



An Iowa Classic
July 18-25, 2026

PARTICIPANT GUIDE

WELCOME TO THE HAWKEYE STATE



Supporting others. That's how
the University of Iowa team rolls.
We'll see you on the route.

IOWA



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An Iowa Classic
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RAGBRAI®, Register's Annual Great Bicycle Ride Across Iowa™, is an annual seven-day bicycle tour across Iowa. The event is the oldest, largest and longest multi-day bicycle tour in the country. According to participants, the event is the standard by which all other multi-day bicycle tours are measured.

THE BEGINNING

RAGBRAI started in 1973 as a six-day ride across the state by two Des Moines Register columnists who thought they were inviting just a few friends along. About 120 people made it across the state that year. The next year, 2,000 showed up. The number grew to 10,000 in 1985. The ride annually attracts participants from every state and many other countries.

RAGBRAI is held the last full week of July. The ride always begins on the western border of Iowa and always ends on the eastern border. At this time of year, the prevailing winds are most often from west to east. Also, the riders are not facing the sun at the end of a long, weary day. Over the years, a tradition has developed for riders to dip their rear tire in the Missouri River or its tributaries as they begin their seven-day journey east. When they complete the ride, they will dip their front tire in the Mississippi River.

The route is different each year and is announced at the end of January at the annual RAGBRAI Route Announcement Party. Eight communities serve as hosts for overnight stays or as the ending destination. Through the years, the route has averaged 67 miles a day with total mileage for the week at 468 miles. Some routes are flatter than others, but none is ever totally flat because the state isn't totally flat.

USE OF RAGBRAI TRADEMARKS

“RAGBRAI®” and “The Register’s Annual Great Bicycle Ride Across Iowa™” and “RIDE RIGHT®” are registered trademarks of the Ventures Endurance Events LLC d/b/a RAGBRAI and cannot be used for any purpose without the written permission of the Ventures Endurance Events LLC d/b/a RAGBRAI. Legal action will be taken against any individual or business infringing upon these trademarks.

WARNING

Participation in RAGBRAI, as in any bicycling or athletic event, may involve hazardous activity. Participants assume all risk and danger incidental to RAGBRAI occurring prior to, during or subsequent to the actual ride, including but not limited to, the danger of being injured by motor vehicles, other participants or bicycles and /or accidents. Participants agree that the Ventures Endurance d/b/a RAGBRAI, its parent company, subsidiaries and affiliates, its agents, employees, officers and directors, and RAGBRAI sponsors and participating organizations are not liable for injuries, losses or damages. Participation in or attendance at any RAGBRAI event or segment shall constitute acceptance of these terms, as well as those contained in the complete “Agreement, Waiver & Release of Liability” set forth in the RAGBRAI application.



WELCOME TO



RAGBRAI Nation,

Welcome to RAGBRAI LIII.

We're thrilled to have you join us for another unforgettable ride across Iowa. Riders from all 50 states and across the globe have come together for something truly special: cycling through the heart of Iowa and experiencing the unmatched hospitality of its communities.

This isn't just a bike ride. It's an Iowa Classic.

From the moment you arrive in Onawa, you'll find yourself surrounded by the moments that define this ride: water towers on the horizon, small-town main streets, an abundance of pie, and 10,000 of your new best friends. Each town has its own story to tell, and every mile brings you closer to discovering what makes Iowa - and RAGBRAI - so unique.

Behind the scenes, our team has worked tirelessly to make your ride safe, smooth, and fun. A huge thank you to the Iowa State Patrol, Iowa DOT, CARE Ambulance, county agencies, and the incredible host communities who have been preparing for your arrival since last year.

Whether this is your first RAGBRAI or your fifty-third, I hope you take time to soak it all in. Meet your fellow riders and your hosts in every community. Enjoy a pork chop in the "middle of nowhere." See who can be the first to spot the water tower on the horizon. RAGBRAI will be here and gone in a flash, so savor every minute.

To our volunteers, sponsors, and community partners, thank you. Your passion and dedication are what make this ride possible year after year.

As you pedal across Iowa, remember: RAGBRAI is about more than the miles. It's about slowing down, celebrating the journey, and experiencing the best of what we call home.

Get ready to ride through the heartland, celebrate an Iowa Classic, and discover why even the longest days on RAGBRAI are the best days you'll have all year.

See you in July,

A handwritten signature in black ink, appearing to read "Matt Phippen".

Matt Phippen • RAGBRAI Ride Director





Office of the Chief



IOWA STATE PATROL • 215 E. 7TH STREET • DES MOINES, IOWA 50319 • (515) 725-6100

RAGBRAI LIII Participants:

Congratulations on registering to join the Register's Annual Great Bike Ride Across Iowa tour July 18-25, 2026. We are excited to have RAGBRAI participants visit Iowa. RAGBRAI, the world's oldest, biggest, and longest recreational bicycle touring event, offers both beginners and experienced riders family friendly fun. We are happy that you have decided to participate in this special Iowa event.

To ensure that cyclists and support riders have a fun and safe trip, the Iowa State Patrol spends months preparing for RAGBRAI every year. The Iowa State Patrol's dedicated team of Troopers are committed to ensuring the safety of all participants with the goal of helping to create an environment that is both secure and memorable.

From 6 a.m. to 6 p.m, support services will be offered to increase your safety on the ride. It is highly recommended that you plan to arrive prior to 6 p.m. at the overnight town. This will also give you a chance to enjoy the festivities taking place in the evening. Following these guidelines will help us to collectively ensure a safe and unforgettable experience for everyone involved.

RAGBRAI is a family-friendly event that offers a wealth of stunning, fascinating, and historical sites to see while traveling across Iowa. Cities and towns along the route provide a wide range of entertainment options as well as excellent cuisine options.

The state of Iowa is pleased to have you as our guest! The Iowa State Patrol hopes you, your family, and friends create wonderful memories as you enjoy our hospitality and embark on this adventure across our beautiful state.

Sincerely,

Colonel Nathan A. Fulk
Iowa State Patrol

NAF:arg



Colonel Nathan A. Fulk

DEAR RIDERS, SET THE PACE!



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RAGBRAI

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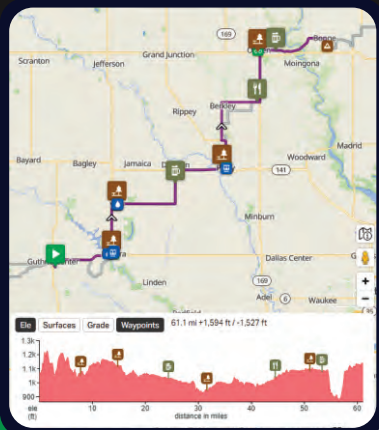
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PARTNER EVENTS

IOWA

Close to 1,200 RAGBRAI riders are University of Iowa alumni and our partners at the University of Iowa will be with you throughout the week to share their Hawkeye pride. Look for them every day. Go Hawks!

Saturday, July 18: **RAGBRAI Expo, Onawa**

The University of Iowa Health Care Stead Family Children's Hospital "Cool Riders are Safe Riders" RAGBRAI team will provide information about bicycle safety for you and your family and hopes to inspire the next generation of cyclists to ride safely and confidently.

Make sure to also stop at the Iowa Hawk Shop and University Bookstore pop-up shop to stock up on your Hawkeye gear and last-minute items you might need to have a great week on the road. The UI RAGBRAI team also will be handing out free maps of the route that you can carry with you throughout the week.



Members of the University of Iowa RAGBRAI team will be handing out the Hawkeye swag you've come to know, love, and rely on throughout the week. Need more sunscreen? How about some lip balm? We've got you covered. Look for them while supplies last.

Visit the University of Iowa tent in various pass through and meeting towns for fun UI activities and photo ops. If you're one of the 1,200 Iowa alumni pedaling your way across the state, stop by and ask for an exclusive UI alumni bicycle license plate!



Come for the bikes, stay for the fun, leave with a smile.

So.... just go bike!



The JustGoBike Podcast is all about the culture of biking just for the fun of it, and tales from the RAGBRAI Nation. Your hosts Kathy Murphy (Murphology), and Andrea Parrott (RAGBRAI and ParrotTalk), are joined by a variety of guests each week that delve into the social side of cycling.



Stop by and see Murph and AP at the Expo in Onawa or each evening downtown in the overnight towns! They will record live, have sweet swag (while supplies last), and share tales from the trail!



DOMINATE THE ASSPHALT



**DUDE
WIPES**

SPECIAL EVENTS



Tire Dip Photo Opportunity in Downtown Onawa

Date: Saturday, July 18

Location: In front of the Historic Monona County Courthouse at 610 Iowa Ave – just east of the Expo Area

Time: All Day!

Celebrate the start of your RAGBRAI LIII journey with a memorable Tire Dip Photo Opportunity in the heart of Downtown Onawa!



RAGBRAI Expo

Saturday, July 18, 12pm-9pm

Onawa, Iowa

Come see us at the RAGBRAI Expo in Onawa, Iowa from 12pm – 9pm. Shop the latest in gear, accessories, nutrition, and bike tourism from the top manufacturers in the industry. The Official Bike Shops of RAGBRAI will be on-site for any last-minute repairs and equipment. In addition, the RAGBRAI merchandise trailers will be selling all your favorite RAGBRAI gear.

SPECIAL EVENTS

RIDE RIGHT Meeting for First Time Riders

Saturday, July 18, 2pm & 6pm

West Monona High School, 1314 15th St, Onawa, IA 51040.

Riders are encouraged to attend the rider safety meeting to hear from the RAGBRAI ride director about what to expect each day, how to navigate the route, how to stay safe all week and answer any questions. Ride with GPS and Iowa State Patrol will be on-hand to answer any questions as well.



Support Driver Safety Meeting

Saturday, July 18, 4pm

West Monona High School, 1314 15th St, Onawa, IA 51040.

Drivers are encouraged to attend the support driver briefing to learn about ways to safely navigate their vehicles from town to town on RAGBRAI. The Iowa State Patrol will be on-hand to educate drivers on state laws and things to be cautious of when operating your vehicles on the ride. Printed support vehicle route maps will be available for all attendees after the meeting.



Onawa Opening Ceremonies

Saturday, July 18

Tick! Tick! Boom!!! Cannon Blast Off!!! There will be a brief break into the start of the Headlining Band to start the celebration, Matt Phippen the Ride Director will present a Check to the City of Onawa for graciously hosting and kicking off the week with a BANG! Stick around after the show cause at approximately 11PM there will be FIREWORKS!



SPECIAL EVENTS

AA Meetings:

Onawa:

Public Library,
707 Iowa Ave 5:00 PM

Harlan:

St Michael's Rectory,
1912 18th St (Basement) 7:00 PM

Guthrie Center:

N/A

Boone:

The Zoo,
917 10th St 7:00 PM

Marshalltown:

AA - B.A. Niblock - MCSO Orpheum
Welcome Center, 220 E Main St

NA- Central Christian Church, 300 W
Main St

Independence:

River's Edge, 206 2nd Ave SW 7:00
PM

Dyersville:

Basilica of St. Francis Xavier, 104 3rd
St SW (Basement)

Dubuque:

Westside Club House,
1646 Asbury Road

Dubuque Fellowship Club,
1166 Main Street



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THEME DAYS



Mile of Silence Sunday, July 19

In memory of the riders we've lost, we will observe a mile of silence on the stretch between Onawa to Turin. The mile will start 3 miles outside of Onawa on HWY 175 as you ride towards Turin. Signs will mark the Mile of Silence. Turn your radios off and ride in silence for the mile as we ride in observance of the memory of rider's we've lost.



Thin Line Appreciation Day Monday, July 20

Show appreciation for Military, Emergency, First Responders, and all our public service professionals who toe the thin line for us every day.



College RAGBRAI Jersey Day Tuesday, July 21

Tuesday, July 21

Show your school spirit! Put your allegiance on display and show which college or university you support on the official "College Jersey Day"!



I Ride 4 Day Wednesday, July 22

Do you ride for a purpose? Wear your mission on your sleeve (or jersey) and show us who you are riding for!

THEME DAYS



America 250, Vintage RAGBRAI Jersey Day & Karras Century Loop sponsored by Wenzel's Farm

Thursday, July 23

In honor of RAGBRAI co-founder, John Karras show off your vintage RAGBRAI jersey!

If you're up to it, take the optional Karras loop to make your ride a full century or the America 250 Double Loop. The Karras Patch stop will feature Karras loop patches, water, and snacks (while supplies last) courtesy of our sponsor Wenzel's Farm.



Team Jersey Day Friday, July 24

Wear your team jersey with pride. Show the rest of RAGBRAI Nation which team represents the most. Gather your crew and roll into town on full display!



Tire Dip & LIII Jersey Day Saturday, July 25

AY McDonald Park

Wear your RAGBRAI 2026 jersey as you ride the final miles to the mighty Mississippi and celebrate in Dubuque. As with tradition, Dubuque will host riders as you dip your tire in the Mississippi River on the last day of the ride. Stick around and explore all the beautiful sights and attractions that Iowa's oldest community, and the birthplace of Iowa has to offer!

2026

RAGBRAI EXPO



WHERE IT BEGINS!

**Saturday,
July 18, 12pm-9pm**

Plan to attend the RAGBRAI Expo in Onawa, IA on Iowa Avenue from 12pm-9pm on Saturday, July 18th.

Check out the latest in gear accessories and bike tourism from the top manufacturers and businesses in the industry.

Last-minute repairs and equipment will be available from the Official RAGBRAI Bicycle Shops.

Buy your official RAGBRAI 2026 jersey and gear at the RAGBRAI Merchandise trailers.



Largest Bicycle Expo IN THE MIDWEST

Saturday, July 18, 12pm-9pm

Downtown

Onawa, IA

JustGoBike

RAGBRAI Merchandise

RAGBRAI Customer Service

Bike Guy

Bike Tech

Bike World

Black Tire Bike Co.

Harper's Cycling and
Fitness

Nick's Cycling and Fitness

Spoken Wheel Cyclery

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Scudo Sports Wear

Boston Bill Sunglasses

Great Allegheny Passage

Sue Bee Honey

Bivo

Buffalo Lodge Bicycle resort

Bicycle Ride Across Georgia

Glassisum Designs

VBT Bike Tours

Hydration Health Products

Vault Sports Box

Performance Endurance Gear

The Arkansas Graveler

Italy Bike Tours

Milkweed Matters

Clearview Micro Mirror

People Biomechanics

Helmet Flair

The Phoneix

EF Adventures

National MS Society

Bud and Mary's

Peoples Cycling

YSS- Youth and Shelter Services

Air Force

Mumu Cycling Apparel

USCG RO Sioux Falls

Nicolet Law

Cycle Zydeco

B Fresh Gear

One Cycling Series

Sylvan Sports

REGISTRATION & PACKET PICK-UP

**Need to pick up your packet, register, or have
a customer service question?**

**Our Registration and Packet Pick-up will be located at
the Onawa Community Center,
320 10th St, Onawa, IA 51040 from 12pm-9pm on
Saturday, July 18th.**

REGISTRATION DETAILS



Official Rider Benefits

Receiving your credentials entitles you to the following benefits:

- Four CARE Ambulances, a mobile Emergency Room, paramedic teams and 2 fast-response motorcycles on the route each day.
- Traffic controlled by Iowa State Patrol officers at busy intersections throughout the day.
- Daily baggage transport between overnight towns
- Complimentary SAG service during open route times
- Bicycle repair shops dispersed throughout the route and additional repair services available in the

Campgrounds. Participants will pay for their own repairs; however, the shops will offer discounts for registered participants on repairs, accessories and RAGBRAI apparel.

- Camping in each host community, in addition to food vending areas, shuttle services, shower services and entertainment.
- Portable toilets with hand-washing stations distributed among the community campgrounds.
- Marked route for riders and marked support vehicle driving route
- Unique embroidered patch for registered weeklong riders.
- Bicycle shipping stations can be found at the beginning and end of the ride. Participants pay their own shipping costs.
- Free shipping of Lost and Found items turned in during and after the ride.

wahoo



MEET



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WITH THE ARTIST AT THE EXPO



FIND THE OTHER LOCATIONS SHE WILL BE
SHOWING ALONG THE ROUTE



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SIGN UP TO EARN
FREE SHIPPING
AT THE EXPO

REGISTRATION DETAILS

Daily Riders

- Day Passes will be available for \$70 per day in limited quantity.

