

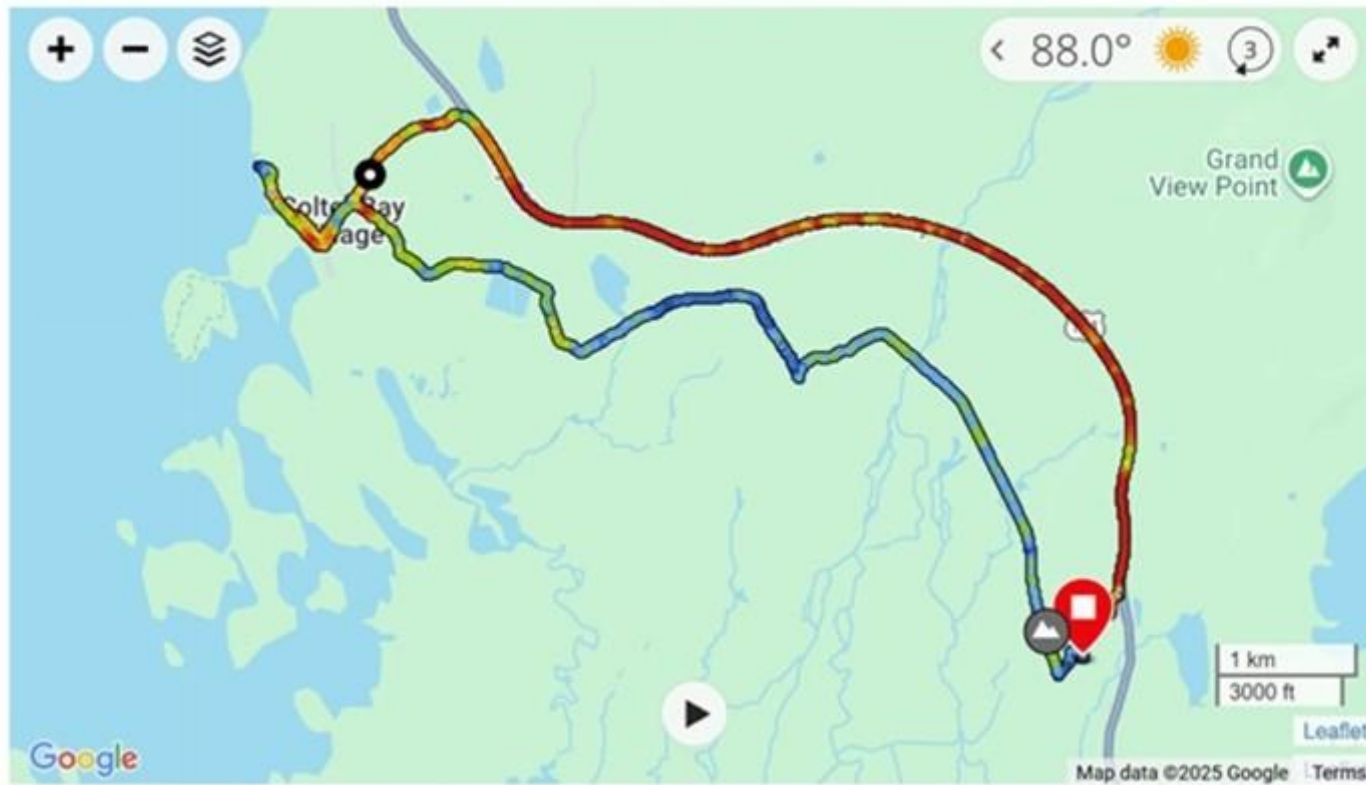
Entire cycled trip = 1596.4 miles – Norris Geyser Basin, Wyoming to Cedar Rapids, Iowa

12.30 mi
Distance

1:33:31
Time

7.9 mph
Avg Speed

344 ft
Total Ascent



Slower Faster

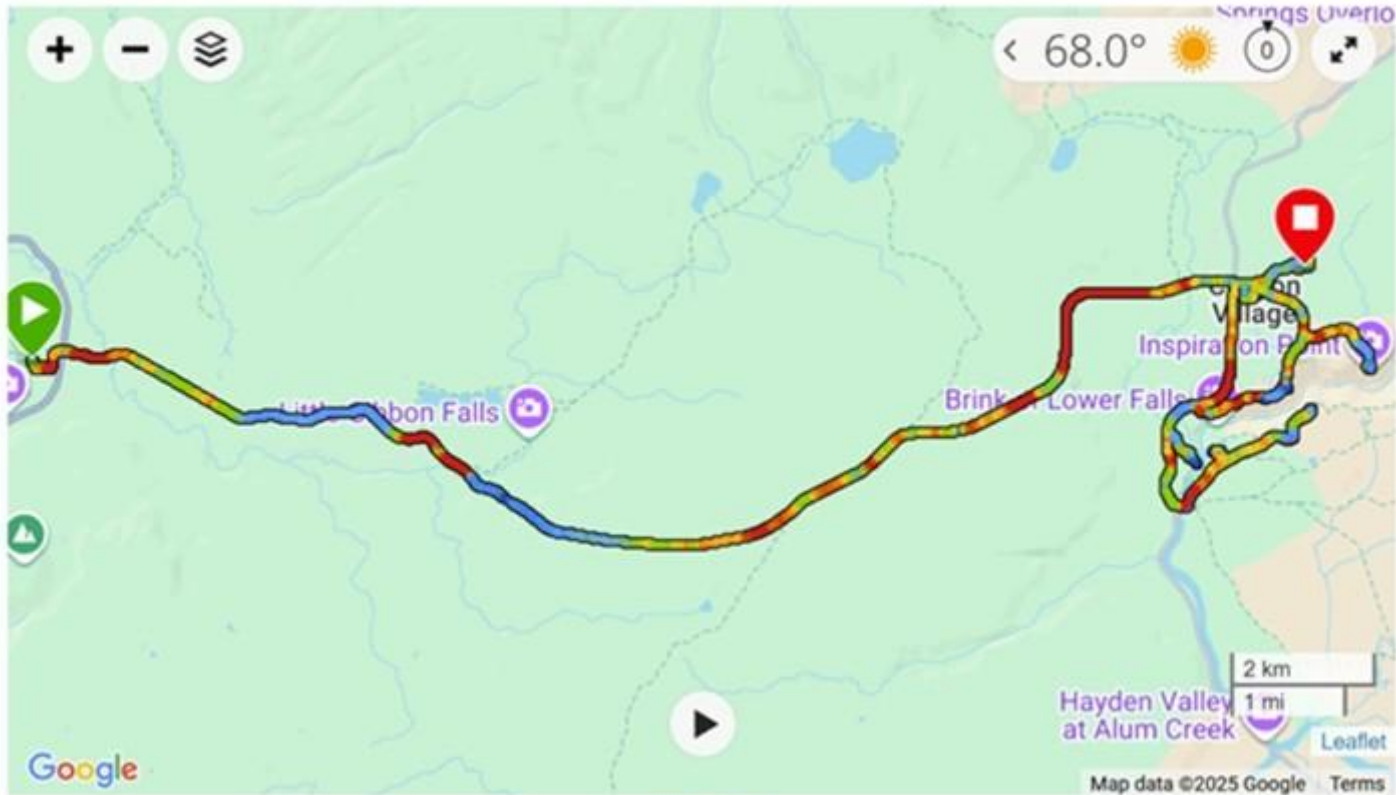
Day 3 Tuesday, August 19, 2025 - Cycle 12.3 miles - Jackson Lake Lodge to Colter Bay Picnic Area to Jackson Lake Lodge, Moran, WY

