

**EARNED RUNS\* RUN/WALK/BIKE ACROSS AMERICA ITINERARY 2020**  
**“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
<b>WEEK 1 MONDAY MAY 25- FRIDAY MAY 29</b>							
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>
<b>WEEK TOTAL MILES</b>	180	18	9	6	4.5	3.6	1.8
<b>WEEK 2 MONDAY JUNE 1 – FRIDAY JUNE 5</b>							
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>
<b>WEEK TOTAL MILES</b>	230	23	11.5	7.6	5.8	4.6	2.3
<b>WEEK 3 MONDAY JUNE 8 – FRIDAY JUNE 12</b>							
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>
<b>WEEK TOTAL MILES</b>	200	20	10	6.6	5.0	4	2
<b>WEEK 4 MONDAY JUNE 15 – FRIDAY JUNE 19</b>							
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>
<b>WEEK TOTAL MILES</b>	250	25	12.5	8.3	6.3	5.0	2.5
<b>WEEK 5 MONDAY JUNE 22 – FRIDAY JUNE 26</b>							
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>
<b>WEEK TOTAL MILES</b>	320	32	16.0	10.7	8.1	6.4	3.2
<b>WEEK 6 MONDAY JUNE 29- FRIDAY JULY 3</b>							
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>
<b>WEEK TOTAL MILES</b>	210	21	10.5	7.0	5.3	4.2	2.1
<b>WEEK 7 MONDAY JULY 6- FRIDAY JULY 10</b>							
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>
<b>WEEK TOTAL MILES</b>	290	29	14.5	9.7	7.3	5.8	2.9
<b>WEEK 8 MONDAY JULY 13 – FRIDAY JULY 17</b>							
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>
<b>WEEK TOTAL MILES</b>	260	26	13	8.7	6.6	5.2	2.6

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**MILES SCALE (MAPPED: ACTUAL)**  
 10:1 20:1 30:1 40:1 50:1 100:1

**WEEK 9 MONDAY JULY 22 – FRIDAY JULY 24**

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
<b>WEEK TOTAL MILES</b>	<b>310</b>	<b>31</b>	<b>15.5</b>	<b>10.4</b>	<b>7.9</b>	<b>6.2</b>	<b>3.1</b>

**WEEK 10 MONDAY JULY 27 – FRIDAY JULY 31**

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
<b>WEEK TOTAL MILES</b>	<b>270</b>	<b>27</b>	<b>13.5</b>	<b>9</b>	<b>6.8</b>	<b>5.4</b>	<b>2.7</b>

**WEEK 11 MONDAY AUGUST 3 – FRIDAY AUGUST 7**

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
<b>WEEK TOTAL MILES</b>	<b>260</b>	<b>26</b>	<b>13</b>	<b>8.7</b>	<b>6.6</b>	<b>5.2</b>	<b>2.6</b>

**WEEK 12 MONDAY AUGUST 10 – FRIDAY AUGUST 14**

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
<b>WEEK TOTAL MILES</b>	<b>330</b>	<b>33</b>	<b>16.5</b>	<b>11</b>	<b>8.3</b>	<b>6.6</b>	<b>3.3</b>

**WEEK 13 MONDAY AUGUST 17 – FRIDAY AUGUST 21**

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
<b>WEEK TOTAL MILES</b>	<b>310</b>	<b>31</b>	<b>15.5</b>	<b>10.4</b>	<b>7.9</b>	<b>6.2</b>	<b>3.1</b>

**WEEK 14 MONDAY AUGUST 24 – FRIDAY AUGUST 28**

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
<b>WEEK TOTAL MILES</b>	<b>250</b>	<b>25</b>	<b>12.5</b>	<b>8.4</b>	<b>6.3</b>	<b>5.0</b>	<b>2.5</b>

**WEEK 15 MONDAY AUGUST 31- SEPT 4 OF LABOR DAY WEEKEND!**

Segment 39. ... to Portland ME <b>ARRIVAL!</b>	60	6	3	2	1.5	1.2	.6
<b>WEEK TOTAL MILES</b>	<b>60</b>	<b>6</b>	<b>3</b>	<b>2</b>	<b>1.5</b>	<b>1.2</b>	<b>.6</b>

**TOTAL MILES (APPROX.) 3,730 373 186 125 94 73 37**