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This was not my idea

- ▶ “You are going to do what?”
- ▶ “You are CRAZY”
- ▶ Lauren shamed me into doing this with her. If I had decided not to go, she would have found a group to do it with. And then, for the rest of my life, all I would have heard would have been about “the ride Dad did not go on”. Seriously, I expected that doing the ride was going to be less painful than being reminded I did not go for the next 30-odd years! So, yes, she appealed to my competitiveness to rope me into this.
- ▶ MD Anderson Cancer Center for my mother



The Book: www.igr-inc.com/media-center/cycle-the-us/



Source: iGillottResearch, Inc. 2024

The Route

- ▶ Fly to Seattle from Austin, dip our wheels in the Puget Sound and take the Amtrak up to Mount Vernon
- ▶ Start riding along Route 2, heading east through Washington, Idaho and into Montana
- ▶ Ride through Glacier National Park up Going to the Sun Road (look it up...), weather permitting
- ▶ Hit the plains of eastern Montana, North Dakota and into Minnesota
- ▶ Through Wisconsin, take a ferry across Lake Michigan, then through Michigan to Ohio, Pennsylvania and drop into Washington, D.C.
- ▶ End in Annapolis, MD and dip our wheels in the Chesapeake Bay
- ▶ Sounds easy when I describe it like that....



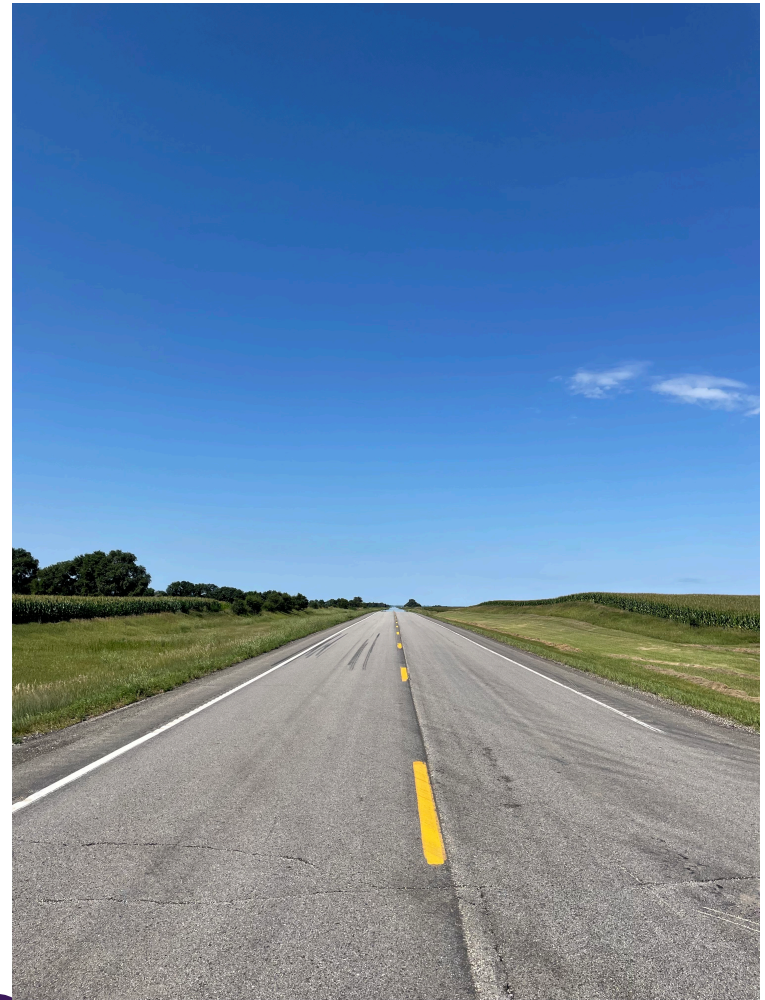
The Best Bits

- ▶ This is a big, beautiful country
- ▶ **The people we met**
- ▶ The places we stayed
 - Peoples' homes
 - A Post Office
 - Truck Stop
 - Assumption Abbey
- ▶ **No issues at all**
- ▶ The weather was generally great
 - Two days of rain



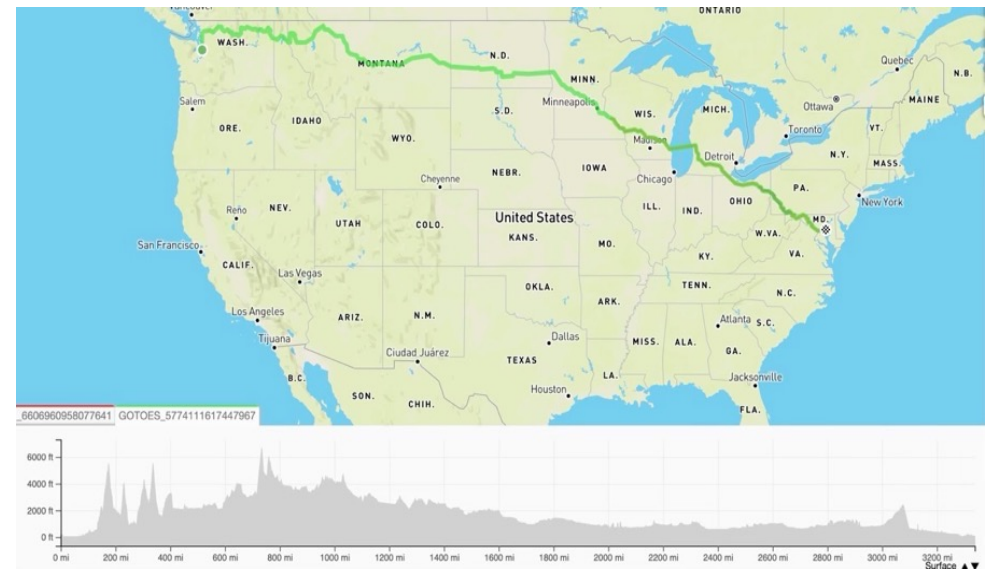
What to avoid

- ▶ The headwinds of North Dakota and Minnesota
 - 11 straight days...
- ▶ **The Chesapeake & Ohio Canal tow path**
 - Easy grads but not maintained and brutal on the bikes...
- ▶ I missed my wife – the last two weeks were hard



The Final Stats

- ▶ 3,085 miles
- ▶ 46 days with one rest day in Minneapolis
- ▶ Average 68.5 miles per day, carrying all our gear
- ▶ Longest day: 90 miles
- ▶ Camped out 18 days
- ▶ 253 hours 15 mins of ride time
- ▶ 12.2 mph
- ▶ 87,363 feet climbed
- ▶ Iain lost 30 pounds
- ▶ Raised over \$27,000 for MD Anderson Cancer Center





Questions over lunch

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