washington to Portland, Oregon
Points of interest:
1. Cycled the Chehalis Western Trail to Woodard Bay.
2. Drove back to my house in Portland, Oregon.
Expenses: Not recorded for this day.
Accommodations: Slept at my house in Portland, Oregon

**Day 1, Sunday, June 21, 2020**
Daily Bike Miles: 17.25 miles
Location: Portland, Oregon to rest stop in Montana
Points of interest:
1. Cycled to Coeur d'Alene from Huetter Rest Area and then back to car.
2. COVID-19 is of concern in Portland, but not in Coeur d'Alene (hardly anyone had on a mask)
3. Slept in car with my bike, not comfortable.
Expenses: $124.91 USD – Gas and Food
Accommodations: Slept at rest stop in Montana

**Day 2, Monday, June 22, 2020**
Daily Bike Miles: 43.14 miles
Location: Rest stop in Montana to Jamestown, North Dakota
Points of interest:
1. Cycled around Theodore Roosevelt National Park.
2. Cycled near Bismarck from University of Mary.
3. Motels in North Dakota did not take COVID-19 precautions.
Expenses: $126.79 USD – Gas, Park fee, sunscreen and hotel
Accommodations: Slept at Quality Inn in Jamestown, North Dakota

**Day 3, Tuesday, June 23, 2020**
Daily Bike Miles: 51.95 miles
Location: Jamestown, North Dakota to Aberdeen, South Dakota
Points of interest:
1. Cycled near hotel in Jamestown, North Dakota
2. Drove back to Bismarck to go to Mount Rushmore.
3. I was turned away on a highway due to COVID restrictions and decided not to go to Mount Rushmore.
4. Cycled out of Mobridge South Dakota.
5. Cycled from motel in Aberdeen, South Dakota
Expenses: $176.08 USD – Gas, Food and Hotel
Accommodations: Slept at Quality Inn in Aberdeen, South Dakota

**Day 4, Wednesday, June 24, 2020**
Daily Bike Miles: 89.86 miles
Location: Aberdeen, South Dakota to Luverne, Minnesota
Points of interest:
1. Cycled from my hotel for a 30-mile loop.
2. Then I drove to Minnesota and stopped a few times for cycling.
Expenses: $95.63 USD – Gas, Food and Hotel
Accommodations: Slept at Econ Lodge in Luverne, Minnesota

**Day 5, Thursday, June 25, 2020**
Daily Bike Miles: 74.23 miles
Location: Luverne, Minnesota to Missouri Valley, Iowa
Points of interest:
1. I cycled near Sioux Center, Iowa
2. I cycled on trails and the road at Le Mar, "The Ice Cream Capital of the World".
Expenses: $128.08 USD – Gas, Food and Hotel
Accommodations: Slept at American Best Value Inn in Missouri Valley, Iowa

**Day 6, Friday, June 26, 2020**
Daily Bike Miles: 65.5 miles
Location: Missouri Valley, Iowa to Sidney, Nebraska
Points of interest:
1. I cycled some great bike trails in Fremont, Nebraska.
2. I found a reasonable but very short bike trail in Columbus, Iowa to cycle.
3. Cycled from Elm Creek and noticed a lot of trains.
Expenses: $111.91 USD – Gas, Food and Hotel
Accommodations: Slept at Quality Inn in Sidney, Nebraska

**Day 7, Saturday, June 27, 2020**
Daily Bike Miles: 53.46 miles
Location: Sidney, Nebraska to Rock Springs, Wyoming
Points of interest:
1. Cycled from Walmart to downtown Cheyenne, nice bike trials.
2. Cycled on roads near Rock Springs.
Expenses: $119.54 USD – Gas, Food and Hotel
Accommodations: Slept at Econo Lodge in Rock Springs, Wyoming

**Day 8, Sunday, June 28, 2020**
Daily Bike Miles: 75.2 miles

Location: Rock Springs, Wyoming to Tremonton, Utah
Points of interest:
1. Cycled Echo Canyon Road near Echo, Utah.  Very scenic area, with colorful sandstone.
2. Cycled the centennial bike trail to George S. Eccles Dinosaur Park in Ogden, Utah.
3. Rained very hard while I was driving after my long bike ride.
Expenses: $96.56 USD – Gas, Food and Hotel
Accommodations: Slept at Motel 6 in Tremonton, Utah