26.23 mi
Distance

2:50:13
Time

9.2 mph
Avg Speed

1,972 ft
Total Ascent



Slower Faster

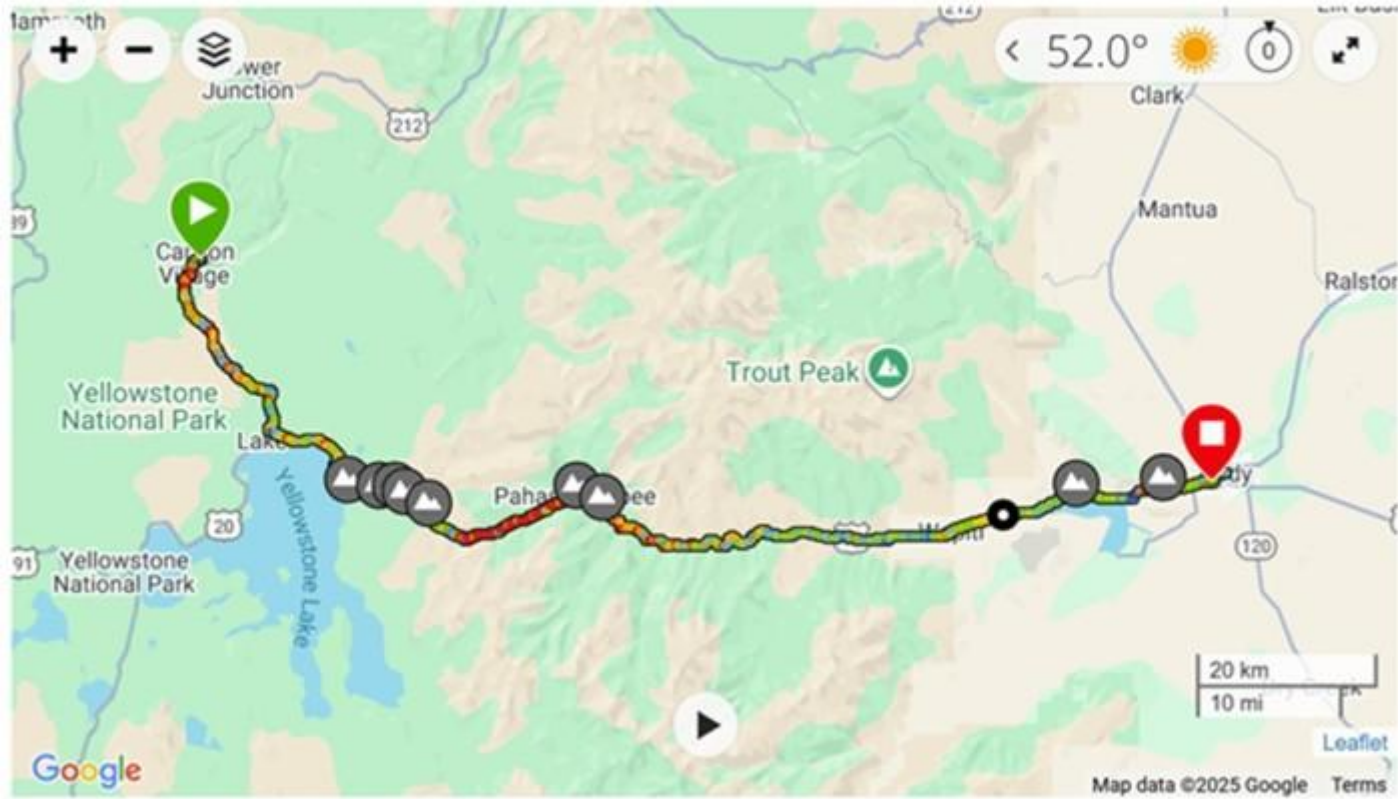
Day 7 Saturday, August 23, 2025 - Cycle 26.2 miles - Norris Geyser Basin to Canyon Village to Artistic point to Inspiration point

101.23 mi
Distance

9:58:23
Time

10.2 mph
Avg Speed

3,422 ft
Total Ascent



Slower  Faster

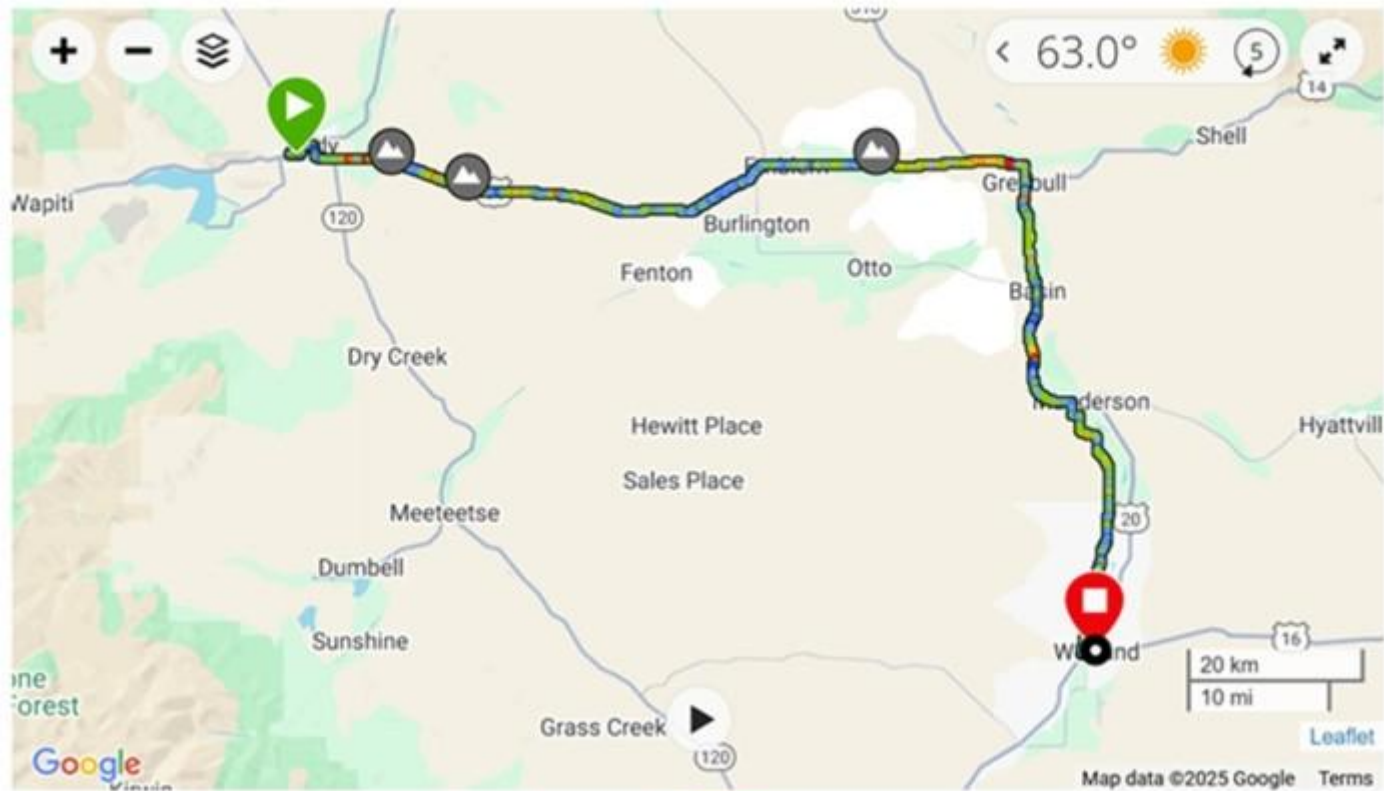
Day 8 Sunday, August 24, 2025 - Cycle 101.2 miles - Canyon Campground, Yellowstone, WY to Cody, WY