Where to purchase day passes on route?

- Saturday, July 18 at the RAGBRAI Registration and Packet Pick-Up location in Onawa Community Center from 12pm-9pm.
- Sunday, July 19 – Friday, July 24 at the RAGBRAI info booth in the main campground from 11:00am to 6:00pm.
- Sunday, July 19 – Friday, July 24 at the RAGBRAI customer service trailer in the overnight town festival area from 12:00pm to 9:00pm
- Sunday, July 19-Friday, July 25 at the Baggage Trailers from 5 a.m. - 7:45 a.m.

Disclaimer: Day passes will only be available for purchase via credit card at our sales locations.

What is included with my day pass?

As a day rider you receive everything as a weeklong rider with the exception of the RAGBRAI LIII Embroidered Patch. Your registration credentials include: a wristband, bike band, luggage tag and license plate. If you plan to use the RAGBRAI baggage service, you need to add your wristband number(s) to the luggage tag in order to pick-up your bag in the evening. Wristbands are only valid for the day you've purchased. Each day has a different wristband and wristband number.

RAGBRAI and Towns do not provide shuttle services for riders who purchase day passes. You will need to make your own arrangements to get to the route and get home from the route.



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**PRIORITY:
EATING!**

(Gator Bites,
Crawfish, and more)

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Refunds and Selling or Transferring Wristbands:

Wristband transfers are now open. All wristband transfers must be completed in the registration platform EnMotive. For transfer instructions please see [RAGBRAI.com/registration](https://ragbrai.com/registration). Once the wristband transfer has been completed in EnMotive, you'll need to make sure the new registrant receives their wristbands.

REFUNDS:

RAGBRAI offers a tiered refund structure based on the date of the request, with refund fees increasing as we get closer to the ride. No refunds will be offered after June 1st, 2026. Processing fees will not be refunded.

PROTECTION PLAN:

If you opted for the protection plan and are now not able to attend, you can email protectionplan@enmotive.com to request a refund under your protection plan. To review the terms visit the plan page [here](#).

Helmet Sticker:

We're excited to announce that professional photographers will be onsite throughout the event capturing all the action and unforgettable moments! To make sure we can tag and share your photos quickly and accurately, please affix your number sticker to the front of your helmet before the event begins. This is optional. This helps our system identify you in the photos—so you don't miss a single memory! Smile big, have fun, and we'll take care of the rest. Disclaimer: photos will be available for purchase only.



REGISTRATION DETAILS

Wristband and Bike Band Instructions

NOTE: Do not put the wristband on until the week of RAGBRAI. The only way to remove it is to cut the band or ruin the snap.

If the snap was ruined in the mail or a part of it is missing, visit the RAGBRAI Registration and Packet Pick-Up room at the Onawa Community Center, 320 10th St, Onawa, Iowa 51040 Saturday, July 18th, open 12 p.m. – 9 p.m.

The wristband is to be worn on the wrist - not attached to the bike, an ankle or hanging from a key chain. The bike band should be fastened on the top tube of the bicycle.

To attach:

1. Insert one finger behind snap when closing to exert pressure and create the proper “comfort space” for the wearer.
2. Cut off band excess.

Bike Plate Instructions

Please print your name and hometown or team name on the plate and use cable ties to hang it from the back of your bike saddle. It is our hope that the bike plates will encourage conversation and introductions among riders. Also, space is available on the back of the license plate for emergency contact information that can be utilized in case of emergency.

Support Vehicles and Drivers

In an effort to control traffic congestion on the route and in the towns, RAGBRAI limits the number of vehicle on the roads. Any vehicle accompanying RAGBRAI participants during the week must have a vehicle pass adhered to the lower left-hand corner on the inside of the windshield.

Please note: a vehicle pass is not necessary if the vehicle is to be parked in the long-term parking area at the starting or ending towns during the week of RAGBRAI.

Drivers are expected to attend the Support Vehicle Driver Meeting on Saturday, July 18th at 4:00 p.m. in the West Monona High School, 1314 15th St, Onawa, IA 51040.

The primary concern is the safety of the riders. RAGBRAI officials and the Iowa DOT prepare a separate route for support vehicles that avoids the



bike route and leads drivers directly into the next day's meeting town or overnight community. The bicycle route is not closed to local motor vehicle traffic and for the safety of the riders, support vehicles should not travel on it.

By accepting a vehicle pass, drivers agree not to travel on the bike route and not to drive through or park in any of the passthrough towns on the bike route.

The Iowa State Patrol can revoke the vehicle pass which means campground parking privileges are forfeited. According to the Iowa State

Patrol, speed limits and motor vehicle laws will be closely enforced on highways leading to overnight towns.

A printed support vehicle map will be available at the RAGBRAI Support Vehicle Meeting. Any leftover maps will be delivered to the RAGBRAI merchandise trailers in the overnight towns each night. In addition, RAGBRAI will release the vehicle map via Ride with GPS for those using their phones to help navigate. Visit www.RAGBRAI.com/route for the digital support vehicle routes and links.



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REGISTRATION DETAILS

Support Driver Tips

- Check in first thing in each town at the designated Support Vehicle Check-In to be properly routed to your destination. All towns have a Check-In posted on their map and on Ride with GPS.
- Be patient. There will be lines everywhere you go, even when you're driving.
- Be careful. When driving a large straight truck or pulling a trailer, be especially aware of what or who is behind or beside your vehicle. Overhead clearance is critical. Remember, you may have a bike rack on top of your vehicle that could hit tree branches or signs.
- Buckle up and don't drink alcoholic beverages if you're going to be driving.
- Make sure you're getting plenty of rest the night before driving so you stay sharp. Drowsiness can lead to becoming distracted and inattentive.

Meeting Town

One of the pass-through towns is designated as a meeting town each day for the drivers and riders to meet and enjoy the hospitality of the local community. The meeting town will be listed on the support vehicle route map. The support vehicle route will not cross the bike route when entering the meeting towns.

Recreational Vehicles (RVs)

Those with a vehicle pass who are driving a self-contained motor



home need to be aware that the campgrounds will not be equipped with electrical or water hook-ups. If dumping stations are available they will be located on the overnight town maps. Please be courteous of tent campers if operating a generator in the campgrounds.

Please follow route signs and the directions of overnight town volunteers as they direct you to camping locations.



BIKE SHIPPING

Bike Shipping to Onawa

- Visit www.ragbrai.com/logistics for information on bike and luggage shipping to/from RAGBRAI.
- Shipping vendors will have representatives onsite to provide you the best possible customer service.
- See the shipping vendor's web site to make reservations online and to check rates and transit times from your area.



DREAM TEAM DES MOINES



DREAM BIG!

Dream Team Des Moines is a non-profit organization in central Iowa. We provide young adults with opportunities to build confidence, set goals, and create a healthy lifestyle through mentor-based interactions centered around bicycling.

In March, a team of 50-60 teenagers start their 5 month journey to RAGBRAI, a week-long bike ride across Iowa that occurs each July. The riders work with caring volunteers to set goals, work hard, and DREAM BIG!

Learn More By Visiting:
DREAMTEAMDESMOINES.ORG

BAGGAGE

Baggage Transport

A baggage tag is included in your RAGBRAI registration fee. The baggage tag entitles you to receive free daily baggage service for ONE bag provided by the Official RAGBRAI baggage semi- trucks.

Baggage Guidelines:

- You may have one bag weighing up to 50 pounds.
- Your bag must be clearly marked and can be claimed only by showing that the number on the rider wristband matches the number on the baggage tag. If you would like to grant permission for other members of your group/team to claim your bag, you must write their wristband number(s) in the space provided on your baggage tag. You may permit up to three additional members of your group/team to claim your bag on your behalf.
- Daily riders must write their wristband number on their baggage tag.
- Each rider is allowed only one bag, however, a tent or sleeping bag can be secured to the bag to count as one bag. The total weight of the bag, its contents and items secured to the bag cannot exceed 50 pounds.
- Only standard cloth or canvas bags and backpacks are permitted. Hard plastic and soft-sided luggage, backpacks with frames, plastic totes and bike cases are not allowed.
- During the loading process in Onawa on Sunday morning, RAGBRAI Crew members will weigh all bags. Bags weighing more than 50 pounds will not be allowed to load.
- The Official RAGBRAI baggage semitrucks are available to load 5:00 a.m. – 8:00 a.m. each day. You must have your bag on the truck by 8 a.m. - a warning horn will sound 15 minutes before the truck leaves. RAGBRAI will not be responsible for baggage left at the truck in the morning before it opens at 5:00 a.m.
- The Official RAGBRAI baggage semi-trucks will arrive at the main campground in the overnight town at approximately 11:00 a.m. The main campgrounds will be marked on the official town maps. The designated campground is usually located in the same campground as the Information Center. The town map will mark the location of the baggage trucks with a specific icon.
- Your baggage will be unloaded for you into a secure area each day. To claim your bag, your wristband number must match the number on the baggage tag. Baggage security is provided until 6:00 p.m. each evening.* RAGBRAI will not be responsible for baggage left at the truck in the evening after it closes at 6:00 p.m.*
- * On the final day in Dubuque, bag security will be provided only until 4:00 p.m.



Don't forget your baggage tag!

BICYCLE

- ☐ Helmet
- ☐ Water bottles
- ☐ Bike pump
- ☐ Tools
- ☐ Bike computer
- ☐ Spare tube

BIKING GEAR

- ☐ Short-sleeve jerseys
- ☐ Long-sleeve jerseys
- ☐ Shorts
- ☐ Biking shoes
- ☐ Socks
- ☐ Gloves
- ☐ Sunglasses
- ☐ Cycling jacket
- ☐ Rain gear

CLOTHING

- ☐ Shorts
- ☐ Pants
- ☐ Socks
- ☐ Short-sleeve shirts
- ☐ Long-sleeve shirts
- ☐ Rain gear
- ☐ Shoes, sandals, shower shoes, and closed toe shoes
- ☐ Underwear

TOILETRIES

- ☐ Towel and wash cloth
- ☐ Shampoo and conditioner
- ☐ Toothbrush, toothpaste, and floss
- ☐ Sunscreen and chapstick
- ☐ Feminine hygiene products
- ☐ Medications: Ibuprofen, antacids, personal prescriptions, etc.
- ☐ Other: band aids, insect repellent, etc.
- ☐ Large bag or sack for dirty laundry, travel packet of detergent, gallon size ziploc bag for laundering, quart size ziploc bag for cell phone

CAMPING

- ☐ Tent and ground cloth
- ☐ Pain relievers and bandages
- ☐ Hand sanitizer
- ☐ Sunscreen
- ☐ Sleeping bag and pillow
- ☐ Flash light

OTHER

- ☐ Electronics
- ☐ Chargers and charging cord - devices
- ☐ Rechargeable battery bank & spare batteries
- ☐ Nuun or other electrolyte drink tablets
- ☐ Portable fan
- ☐ Extra cash
- ☐ Zip ties, duct tape, pen or marker

GENERAL RIDE INFORMATION

Campgrounds

Each community will provide camping areas for registered riders, typically located at school grounds, county fairgrounds, or city parks. In some cases, support vehicles may need to park at separate campgrounds if space is limited.

- Dubuque: Camping available on the Friday night before the ride begins and the Saturday night after it ends.
- Onawa: Camping available on the Friday and Saturday nights before RAGBRAI begins.

Campgrounds must be quiet after 10 p.m. Late-night noise will not be tolerated. Ensure your group picks up after themselves, using garbage bags for trash. Before leaving in the morning, check your area for any misplaced items like wallets, watches, sunglasses, or bike computers.

Private Housing

RAGBRAI is primarily a camping event, and private, in-home housing is not guaranteed. This option is only available to those who have registered and received wristbands. Towns have Housing committees to help assign you to a potential host house. Visit the towns' web pages for more information about their housing programs. A nominal fee may be charged to cover the volunteers' time in finding and placing you for the night.

Town Websites

Learn more about each Overnight Town and their plans for RAGBRAI:

Onawa:

[Onawa Website](#)

Harlan:

[Harlan Website](#)

Guthrie Center:

[Guthrie Center Website](#)

Boone:

[Boone Website](#)

Marshalltown:

[Marshalltown Website](#)

Independence:

[Independence Website](#)

Dyersville:

[Dyersville Website](#)

Dubuque:

[Dubuque Website](#)

Showers/Bathrooms

Showers will be available at schools, swimming pools, and mobile shower trailers. Communities may charge a small fee for showers and shuttle services, so be prepared to pay if required. Shuttle services are usually available from the campgrounds to the showers. Some campers use sun-heated portable showers, but please note:

According to state law, it is illegal to dispose of waste water into any state-owned natural or artificial lake. You are requested to dispose of this water through appropriate sewage access. Please do not dump portable showers on the ground.



RAGBRAI[®] gives



RAGBRAI riders are united by the simple joy of riding a bicycle. For many, it's not just a ride — it's a personal tradition, a source of pride, and a celebration of community. This emotional connection fuels a strong desire to give back so that others may experience the same.

In 2026, RAGBRAI Gives channels that spirit by introducing riders to Iowa's Community Bike Shops (CBS), which make bicycles (vis-a-vis RAGBRAI) accessible to all.

CBS (sometimes called bike cooperatives or co-ops) recycle donated bicycles within their community. They promote learning and self-sufficiency by providing tools, workspace, and mechanical mentorship for folks to service their bicycle. CBS' operations are sustained through the sale and/or rental of refurbished bicycles.

Throughout this partnership, RAGBRAI riders are empowered to give back in many different ways. Please, donate funds or the dusty frame in their garage that you never got around to building! Perhaps you will feel called to put your mechanical skills to good use by volunteering at a CBS. We also hope that some riders feel inspired to start one within their community.

RAGBRAI's Bikes Create Community partnership forefronts access, diversity, mechanical learning, and community building. Let's get more people on bikes!

[Click Here To Donate!](#)

GENERAL RIDE INFORMATION



RAGBRAI provides 86 portable toilets in the main campground to supplement those provided by the overnight towns. If you need bathrooms close to your campsite, set up your campsite near the bathrooms, as the portable toilets cannot be moved once they are in place.

Food

Eat Today to Ride Tomorrow! To sustain your energy during RAGBRAI, you'll need a high number of calories. It's common to spend around \$35-\$55 per day on food and drink, so keep cash and a credit card handy for vendors.

Nutrition Tips:

- Focus on sugar and carbohydrates to keep your energy levels up, but spread your intake throughout the day instead of eating large meals at once.
- Keep your diet low in fat.
- Carry high-energy snacks for a quick boost when needed.

Food Availability:

- You'll find a variety of food options at every turn, from standard fare to unique treats.
- Food booths support local

organizations like churches, Boy Scout or Girl Scout troops, 4-H clubs, and VFW posts.

Official Vendors:

- Look for signs reading "OFFICIAL RAGBRAI VENDOR" to identify sanctioned concessions in host communities. Please support these vendors.

RAGBRAI Merchandise and Information

RAGBRAI operates three merchandise trailers throughout the week. Each trailer sells RAGBRAI merchandise and day passes. The trailers will also have overnight town maps for the next town.

Campground Trailer:

- Official RAGBRAI Lost and Found
- Operating hours are approximately 10 a.m. to 6 p.m.

Downtown Trailers

- Located in the Overnight Town, near the main entertainment stage.
- Operating hours are approximately 11 a.m. to 9 p.m.

Special Location on July 25:

- All merchandise trailers will be at the Dip Site in Dubuque
- Operating hours are approximately 8 a.m. to 4 p.m.





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GENERAL RIDE INFORMATION

Main Campground Information Center

Located near the town's Information Center in the Main Campground. Here, you can leave notes for people, find information about the town, or ask questions of local volunteers. Make sure you or your support drivers check in with the Information Center to help your group find where you're camping and to notify you if needed.

Town Information Center

Each town will have local Information Centers, typically with one located in the Main Campground and one in the downtown Expo area.

Lost & Found

The RAGBRAI Information tent in the main campground, open daily from about 11 a.m. to 7 p.m., also serves as the Lost and Found site during the ride. If you misplace something, check this trailer periodically. Sometimes, found items are sent to the RAGBRAI office after the ride ends. You can email info@ragbrai.com with your wristband number and a brief description of the lost item. If an item is not claimed by the end of the event, the RAGBRAI office will return it to registered participants at no charge for shipping.

