## Earned Runs* RUN/WALK ACROSS AMERICA ITINERARY 2016

## ROUTE Portland, Oregon to Portland, Maine

| | Miles | Scale (mapped: actual) | | | | | |
|---|---|---|---|---|---|---|---|
| **WEEK 1** Monday May 30 - Friday June 3 | | 10:1 | 20:1 | 30:1 | 40:1 | 50:1 | 100:1 |
| Segment 1. Astoria OR to Portland OR | 100 | 10 | 5 | 3.3 | 2.5 | 2 | 1 |
| Segment 2. .... to Hood River OR | 80 | 8 | 4 | 2.7 | 2 | 1.6 | .8 |
| Week total miles | 180 | 18 | 9 | 6 | 4.5 | 3.6 | 1.8 |
| **WEEK 2** Monday June 6 – Friday June 10 | | | | | | | |
| Segment 3. .... to Prosser WA | 130 | 13 | 6.5 | 4.3 | 3.3 | 2.6 | 1.3 |
| Segment 4. .... to Walla Walla WA | 100 | 10 | 5 | 3.3 | 2.5 | 2 | 1 |
| Week total miles | 230 | 23 | 11.5 | 7.6 | 5.8 | 4.6 | 2.3 |
| **WEEK 3** Monday June 13 – Friday June 17 | | | | | | | |
| Segment 5. .... to Lewiston ID | 100 | 10 | 5 | 3.3 | 2.5 | 2 | 1 |
| Segment 6. .... to Kooskia ID | 100 | 10 | 5 | 3.3 | 2.5 | 2 | 1 |
| Week total miles | 200 | 20 | 10 | 6.6 | 5 | 4 | 2 |
| **WEEK 4** Monday June 20 – Friday June 24 | | | | | | | |
| 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 | 120 | 12 | 6 | 4 | 3 | 2.4 | 1.2 |
| Week total miles | 250 | 25 | 12.5 | 8.3 | 6.3 | 5 | 2.5 |
| **WEEK 5** Monday June 27 – Friday July 1 | | | | | | | |
| 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 | 90 | 9 | 4.5 | 3 | 2.3 | 1.8 | .9 |
| Week total miles | 320 | 32 | 16 | 10.7 | 8.1 | 6.4 | 3.2 |
| **WEEK 6** Monday July 4- Friday July 8 | | | | | | | |
| Segment 13. .... to Sheridan WY | 100 | 10 | 5 | 3.3 | 2.5 | 2 | 1 |
| Segment 14. .... to Gillette WY | 110 | 11 | 5.5 | 3.7 | 2.8 | 2.2 | 1.1 |
| Week total miles | 210 | 21 | 10.5 | 6 | 5.3 | 4.2 | 2.1 |
| **WEEK 7** Monday July 11- Friday July 15 | | | | | | | |
| 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. .... toKadoka SD | 110 | 11 | 5.5 | 3.7 | 2.8 | 2.2 | 1.1 |
| Week total miles | 290 | 29 | 14.5 | 9.7 | 7.3 | 5.8 | 2.9 |
| **WEEK 8** Monday July 18 – Friday July 22 | | | | | | | |
| 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 | 70 | 7 | 3.5 | 2.3 | 1.8 | 1.4 | .7 |
| Week total miles | 260 | 26 | 13 | 8.7 | 6.6 | 5.2 | 2.6 |

Adapted from TREK TRAVEL™ BICYCLE TOUR 2016
www.trektravel.com/trip/cross-country-usa-bike-tour

# Earned Runs* RUN/WALK ACROSS AMERICA ITINERARY 2016

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| **WEEK 9** Monday July 25 – Friday July 29 | | | | | | | |
| 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 August 1 – Friday August 5 | | | | | | | |
| Segment 24. … toBoscobel 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 8– Friday August 12 | | | | | | | |
| 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 15 – Friday August 19 | | | | | | | |
| 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 22 – Friday August 26 | | | | | | | |
| 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 29 – Friday September 2 | | | | | | | |
| 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 | 2.5 |
| **WEEK 15** Monday September 5- 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 |
| **TRIP TOTAL MILES** | **3,630** | **360** | **180** | **121** | **~98** | **~73** | **~7** |

Adapted from TREK TRAVEL™ BICYCLE TOUR 2016
www.trektravel.com/trip/cross-country-usa-bike-tour