95.73 mi
Distance

8:32:57
Time

11.2 mph
Avg Speed

1,811 ft
Total Ascent



Slower Faster

Day 9 Monday, August 25, 2025 - Cycle 95.7 miles - Cody, WY to Worland, WY

95.50 mi

Distance

9:43:58

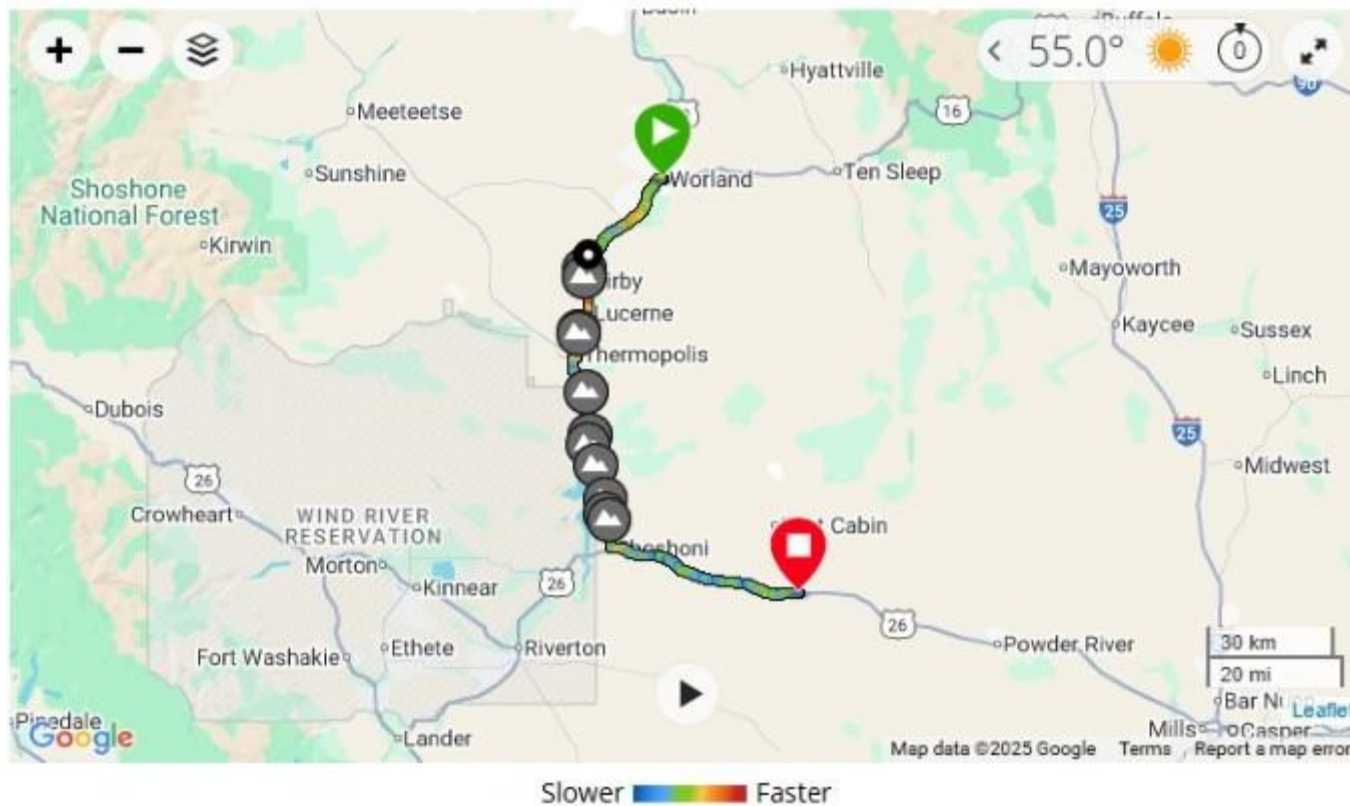
Time

9.8 mph

Avg Speed

3,392 ft

Total Ascent



Day 10 Tuesday, August 26, 2025 - Cycle 95.5 miles - Worland, WY to 10 miles east of Moneta, WY

75.20 mi
Distance

7:31:16
Time

10.0 mph
Avg Speed

1,736 ft
Total Ascent



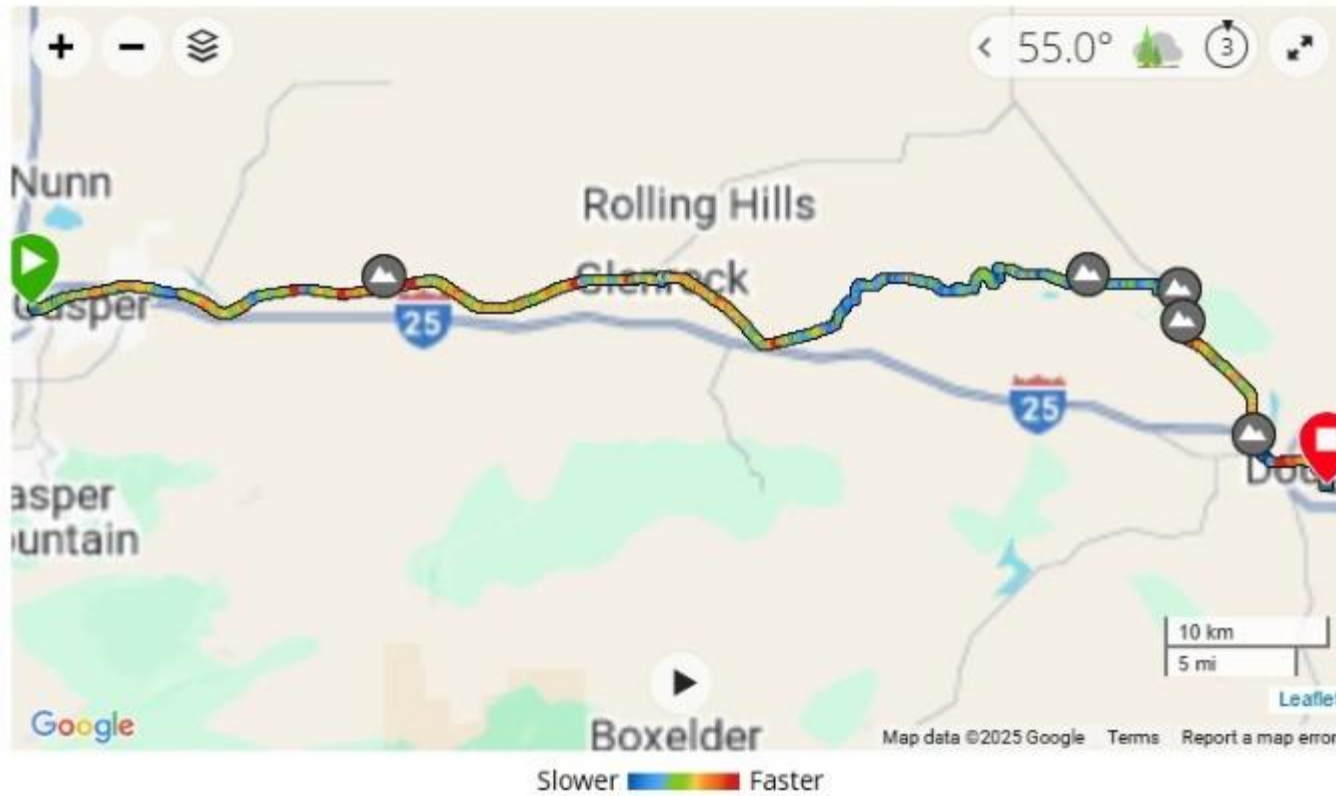
Day 11 Wednesday, August 27, 2025 - Cycle 75.2 miles - 10 miles east of Moneta, WY to Casper, WY

