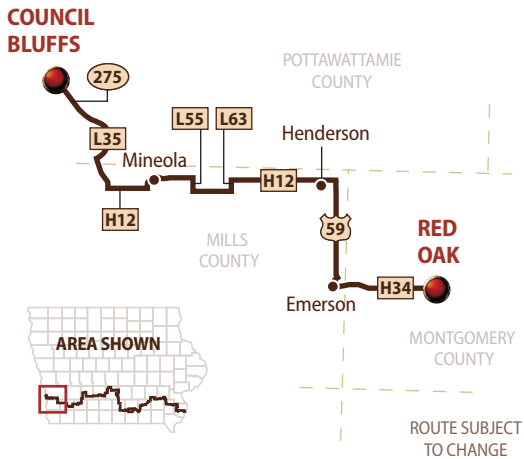
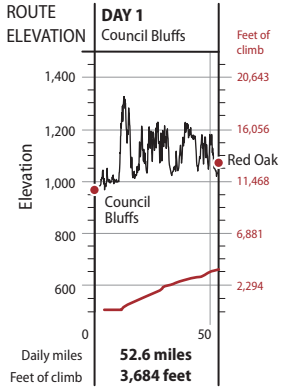


Sunday's route



DAILY MILEAGE

Route for July 19	Miles
Council Bluffs to Mineola	17
Mineola to Henderson	16.2
Henderson to Emerson	10
Emerson to Red Oak	9.4
TOTAL	52.6

Meeting town: Emerson

Elevation courtesy of Rich Ketcham, Geobike.com