

Total Ground Transportation Millage = 2587 MI (4163.36 KM)

No Boat Transportation Millage

Total Cycling Millage = 460.91 MI (741.76 KM)

Days of biking: 12 days

Location: United States

Total Expenses: ~= \$3,358.58 USD

### Part1: Spokane and Idaho – Ski and Cycle

#### **Day 1, Sunday, March 10, 2024**

Daily Bike Miles: 0 MI (0 KM)

Location: Portland, Oregon to Spokane, Washington

Points of interest:

1. Morning hike in Portland
2. Drove to Spokane, Washington.

Expenses: \$325.37 USD – gas and hotel

Accommodations: Slept at Ramada by Wyndham in Spokane, Washington.

#### **Day 2, Monday, March 11, 2024**

Daily Bike Miles: 65.43 MI (105.3 KM)

Location: Spokane, Washington

Points of interest:

1. Cycled the Centennial trail to Idaho and then back to Spokane, Washington
2. Had dinner with Natalie

Expenses: \$57.05 USD - food

Accommodations: Slept at Ramada by Wyndham in Spokane, Washington.

#### **Day 3, Tuesday, March 12, 2024**

Daily Bike Miles: 0 MI (0 KM)

Location: Spokane, Washington to/ from Lookout Pass, Idaho

Points of interest:

1. Skied Lookout Pass
2. Had dinner with Natalie

Expenses: \$114.23 USD - Ski and food

Accommodations: Slept at Ramada by Wyndham in Spokane, Washington.

**Day 4, Wednesday, March 13, 2024**

Daily Bike Miles: 11.7 MI (18.83 KM)

Location: Spokane, Washington to Ponderay, Idaho

Points of interest:

1. Skied at Schweitzer ski area
2. Cycled Ponderay to/ from Sandpoint

Expenses: \$250.26 USD - gas, hotel and food

Accommodations: Slept at Hotel Ruby in Ponderay, Idaho.

**Day 5, Thursday, March 14, 2024**

Daily Bike Miles: 20.42 MI (32.86 KM)

Location: Ponderay, Idaho to/ from Schweitzer

Points of interest:

1. Skied at Schweitzer ski area
2. Cycled Ponderay to/ from Sandpoint

Expenses: \$20.00 USD - food

Accommodations: Slept at Hotel Ruby in Ponderay, Idaho.

**Day 6, Friday, March 15, 2024**

Daily Bike Miles: 10.64 MI (17.12 KM)

Location: Ponderay, Idaho to Coeur d'Alene, Idaho

Points of interest:

1. Skied at Schweitzer ski area
2. Drove to Coeur d'Alene
3. Cycled in Coeur d'Alene

Expenses: \$106.40 USD - hotel and food

Accommodations: Slept at Baymont by Wyndham in Coeur d'Alene, Idaho.

### **Day 7, Saturday, March 16, 2024**

Daily Bike Miles: 64.62 MI (104 KM)

Location: Coeur d'Alene, Idaho to Portland, Oregon

Points of interest:

1. I drove to Harrison, Idaho to start cycling.
2. I cycled to Cataldo and then back to Harrison on the Coeur d'Alene trail.
3. Then I drove back to Portland, Oregon

Expenses: \$63 USD - gas

Accommodations: Slept at my home in Portland, Oregon.

### **Part2: Alabama, Mississippi, Georgia and Arkansas – Eclipse and Cycle**

#### **Day 1, Tuesday, April 2, 2024**

Daily Bike Miles: 0 MI (0 KM)

Location: Portland, Oregon to Washington DC

Points of interest:

1. Departed from Portland, Oregon.
2. Lost cell phone at Portland International Airport (PDX)
3. Used internet on flight to get Caleigh's contact information

Expenses: \$8.00 USD – Luggage fee

Accommodations: Slept on flight to Washington DC.

#### **Day 2, Wednesday, April 3, 2024**

Daily Bike Miles: 0 MI (0 KM)

Location: Washington DC to Huntsville, Alabama

Points of interest:

1. Arrived in Huntsville, Alabama
2. Bought a pre-paid phone at Cricket
3. Went to Huntsville's Botanic Garden.
4. Went to Car show at a park near Moes BBQ.

Expenses: \$182.13 USD – Cell Phone, Botanic Garden entrance fee and food

Accommodations: Slept at Caleigh's apartment in Huntsville, Alabama.