Legal Drinking Age

If you plan to have an alcoholic beverage during RAGBRAI, be prepared to prove that you are of



legal age. The legal drinking age in Iowa is 21 years. Local establishments and community-sponsored beverage gardens will not accept the excuse that bikers wearing biking gear have no way to carry identification. Vendors may issue a colorful wristband to individuals who are of legal drinking age but have a youthful appearance. If you are under 21 and found with alcoholic beverages, you will be prosecuted and sent home. Your cooperation is appreciated.

Ride Hours & Route Service Times

The official RAGBRAI start time is 6 a.m. Safety and medical support services monitor the route between 6 a.m. and 6 p.m. If you race ahead, lag behind, or leave the official bicycle route, services will not be available to you. Riding in the dark on unknown roads without support is dangerous, even if you have lights. Ride at a speed that allows you to finish each day well in advance of the end time. On the Saturday, July 25, the last day, the route will close at 4p.m.

GENERAL RIDE INFORMATION

Whenever possible, roads with low traffic volume are selected for the bicycle route. The Iowa State Patrol and local law enforcement authorities direct traffic at intersections to ensure the safest ride possible. They do not lead the riders on the route.

Be sure to obey Iowa traffic laws and be courteous to motorists and other riders. Please wear a helmet, ride predictably, sound off when passing another rider, don't stop on the roadway, don't cross the yellow line, and please keep to the right if you are traveling more slowly than others. Most importantly, RIDE RIGHT, it's right! To learn the rules of the road for riding safely in RAGBRAI and at any other time of the year, please read the "How to Ride RAGBRAI" section in this guide.



SAG

SAG wagons patrol the route to assist riders who break down physically or mechanically. Registered participants must sign in when boarding a SAG

wagon, and there is no charge if you show your wristband. The service will take you to the campground Information Center at the next overnight town. For bicycle repairs, service will be available in the main campground.

To signal for help, turn your bicycle upside down on the left side of the road and give a "thumbs down" signal. Note that SAG wagons do not provide taxi service between campgrounds, and pets are not allowed.

SAG Services are for registered riders only.

Maps

Ride with GPS digital maps for the bicycle route, gravel sectors, and central loop are available for download and are compatible with most bicycle computers. Route maps with daily mileage, elevation, service times, and mileage between towns are available for download as well. Visit <https://ragbrai.com/route/> to download.





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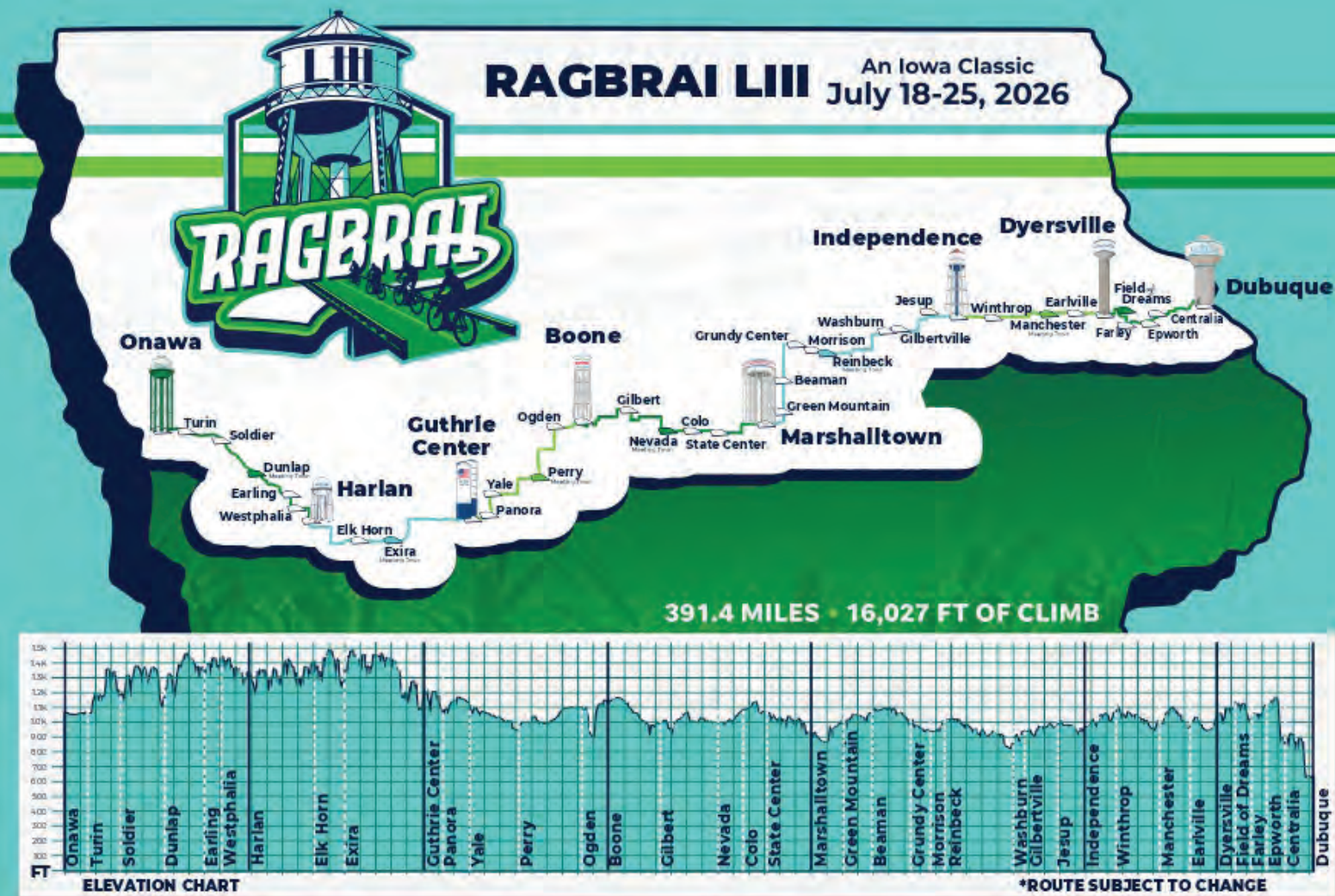
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DAY 1

Stops	Miles	Service Time
ONAWA		6:00 AM
IN	7.6	12:00 PM
DIER	10.7	1:00 PM
LAP	13.6	2:30 PM
LING	13.3	4:00 PM
TPHALIA	5.9	5:00 PM
LAN	8.3	6:00 PM

DAY 2

Towns	Miles	Service Time
HARLAN		6:00 AM
ELK HORN	21	12:00 PM
EXIRA	9.6	3:00 PM
GUTHRIE CENTER	25.9	6:00 PM

DAY 3

Towns	Miles	Service Time
GUTHRIE CENTER		6:00 AM
PANORA	7.7	12:00 PM
YALE	7	1:00 PM
PERRY	16.9	3:00 PM
OGDEN	19.4	5:00 PM
BOONE	10.1	6:00 PM

DAY 4

Towns	Miles	Service Time
BOONE		6:00 AM
GILBERT	17.7	12:00 PM
NEVADA	18	2:30 PM
COLO	7.5	3:30 PM
STATE CENTER	8.2	4:30 PM
MARSHALLTOWN	16.8	6:00 PM

DAY 5

Towns	Miles	Service Time
MARSHALLTOWN		6:00 AM
GREEN MOUNTAIN	9.6	11:00 AM
BEAMAN	8.5	12:00 PM
GRUNDY CENTER	12.7	1:00 PM
MORRISON	5.3	1:30 PM
REINBECK	4.5	2:00 PM
WASHBURN	22.9	4:00 PM
GILBERTVILLE	3.1	4:30 PM
JESUP	11.8	5:30 PM
INDEPENDENCE	8.7	6:00 PM

DAY 6

Towns	Miles	Service Time
INDEPENDENCE		6:00 AM
WINTHROP	8.9	12:00 PM
MANCHESTER	14.8	3:00 PM
EARLVILLE	10.9	5:00 PM
DYERSVILLE	7.9	6:00 PM

DAY 7

Towns	Miles	Service Time
DYERSVILLE		6:00 AM
FIELD OF DREAMS	5.6	11:00 AM
FARLEY	6	12:00 PM
EPWORTH	4	1:00 PM
CENTRALIA	5.7	2:00 PM
DUBUQUE	13.2	4:00 PM

ROUTE OPTIONS

GravelBRAI

- Ride some of the most epic gravel in the USA.
- Take a picture on one of the gravel sectors and show it to the staff in our Merch trailers in the Downtown Festival Area to redeem your official patch. You must be a registered rider to receive the GravelBRAI patch.
- Gravel sectors Day 1 – 7 range from easy to expert skill level. Make sure you do your research before tackling some of these sectors as they can be challenging and there isn't RAGBRAI support on the sectors. Expert sectors should only be ridden by the most confident and experienced.



Karras Century Loop sponsored by Wenzel's Farm

- Patch Location: 1366 275th St., Jesup, IA 50648
- Patch Stop Hours: 9am-5pm
- Details for Patch Stop: Riders who can't get enough RAGBRAI – the Karras Loop sponsored by Wenzel's Farm is for you! On Day 5 of RAGBRAI LIII you will have the option to pedal 104.3 miles and complete a century. Registered riders who complete the loop within the service times will be able to receive a collectible Karras Loop Patch.
- The Loop starts just outside of Jesup on the main route to Independence. You take a right off the main route at the Karras Flags and then head south to loop back to Jesup. This way riders will not miss a mile of the main route. Be sure to stop at our oasis on the loop to get your patch and grab a Wenzel's Farm beef stick. The perfect protein fuel up to power you through the rest of your ride. Or at least through the loop!
- Disclaimer: The Karras Loop is not supported with SAG or additional stops. Check service times for all towns to ensure you don't miss out on town amenities





America 250 Double Loop

If you haven't been living under a rock, you know that RAGBRAI LIII will feature the America 250 Double Loop. The Double Loop will give riders the option of extending their ride on Thursday, July 23rd to 250km to honor the United States of

America's 250th anniversary happening this year. Yes, it will be 250 km instead of 250 miles because quite frankly, 250 miles is just too long.

Both Karras Loop riders and America 250 Double Loop riders should stop at the Patch station on the loop. The patch stop is 6 miles south on Dugan Ave. once you have begun the Karras Loop or America 250 Double Loop. Both sets of riders will receive a Karras Loop Patch. America 250 Double Loop riders will then check in and receive a wristband, and continue on their way around their first circuit of the loop. The second time around the loop, America 250 Double Loop riders with wristbands will receive a challenge coin. The first 200 Double Loopers of the day will receive the coin in person, the rest will receive their coin in the mail.

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Welcome to **ONAWA**



SATURDAY, JULY 18, 12PM-9PM

Iowa Avenue, Onawa, IA

The RAGBRAI Expo offers you a unique opportunity to browse through the latest in gear, accessories, nutrition, and bike tourism from the top manufacturers and businesses in the industry.

REGISTRATION & PACKET PICK-UP

Need to pick up your packet, register, or have a customer service question?

Our Registration and Packet Pick-up will be located at 320 10th Street, Onawa Community Center from 12pm-9pm on Saturday, July 18th.

RAGBRAI EXPO

TOWN MAP

Welcome to Onawa!

SATURDAY, JULY 18, 2026



GOOGLE
DIGITAL MAP



MAP LEGEND

AA Meeting	Long/Short Term Parking
ATM	Police Station
Bar	Post Office
Beverage Garden	RAGBRAI Baggage Truck
Bike Mechanic	Restrooms
Bike Route IN	RV Dump Site
Bike Route Out	RV/Support Parking
Camping	SAG Drop
Emergency Shelter	Showers
Entertainment Area	Shuttle Routes
Fire Station	Swimming Pool
Gas Station	Water Station
Grocery Store	Vehicle Route IN
Hospital/Medical Aid	Vehicle Route OUT
Information	VIP Parking
Library	
Local Attraction	

LONG TERM PARKING



RAGBRAI SAFETY & SUPPORT DRIVER MEETINGS

- Ooten Auditorium - West Monona High School
- RIDE RIGHT Meeting - 2pm & 6pm
- Support Vehicle Driver's Safety Meeting - 4pm

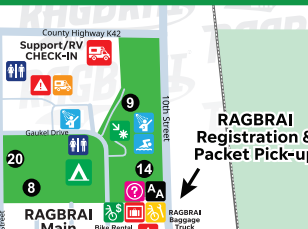
SHUTTLE ROUTES

- Purple Rain Shuttle** (noon - 8 p.m.)
Route: L/S Parking, Main Campground, Downtown Entertainment
- Little Red Corvette Shuttle** (noon - midnight)
Route: High School, Main Campground, Downtown Entertainment
- Raspberry Beret Shuttle** (10:30 a.m. - 12:30 a.m.)
Route: Main Campground, Downtown Entertainment
- Yellow Submarine Shuttle** (2 p.m. - 10 p.m.)
Route: Struble Agronomy, Downtown Entertainment

Family/Quiet Campground



RAGBRAI Registration & Packet Pick-up



THANK YOU TO OUR
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CHARTER AREAS

- | | |
|---|--|
| <ul style="list-style-type: none"> 1 • ADAPTIVE SPORTS IOWA 2 • AIR FORCE CYCLING TEAM 3 • ANYWHERE CYCLING EXPERIENCE 4 • BICYCLE ILLINOIS 5 • BICYCLE RIDE ACROSS GEORGIA 6 • BICYCLISTS OF IOWA CITY 7 • BIKE BURLINGTON 8 • BIKE WORLD CHARTER 9 • BRANSEL CHARTERS 10 • CEDAR VALLEY CYCLISTS 11 • CENTRAL IOWA CHARTERS 12 • CHAIN GANG GETAWAYS 13 • CHICAGO URBAN BICYCLING SOCIETY (C.U.B.S.) 14 • DREAM TEAM 15 • DUBUQUE BIKE CLUB 16 • GOOD BEER 17 • HAWKEYE BICYCLING 18 • IOWA VALLEY BICYCLE CLUB | <ul style="list-style-type: none"> 19 • JOE'S BUNKHOUSE 20 • LEGACY ADVENTURES / IOWA'S OWN INSTYLE 21 • LOST AND FOUND CHARTERS 22 • NORTH IOWA TOURING CLUB 23 • OUT OF STATERS 24 • PADRE'S CYCLE INN 25 • PEDALING PANADAS 26 • PELLA CYCLING CLUB 27 • PORK BELLY VENTURES 28 • POWERED BY PLANTS CYCLING 29 • RIVERBEND BIKE CLUB 30 • QUAD CITIES BICYCLE CLUB 31 • SIOUXLAND CYCLISTS 32 • TALL DOG BIKE CLUB 33 • TEAM ME OFF 34 • TEAM SKUNK 35 • WHINERS |
|---|--|

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To get updated maps, town details, and more visit the towns website at [Onawa](https://www.onawaia.com).

RAGBRAI EXPO

VENDOR MAP

Welcome to Onawa!

SATURDAY, JULY 18, 2026



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To get updated maps, town details, and more visit the towns website at [Onawa](https://onawaia.com).

Welcome to HARLAN



SUNDAY, JULY 19, 2026



DAY 1 - ONAWA TO HARLAN

TOWN MAP

Welcome to Harlan!

