

EARNED RUNS* RUN/WALK/BIKE ACROSS AMERICA ITINERARY 2018
“SEA TO SHINING SEA” OREGON PACIFIC COAST TO MAINE ATLANTIC COAST

	MILES	SCALE (MAPPED: ACTUAL)					
		10:1	20:1	30:1	40:1	50:1	100:1
WEEK 1 Monday May 28 - Friday June 1							
Segment 1. Astoria OR to Portland OR	100	10	5	3.3	2.5	2	1
Segment 2. to Hood River OR	<u>80</u>	<u>8</u>	<u>4</u>	<u>2.7</u>	<u>2</u>	<u>1.6</u>	<u>.8</u>
Week total miles	180	18	9	6	4.5	3.6	1.8
WEEK 2 Monday June 4 – Friday June 8							
Segment 3. to Prosser WA	130	13	6.5	4.3	3.3	2.6	1.3
Segment 4. to Walla Walla WA	<u>100</u>	<u>10</u>	<u>5</u>	<u>3.3</u>	<u>2.5</u>	<u>2</u>	<u>1</u>
Week total miles	230	23	11.5	7.6	5.8	4.6	2.3
WEEK 3 Monday June 11 – Friday June 15							
Segment 5. to Lewiston ID	100	10	5	3.3	2.5	2	1
Segment 6. to Kooskia ID	<u>100</u>	<u>10</u>	<u>5</u>	<u>3.3</u>	<u>2.5</u>	<u>2</u>	<u>1</u>
Week total miles	200	20	10	6.6	5.0	4	2
WEEK 4 Monday June 18 – Friday June 22							
Segment 7. ... to Lolo MT	90	9	4.5	3	2.3	1.8	.9
Segment 8. to Missoula MT	40	4	2	1.3	1	.8	.4
Segment 9. to Helena MT	<u>120</u>	<u>12</u>	<u>6</u>	<u>4</u>	<u>3</u>	<u>2.4</u>	<u>1.2</u>
Week total miles	250	25	12.5	8.3	6.3	5.0	2.5
WEEK 5 Monday June 25 – Friday June 29							
Segment 10. ... to Bozeman MT	120	12	6	4	3	2.4	1.2
Segment 11. ... to Columbus MT	110	11	5.5	3.7	2.8	2.2	1.1
Segment 12. to Lovell WY	<u>90</u>	<u>9</u>	<u>4.5</u>	<u>3</u>	<u>2.3</u>	<u>1.8</u>	<u>.9</u>
Week total miles	320	32	16.0	10.7	8.1	6.4	3.2
WEEK 6 Monday July 2- Friday July 6							
Segment 13. to Sheridan WY	100	10	5	3.3	2.5	2	1
Segment 14. to Gillette WY	<u>110</u>	<u>11</u>	<u>5.5</u>	<u>3.7</u>	<u>2.8</u>	<u>2.2</u>	<u>1.1</u>
Week total miles	210	21	10.5	7.0	5.3	4.2	2.1
WEEK 7 Monday July 9- Friday July 13							
Segment 15. to Sundance WY	80	8	4	2.7	2	1.6	.8
Segment 16. to Rapid City SD	100	10	5	3.3	2.5	2	1
Segment 17. to Kadoka SD	<u>110</u>	<u>11</u>	<u>5.5</u>	<u>3.7</u>	<u>2.8</u>	<u>2.2</u>	<u>1.1</u>
Week total miles	290	29	14.5	9.7	7.3	5.8	2.9
WEEK 8 Monday July 16 – Friday July 20							
Segment 18. to Oacoma SD	110	11	5.5	3.7	2.8	2.2	1.1
Segment 19. to Mitchell SD	80	8	4	2.7	2	1.6	.8
Segment 20. to Sioux Falls SD	<u>70</u>	<u>7</u>	<u>3.5</u>	<u>2.3</u>	<u>1.8</u>	<u>1.4</u>	<u>.7</u>
Week total miles	260	26	13	8.7	6.6	5.2	2.6

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		10:1	20:1	30:1	40:1	50:1	100:1
WEEK 9 Monday July 23 – Friday July 27							
Segment 21. ... to Okoboji IA	110	11	5.5	3.7	2.8	2.2	1.1
Segment 22. ... to Clear Lake IA	110	11	5.5	3.7	2.8	2.2	1.1
Segment 23. ... to West Union IA	90	9	4.5	3	2.3	1.8	.9
Week total miles	310	31	15.5	10.4	7.9	6.2	3.1
WEEK 10 Monday July 30 – Friday August 3							
Segment 24. ... to Boscobel WI	80	8	4	2.7	2	1.6	.8
Segment 25. ... to Madison WI	100	10	5	3.3	2.5	2	1
Segment 26. ... to Milwaukee WI	90	9	4.5	3	2.3	1.8	.9
Week total miles	270	27	13.5	9	6.8	5.4	2.7
WEEK 11 Monday August 7 – Friday August 10							
Segment 27. ... FERRY to Holland MI	40	4	2	1.3	1	.8	.4
Segment 28. ... to Coldwater MI	110	11	5.5	3.7	2.8	2.2	1.1
Segment 29. ... to Bowling Green OH	110	11	5.5	3.7	2.8	2.2	1.1
Week total miles	260	26	13	8.7	6.6	5.2	2.6
WEEK 12 Monday August 13 – Friday August 17							
Segment 30. ... to Strongsville OH	120	12	6	4	3	2.4	1.2
Segment 31. ... to Meadville PA	110	11	5.5	3.7	2.8	2.2	1.1
Segment 32. ... to Bradford PA	100	10	5	3.3	2.5	2	1
Week total miles	330	33	16.5	11	8.3	6.6	3.3
WEEK 13 Monday August 20 – Friday August 24							
Segment 33. ... to Corning NY	100	10	5	3.3	2.5	2	1
Segment 34. ... to Cazenovia NY	110	11	5.5	3.7	2.8	2.2	1.1
Segment 35. ... to Speculator NY	100	10	5	3.3	2.5	2	1
Week total miles	310	31	15.5	10.4	7.9	6.2	3.1
WEEK 14 Monday August 27 – Friday August 31							
Segment 36. ... to Ticonderoga NY	80	8	4	2.7	2	1.6	.8
Segment 37. ... to Fairlee VT	90	9	4.5	3	2.3	1.8	.9
Segment 38. ... to North Conway NH	80	8	4	2.7	2	1.6	.8
Week total miles	250	25	12.5	8.4	6.3	5.0	2.5
WEEK 15 Monday September 3- Labor Day!							
Segment 39. ... to Portland ME ARRIVAL!	60	6	3	2	1.5	1.2	.6
Week total miles	60	6	3	2	1.5	1.2	.6
TOTAL MILES (APPROX.)	3,730	373	186	125	94	73	37