65.52 mi
Distance

7:50:21
Time

8.4 mph
Avg Speed

1,572 ft
Total Ascent



Day 12 Thursday, August 28, 2025 - Cycle 65.5 miles - Casper, WY to Douglas, WY

109.85 mi

Distance

9:53:48

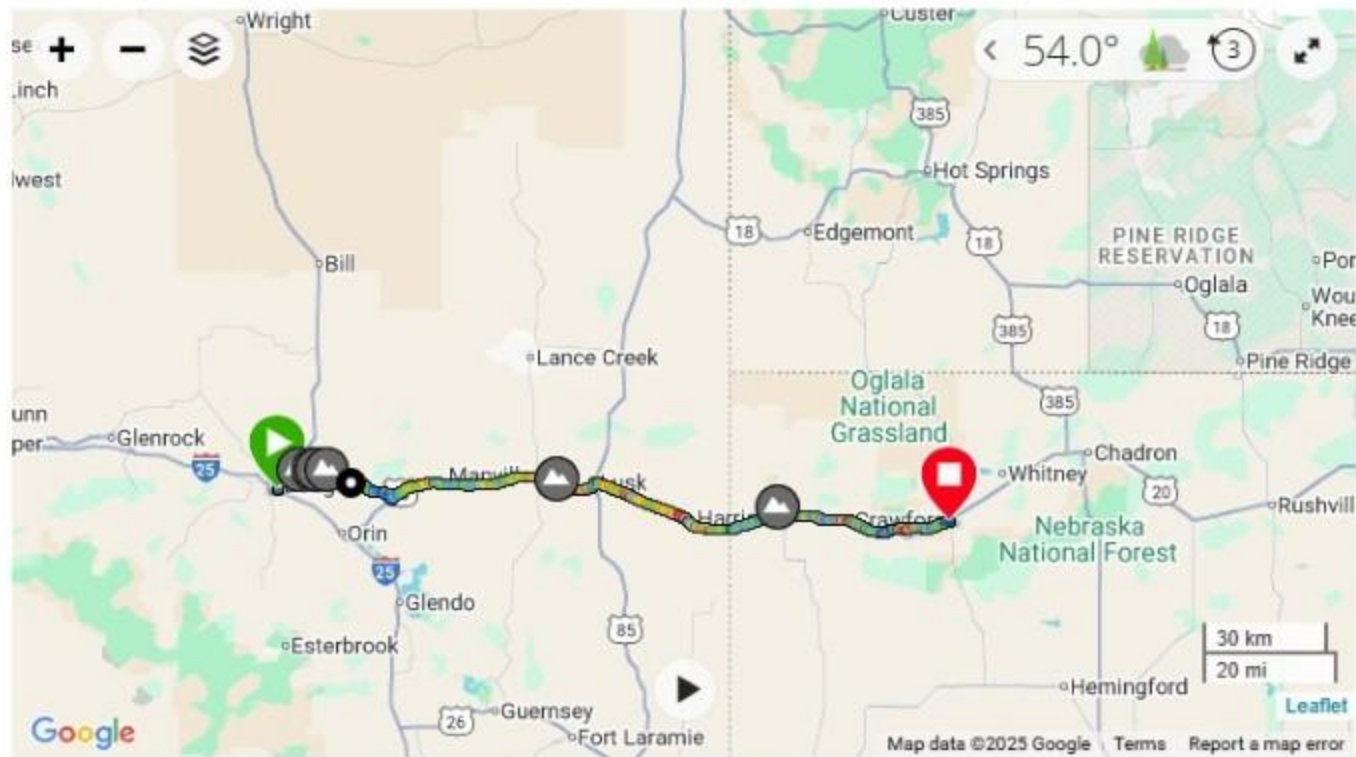
Time

11.1 mph

Avg Speed

3,386 ft

Total Ascent



Slower Faster

Day 13 Friday, August 29, 2025 - Cycle 109.9 miles - Douglas, WY to Crawford, NE

76.11 mi

Distance

7:43:01

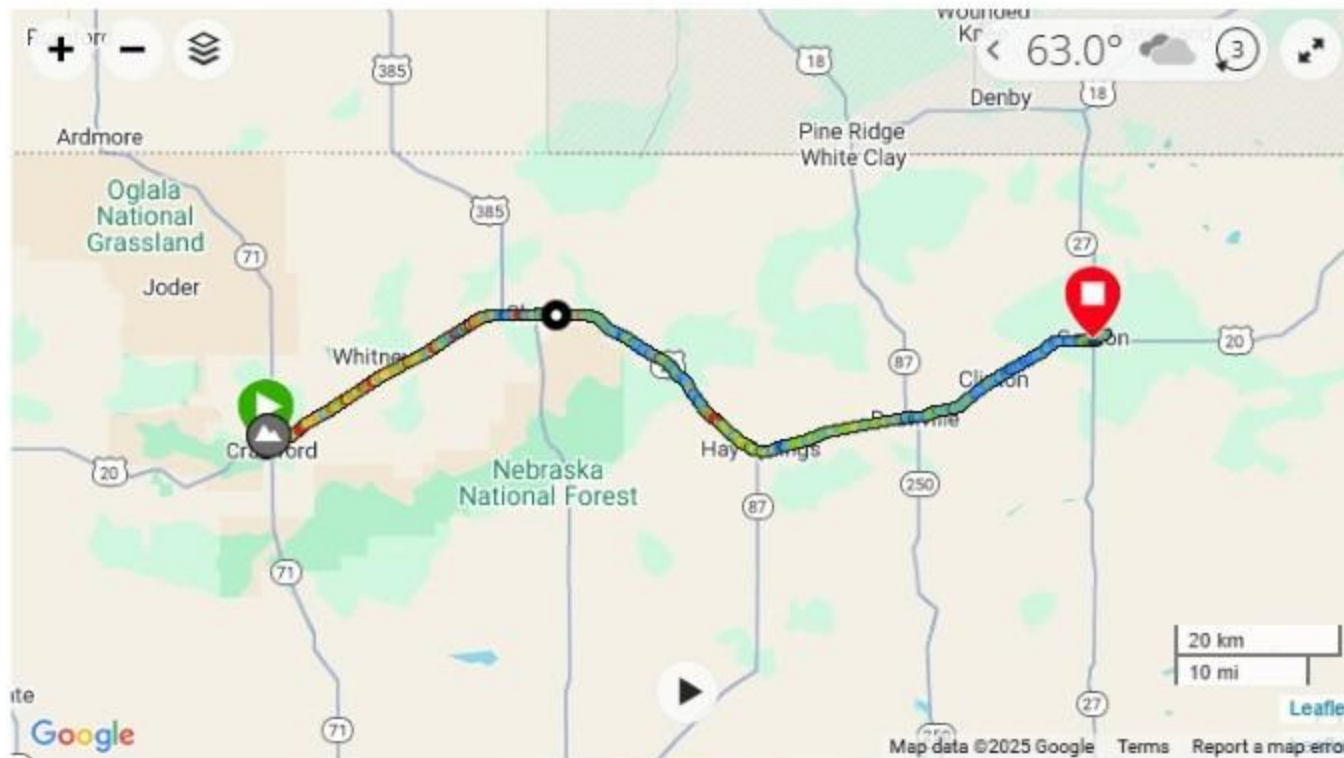
Time

9.9 mph

Avg Speed

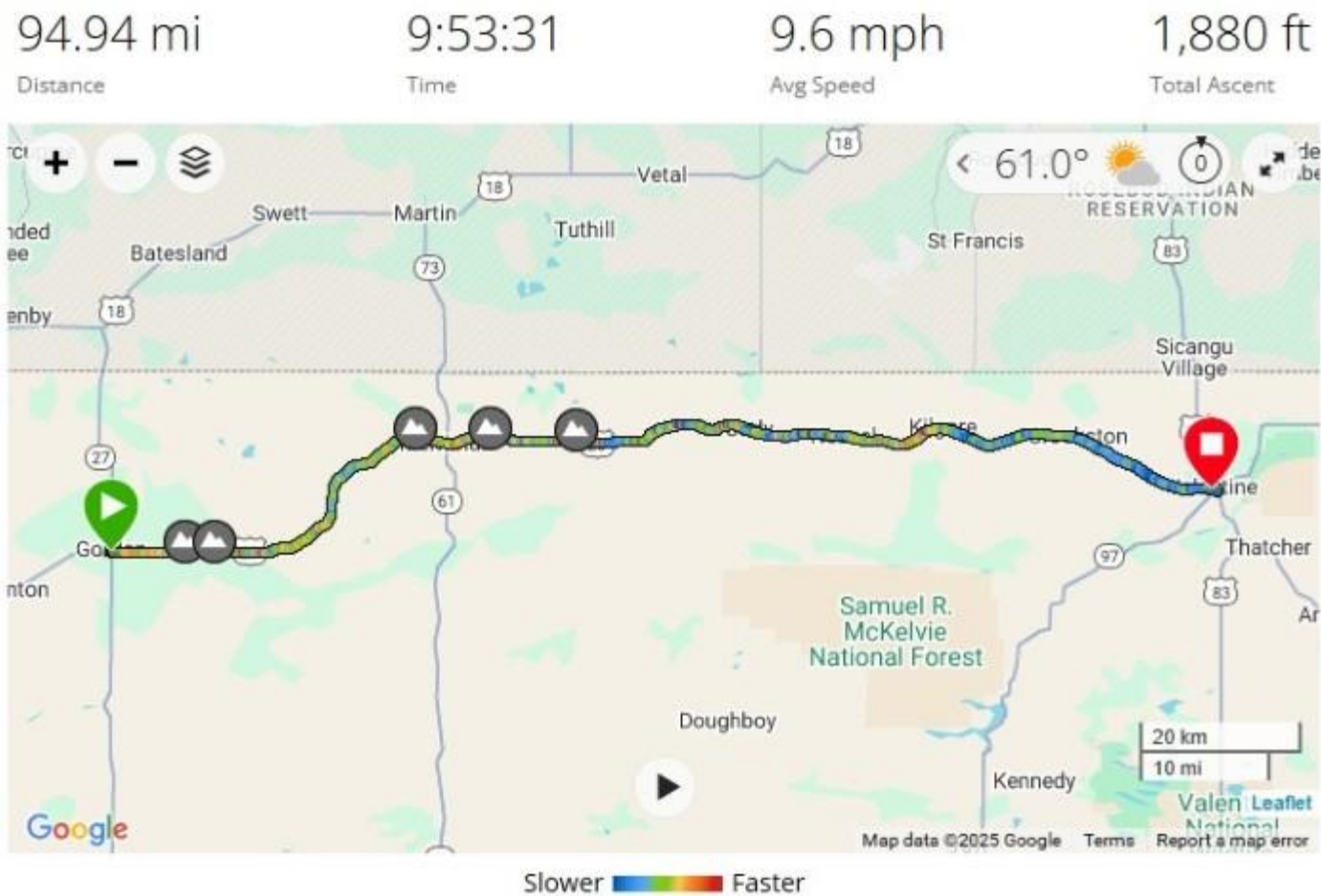
1,785 ft

Total Ascent



Slower Faster

Day 14 Saturday, August 30, 2025 - Cycle 76.1 miles - Crawford, NE to Gordon, NE