SUNDAY, JULY 19, 2026



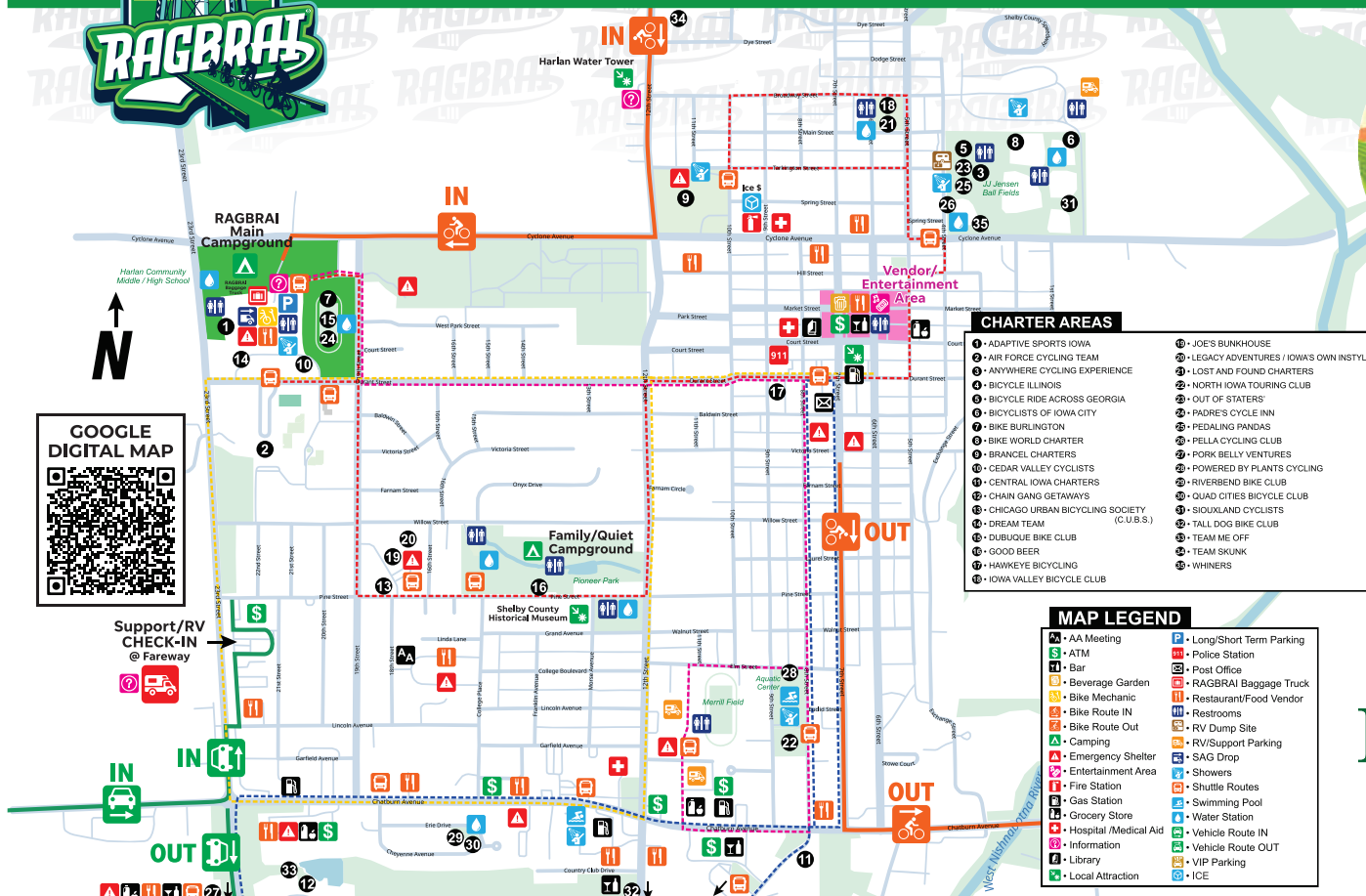
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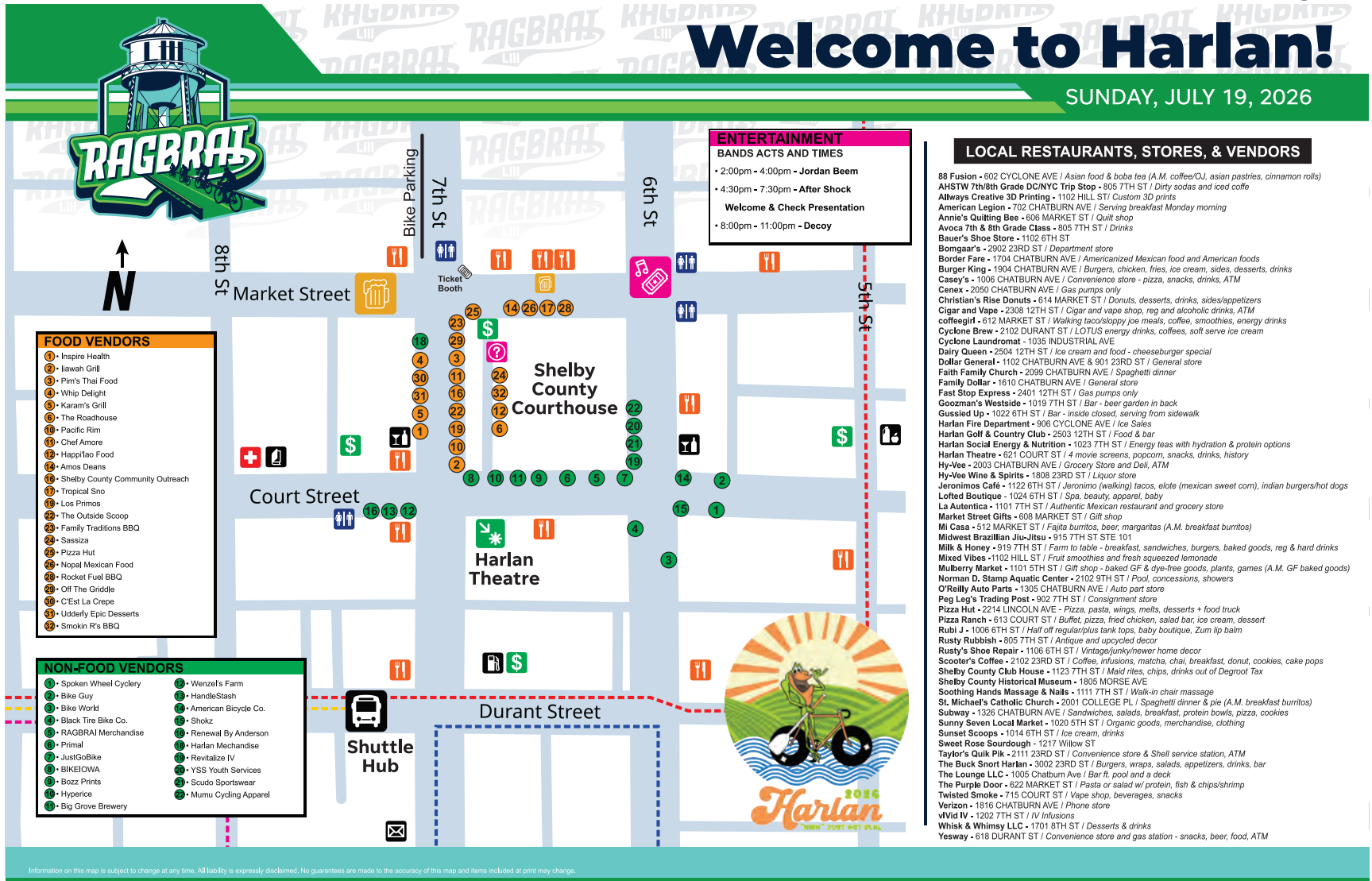
To get updated maps, town details, and more visit the towns website at Harlan.

DAY 1 - ONAWA TO HARLAN

VENDOR MAP

Welcome to Harlan!

SUNDAY, JULY 19, 2026



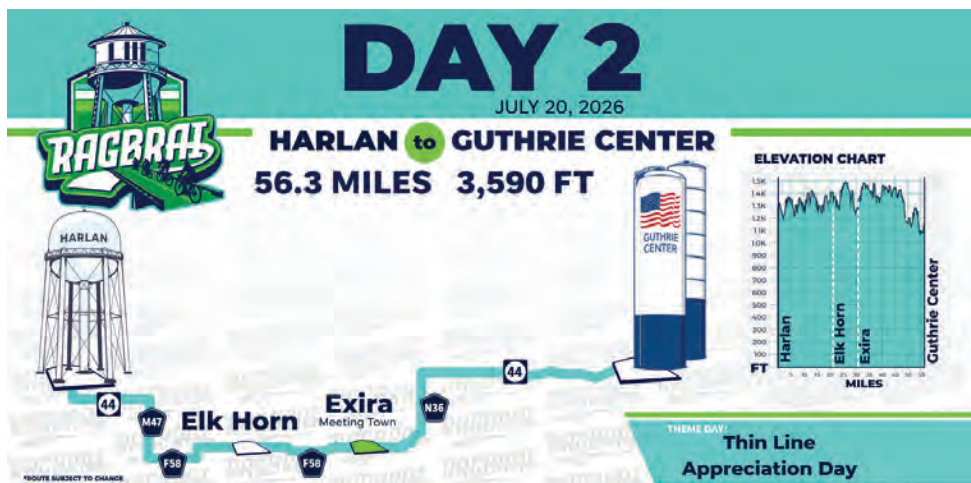
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To get updated maps, town details, and more visit the towns website at [Harlan.](https://www.harlania.org)

Welcome to GUTHRIE CENTER



MONDAY, JULY 20, 2026

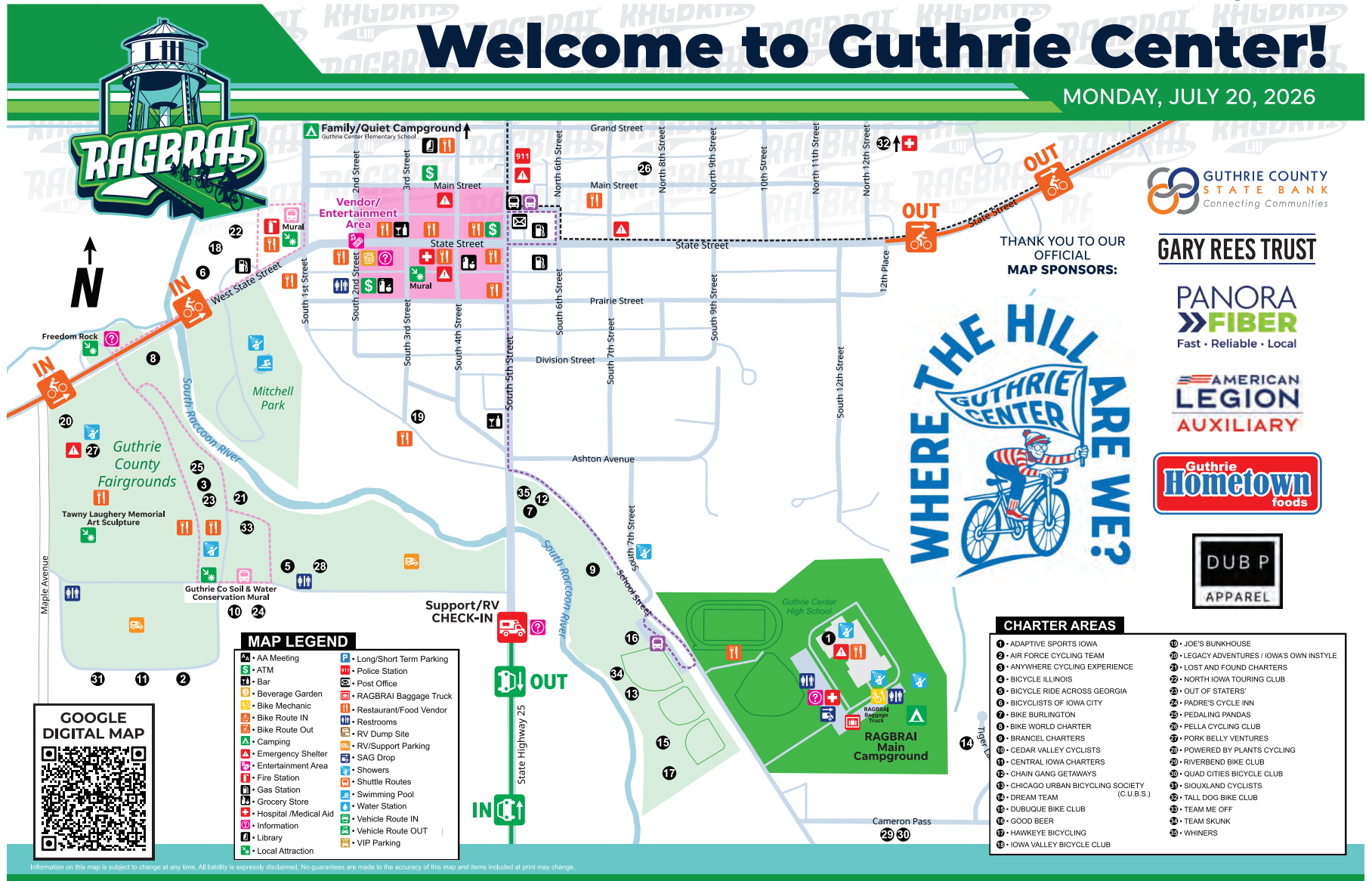


DAY 2 - HARLAN TO GUTHRIE CENTER

TOWN MAP

Welcome to Guthrie Center!

MONDAY, JULY 20, 2026



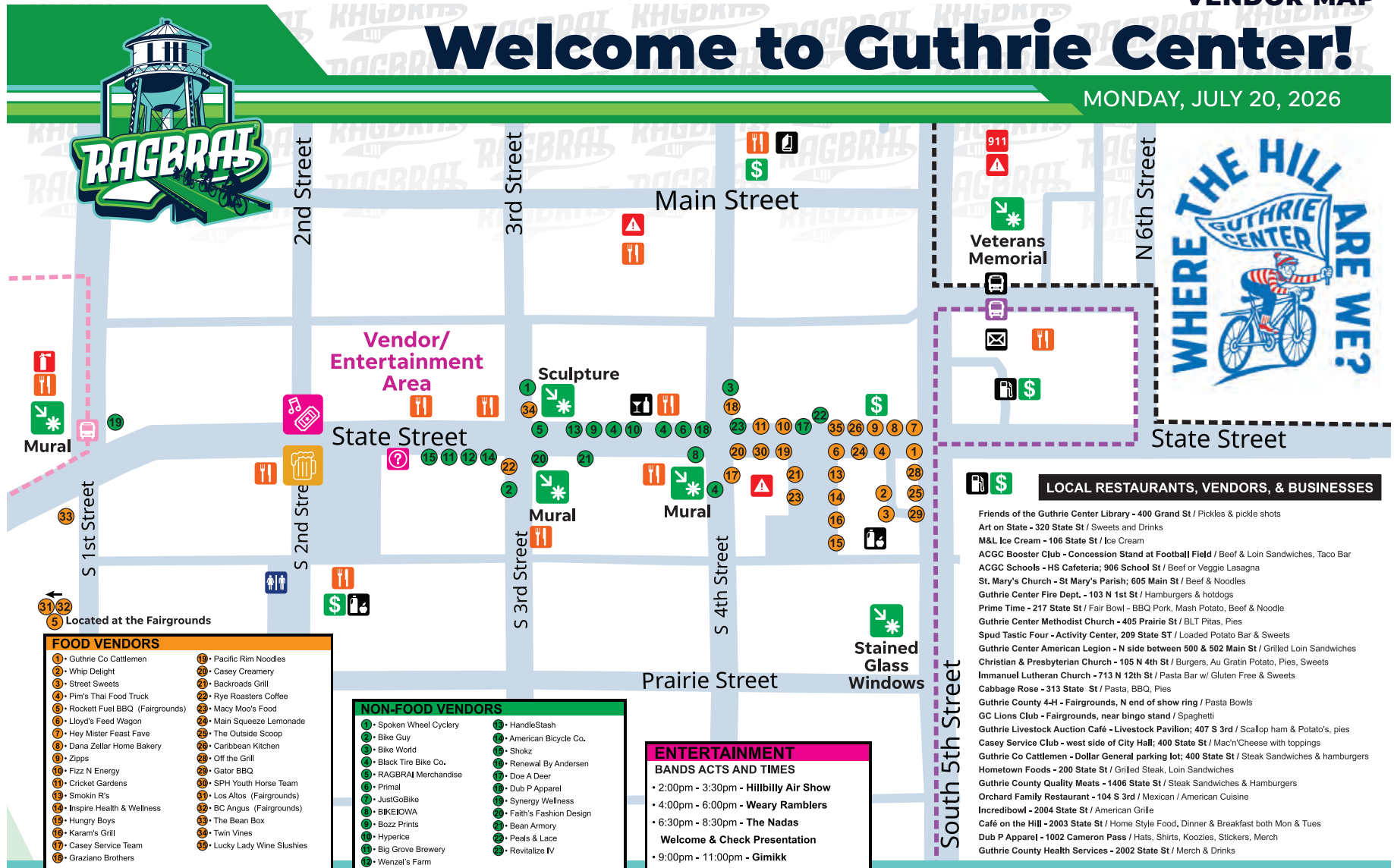
To get updated maps, town details, and more visit the towns website at [Guthrie Center](https://www.guthriecenter.org).

