

Trip Log

Date	Destination	Accommodations	Miles	Cum. Miles	Avg. Speed	Max Speed	Min Elev.	Max Elev.	Elev. Gain	Elev. Loss	Cal. Burn
Starting in	Seaside, OR	The Masseys'									
July 3	Westport, OR	Motel	47	47	10.2	33.0	-17	630	2,648	2,628	2,450
July 4	Portland, OR	Motel	72	119	11.5	34.5	126	893	2,026	2,023	3,605
July 5	Cascade Locks, OR	Motel	55	174	10.7	27.2	-9	854	2,087	2,054	3,329
July 6	Biggs, OR	Motel	66	240	9.6	30.5	-49	595	2,965	2,896	3,520
July 7	Crow Butte, WA	Camping	57	297	8.6	28.3	186	1,009	1,954	1,864	2,087
July 8	Umatilla, OR	Motel	37	334	10.3	24.2	269	453	908	754	1,506
July 9	Walla Walla, WA	Motel	54	388	11.9	24.4	373	1,021	1,253	760	2,420
July 10	Clarkston, WA	Motel	96	484	11.9	41.3	740	2,739	4,285	4,459	4,232
July 11	Cul de Sac, ID	Camping	40	524	7.6	30.0	797	3,554	3,820	1,101	2,364
July 12	Kamiah, ID	Motel	54	578	12.3	36.6	1,308	4,172	2,322	4,567	2,126
July 13	Clearwater Nat For, ID	Camping	55	633	10.7	NMF	1,318	2,154	1,650	826	3,000
July 14	Lolo Hot Springs, MT	Motel	60	693	10.6	28.7	2,076	5,171	3,377	1,349	4,749
July 15	Missoula, MT	Motel	38	731	14.2	28.6	3,194	4,252	324	1,267	1,721
July 16	Lincoln, MT	Motel	78	809	12.5	30.8	3,074	4,417	2,873	1,537	3,936
July 17	Great Falls, MT	Motel	88	897	11.2	32.3	3,415	5,724	3,111	4,254	3,644
July 18-21	Great Falls, MT	Motel	Rest	897							
July 22	Fort Benton, MT	Motel	55	952	11.9	41.7	2,602	3,668	1,921	2,592	2,385
July 23	Havre, MT	Motel	73	1,025	11.5	30.4	2,439	3,030	1,342	1,520	3,055
July 24	Malta, MT	Motel	88	1,113	12.2	27.6	2,132	2,438	701	928	3,656
July 25	Glasgow, MT	Motel	70	1,183	13.3	28.8	2,023	2,367	1,216	1,353	3,031
July 26	Poplar, MT	Motel	71	1,254	13.1	26.2	2,030	2,338	747	884	3,089
July 27	Williston, ND	The Hegstads'	81	1,335	12.3	29.3	1,905	2,399	1,852	1,929	3,469
July 28	Shuttle to Minot, ND	The Hegstads'	Rest	1,335							
July 29	Rugby, ND	Motel	60	1,395	12.1	26.2	1,482	1,691	494	608	2,469
July 30	Carrington, ND	Motel	98	1,493	14.9	28.6	1,578	1,839	1,441	1,404	4,680
July 31	Mayville, ND	Camping	93	1,586	13.7	35.2	937	1,626	942	1,601	4,100
August 1	Fargo, ND	Motel	60	1,646	12.0	21.9	842	969	223	275	2,498
August 2	Fergus Falls, MN	Motel	79	1,725	12.4	23.9	887	1,405	1,765	1,414	3,484
August 3	Long Prairie, MN	Motel	83	1,808	13.5	28.0	1,250	1,705	1,807	1,722	3,822
August 4	Foreston, MN	The Shultses'	69	1,877	14.2	31.9	1,049	1,407	1,093	1,248	3,204
August 5	Shuttle:Wabasha, MN	The Aaslands'	Rest	1,877							

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August 6	Winona, MN	The Porters'	40	1,917	14.1	25.8	741	817	618	614	1,833
August 7	Shuttle: Cascade, IA	The Porters'	Rest	1,917							
August 8	Wilton, IA	Motel	61	1,978	11.2	24.1	723	1,035	2,317	2,462	2,564
August 9	Kewanee, IL	Motel	90	2,068	12.5	28.5	154	752	2,252	2,528	3,926
August 10	Streator, IL	Motel	69	2,137	12.4	26.7	657	1,118	1,419	1,646	2,994
August 11	Kankakee, IL	The Linnemans'	70	2,207	14.7	29.4	838	981	704	709	3,384
August 12	Rensselaer, IN	Motel	53	2,260	13.0	20.2	533	687	458	430	2,412
August 13	Wabash, IN	Motel	87	2,347	12.3	21.8	551	823	1,398	1,221	3,690
August 14	Monroeville, IN	Camping	60	2,407	14.0	28.4	685	854	941	922	2,809
August 15	Napoleon, OH	Motel	67	2,474	13.7	21.8	639	805	586	705	3,070
August 16	Milan, OH	Motel	94	2,568	14.1	22.8	685	806	801	860	4,400
August 17	Cleveland, OH	Motel	51	2,619	13.8	22.7	540	636	609	621	2,409
August 18	Cleveland, OH	Motel	Rest	2,619							
August 19	Conneaut, OH	Motel	91	2,710	12.8	27.2	359	886	2,019	1,553	4,465
August 20	Westfield, NY	Motel	67	2,777	11.6	27.1	690	877	1,667	1,662	3,140
August 21	Hamburg, NY	Motel	62	2,839	12.3	26.3	369	649	1,629	1,540	2,896
August 22	Niagara Falls, ON	Motel	45	2,884	11.5	22.4	368	799	859	977	2,072
August 23	Medina, NY	Motel	49	2,933	11.6	27.1	475	697	1,124	1,217	2,237
August 24	Egypt, NY	Motel	61	2,994	11.7	25.7	494	709	1,025	1,083	2,846
August 25	Fulton, NY	Motel	78	3,072	11.8	32.6	305	668	3,398	3,533	3,603
August 26	Redfield, NY	Motel	47	3,119	12.2	30.3	223	1,091	2,155	1,470	2,331
August 27	Raquette Lake, NY	Motel	79	3,198	11.9	32.0	720	1,664	4,374	3,616	4,591
August 28	Ticonderoga, NY	Motel	86	3,284	12.2	35.5	259	2,176	4,605	6,046	4,709
August 29	Middlebury, VT	Motel	25	3,309	9.2	30.5	133	542	1,793	1,619	1,324
August 30	Fairlee, VT	Motel	75	3,384	10.9	35.0	417	2,154	4,979	5,003	4,641
August 31	Conway, NH	Motel	77	3,461	11.6	41.2	433	2,859	4,804	4,765	4,472
September 1	Cape Elizabeth, ME	Home: Marlborough, MA	68	3,529	12.3	33.6	-25	545	2,322	2,866	3,328
53 days	15 States and Canada		Total	3,529					100,003	99,485	167,777
			Average	67		12.2	29.0	942	1,701	1,969	3,362
			Maximum	98		14.9	41.7	3,415	5,724	4,979	4,749
			Minimum	25		7.6	20.2	-49	453	223	1,324

Minimum elevation represents the lowest elevation achieved and is expressed as estimated feet above sea level as determined by bicycle computer. Maximum elevation represents the highest level. Elevation gained is a measure of feet climbed and elevation lost is a measure of feet descended. Calories burned are also estimated by bicycle computer, which was not calibrated for the load weight.

Maximum
Minimum