Day 15 Sunday, August 31, 2025 - Cycle 94.9 miles - Gordon, NE to Valentine, NE

86.78 mi

Distance

9:50:34

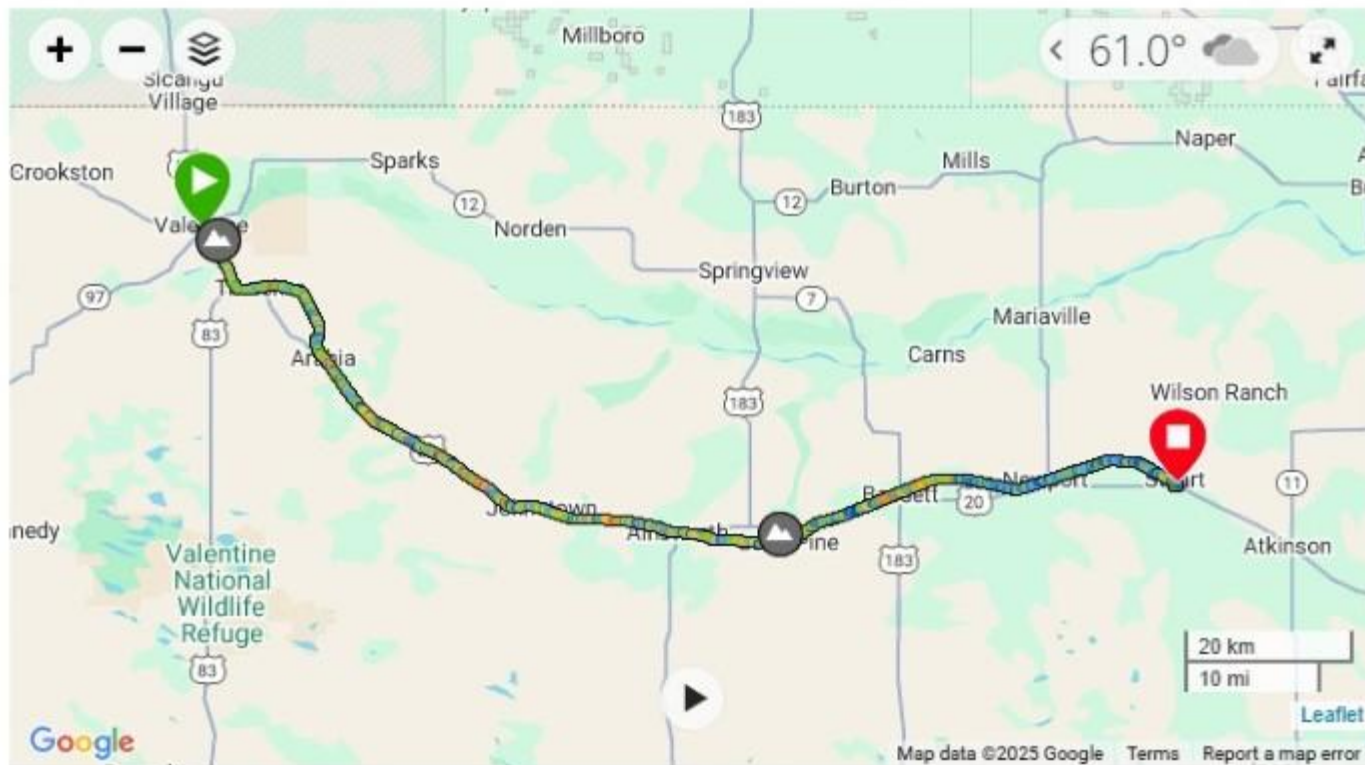
Time

8.8 mph

Avg Speed

627 ft

Total Ascent



Slower  Faster

Day 16 Monday, September 1, 2025 - Cycle 86.8 miles - Valentine, NE to Stuart, NE

104.50 mi

Distance

11:27:43

Time

9.1 mph

Avg Speed

673 ft

Total Ascent



Slower Faster

Day 17 Tuesday, September 2, 2025 - Cycle 104.5 miles - Stuart, NE to Norfolk, NE

118.57 mi 10:45:29 11.0 mph 2,385 ft
Distance Time Avg Speed Total Ascent



Day 18 Wednesday, September 3, 2025 - Cycle 118.6 miles - Norfolk, NE to Lincoln, NE