DAY 2 - HARLAN TO GUTHRIE CENTER

VENDOR MAP

Welcome to Guthrie Center!

MONDAY, JULY 20, 2026

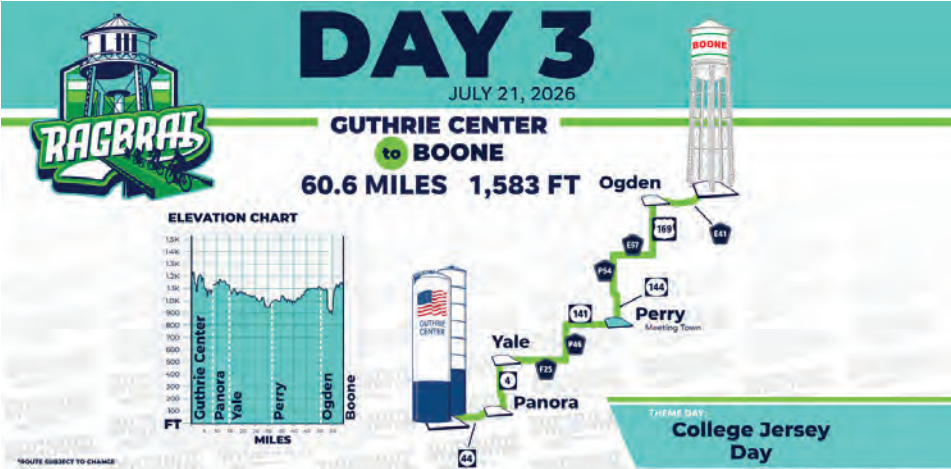


To get updated maps, town details, and more visit the towns website at [Guthrie Center](https://www.guthriecenter.org).

Welcome to **BOONE**



TUESDAY, JULY 21, 2026

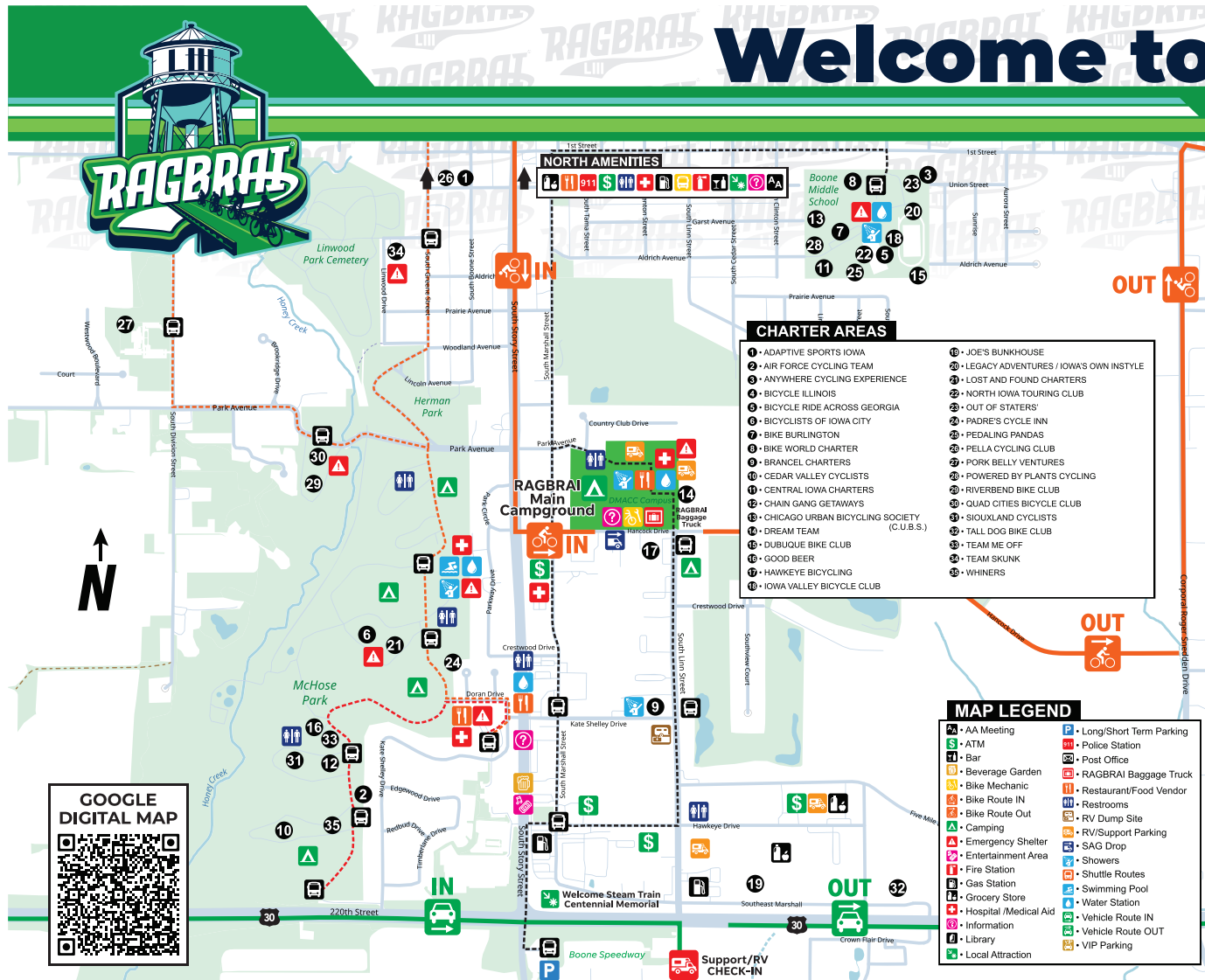


DAY 3 - GUTHRIE CENTER TO BOONE

TOWN MAP

Welcome to Boone!

TUESDAY, JULY 21, 2026



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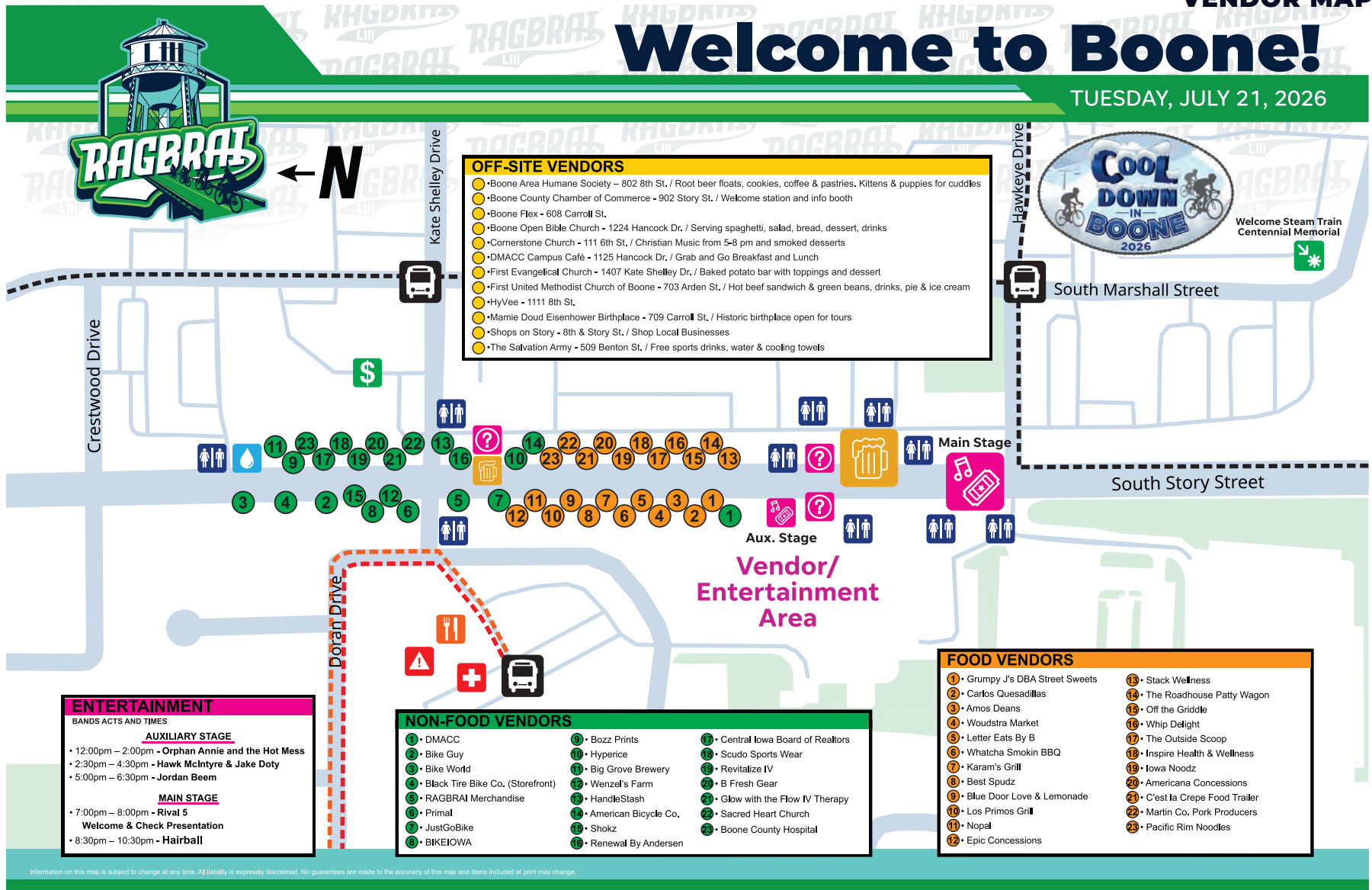
To get updated maps, town details, and more visit the towns website at [Boone](https://www.booneiowa.org).

DAY 3 - GUTHRIE CENTER TO BOONE

VENDOR MAP

Welcome to Boone!

TUESDAY, JULY 21, 2026

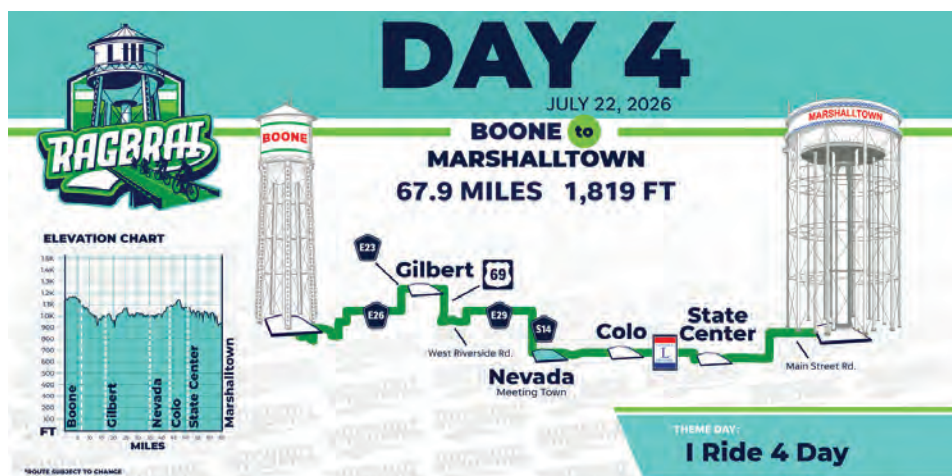


To get updated maps, town details, and more visit the towns website at [Boone.](https://www.booneiowa.org)

Welcome to MARSHALLTOWN



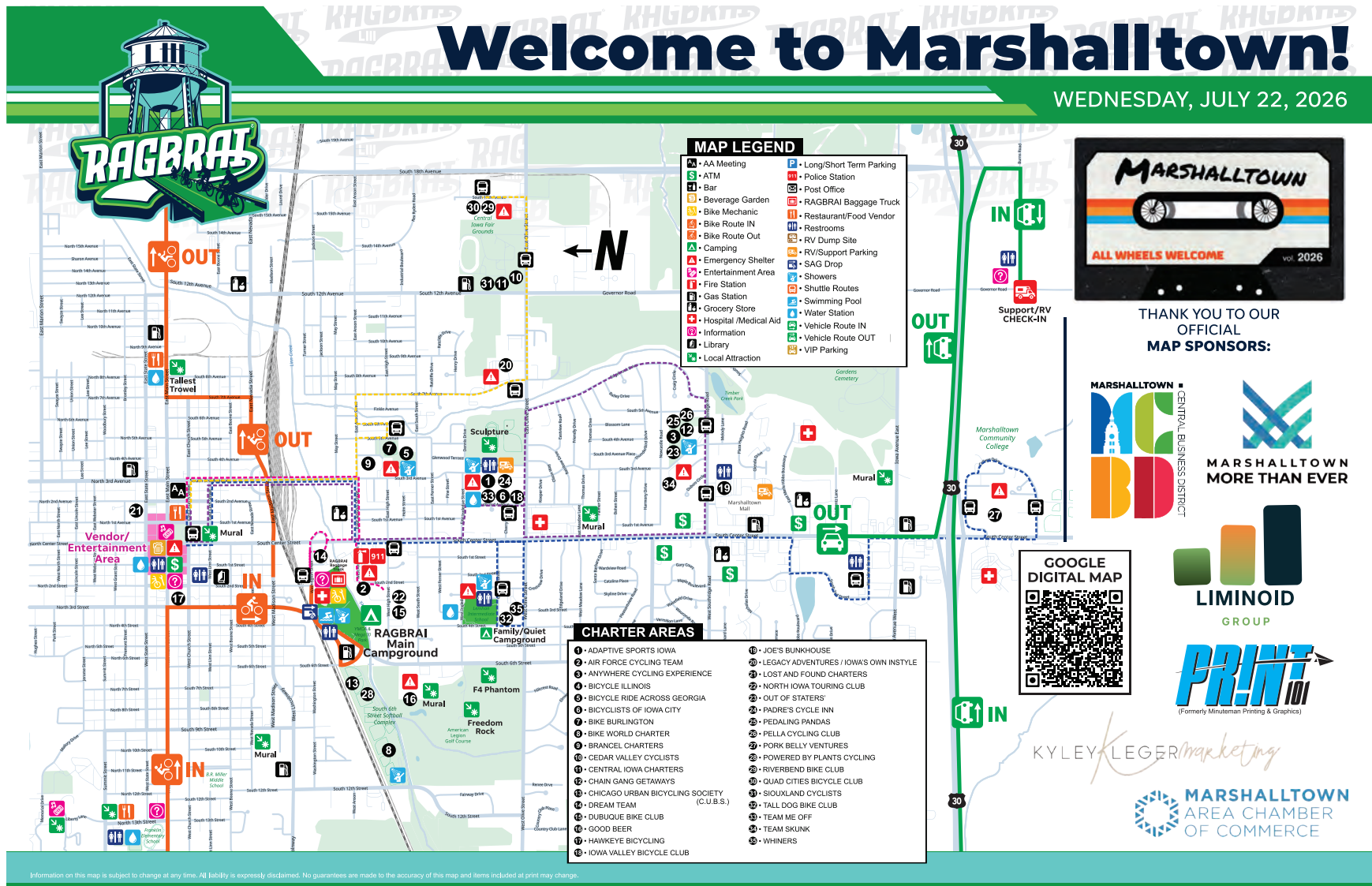
WEDNESDAY, JULY 22, 2026



TOWN MAP

Welcome to Marshalltown!