**Day 9, Monday, June 29, 2020**
Daily Bike Miles: 59.34 miles
Location: Tremonton, Utah to Boise, Idaho
Points of interest:
1. Visited Shoshone Falls near Twin Falls, Idaho
2. Cycled near town of Twin Falls, Idaho.
3. Saw Marmot at Dierkes Lake near Twin Falls, Idaho.
4. I cycled the river side bike trail (Greenbelt) in Boise, Idaho.  Great trail!
Expenses: $140.8 USD – Fee to see Shoshone Falls, Gas, Food and Hotel
Accommodations: Slept at Best Western Airport Inn in Boise, Idaho

**Day10, Tuesday, June 30, 2020**
Daily Bike Miles: 0 miles
Location: Boise, Idaho to Portland, Oregon
Points of interest:
1. My ABS lamp turned on, but I was able to clear the lamp. No codes!
2. Drove back home
Expenses: $83.42 USD –Gas and Food
Accommodations: Slept at my house in Portland, Oregon

**Post long drive, Wednesday, July 1, 2020**
Daily Bike Miles: 65.98 miles

Location: Portland, Oregon
Points of interest:
1. Cycled 100 KM around Portland, Oregon. I wanted another state at 100 KM for this trip.
Expenses: Unknown
Accommodations: Slept at my house in Portland, Oregon

**Post long drive, Thursday, July 2, 2020**
Daily Bike Miles: 19.11 miles
Location: Portland, Oregon
Points of interest:
1. Did errands on my bike.
Expenses: None
Accommodations: Slept at my house in Portland, Oregon

**Post long drive, Friday, July 3, 2020**
Daily Bike Miles: 18.44 miles
Location: Portland, Oregon to Grapeview, Washington.
Points of interest:
1. Cycle rails to trail from Tenino to Rainier and then back to Tenino.
2. Watched fireworks at Mason Lake.
Expenses: Unknown
Accommodations: Slept at Dave's Lake house in Grapeview, Washington.

**Post long drive, Saturday, July 4, 2020**
Daily Bike Miles: 0 miles
Location: Grapeview, Washington
Points of interest:
1. Joined the July 4th boat parade.
2. Watched fireworks at Mason Lake.

Expenses: Unknown
Accommodations: Slept at Dave's Lake house in Grapeview, Washington.

**Post long drive, Sunday, July 5, 2020**
Daily Bike Miles: 15.63 miles
Location: Grapeview, Washington to Portland, Oregon
Points of interest:
1. Cycled around Mason Lake.
Expenses: Unknown
Accommodations: Slept at my house in Portland, Oregon

Total Cycling Millage = 658.83 MI (1060.28 KM)

| Date | Distance | End Town | State | Comment |
|---|---|---|---|---|
| 6/19/2020 | 39.21 MI (63.1 KM) | Port Angeles | Washington | Olympia Discovery Trail to Sequim. |
| 6/20/2020 | 23.71 MI (38.16 KM) | Olympia | Washington | Chehalis Western trail to Woodard Bay. |
| 6/21/2020 | 17.25 MI (27.76 KM) | Coeur d'Alene | Idaho | I-90 Rest stop to Coeur d'Alene Idaho. |
| 6/22/2020 | 43.14 MI (69.43 KM) | Bismarck | North Dakota | Theodore Roosevelt National Park and Bismarck. |
| 6/23/2020 | 20.86 MI (33.57 KM) | Jamestown | North Dakota | Jamestown - Morning Hotel ride. |
| 6/23/2020 | 21.3 MI (34.28 KM) | Mobridge | South Dakota | Around Mobridge highways. |
| 6/23/2020 | 9.79 MI (15.76 KM) | Aberdeen | South Dakota | Around Aberdeen. |