72.18 mi

Distance

7:42:22

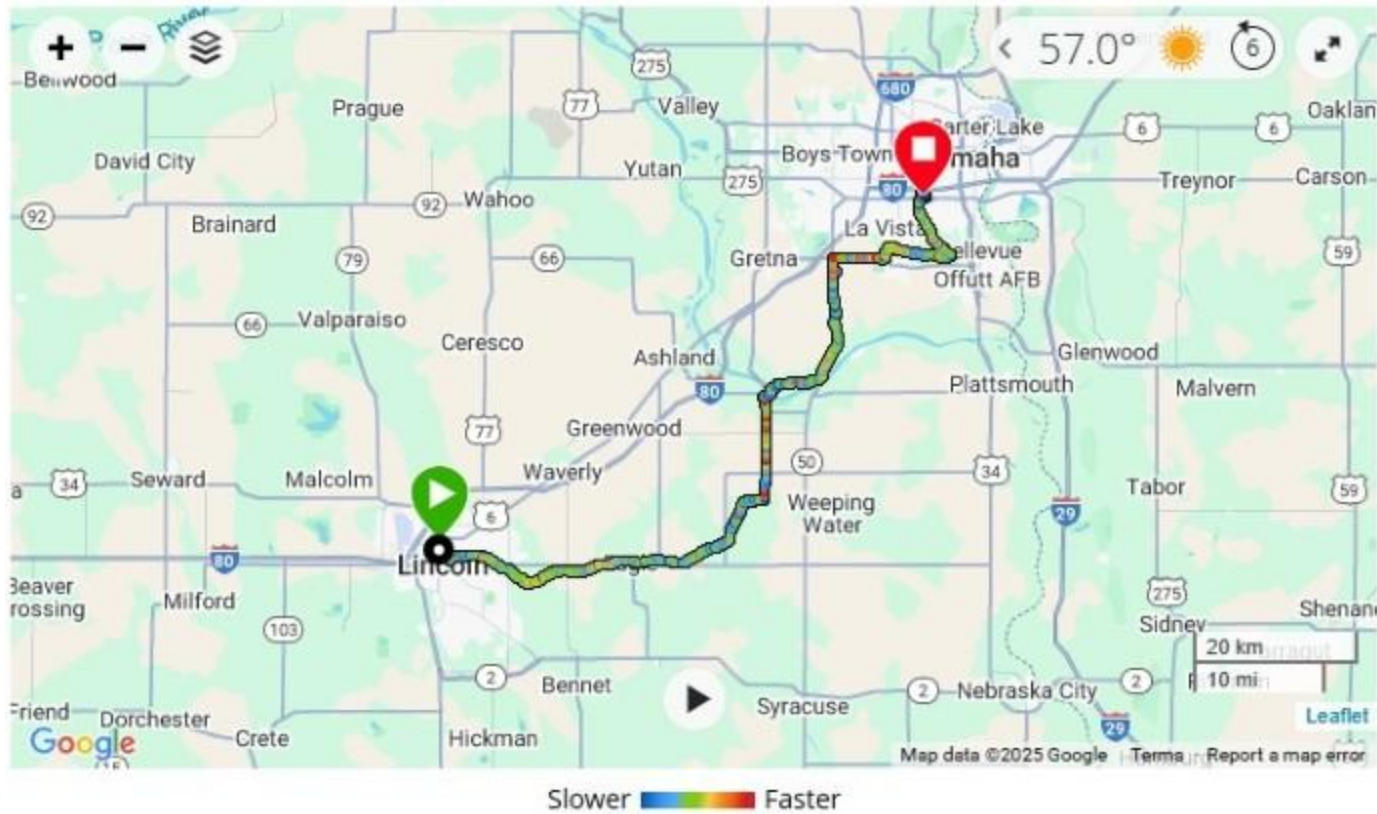
Time

9.4 mph

Avg Speed

2,247 ft

Total Ascent



Day 19 Thursday, September 4, 2025 - Cycle 72.2 miles - Lincoln, NE to Omaha, NE

80.28 mi

Distance

9:08:12

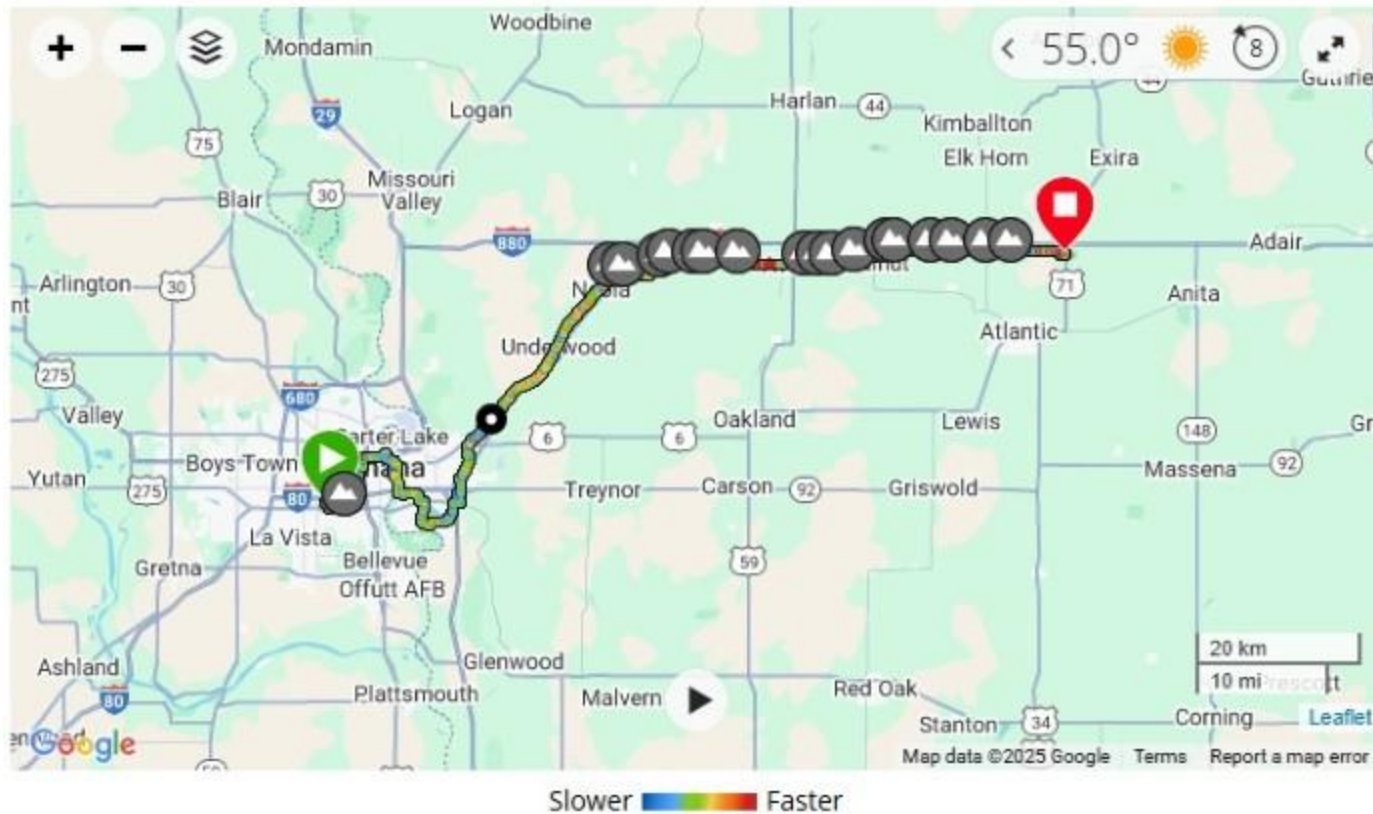
Time

8.8 mph

Avg Speed

4,088 ft

Total Ascent



Day 20 Friday, September 5, 2025 - Cycle 80.3 miles - Omaha, NE to Atlantic, IA

81.07 mi

Distance

8:34:29

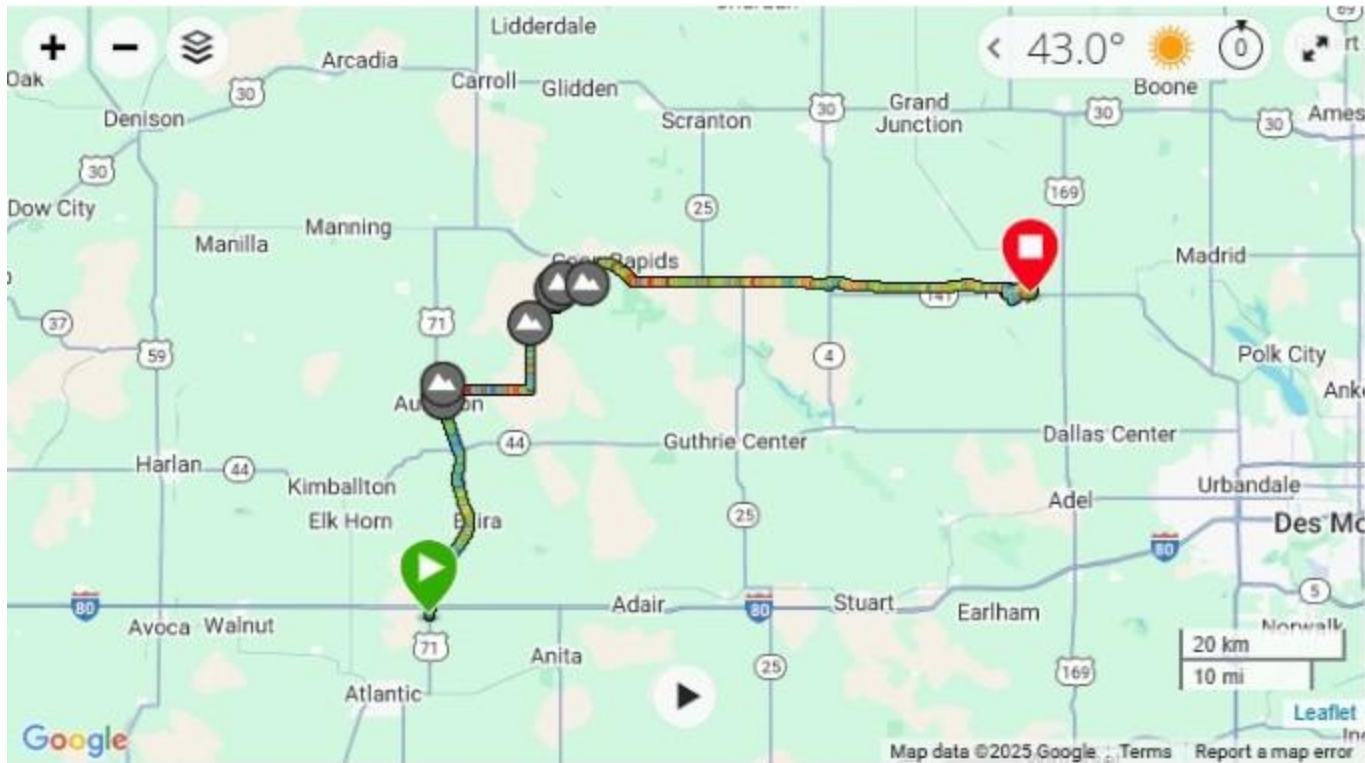
Time

9.5 mph

Avg Speed

2,441 ft

Total Ascent



Slower Faster

Day 21 Saturday, September 6, 2025 - Cycle 81.1 miles - Atlantic, IA to Perry, IA

