



**PARTICIPANT GUIDE**  
**2024**

**Home Sweet Home**

# WELCOME TO THE HAWKEYE STATE

A group of cyclists is riding on a paved road during a sunset. The sky is a mix of orange, yellow, and blue. The cyclists in the foreground are wearing white jerseys with a gold 'Hawkeye' logo and the word 'IOWA' on the back. They are riding away from the camera. In the distance, more cyclists are visible on the road.

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

**IOWA**



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**The Register's Annual Great Bicycle Ride Across Iowa™ RAGBRAI®, is an annual seven-day bicycle tour across the state. RAGBRAI 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 d/b/a RAGBRAI and cannot be used for any purpose without the written permission of the Ventures Endurance 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®

RAGBRAI Nation,

On behalf of the RAGBRAI team, I am excited to welcome you all to the 51<sup>st</sup> trip across Iowa on bicycles. We are very excited to have you be a part of this incredible event that brings together cyclists from 50 states and 20 countries.

RAGBRAI is not just a bike ride; it is an experience like no other. As the Director, I want to assure you that we have put in countless hours of planning and preparation to ensure that every aspect of your journey is enjoyable and memorable. Without the help from the State Patrol, IOWA DOT, CARE Ambulance, county agencies and all our communities this ride could not happen. This is truly a massive undertaking and the people of Iowa have stepped up to make this possible.

From the moment you arrive in Glenwood, you will be greeted with open arms and a sense of camaraderie that is unique to RAGBRAI. The beautiful landscapes you will experience at the top of every hill you climb to the welcoming communities waiting for you along the way will provide you with a true taste of Midwest hospitality we call "Iowa Nice".

Throughout the week, you will have the opportunity to choose your own adventure. If gravel is your thing, each day will have options showing you what Iowa gravel has to offer. If the rain stays away, you may even get to experience a Level B section of dirt roads with some incredible climbs. Each day will present you with a new challenge. Rolling hills to serene farmlands with plenty of cows, pigs, and chickens to look at. Along the way, you will also have the chance to indulge in some delicious food options, enjoy live music, and engage in a variety of activities that our communities have lined up for you. Be on the lookout for



a pink school bus. You must have a RAGBRAI-famous Mr. Pork Chop while you are here.

While RAGBRAI is a challenging ride, and this year will be the hilliest, it is also a celebration of the human spirit and the joy of cycling. The bond that forms among fellow cyclists during this journey is something that can't be put into words. It is a shared experience that will create lasting memories and lifelong friendships.

I encourage you to keep training, stay hydrated, and take care of yourself both physically and mentally. The safety of our participants is always our top priority. If you are a newbie, please familiarize yourself with our RIDE RIGHT Program. Communication is the key to ensuring a smooth and safe ride for everyone.

I would like to express my deepest gratitude to all the volunteers, sponsors, communities, and partners who have dedicated their time and resources to make RAGBRAI LI possible. Their unwavering commitment to creating an exceptional experience for each cyclist is truly remarkable.

Once again, welcome to RAGBRAI! Get ready to pedal through the heartland and immerse yourself in the beauty and hospitality of Iowa. I have no doubt that this will be an unforgettable journey that will leave you with a sense of accomplishment and a love for our great state. I hope you brought the best version of yourself to Iowa but if you didn't always remember that the worst day on RAGBRAI is always better than the best day at work.

Have a safe and enjoyable ride. I look forward seeing you on route in July.

**Matt Phippen** • RAGBRAI Director





# Office of the Chief



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

## RAGBRAI LI Participants:

Congratulations on registering to join the Register's Annual Great Bike Ride Across Iowa tour July 20-27, 2024. We look forward to welcoming RAGBRAI participants to Iowa. The longest, largest, and oldest recreational bicycle touring event in the world, RAGBRAI provides tons of family friendly enjoyment for both veterans and new participants alike. We are glad you have chosen to take part in this iconic Iowa event.