WEDNESDAY, JULY 22, 2026



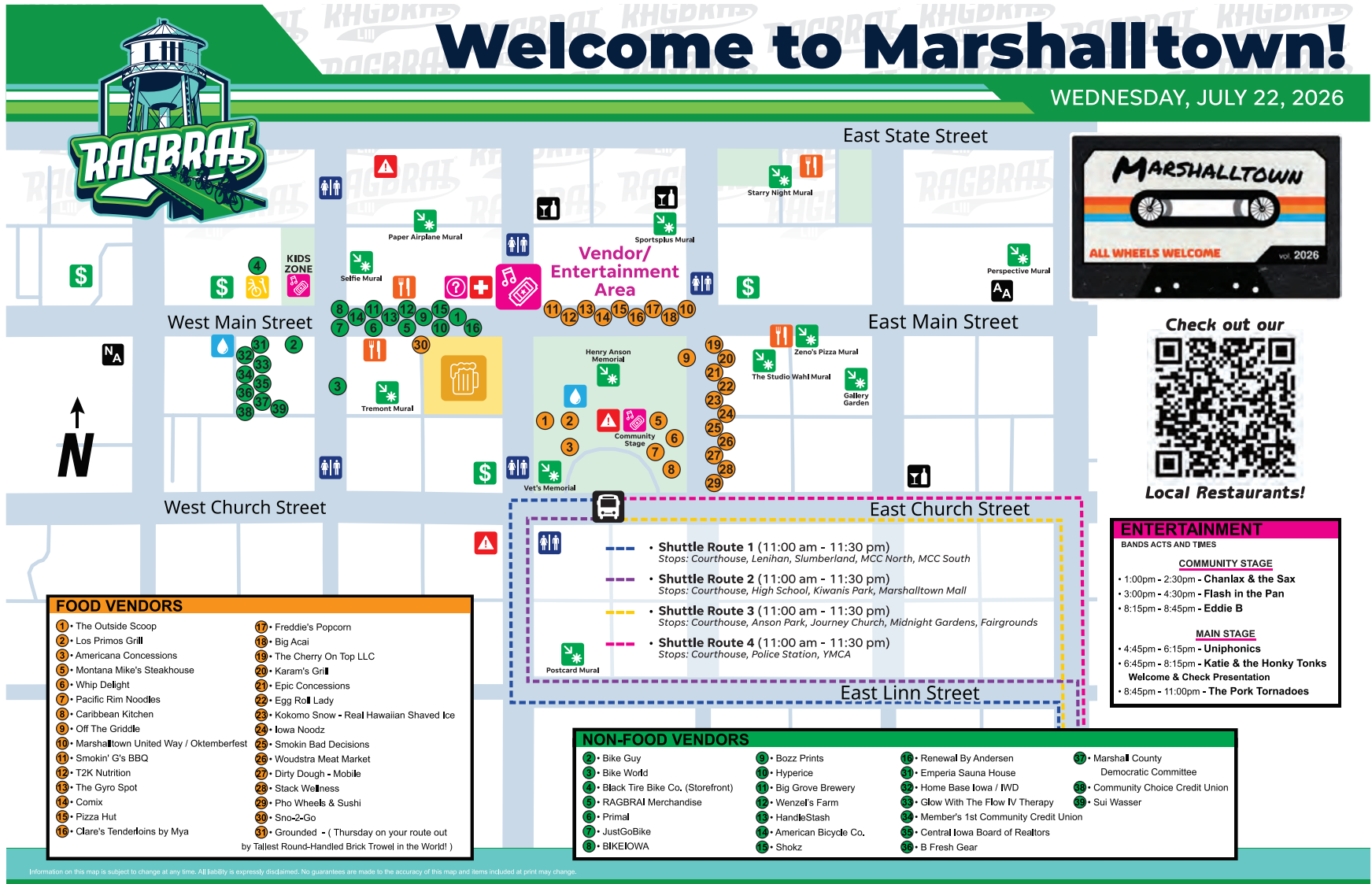
To get updated maps, town details, and more visit the towns website at Marshalltown.com.

DAY 4 - BOONE TO MARSHALLTOWN

VENDOR MAP

Welcome to Marshalltown!

WEDNESDAY, JULY 22, 2026

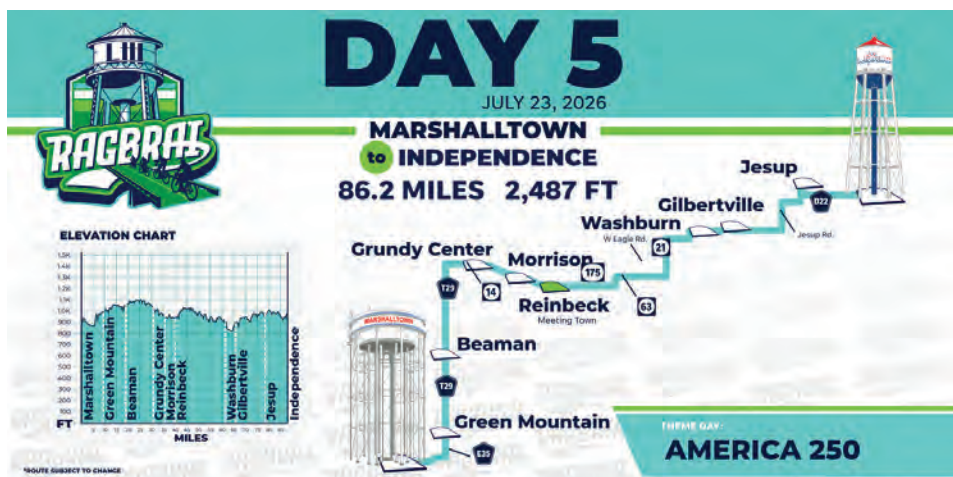


To get updated maps, town details, and more visit the towns website at [Marshalltown.](https://www.marshalltown.com)

Welcome to INDEPENDENCE



THURSDAY, JULY 23, 2026



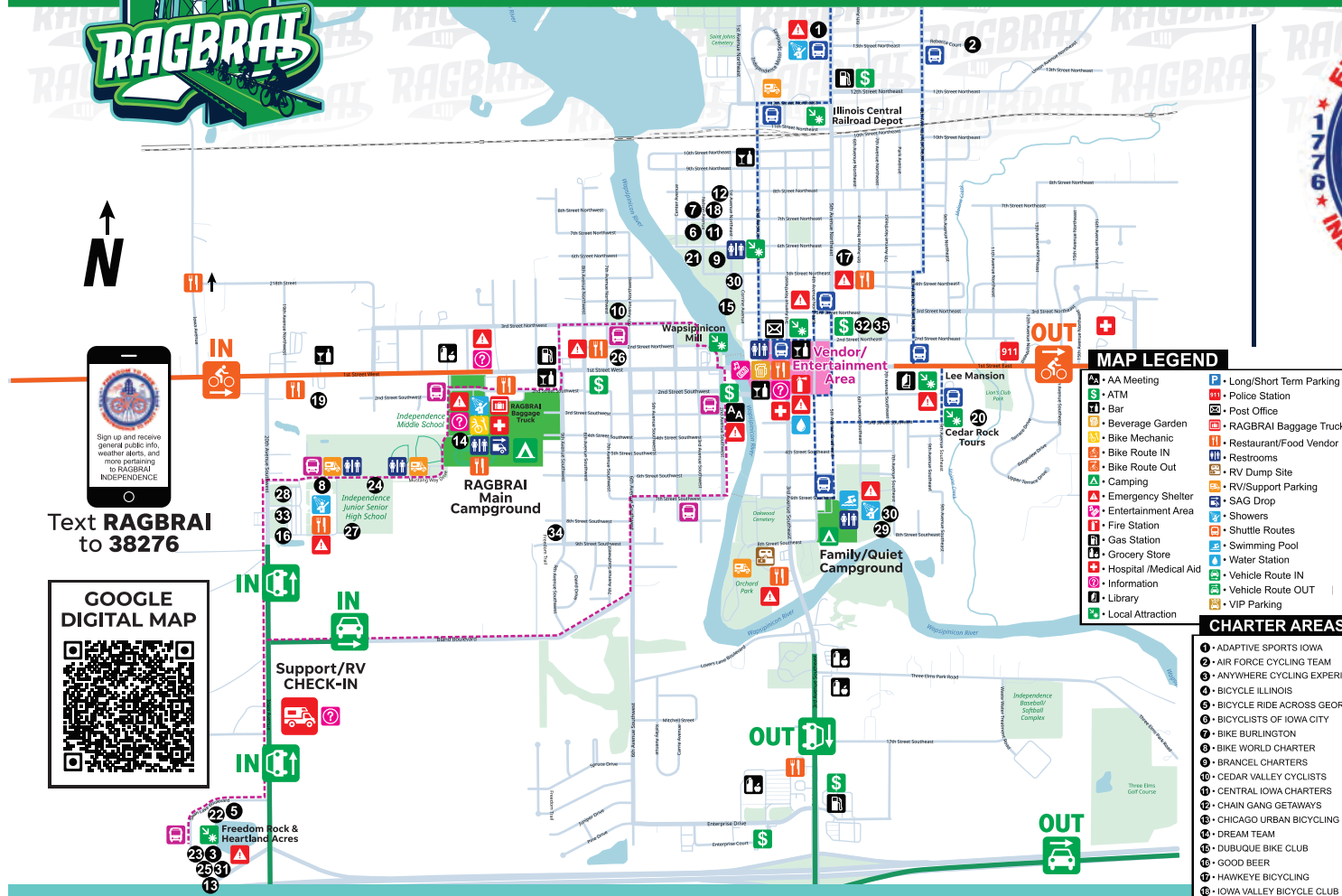
DAY 5 - MARSHALLTOWN TO INDEPENDENCE



Welcome to Independence!

TOWN MAP

THURSDAY, JULY 23, 2026



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Text RAGBRAI
to 38276

GOOGLE
DIGITAL MAP



Support/RV
CHECK-IN

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To get updated maps, town details, and more visit the towns website at [Independence.](https://www.independenceiowa.com)

DAY 5 - MARSHALLTOWN TO INDEPENDENCE

VENDOR MAP

Welcome to Independence!

THURSDAY, JULY 23, 2026



To get updated maps, town details, and more visit the towns website at [Independence](https://www.independenceiowa.com).

Welcome to **DYERSVILLE**



FRIDAY, JULY 24, 2026



DAY 6 - INDEPENDENCE TO DYERSVILLE

TOWN MAP

Welcome to Dyersville!

FRIDAY, JULY 24, 2026



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INFORMATION SPONSOR



CHARTER AREAS

- | | |
|---|---|
| 1 • ADAPTIVE SPORTS IOWA | 16 • JOE'S BUNKHOUSE |
| 2 • AIR FORCE CYCLING TEAM | 20 • LEGACY ADVENTURES / IOWA'S OWN INSTYLE |
| 3 • ANYWHERE CYCLING EXPERIENCE | 21 • LOST AND FOUND CHARTERS |
| 4 • BICYCLE ILLINOIS | 22 • NORTH IOWA TOURING CLUB |
| 5 • BICYCLE RIDE ACROSS GEORGIA | 23 • OUT OF STARS |
| 6 • BICYCLISTS OF IOWA CITY | 24 • PADRE'S CYCLE INN |
| 7 • BIKE BURLINGTON | 25 • PEDALING PANDAS |
| 8 • BIKE WORLD CHARTER | 26 • PELLA CYCLING CLUB |
| 9 • BRANCLER CHARTERS | 27 • PORK BELLY VENTURES |
| 10 • CEDAR VALLEY CYCLISTS | 28 • POWERED BY PLANTS CYCLING |
| 11 • CENTRAL IOWA CHARTERS | 29 • RIVERBEND BIKE CLUB |
| 12 • CHAIN GANG GETAWAYS | 30 • QUAD CITIES BICYCLE CLUB |
| 13 • CHICAGO URBAN BICYCLING SOCIETY (C.U.B.S.) | 31 • SIOUXLAND CYCLISTS |
| 14 • DREAM TEAM | 32 • TALL DOG BIKE CLUB |
| 15 • DUBUQUE BIKE CLUB | 33 • TEAM ME OFF |
| 16 • GOOD BEER | 34 • TEAM SKUNK |
| 17 • HAWKEYE BICYCLING | 35 • WHINERS |
| 18 • IOWA VALLEY BICYCLE CLUB | |

MAP LEGEND

- | | |
|---------------------------|-----------------------------|
| AA • AA Meeting | P • Long/Short Term Parking |
| A • ATM | Police Station |
| B • Bar | Post Office |
| BG • Beverage Garden | RAGBRAI Baggage Truck |
| BM • Bike Mechanic | Restaurant/Food Vendor |
| BI • Bike Route IN | Restrooms |
| BO • Bike Route OUT | RV Dump Site |
| C • Camping | RV/Support Parking |
| ES • Emergency Shelter | SAG Drop |
| EA • Entertainment Area | Showers |
| F • Fire Station | Shuttle Routes |
| G • Gas Station | Swimming Pool |
| GS • Grocery Store | Water Station |
| H • Hospital /Medical Aid | Vehicle Route IN |
| I • Information | Vehicle Route OUT |
| L • Library | VIP Parking |
| LA • Local Attraction | |

GOOGLE DIGITAL MAP



Information on this map is subject to change at any time. All liability is expressly disclaimed. No guarantees are made to the accuracy of this map and items indicated at print may change.

To get updated maps, town details, and more visit the towns website at [Dyersville](https://www.dyersville.org).

DAY 6 - INDEPENDENCE TO DYERSVILLE

VENDOR MAP

Welcome to Dyersville!

FRIDAY, JULY 24, 2026



Saint Francis Xavier School



Ice \$



2nd St SW



\$

7

6

5



3rd Ave SW

21 20 19 18 17 16 15 14 11 10

9 8 7 6 5 4 3 2 1

FOOD VENDORS

- | | |
|---------------------------------|-------------------------------------|
| 1 • Freddie's Popcorn Company | 12 • Inspire Health & Wellness |
| 2 • Hungry Boys | 13 • Los Primos Grill |
| 3 • Taylor Concessions | 14 • Epic Concessions |
| 4 • Moski's BBQ | 15 • Family Traditions BBQ & Sweets |
| 5 • Karam's Grill | 16 • JT Smoothies & Coffees LLC |
| 6 • Main Squeeze Fresh Lemonade | 17 • Lyela's kitchen |
| 7 • The Outside Scoop | 18 • Egg Roll Lady |
| 8 • Woudstra Market | 19 • Tom's Unlimited |
| 9 • Americana Concessions | 20 • Iowa Vital TEA |
| 10 • Whip Delight | 21 • Nopal |
| 11 • Home Farm BBQ | |

OFF-SITE VENDORS

- St. Francis Xavier School Association - 220 3rd Ave SW / Pasta Dinner
- Dyersville Commercial Club Park - 225 11th St SE / Pasta Dinner

RAGBRAI Main Campground



1st St SW

North Fork Maquoketa River

3rd Ave SE



ENTERTAINMENT

BANDS ACTS AND TIMES

- 1:30pm - Beverage Garden Opens w/ DJ
- 3:30pm - 4:30pm - Joie Walls
- 5:00pm - 6:30pm - The Ditch Lillies
- 7:00pm - 8:30pm - XOLEX
- Welcome & Check Presentation
- 9:00pm - 10:30pm - The Spazmatics

If You Build It Exhibit

Baseball Hall of Dreams

Shuttle Hub



NON-FOOD VENDORS

- | | | |
|--------------------------------------|---------------------------|--------------------------------------|
| 2 • Bike Guy | 18 • Hyperice | 28 • The Phoenix |
| 3 • Bike World | 19 • HandleStash | 29 • Iowa Legal Aid |
| 4 • Black Tire Bike Co. (Storefront) | 20 • American Bicycle Co. | 30 • Dubuque County Right to Life |
| 5 • RAGBRAI Merchandise | 21 • Shokz | 31 • B Fresh Gear |
| 6 • Primal | 22 • Stoik Body Co. | 32 • 3D Printing |
| 7 • JustGoBike | 23 • The Healing Touch | 33 • Seven Rivers Health & Hydration |
| 8 • BIKEIOWA | 24 • Revitalize IV | |
| 9 • Bozz Prints | | |

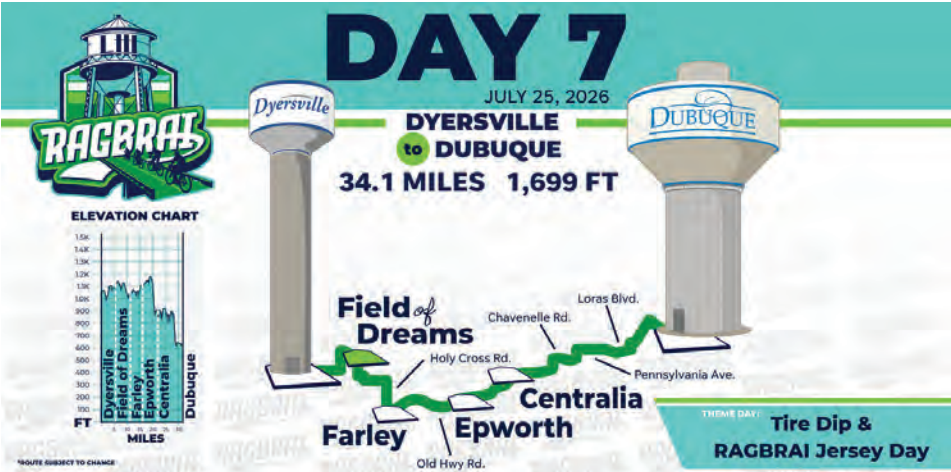
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To get updated maps, town details, and more visit the towns website at [Dyersville](https://www.dyersville.org).