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|---|---|---|---|---|
| 6/24/2020 | 31.96 MI (51.43 KM) | Aberdeen | South Dakota | Cycled highways Aberdeen to Mina Lake. |
| 6/24/2020 | 32.96 MI (53.04 KM) | Lake Benton | Minnesota | Cycled highways near and in town of Lake Benton. |
| 6/24/2020 | 13.03 MI (20.97 KM) | Pipestone | Minnesota | Cycled highways near and in town of Pipestone. |
| 6/24/2020 | 11.91 MI (19.17 KM) | Luverne | Minnesota | Cycled highways near and in town of Luverne. |
| 6/25/2020 | 7.29 MI (11.73 KM) | Luverne | Minnesota | Cycled highways near and in town of Luverne. |
| 6/25/2020 | 30.3 MI (48.76 KM) | Sioux Center | Iowa | Cycled highways near and in town of Sioux Center. |
| 6/25/2020 | 36.64 MI (58.97 KM) | La Mars | Iowa | Cycled highways near and in town of La Mars. |
| 6/26/2020 | 30.94 MI (49.79 KM) | Fermont | Nebraska | Cycled highways near and in town of Fermont. |
| 6/26/2020 | 14.39 MI (23.16 KM) | Columbus | Nebraska | Cycled highways near and in town of Columbus. |
| 6/26/2020 | 20.17 MI (32.46 KM) | Elm Creek | Nebraska | Cycled highways near Elm Creek. |
| 6/27/2020 | 38.1 MI (61.32 KM) | Cheyenne | Wyoming | Cycled bike trails and in Cheyenne. |
| 6/27/2020 | 15.36 MI (24.72 KM) | Rock Spring | Wyoming | Cycled highways near and in town of Rock Spring. |
| 6/28/2020 | 10.64 MI (17.12 KM) | Rock Spring | Wyoming | Cycled highways near and in town of Rock Spring. |

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|---|---|---|---|---|
| 6/28/2020 | 27.19 MI (43.76 KM) | Echo | Utah | Cycled from intersection of I-80 and I-84 to near Echo, Utah. |
| 6/28/2020 | 37.37 MI (60.14 KM) | Ogden | Utah | Cycled bike trails in and around Ogden. |
| 6/29/2020 | 30.46 MI (49.02 KM) | Twin Falls | Idaho | Cycled bike trails and roads near Twin Falls. |
| 6/29/2020 | 28.88 MI (46.48 KM) | Boise | Idaho | Cycled bike trails and in Boise. |
| 7/1/2020 | 65.98 MI (106.18 KM) | Portland | Oregon | Cycled from my house to Boring. |

## Total Ground Transportation Millage = 4711 MI (7581.6 KM)

| Date | Distance | End Town | State | Comment |
|---|---|---|---|---|
| 6/18/2020 | 243 MI (391.07 KM) | Port Angeles | Washington | Portland, OR to Port Angeles, WA |
| 6/19/2020 | 111 MI (178.64 KM) | Mason Lake | Washington | Port Angeles, WA to Mason Lake, WA |
| 6/20/2020 | 150 MI (241.4 KM) | Portland | Oregon | Mason Lake, WA to Olympia, WA to Portland, OR |
| 6/21/2020 | 1088 MI (1750.96 KM) | Glendive | Montana | Portland, OR to Coeur d'Alene, ID to Rest Stop, East MO |
| 6/22/2020 | 319 MI (513.38 KM) | Jamestown | North Dakota | Rest Stop, East MO to Medora, ND to Bismarck, ND to Jamestown, ND |
| 6/23/2020 | 428 MI (688.8 KM) | Aberdeen | South Dakota | Jamestown, ND to almost Isabel, SD to Aberdeen, SD |

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|---|---|---|---|---|
| 6/24/2020 | 219 MI (352.45 KM) | Luverne | Minnesota | Aberdeen, SD to Lake Benton, MN to Pipestone, MN to Luverne, MN |
| 6/25/2020 | 163 MI (262.32 KM) | Aberdeen | South Dakota | Luverne, MN to Sioux Center, IA to Le Mar, IA to Missouri Valley, IA |
| 6/26/2020 | 418 MI (672.7 KM) | Sydney | Nebraska | Missouri Valley, IA to Fremont, NE to Columbus, NE to Elm Creek, NE to Sydney, NE |
| 6/27/2020 | 356 MI (572.93 KM) | Rock Spring | Wyoming | Sydney, NE to Cheyenne, WY to Rock Spring, WY |
| 6/28/2020 | 220 MI (354.05 KM) | Tremonton | Utah | Rock Spring, WY to Echo, UT to Ogden, UT to Tremonton, UT |
| 6/29/2020 | 276 MI (444.18 KM) | Boise | Idaho | Tremonton, UT to Twin Falls, ID to Boise, ID |
| 6/30/2020 | 430 MI (692.02 KM) | Portland | Oregon | Boise, ID to Portland, OR |
| 7/3/2020 | 145 MI (233.35 KM) | Mason Lake | Washington | Portland, OR to Mason Lake, WA |
| 7/5/2020 | 145 MI (233.35 KM) | Portland | Oregon | Mason Lake, WA to Portland, OR |