Each year, the Iowa State Patrol spends months planning for RAGBRAI so cyclists and support riders can have a safe and enjoyable experience. The Iowa State Patrol's dedicated team of officers are committed to ensuring the safety of all participants with the goal of helping to create an environment that is both secure and memorable. To enhance your safety during the ride, support services will be available from 6 a.m. to 6 p.m. We strongly encourage you to plan your arrival for prior to 6 p.m. at the overnight town. This will also give you a chance to enjoy the festivities taking place in the overnight towns. Following these guidelines will help us to collectively ensure a safe and unforgettable experience for everyone involved.

RAGBRAI is a family event with many beautiful, interesting, and historic landmarks to see on your journey across Iowa. Cities and towns along the route provide numerous great food choices and a variety of entertainment throughout the week. 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*



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 Glenwood or each evening downtown in the overnight towns!** They will record live, have sweet swag (while supplies last), and share tales from the trail!



# EXPO 2024

**WHERE IT BEGINS!**

**SATURDAY,  
JULY 20, 12PM-9PM**

Plan to attend the RAGBRAI Expo at the Glenwood Town Square from 12pm-9pm on Saturday, July 20th.

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 2024 jersey and gear at the RAGBRAI Merchandise trailers.



# Largest Bicycle Expo IN THE MIDWEST

**SATURDAY, JULY 20, 12PM-9PM**  
418 E Sharp St, Glenwood Town Square, IA 51534

Just Go Bike  
RAGBRAI Merchandise  
RAGBRAI Outlet Tent  
Bike Guy  
Bike Tech  
Bike World  
Black Tire  
ERIK's Bike Board Ski  
(located in main  
campground)  
Harper's Cycling and Fitness  
Nick's Cycling and Fitness  
Spoken Wheel Cyclery  
Big Grove Brewery  
BIKEIOWA  
Celsius  
Climbing Kites  
Hawk Shop  
Iowa Bicycle Coalition  
Lazer  
Primal  
Rails-to-Trails  
Ride with GPS  
Shimano  
U of I Stead Family  
Children's Hospital

University of Iowa - Career  
Advancement  
Vandoit Adventure Vans  
Wahoo  
Wenzel's Farm  
660 Health & Wellness  
Aero Tech Designs  
Back Roads Battery  
Bike Rags  
Bivo  
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cyclelogical  
EDCO  
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Freeman Kevenides Law Firm  
Great Allegheny Passage  
Conservancy  
HandleStash  
Hello Garage Iowa

Helmet Flair  
HiDow  
Hiker Industries  
Hydration Health Products  
Iowa Hospital Association  
Iowa Natural Heritage Foundation  
JAKROO  
JEO Consulting Group, Inc.  
Karrie Art  
Milkweed Matters  
Mr. Car Shipper  
Mumu Apparel  
National Multiple Sclerosis Society  
Nebraska Methodist Health System  
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Thirsty Pigs  
Too Cool T-Shirt Quilts  
U.S. Air Force  
VA Make the Connection  
Velorosa Cycling  
WHO International Designs  
WILDCYCLER

## 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 in the  
Glenwood High School Gymnasium from 12pm-9pm on  
Saturday, July 20th.

# SPECIAL EVENTS



## **Tire Dip** Saturday, July 20

As with tradition, Glenwood will offer a dip site in the Missouri River to dip their rear tire on Saturday before the ride. For full details, visit [glenwoodragbrai.com](http://glenwoodragbrai.com).

## **RAGBRAI Expo** Saturday, July 20

**Glenwood Town Square, Glenwood, IA**  
Come see us at the RAGBRAI Expo in Glenwood, 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 and outlet tent will be selling all your favorite RAGBRAI merchandise past and present. You won't want to miss some of these deals.



## **RIDE RIGHT SAFETY Meeting**

**Saturday, July 20 | 2:00 p.m. & 3:00 p.m.**

**Glenwood Community High School,  
504 E Sharp St, Auditorium**

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.



# SPECIAL EVENTS



## Support Vehicle Safety Meeting

**Saturday, July 20 | 4:00 p.m.**

**Glenwood High School, 504 E Sharp St., Auditorium**

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.

## Mile of Silence

**Sunday, July 21**

In memory of the riders we've lost, we will observe a mile of silence as you ride into Silver City. The mile will be marked with signs provided by The Iowa Bicycle Coalition..



## Hometown Pride Jersey Day

**Monday, July 22**

Show off your hometown pride with your favorite town or hometown team on Hometown Pride Day!