Welcome to DUBUQUE



SATURDAY, JULY 25, 2026

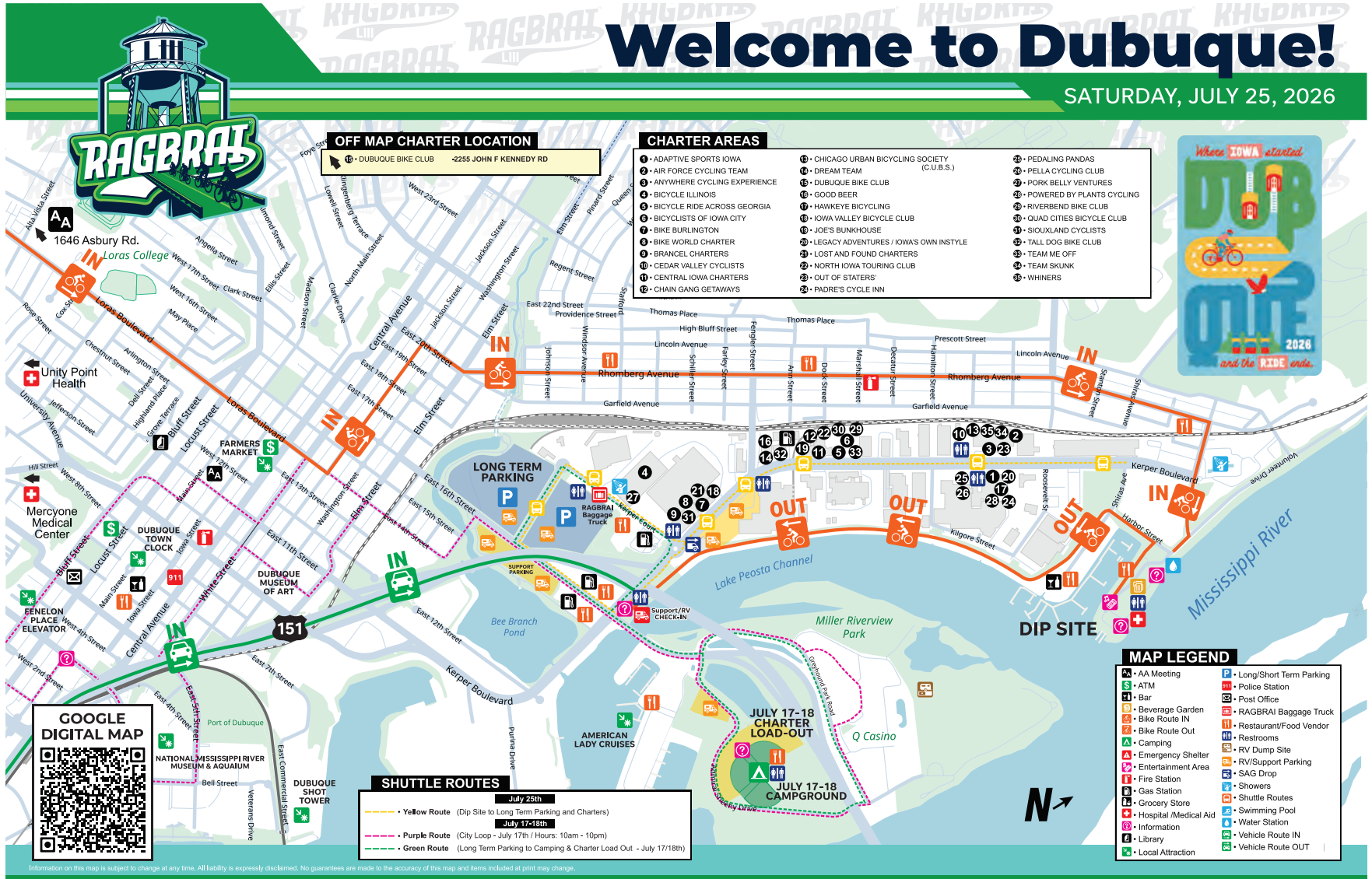


DAY 7 - DYERSVILLE TO DUBUQUE

TOWN MAP

Welcome to Dubuque!

SATURDAY, JULY 25, 2026



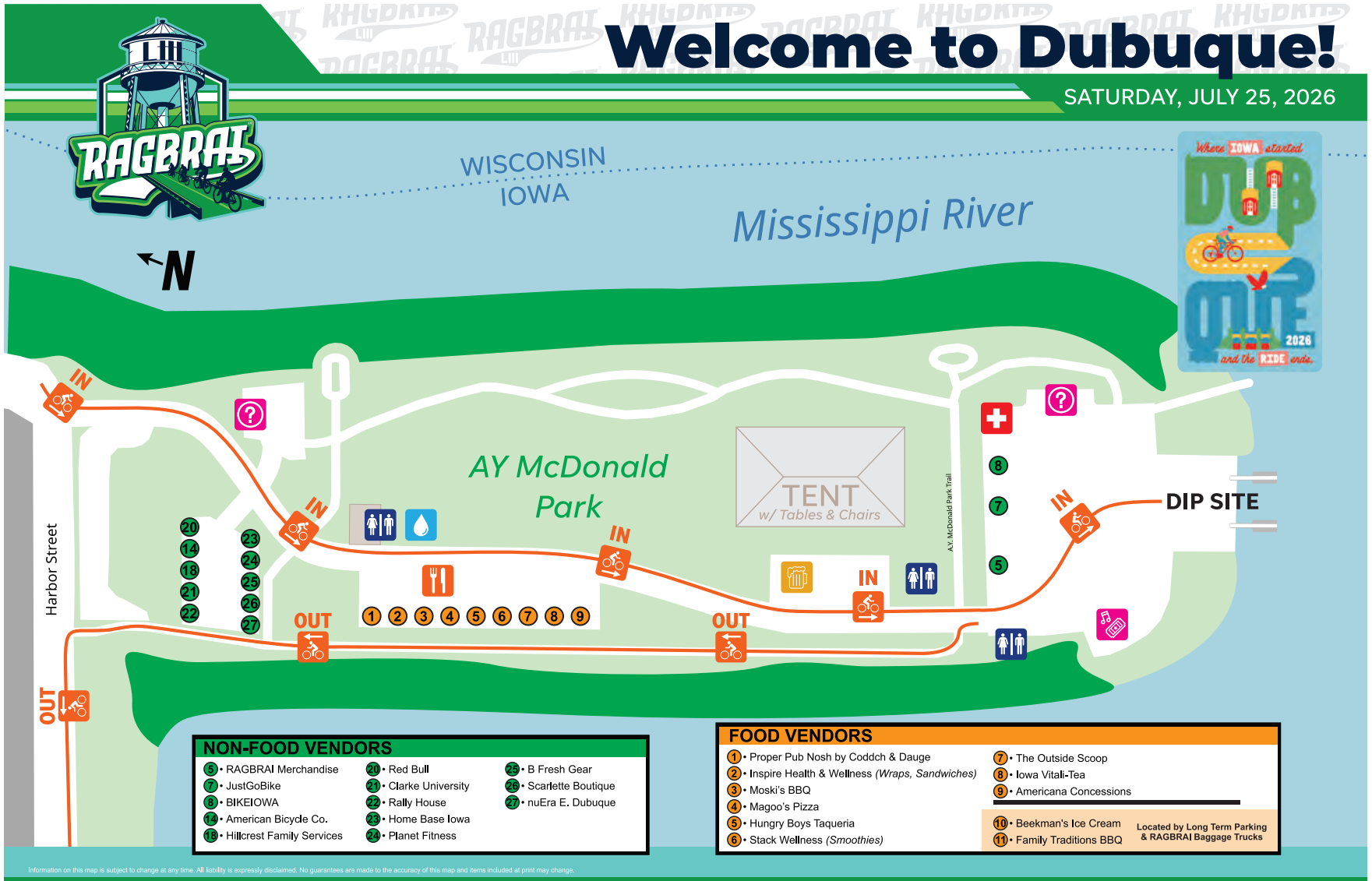
To get updated maps, town details, and more visit the towns website at [Dubuque.](https://www.dubuque.org)

DAY 7 - DYERSVILLE TO DUBUQUE

VENDOR MAP

Welcome to Dubuque!

SATURDAY, JULY 25, 2026



To get updated maps, town details, and more visit the towns website at [Dubuque](https://www.dubuque.org).

OFFICIAL PHOTOS

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Order now to lock in the best price
& get photos sent directly to your email



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2. **ENTER YOUR EMAIL**
3. **PRE-ORDER PHOTOS**
4. **UPLOAD A SELFIE**

<https://bit.ly/ragbrai26>



MAXIMIZE YOUR RIDE



PRE-ORDER PHOTOS

Photographers are capturing all 7 ride days — you will get the entire week for one discounted price.



UPLOAD A SELFIE

Even if you don't pre-order, adding a selfie & verified email gets you instant access to your photos.



ADD THE STICKER

Your face is not always visible — place the helmet sticker front & center to get more photos.



LOOK FOR CAMERAS

Smile anytime you see official photographers (in their vests) during your ride.

The Official Car Shipping Partner of RAGBRAI



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CHANGE A LIFE



**Your car move fuels freedom, safety,
and hope for someone in need!**

We believe business should change lives. When you ship with us, Mr. Car Shipper donates to selected non-profit organizations.

BICYCLE SHOPS AND REPAIR

Be sure to have a safety check done on your bike prior to the event. Be sure to include money for bicycle parts and repairs and other incidentals in your planning for the week. Bicycle repair will be available along the route and in the campgrounds. The first bicycle repair shop will be located within the first mile of the route from the main campground. Repair service hours in the campgrounds will be between 5:30 a.m. and 9:30 p.m. Sanctioned shops have signs that say, OFFICIAL RAGBRAI BICYCLE SHOP and sell official RAGBRAI T-shirts, souvenirs, bicycling equipment, accessories and helmets.

To signal that you need help on the route, turn your bicycle upside down or “wheels up” on the left side of the road and motion a “thumbs down” signal to let an approaching SAG wagon know that you need help.

Official RAGBRAI Bicycle Shops

Each year these shops have their repair vans on the bike route taking care of the riders. If you need help to prepare for RAGBRAI, any of these shops can assist.

Bike Guy

Mobile Unit Only

Day 0 – RAGBRAI Expo
Day 1 – Onawa Campground
Day 2 – On-Route, Mr. Pork Chop
Day 3 – Perry
Day 4 – Nevada
Day 5 – Washburn
Day 6 – Winthrop
Day 7 – Farley

Bike Tech

217 Washington St.
Cedar Falls, IA 50613
Phone: 515-290-1008
E-mail: info@biketechcf.com
Website: www.biketechcf.com

Day 0 – RAGBRAI Expo
Day 1 – Turin
Day 2 – Harlan Campground
Day 3 – Ogden
Day 4 – Nevada
Day 5 – Gilbertville
Day 6 – Manchester
Day 7 – Field of Dreams

Bike World

5003 EP True Parkway, #150
West Des Moines, IA 50265
Website: www.bikeworldiowa.com

Day 0 – RAGBRAI Expo
Day 1 – Soldier
Day 2 – Elk Horn
Day 3 – Guthrie Center Campground
Day 4 – Colo
Day 5 – Jesup
Day 6 – Manchester
Day 7 – Farley

Black Tire Bike Co.

117 West Main St.
Marshalltown, IA 50158
Website: blacktirebikeco.com

Day 0 – RAGBRAI Expo
Day 1 – Dunlap
Day 2 – Exira
Day 3 – Panora
Day 4 – Boone Campground
Day 5 – Grundy Center
Day 6 – Earlville
Day 7 – Epworth

Harper's Cycling and Fitness

1106 Grandview Avenue
Muscatine, IA 52761-1631
Phone: 563-263-4043
Website: www.harpercycling.com

Day 0 – RAGBRAI Expo
Day 1 – Dunlap
Day 2 – On-Route, Iowa Craft Beer
Day 3 – Panora
Day 4 – Gilbert
Day 5 – Marshalltown Campground
Day 6 – Earlville
Day 7 – Epworth

Nick's Cycling and Fitness

203 W. Agency Road
West Burlington, IA 52655
Phone: 319-752-8480
E-mail: nick@nickscf.com
Website: www.nickscf.com

Day 0 – RAGBRAI Expo
Day 1 – Earling
Day 2 – Exira
Day 3 – Yale
Day 4 – State Center
Day 5 – Green Mountain
Day 6 – Independence Campground
Day 7 – Centralia



Spoken Wheel Cyclery

420 Washington Avenue
Iowa Falls, IA 50126-2313
Phone: 641-648-2924
E-mail: swcwillie@hotmail.com

Day 0 – RAGBRAI Expo
Day 1 – Westphalia
Day 2 – Elk Horn
Day 3 – Perry
Day 4 – Gilbert
Day 5 – Reinbeck
Day 6 – Winthrop
Day 7 – Dyersville Campground



ROUTE MARKING & SIGNAGE

BIKES

The bike route is marked each day with bright orange arrows and patrolled by emergency medical crews, the Iowa State Patrol and RAGBRAI personnel.



VEHICLES

RAGBRAI officials and the Iowa State Patrol prepare a route for support vehicles that avoids the bike route and leads drivers



directly to the next overnight community. Bright green arrows are used to mark the vehicle route in and out of town.

MEETING TOWNS

Each day, one of the pass-through towns is designated as a meeting town for support vehicles to meet their riders and



enjoy the hospitality of the local residents used to direct support vehicles to and from the designated meeting town from the vehicle route.

GRAVEL

The gravel route is marked with bright blue arrows. There will be limited support on the gravel route but it does intersect with



several pass thru towns and the meeting town.



BAGGAGE TRUCK

Each registered cyclist receives a baggage tag that allows them to place a bag on RAGBRAI's baggage trucks for transport from overnight town to overnight town. The RAGBRAI baggage semi-trucks are always located in the main campground.



KARRAS LOOP PATCHES

Cyclists who complete the Karras Century Day are rewarded with a commemorative patch. Look for these signs on the right side of the road. Karras Loop patches are only given to registered cyclists completing the Loop during the posted hours; while supplies last.



Iowa's county engineers caution cyclists that the secondary roads are primarily designated and maintained for motorized vehicular traffic and not necessarily for narrow wheeled bicycles. Iowa winters can be brutal on our road system. A rider may encounter an occasional random crack, pothole, loose granular material or difference in elevation that could pose a problem. With this in mind, if riders are attentive and travel at a safe speed, they should enjoy a comfortable ride across Iowa.

OFFICIAL SPONSOR OF THE CENTURY LOOP

FUEL THE MILES.

16G OF PROTEIN TO POWER LONG DAYS IN THE SADDLE.

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ORIGINAL
MEAT STICK

16G
PROTEIN

TERIYAKI



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OFF**

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WENZEL'S FARM. REAL MEAT FOR REAL LIFE.

16G PREMIUM
PROTEIN

NATURALLY
SMOKED IN



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VISIT WENZELSFARM.COM
MARSHFIELD, WI

CODE CANNOT BE COMBINED WITH ANY OTHER COUPONS | EXCLUDES WHOLESALE

SEVERE WEATHER GUIDELINES

RAGBRAI continues to move along on schedule despite poor weather conditions. Weather in late July in Iowa is typically very hot and humid with highs in the 80s and 90s. Weather is very unpredictable and rain is a very real possibility. It is not uncommon for temperatures to dip to 50 degrees Fahrenheit in the evening. Each overnight town has a severe weather plan in place, so follow the organizers' directions. Download the Smart 911 app to receive targeted location based alerts.

In case of lightning on the road

- Take immediate shelter at a farm house, if available.
- If no shelter is available, find a clearing away from trees. Never stand near a tree. Lightning strikes the tallest point and travels downward, sometimes arcing to things - including people nearby. Once you find a clearing, squat on your toes with as little of your body touching the ground as possible.
- Staying on a bike is an individual choice for each person. It's not the safest place to be, but sometimes it's the safest place at the time. The rubber tires won't protect you from lightning. But you're traveling and not high up, so chances are extremely slim of getting hit.