100.57 mi

Distance

9:12:39

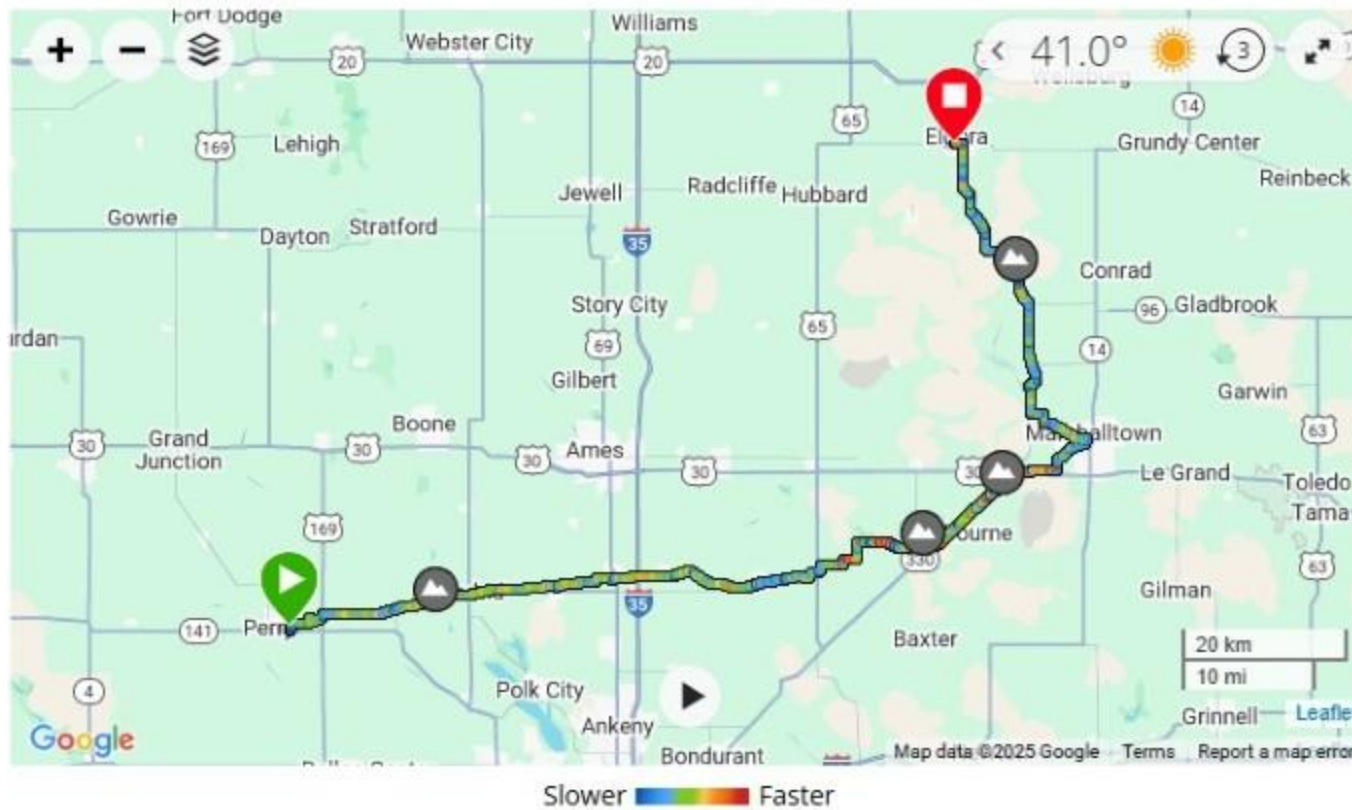
Time

10.9 mph

Avg Speed

2,822 ft

Total Ascent



Day 22 Sunday, September 7, 2025 - Cycle 100.6 miles - Perry, IA to Eldora, IA

65.05 mi

Distance

6:36:53

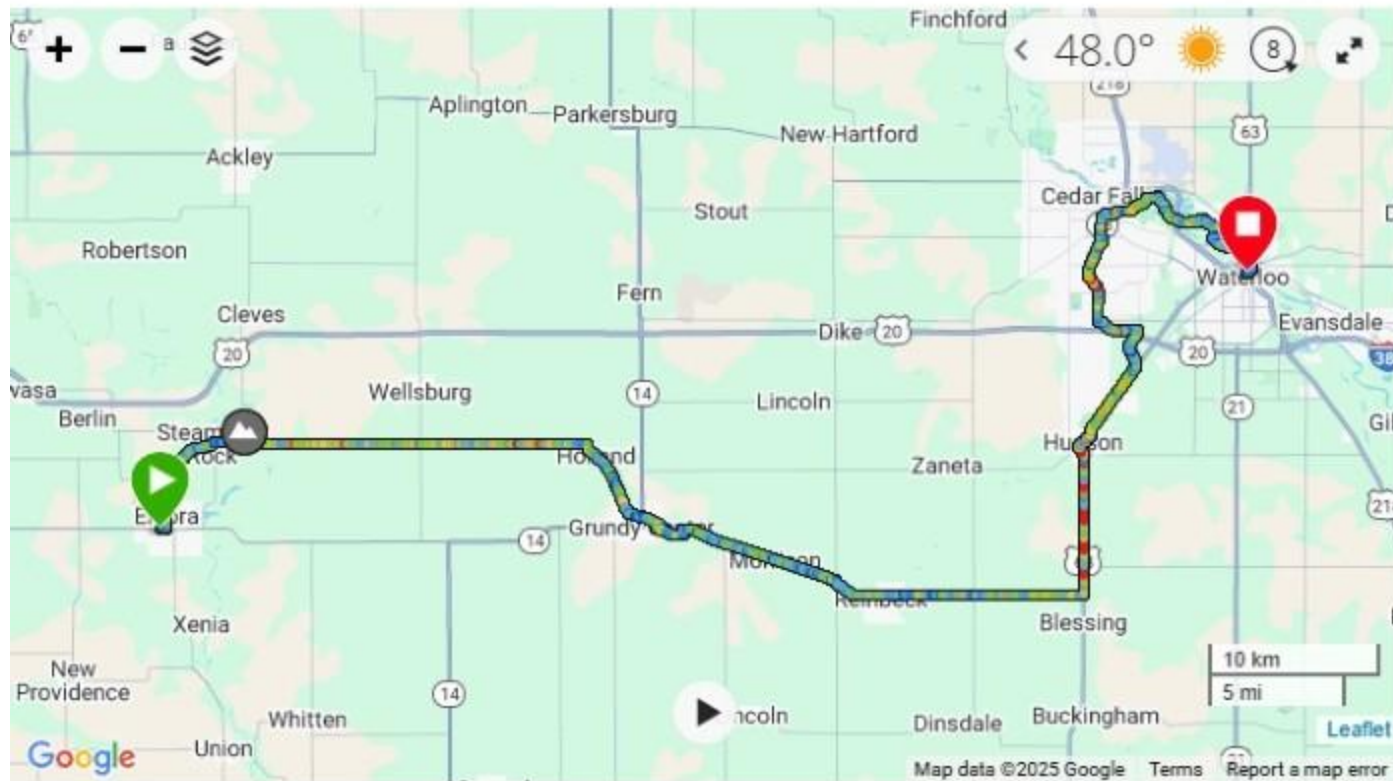
Time

9.8 mph

Avg Speed

1,952 ft

Total Ascent



Slower  Faster

Day 23 Monday, September 8, 2025 - Cycle 65 miles - Eldora, IA to Waterloo, IA

82.00 mi

Distance

8:14:39

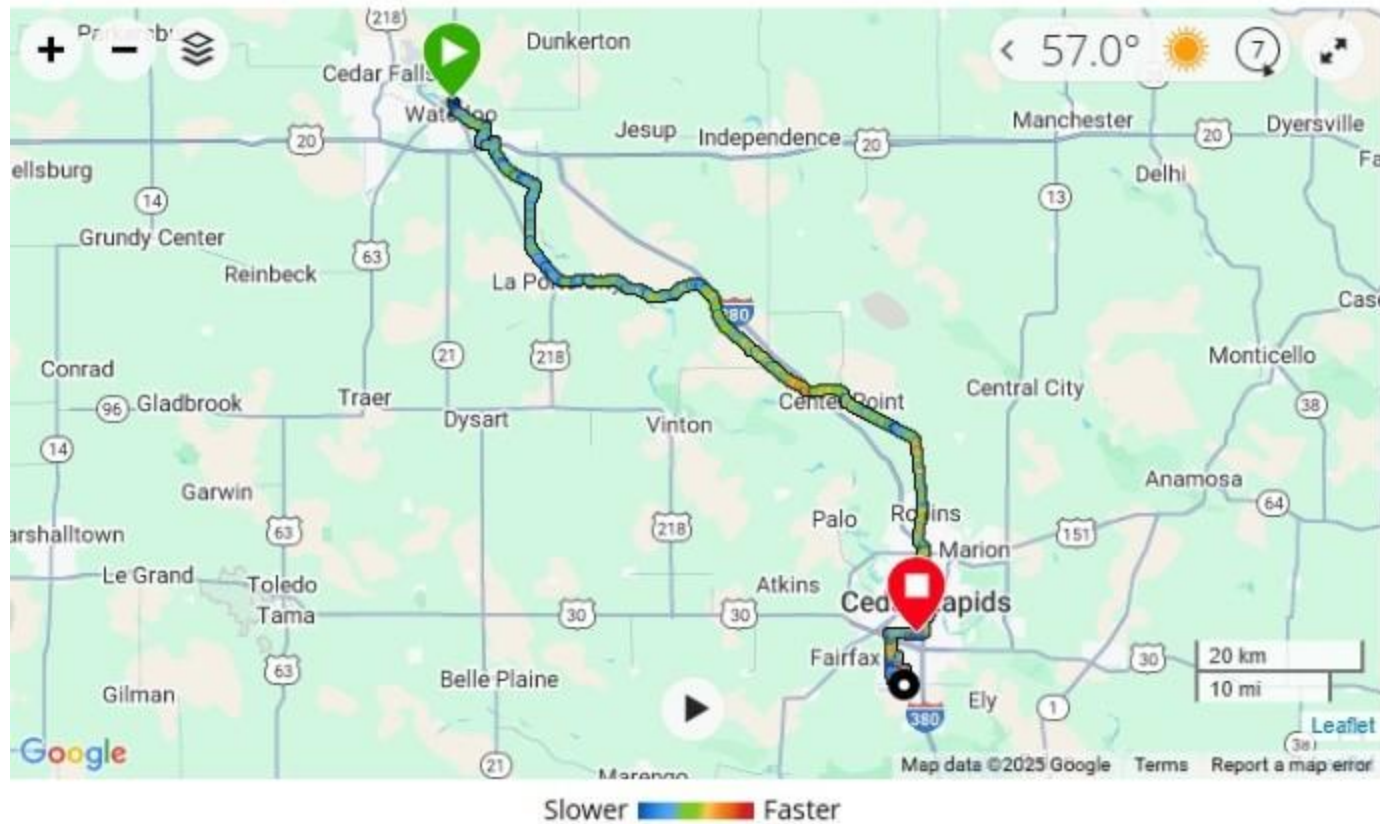
Time

9.9 mph

Avg Speed

1,906 ft

Total Ascent



Day 24 Tuesday, September 9, 2025 - Cycle 82 miles - Waterloo, IA to Cedar Rapids, IA