### **Day 3, Thursday, April 4, 2024**

Daily Bike Miles: 59.07 MI (95.06 KM)

Location: Huntsville, Alabama to Cedartown, Georgia

Points of interest:

1. Drove to Piedmont, Alabama
2. Cycled the Chief Ladiga Trail to Georgia border
3. Drove to Cedartown, Georgia
4. Cycled the Silver Comet Trail to Alabama border
5. Was able to determine my phone was at PDX lost and found.

Expenses: \$121.05 USD - hotel and food

Accommodations: Slept at Quality Inn in Cedartown, Georgia.

### **Day 4, Friday, April 5, 2024**

Daily Bike Miles: 63.08 MI (101.52 KM)

Location: Cedartown, Georgia to Huntsville, Alabama

Points of interest:

1. Cycled the Silver Comet Trail to Pumpkinvine Trestle.
2. Went back to Huntsville.

Expenses: \$61.84 USD - food

Accommodations: Slept at Caleigh's apartment in Huntsville, Alabama.

### **Day 5, Saturday, April 6, 2024**

Daily Bike Miles: 54.11 MI (87.08 KM)

Location: Huntsville, Alabama to New Albany, Mississippi

Points of interest:

1. Interstate 565 was shut down near Decatur
2. Cycled the Tanglefoot trail from New Albany
3. Got chased by 2 dogs on Tanglefoot trail
4. Drove part of the Natchez Trace Parkway

Expenses: \$175.49 USD - gas, hotel and food

Accommodations: Slept at Best Western in New Albany, Mississippi.

**Day 6, Sunday, April 7, 2024**

Daily Bike Miles: 31.38 MI (50.5 KM)

Location: New Albany, Mississippi to Little Rock, Arkansas.

Points of interest:

1. Cycled the Arkansas River Trail
2. Had dinner at Lost Forty Brewery.

Expenses: \$115.92 USD - Gas and food

Accommodations: Slept at Hampton Inn in Little Rock, Arkansas.

**Day 7, Monday, April 8, 2024**

Daily Bike Miles: 5.38 MI (8.66 KM)

Location: Little Rock, Arkansas to Memphis, Tennessee

Points of interest:

1. Drove to Russellville to see Eclipse.
2. Hiked Bona Dea Trails.
3. Had a full 4 minutes of Totality with clear skies for the eclipse.
4. Way too much traffic from Eclipse near Memphis.

Expenses: \$137.35 USD - Gas, hotel and food

Accommodations: Slept at Extended Stay America Suites in Memphis, Tennessee.

**Day 8, Tuesday, April 9, 2024**

Daily Bike Miles: 35.92 MI (57.81 KM)

Location: Memphis, Tennessee to Brentwood, Tennessee

Points of interest:

1. Cycled Wolf River Greenway trail in Memphis.
2. Drove to Nashville, Tennessee
3. Cycled in downtown Nashville, Tennessee
4. Cycled Part of the Brentwood Parks Trail

Expenses: \$118.13 USD – Parking fee, hotel and food

Accommodations: Slept at Best Western in Brentwood, Tennessee.

**Day 9, Wednesday, April 10, 2024**

Daily Bike Miles: 39.16 MI (63.02 KM)

Location: Brentwood, Tennessee to Huntsville, Alabama

Points of interest:

- 1. Cycled the rest of the Brentwood Parks Trail
- 2. Drove to Decatur, Alabama
- 3. Cycled the hard to follow Decatur Trail
- 4. Drove to Huntsville and had a home cooked meal.

Expenses: \$0 USD - None

Accommodations: Slept at Caleigh's apartment in Huntsville, Alabama.

**Day 10, Thursday, April 11, 2024**

Daily Bike Miles: 0 MI (0 KM)

Location: Huntsville, Alabama to Portland, Oregon

Points of interest:

- 1. Went on a very wet hike at Land Trust of North Alabama.
- 2. Went to Monte Sano State Park.
- 3. Visited U.S. Space & Rocket Center in Huntsville, Alabama
- 4. Flew back to Portland, Oregon
- 5. Was able to get my cell phone from the PDX lost and found

Expenses: \$145.96 USD - Gas, Space Museum entry, Baggage fee and food

Accommodations: Slept at home in Portland, Oregon.

