

Day	Date	Start	Stop	Mileage	References	ACA Maps
1	6/16/13	Yorktown VA	Mechanicsville VA	81	Parts on Capital Trail. Could push to Ashland (14 more miles) to make day 2 shorter	150, 149, 148
2	6/17/13	Mechanicsville VA	Charlottesville VA	97	Mostly flat	147, 146, 145, part of 144
3	6/18/13	Charlottesville VA	Lexington VA	84	Brutal day. Climb the Blue Ridge (2.2k') about 30 miles in, 25 miles on BRP with some serious climbs	144, 143, 142
4	6/19/13	Lexington VA	Christiansburg VA	92	more up than down, tho no serious climbs	141, 140, 139
5	6/20/13	Christiansburg VA	Wythville VA	55	A bit of a recovery day	138, 137
6	6/21/13	rest				
7	6/22/13	Wythville VA	Hayters Gap VA	80	Couple of 1k' climbs midday. Likely staying in Meadowview or Lebanon	136, 135 part of 134
8	6/23/13	Hayters Gap VA	Lookout KY	74.5	Start at 1.5k' climb. Another 1k climb, then lots of little hills. NO CLUE where we'll sleep.	134, 133, half of 132
9	6/24/13	Lookout KY	Chavies KY	80.5	2 x 1k' climbs and 5 short, CRAZY climbs right before the end. Sleeping in Hazard?	132, 131, 130
10	6/25/13	Chavies KY	Berea KY	79.5	The hills start to calm down at this point	130, 129, 128
11	6/26/13	Berea KY	Maud KY	79	lots of rolling hills.. Likely pretty steep climbs in spots	127, 126, 125
12	6/27/13	Maud KY	Sonora KY	62.5	More rolling hills with some steep climbs	125, 124, part of 123
13	6/28/13	rest				
14	6/29/13	Sonora KY	Whitesville KY	74.5	More downhill than up	123, 122, 121
15	6/30/13	Whitesville KY	Marion KY	88	Flattest day since day 2, I think	121, 120, 119, 118
16	7/1/13	Marion KY	Carbondale KY	97.5	Maybe too ambitious. Long day with 2 solid climbs, but the last 20miles is mostly downhill	118, 117, 116, 115
17	7/2/13	Carbondale KY	Farmington MO	91.5	Using the MS Levee Alt route for first part. Rail flat for 25 miles. Tough climb to Farmington	114, 113, 112
18	7/3/13	Farmington MO	Eminence MO	81	at least 8 climbs of 300'. Likely steep grade, but not terrible	111, 110, 109
19	7/4/13	Eminence MO	Hartville MO	79.5	Climbs getting farther apart. Still more up than down	108, 107, 106
20	7/5/13	rest				
21	7/6/13	Hartville MO	Ash Grove MO	74	LEAVE the Appalachians behind. Things start to get flat in a serious way	105, 104, 103
22	7/7/13	Walnut Grove MO	Girard KS	82	Hello Kansas	102, 101, 100
23	7/8/13	Girard KS	Rosalia KS	123.5	Throttle down. Up early, ride all day.	99, 98, 97, 96, half of 95
24	7/9/13	Rosalia KS	Nickerson KS	100	Super optimistic. Again, up early, ride all day	95, 94, 93, 92, half of 91
25	7/10/13	Nickerson KS	Alexander KS	92.5	*sigh* Kansas	91, 90, 89, 88, 87
26	7/11/13	Alexander KS	Scott City KS	74.5	shorter day. Still rail flat	86, 85, 84, half of 83
27	7/12/13	rest				
28	7/13/13	Scott City KS	Brandon CO	84	Welcome to Colorado. Still flat, but much higher in elevation than when we entered KS. Likely stay in Eads CO	83, 82, 81, 80, part of 79
29	7/14/13	Brandon CO	Ordway CO	80.5	Likely going to be hotter than hell	79, 78, 77, 76
30	7/15/13	Ordway CO	Wetmore CO	75.5	Push through Pueblo. Climb first 1k' of Hardscrabble Mtn	75, 74. West. Expr. 57
31	7/16/13	Wetmore CO	Howard CO	66.5	3k' climb up Hardscrabble (9k' summit) Then ~30 miles of mostly downhill 4k' climb over Monarch Pass (11k' summit). Take it EASY. Sargents is the intersection with the Tour	56, 55
32	7/17/13	Howard CO	Sargents CO	49	Divide Route :)	54, 53
33	7/18/13	Sargents CO	Cimmarron CO	77	Relatively flat, but average elevation is over 7k'	53, 52, 51
34	7/19/13	REST REST REST				
35	7/20/13	Cimmarron CO	Placerville CO	70	Definitely more up than down. Some long, slow accents	50, 49, part of 48
36	7/21/13	Placerville CO	Dolores CO	74.5	Climb up Lizard Head Pass (gradual 3k' climb, 10k' summit). Then 40 miles of mostly downhill :)	48, 47, 46
37	7/22/13	Dolores CO	Blanding UT	81.5	Mostly flat. 7k' avg elevation. Red blood cells are AWESOME.	45, 44, 43
38	7/23/13	Blanding UT	Hite Rec Area UT	79	2k' climb up Salvation Knoll Summit. VERY few services on this stretch	42, 41, part of 40
39	7/24/13	Hite Rec Area UT	Caineville UT	67	Basically flat.. And <5k' elevation. A bit of a rest for tomorrow	40, 39, 38
40	7/25/13	Caineville UT	Boulder UT	66	30 mile, 5k' ascent. Summit over 10k'	37, 36
41	7/26/13	rest				
42	7/27/13	Boulder UT	Tropic UT	67	might be able to push father.. But there's a big climb in the next segment	35, 34
43	7/28/13	Tropic UT	Kanab UT	68	http://goo.gl/maps/yatMc - NO LONGER ON WESTERN EXPRESS	

44	7/29/13	Kanab UT	Washington UT	76	http://goo.gl/maps/GjIzj
45	7/30/13	Washington UT	Las Vegas NV	165	http://goo.gl/maps/IPbtY - TWO DAYS
46	7/31/13	Washington UT	Las Vegas NV	165	http://goo.gl/maps/IPbtY - TWO DAYS
47	8/1/13	DefCon			
48	8/2/13	DefCon			Hack the Heat Ride
49	8/3/13	DefCon			
50	8/4/13	DefCon			
51	8/5/13				
52	8/6/13				
53	8/7/13				
54	8/8/13				
55	8/9/13				
56	8/10/13				
57	8/11/13				
58	8/12/13				
	8/13/13				
	8/14/13				