

3 TUESDAY'S ROUTE

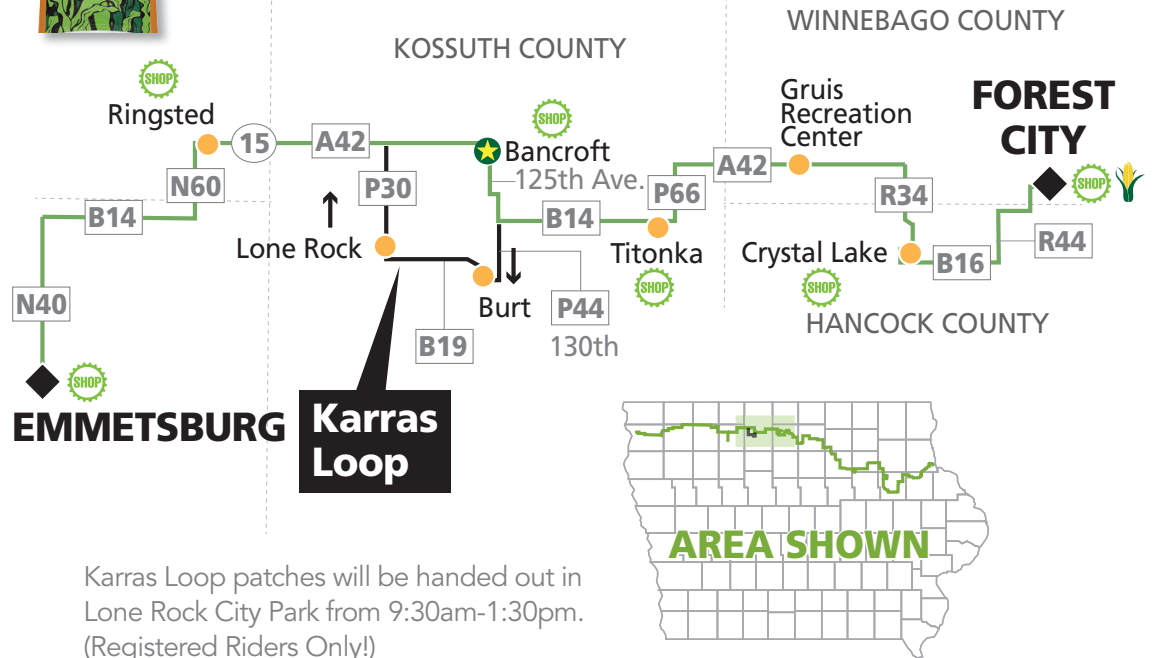
RAGBRAI Jersey Day



EMMETSBURG TO FOREST CITY
79.7 Miles (105.7 with the Karras Loop)
1,333 Feet of Climb

ROUTE FOR JULY 22	Miles	Service Times
Emmetsburg to Ringstead	20.9	12:30 PM
Ringstead to Bancroft (Meeting)	15.2	2:00 PM
Bancroft to Burt (Optional Loop)	(7.9*)	1:30 PM
Burt to Lone Rock (Optional Loop)	(6.8*)	1:30 PM
Lone Rock to Bancroft (Optional Loop)	(11.3*)	2:00 PM
Bancroft to Titonka	12.7	2:30 PM
Titonka to Gruis Rec Center	10.9	4:30 PM
Gruis Rec Center to Crystal Lake	9.0	5:00 PM
Crystal Lake to Forest City	11.0	6:00 PM
TUESDAY'S TOTALS	79.7	

*Karras Loop adds 26 miles



Karras Loop patches will be handed out in Lone Rock City Park from 9:30am-1:30pm. (Registered Riders Only!)