

## Natural Healing Express Weekly

### Column Volume 146 RAGBRAI – America’s Favorite Bicycle Ride, Part II

Well, the day is finally here. As I am writing this article, I am at the store, checking over all the gear needed for my next adventure, riding RAGBRAI. For those of you who do not know, RAGBRAI, stands for Register’s Annual Great Bicycle Ride Across Iowa. Yep, IOWA. This bicycle ride encompasses a long road trip from the west end of the state to the east bordered by the Mighty Mississippi, where at the end of the trip, tradition prevails that the front bike tire is dipped.

As I am embarking on this trip, I thought you might find the logistics and the route interesting. You can follow along, of sorts. Today we drive from here in God’s Country to Guttenberg where we unload our bike onto a charter service and take off to the hotel – the last night for a few with hot showers and a real bed. Saturday, we wake up and take a “party bus” from Guttenberg to Rock Valley. Then we set up camp to begin the ride early on Sunday morning.

The Following is the Route per day in case you would like to know exactly which corn field to find me in. Sunday – DAY 1 – ROCK VALLEY TO OKOBOJI. Today we will ride from Rock Valley to Hull to Boyden to Sheldon to Melvin to May City to Milford/Okoboji. The total mileage for the day will be 69.2 miles with a total elevation of 1771 feet of climb.

Monday –Day 2 –OKOJOBI TO EMMETSBURG. Today we will ride from Okojobi to Trent to Graettinger to Emmetsburg. The total mileage for the day is 40.8 with 1078 feet of climb.

Tuesday –Day 3—EMMETSBURG TO FOREST CITY. Today we will ride from Emmetsburg to Ringstead to Bancroft to Titonka to Gruis Rec Center to Crystal Lake to Forest City. The total mileage for the day will be 79.7 with 1333 feet of climb.

Wednesday –Day 4 –FOREST CITY TO MASON CITY. Today we will ride from Forest City to Ventura to Clear Lake to Mason City. Total mileage for the day will be 38.5 with 695 feet of climb.

Thursday –Day 5 –MASON CITY TO WAVERLY. Today we will ride from Mason City to Nora Springs to Rockford to Marble Rock to Greene to Packard to Clarksville to Waverly. Total mileage for the day will be 65.8 miles with 1743 feet of climb.

Friday –Day 6 –WAVERLY TO INDEPENDENCE. Today we will ride from Waverly to Brenner to Tripoli to Sumner to Westgate to Oelwein to Otterville to Independence. Total mileage for the day will be 67.4 with 1623 feet of climb.

Saturday –Day 7 –INDEPENDENCE TO GUTTENBERG. Today we will finish this majestic ride from Independence to Winthrop to Lamont to Strawberry Point to Edgewood to Garber to Guttenberg. Today is by far the most difficult with mileage totaling 67.5 with 3073 feet of climb.

Next week, I will share memories from the trip. If there is no article next week, please come to Iowa and start looking for me. Cheers.

Also, I am quite sure Miss Paula will be having many impromptu sales at the store while I am gone. Probably a very good week to visit!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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