45.66 mi

Distance

5:22:41

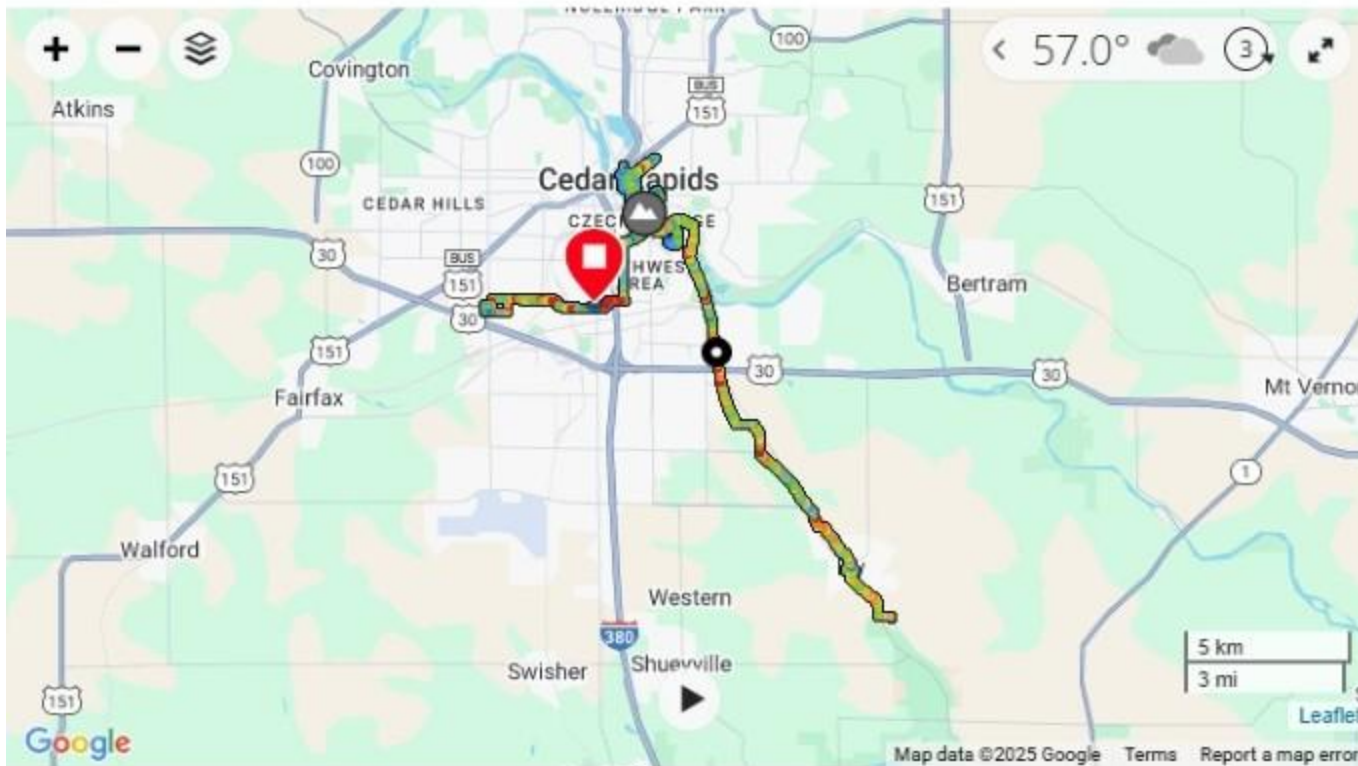
Time

8.5 mph

Avg Speed

1,512 ft

Total Ascent



Slower  Faster

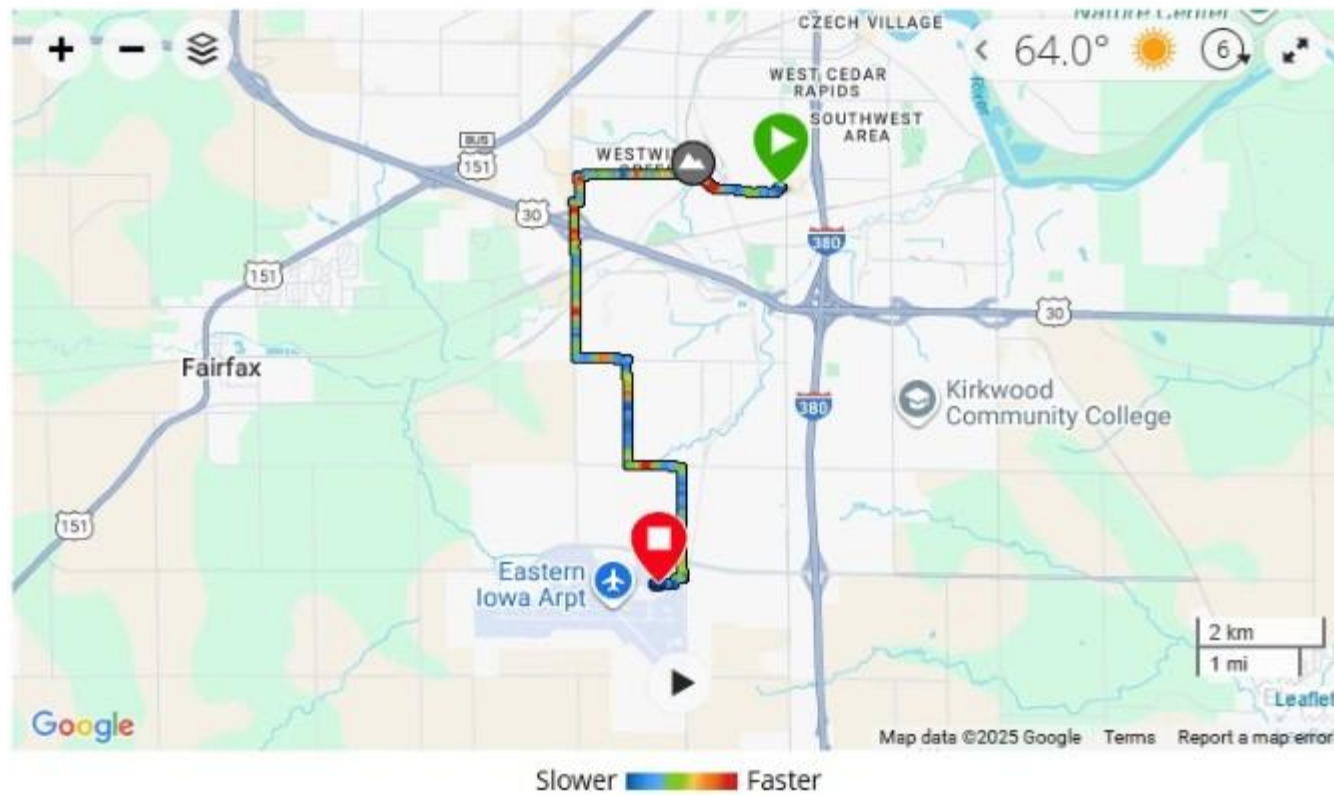
Day 25 Wednesday, September 10, 2025 - Cycle 45.7 miles - Cedar Rapids to Ely to Cedar Rapids (Mt Trashmore)

7.14 mi
Distance

46:59
Time

9.1 mph
Avg Speed

377 ft
Total Ascent



Day 26 Thursday, September 11, 2025 - Cycle 7.1 miles - Cedar rapids Hotel to CIN Airport