In case of hail on the road

- A bike helmet will protect your head from getting hit. If the hail stays on the ground and you're riding your bike, you could slip and fall. If there is no lightning, get under a tree. Generally if there's hail with a severe storm, that probably means lightning in which case standing under a tree is not advised.

In case of tornado on the road

- A tornado watch means that conditions are favorable for formation of a tornado. It doesn't necessarily mean a tornado has been spotted.
- A tornado warning means that rotation has been spotted in the clouds or a funnel has actually touched down. If there's rotation and there is a warning, take cover immediately.
- A tornado will generally come from the southwest moving northeast. Most injuries and deaths from a tornado are the result of being hit by flying debris.

A tornado can force a blade of grass into a fence post, so obviously it can kill a person. Tornadoic storms can produce more than one funnel, lots of lightning, rain and hail. In this storm, everyone should take immediate action and find shelter.

- If there are no homes, caves, etc., lay down in a low spot on the ground not subject to flooding.

In case of lightning in camp

- If there is a storm with lightning, people who are camping under trees should leave their tents for safer places. Go to a building, picnic shelter, car, pool house, etc., away from metal and power poles with conductors in them. Be aware of your surroundings and locate the storm shelter in the area once you establish your campsite. The campground Information Center and the town's tabloid (the free publication that each community prints and distributes in town) will also be able to identify the shelter locations.

In case of hail in camp

- In camp, there's not a whole lot you can do. You are okay in your tent unless it is large hail, which will go right through. The biggest problem here is that if you have hail, you may have a severe storm coming.

In case of tornado in camp

- If there is a need to evacuate, move quickly but safely.
- The safest places are basements, inside rooms (never near windows) on the northeast corner of the building, under stairs and in bathrooms.
- Depending on your local weather service, you should have 10-15 minutes after a tornado has been spotted to evacuate.

Receive Targeted Community and Weather Alerts Across Iowa



Smart911™

Download the App

**Enable Location Based
Alerts**



HOW TO RIDE RAGBRAI

Training / Preparation

RAGBRAI is a leisurely ride — not a race. You will get the most enjoyment out of it if you have trained for the ride. Plan on riding at least 1,000 training miles as you get ready for RAGBRAI. RAGBRAI LIII averages 58.51 miles a day and ranges from 34.5 to 87.1 miles.

The Iowa terrain can vary from flat to very steep hills. The route is always challenging, so the more miles you put

into training, the more you will be able to enjoy the event. RAGBRAI should not be your training, but a culmination of your training effort.

The biggest cause of injuries is lack of conditioning. If you are unable to complete the ride, you are responsible for your own transportation home. RAGBRAI personnel will advise regarding travel logistics whenever possible.

MONITORING YOUR HEALTH & CONDITIONING

This checklist is a combination of the efforts of Dr. Timothy A. Thomsen, M.D. and RAGBRAI, as a guideline for bicyclists. Each rider is responsible for his or her own conditioning and safety. If you have any questions about your personal conditioning and preparation, you should consult your doctor.

Equipment

Bring a spare pair of biking shorts to allow shorts to dry out between wearing. Shoes should be comfortable. New shoes can cause blisters. Helmets should fit properly and be worn at all times. Sunglasses or prescription eyeglasses with safety lenses should be worn. Gloves come in many varieties and will provide protection in a crash. Mirrors are optional and may be attached to helmet, handle bars or glasses frame. Headphones should never be used!

Physical Condition

Assess your training program and practice a program of moderation. You may want to start training on an indoor bike in March, move outdoors in April and slowly increase your mileage. Monitor your pulse to see how you are tolerating the activity. You should not

become breathless. Include exercise for strength and flexibility. Have your body fat percentage assessed so you can measure your progress.

Hydration

The temperature, wind, distance and previous day's events will determine your need for fluids. You should carry at least two water bottles with you. One rule of thumb is that a bicyclist should drink one bottle of water every 10 miles. You should never experience thirst. If you do, it is too late to catch up. The best indicator of proper hydration is clear urine. Be cautious with alcohol consumption.

First Aid

Pay attention to blisters or hot spots on your feet or hands. Monitor how your muscles feel to avoid muscle strain. Remember that your body adapts to areas of discomfort by switching the muscle groups, causing discomfort in other areas if you neglect the warning signs. Beware of heat stroke! If you experience chills, confusion or excessive thirst, seek medical attention immediately. Use sunscreen!

POWER FROM NATURE



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PERSONAL HYGIENE PRECAUTIONS

While RAGBRAI has never had a reported incidence of food-borne illness causing gastrointestinal symptoms that spread among the riders, the potential is always there. A ride in another state suffered an outbreak of diarrheal illness, which might have been better controlled by riders practicing improved personal hygiene habits. A few tips to prevent you from becoming ill include:

- Frequent washing of hands can wash away the germs picked up from other people or from contaminated surfaces.
- Remove gloves before using restrooms and before eating.
- Always wash your hands after using the restroom and before eating.
- Carry a small bottle of antibacterial handwashing solution - the kind that does not require water to be effective. Use when handwashing facilities are not available.
- Do not reach into a tub or container of water or ice to retrieve a canned beverage or other food item. The water or ice may have been contaminated by others who have reached in before you.
- Before purchasing any food from a vendor along the route, note whether they are taking precautions to prevent the spread of food borne illness.

RAGBRAI is working closely with the overnight and pass-through towns to help them provide adequate facilities for hand washing, which is the most effective way to prevent food borne illness. We are also in contact with the Iowa Department of Public Health and the Department of Inspections and Appeals, which are providing guidance for food preparation and storage for food vendors who set up along the route.

SAFETY & COURTESY GUIDE FOR RAGBRAI RIDERS

In conjunction with RAGBRAI, a list of 10 rules of etiquette and safety has been

developed as part of an overall RIDE RIGHT bicycle safety campaign. These rules, when combined with the legal rules of the road and when adhered to by riders, make this event safer and more enjoyable for everyone.

We are guests in the communities that we pass through. RAGBRAI reserves the right to refuse entry to our ride to those who don't demonstrate safe riding habits, and those whose behavior is detrimental to the spirit of RAGBRAI.

Use the **RIGHT** stuff.

- Keep your bicycle in good repair. Have it ready for RAGBRAI, and then keep it in good shape. It is especially important to make sure your brakes work well.

Bring along the **RIGHT** gear.

- Wear a protective helmet. It is estimated that 85 percent of bicycling accidents result in injury to the face or head.
- Wear bright clothing. Be noticed. Iowa law requires cyclists riding at night to have both a lighted headlight and lighted red tail light. A rear reflector is not sufficient. To be safe, don't ride at night on RAGBRAI.

Use the **RIGHT** communications.

- Signal turns and stops. The law says you must, but this point can't be emphasized enough. Most accidents on RAGBRAI involve two or more bicycles and is the result of riders not letting others know their intentions. Sound off when passing. Use phrases such as "on your left," "on your right," or "coming through the middle."

Practice the **RIGHT** riding.

- When stopping along the RAGBRAI routes, stop off the road surface.
- Turn left from the center of the roadway. Turn right from along the curb or shoulder, and stay to the right.
- Park completely off the roadway to make repairs, rest, visit, etc.



Download The Official RAGBRAI App

The official companion app for RAGBRAI LIII. Navigate Iowa's most famous bicycle ride with comprehensive route planning, safety features, and local entertainment guides.

Available for iOS and Android!

Access While Offline!

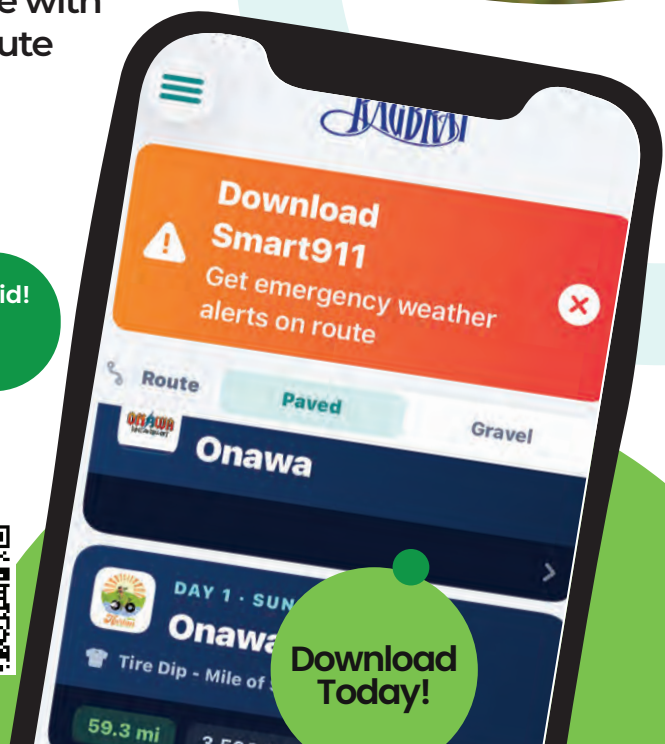
SCAN QR CODE



Apple



Android



Observe the legal RIGHT.

- Obey traffic laws. In Iowa, bicyclists enjoy the same rights as motorists. In accepting those rights, bicyclists also assume the responsibilities for riding in a safe and legal manner by:
- Stopping completely at stop signs
- Obeying yield signs
- Not crossing yellow lines in your lane
- Riding to the right
- Signaling for turns
- Not cutting corners
- Riding in a respectable manner

Use the RIGHT frame of mind.

- Use your brain when you ride. You must be constantly thinking and alert to what's going on around you.
- Pace yourself. RAGBRAI is not a race. It is a touring bicycle ride across the state of Iowa. Not all riders travel at the same speed, so don't try to keep up with someone who rides too fast for you. Riding too fast or in too high a gear is tough on your knees, heart and lungs.

Make sure you have the RIGHT abilities.

- Do NOT drink excessive alcohol and ride.

Come prepared with the RIGHT attitude.

- Be considerate. The bicycling skills of those participating in RAGBRAI cover the full range of the spectrum. Each rider must look out for someone else, as well as for him/herself.
- Be a predictable rider. Don't keep other bicyclists and motorists guessing about what your next move will be. A predictable rider is a safe rider.
- Be courteous to passing vehicles and other bicyclists. Instead of riding several abreast, go single file and let those behind you pass.
- Cooperate with RAGBRAI officials. State troopers and other law enforcement personnel will be present at busy

intersections. Obey their signals. Also, the RAGBRAI route has been selected for your safety. Please stay on the marked route. Services are not available to you if you are off the route.

Exhibit the RIGHT attention

- Keep your head up and your ears open. Do not wear headphones while riding!
- Give the right-of-way to emergency vehicles. Pull to the right and stop if you hear a siren.
- Beware of loose gravel. Trucks carrying sand, gravel and rock often spill some at intersections. Watch for debris on the pavement. It is sometimes necessary for RAGBRAI to take unpaved stretches of road in order to avoid busy highways. Take extra care on unpaved roads, watching for loose gravel, rocks, soft spots, holes and ruts.
- Avoid wide cracks in the pavement. Narrow bicycle tires can easily get caught in wide cracks. Be especially careful on roadways paved with concrete. Center cracks on concrete roads are dangerous.
- Don't stress about rumble strips. Cyclists often panic unnecessarily. They won't cause falls, just a jolt of surprise. Don't swerve—simply lift off the seat slightly, bend your knees to absorb vibration, and ride through.
- Be cautious with railroad tracks, crossing at right angles. Though fewer now, rough or angled tracks remain. Lift off the seat, stand on pedals to lower center



Casey's[®]



**PEDAL. SLICE.
REPEAT.**

of gravity, and notify riders behind you of your intentions and the upcoming railroad tracks. Angled tracks and low shoulders are major causes of accidents.

Ride RAGBRAI in the RIGHT condition

- Get yourself in good physical shape. RAGBRAI LIII is a ride totaling close to 400 miles over seven days. The longest day is over 87 miles. You should be in good shape and capable of riding those distances before you come on the ride. A good way to get ready is to join a local bicycling club. A sports health clinic also can provide you with suggestions for a good conditioning program. RIDE WITH GPS
- Eat and drink frequently. Rather than loading up once in the middle of the day, stop frequently for fluids and food. Carry water with you.
- Check out coach David Ertl and Erin Oliphant's training blogs at <https://ragbrai.com/blog/>

Riding with Children

- Few children can complete all of

- RAGBRAI before the age of 11. While children recover quickly, a day of adverse weather can be very challenging for them. It takes significant effort for a child to pedal a mountain bike with knobby tires across the state. If purchasing a road bike is not possible, consider getting slick tires for the mountain bike.
- Encourage children to eat adequately to maintain their strength throughout the event. Ensure they stay hydrated; drinking water and electrolyte drinks.
 - Helmet mirrors are useful for keeping an eye on children or adult riding partners.
 - Establish firm meeting places such as town squares, the third food stop on the right, or fire stations. It is easy to get separated from your group, so a colorful T-shirt can help children and parents keep track of each other on the route and in pass-through towns.
 - Car seats are not available on SAG vehicles. Young children requiring a safety seat are not permitted on SAG vehicles.



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Enter Now

STAYING CONNECTED

Staying Connected

Some ways to connect with RAGBRAI while you ride.

Social

Follow us for breaking news, weather, updates from the road, and entertainment!

 Facebook @RAGBRAI

 Instagram @RAGBRAI

 Tik Tok @RAGBRAI_IOWA



Download turn by turn route guidance here



RAGBRAI Route

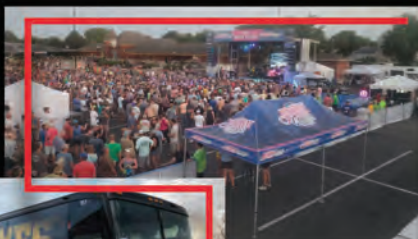
RAGBRAI will publish the official Ride with GPS route GPX files in July 2026. The files are compatible with most bicycle computer software.

LASHIER GRAPHICS & SIGNS

BIG SIGNS. BOLD GRAPHICS. BEAUTIFUL RESULTS



SCAN ME

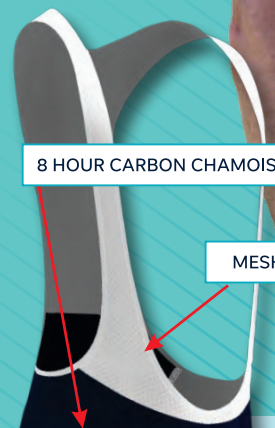


- YARD SIGNS
- BANNERS
- CUSTOM CUT-OUTS
- WALL GRAPHICS
- WINDOW GRAPHICS
- FLOOR GRAPHICS
- ADA SIGNS
- ADHESIVE DECALS
- VEHICLE WRAPS
- FABRIC DISPLAYS
- BUILDING SIGNS
- EXTERIOR SIGNS
- ILLUMINATED SIGNS
- VIDEO & LED BOARDS
- ...AND MORE!

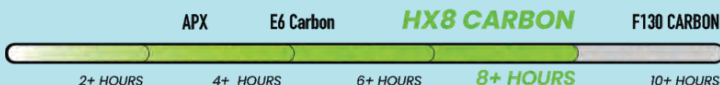
See more at LASHIER.com
Des Moines, IA | 515-518-6100



The RAGBRAI Elite Line is back with a fresh new look... but same great comfort and style! This race cut, sleek kit features seamless, cut-free sleeves and ultra light breathable fabric. You'll feel as if the garment is part of you, merging unparalleled comfort with top-notch performance. Keeping you cool, comfortable and looking great on those long distance rides!



HX8 Carbon Chamois is a high-tech pad designed for riding over 8 hours and excels in providing total protection, thanks to the high density foam layer that absorbs impact.



Welcome to the next evolution of BIKEIOWA.



We've teamed up with Travel Iowa® and RAGBRAI® to launch the brand-new Bicycle Tourism Expo Trailer.

A mobile welcome center showcasing Iowa's world-class trails, towns, food, and culture. Find the BIKEIOWA Trailer at the Expo in every Overnight Town.

Thousands of riders fall in love with Iowa - especially first-timers. After a week of scenic roads, friendly towns, and endless pie... they're hooked.

We're here to show that Iowa offers so much more when you come back to RIDE. STAY. PLAY.



COOL



CASUAL



FUN



FIND THESE GREAT ITEMS & MORE
@ THE MERCHANDISE TRAILERS
IN THE OVERNIGHT TOWN FESTIVALS

Your Ride, Your Rules.

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