Total Ground Transportation Millage = 2587 MI (4163.36 KM)

Date	Distance	Traveled Start to End
3/10/2024	355 MI (571.32 KM)	My Car - Portland, Oregon to Spokane, Washington
3/13/2024	95 MI (152.89 KM)	My Car - Spokane to Schweitzer to Ponderosa
3/14/2024	20 MI (32.19 KM)	My Car - Ponderosa to Schweitzer to Ponderosa
3/15/2024	59 MI (94.95 KM)	My Car - Schweitzer to Coeur d'Alene
3/16/2024	35 MI (56.33 KM)	My Car - Coeur d'Alene to Harrison

3/16/2024	420 MI (675.92 KM)	My Car - Harrison, Idaho to Portland, Oregon
4/3/2024	22 MI (35.41 KM)	Rental Car - Huntsville, Alabama
4/4/2024	109 MI (175.42 KM)	Rental Car - Huntsville, AL to Piedmont, AL
4/4/2024	28 MI (45.06 KM)	Rental Car - Piedmont, AL to Cedartown, GA
4/4/2024	2 MI (3.22 KM)	Rental Car - Cedartown visitor center to hotel
4/5/2024	2 MI (3.22 KM)	Rental Car - Cedartown visitor center to hotel
4/5/2024	136 MI (218.87 KM)	Rental Car - Cedartown visitor center to Huntsville
4/5/2024	190 MI (305.77 KM)	Rental Car - Huntsville to New Albany
4/6/2024	155 MI (249.45 KM)	Rental Car - New Albany to/ From Mile marker 311 of Natchez Trace Parkway
4/7/2024	218 MI (350.84 KM)	Rental Car - New Albany to Little Rock
4/8/2024	101 MI (162.54 KM)	Rental Car - Little Rock to Russellville
4/8/2024	236 MI (379.8 KM)	Rental Car - Russellville to Memphis
4/9/2024	6 MI (9.66 KM)	Rental Car - Drive to Wolf River Greenway trail
4/9/2024	202 MI (325.09 KM)	Rental Car - Memphis to Nashville
4/9/2024	13 MI (20.92 KM)	Rental Car - Nashville to Brentwood hotel to bike trail
4/9/2024	6 MI (9.66 KM)	Rental Car - Trail back to hotel
4/10/2024	9 MI (14.48 KM)	Rental Car - Hotel to trail at Smith Lake
4/10/2024	103 MI (165.76 KM)	Rental Car - Smith Lake to Decatur
4/11/2024	65 MI (104.61 KM)	Rental Car - Decatur to Huntsville to HSV

No Boat Transportation Millage

Total Cycling Millage = 460.91 MI (741.76 KM)

Date	Distance	Traveled Start to End
3/11/2024	65.43 MI (105.3 KM)	BikeFriday - Spokane, Washington
3/13/2024	11.7 MI (18.83 KM)	BikeFriday - Ponderosa to Sandpoint to Ponderosa
3/14/2024	20.42 MI (32.86 KM)	BikeFriday - Ponderosa to Sandpoint to Ponderosa
3/15/2024	10.64 MI (17.12 KM)	BikeFriday - Coeur d'Alene
3/16/2024	64.62 MI (104 KM)	BikeFriday - Harrison to Coeur d'Alene to Harrison
3/17/2024	0 MI (0 KM)	Garyfisher - Portland - Alameda and Kelley point
4/4/2024	31.62 MI (50.89 KM)	BikeFriday - Piedmont, AL to Georgia border
4/4/2024	21.25 MI (34.2 KM)	BikeFriday - Cedartown, GA to Georgia border
4/4/2024	6.2 MI (9.98 KM)	BikeFriday - Cedartown hotel to/ from town
4/5/2024	63.08 MI (101.52 KM)	BikeFriday - Cedartown, GA to Silver comet Pumpkinvine Creek Trestle
4/6/2024	54.11 MI (87.08 KM)	BikeFriday - New Albany to Tanglefoot mile marker 18
4/7/2024	31.38 MI (50.5 KM)	BikeFriday - Little Rock "Arkansas River Trail"
4/8/2024	5.38 MI (8.66 KM)	BikeFriday - Russellville
4/9/2024	22.15 MI (35.65 KM)	BikeFriday - Cycle Wolf River Greenway
4/9/2024	4.98 MI (8.01 KM)	BikeFriday - Cycle downtown Nashville
4/9/2024	8.79 MI (14.15 KM)	BikeFriday - Cycle Brentwood Parks Trail System
4/10/2024	14.98 MI (24.11 KM)	BikeFriday - Smith Lake to Crockett
4/10/2024	24.18 MI (38.91 KM)	BikeFriday - Decatur trail