## College Jersey Day

**Tuesday, July 23**

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

## RAGBRAI LI Jersey Day

**Wednesday, July 24**

Celebrate all that is RAGBRAI by wearing your 2024 RAGBRAI kit!

# SPECIAL EVENTS

## I Ride 4 Day Thursday, July 25

Are you riding for a cause or in memory of a loved one? Wear the jersey for the cause or charity you are supporting on this year's ride.

## Mr. Pork Chop Jr. Day Friday, July 26

In celebration of Matt Bernhard, Mr. Pork Chop Jr., who passed away on March 24, 2024, we are celebrating Mr. Pork Chop Jr. Day. Bernhard took the wheel of the signature pink bus in 2008 and had been grilling up the signature pork chop on route since. Stop by the RAGBRAI merchandise trailers or the infamous pink bus to get your Mr. Pork Chop Jr. commemorative sticker.



## Karras Century Loop sponsored by Wenzel's Farm

In honor of RAGBRAI co-founder, John Karras, take the optional 16-mile loop to make your ride a full century. Patch stop will feature Karras loop patches, water, and snacks (while supplies last) courtesy of our sponsor Wenzel's Farm. The patch stop will be open from 12pm - 4:30pm



## Tire Dip Saturday, July 27

### Port of Burlington – North Boat Ramp

As with tradition, Burlington will host riders as they dip their front tire in the Mississippi River on the last day of the ride. Stick around for food, drinks, and merriment before heading back to your real life.



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# PARTNER EVENTS

## IOWA

Our partners at the University of Iowa will be set-up at each of our overnight town stops in the festival. Stop by their booth to grab a different swag item each day!

### Sunday, July 21 – Red Oak

Hey Hawkeye Alumni, Friends, and Fans! The University of Iowa Alumni Engagement Team will be ready to greet you as you roll into Red Oak! Come visit the University of Iowa team between noon and 9 pm in the Expo area to take your photo with Inflatable Herky, spin the Trivia Wheel to win a cool Iowa bike reflector and other swag. Hope to see you there!

### Monday, July 22 – Atlantic

Hey Hawkeyes! Come visit the University of Iowa tent between noon and 9 pm at the Expo area in Atlantic for your chance to win a super cool (literally!) Iowa cooling towel! While there, show us your Hometown Pride jerseys and take a photo with Inflatable Herky! Go Hawks!

### Tuesday, July 23 – Winterset

Show us your Hawkeye Pride today at the Winterset Expo from noon to 9 pm. Find us at the University of Iowa tent and try your luck at the Trivia Wheel for a chance to win an Iowa first aid kit! Hope to see you there!

### Wednesday, July 24 – Knoxville

Hi Hawkeye Friends! Today we will be at the Knoxville Expo at the University of Iowa tent from noon to 9 pm. Feeling brainy? Spin the Trivia Wheel for your chance to win an Iowa hand fan. Great for keeping cool on these hot RAGBRAI days!

### Thursday, July 25 – Ottumwa

Calling all Hawkeyes! The Alumni Engagement Team will be at the Ottumwa Expo today from noon to 9 pm, along with Joe Photo! Come get your photo made and have it added to our Facebook Gallery. Share your Hawkeye Pride with the RAGBRAI community!

### Friday, July 26 – Mt. Pleasant

Hello Iowa Alumni, fans, and friends! Finish up the RAGBRAI week strong by visiting the University of Iowa tent at the Mt. Pleasant Expo. Providers from University of Iowa Healthcare will be on hand to provide sun safety resources, skin screenings and sunscreen. Spin the Trivia Wheel for a chance to win an Iowa Sun Care Kit! Hope to see you there!





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# REGISTRATION DETAILS



## Official Rider Benefits

Receiving your credentials entitles you to the following benefits:

- Four CARE Ambulances, a mobile Emergency Room and paramedic teams on the route each day.
- Traffic controlled by Iowa State Patrol officers at busy intersections throughout the day.
- Baggage transported from overnight town to overnight town and unloaded for participants at the end of each day.
- Free SAG service which patrols the route to pick up riders who break down either physically or mechanically.
- Bicycle repair shops dispersed throughout the route and additional repair services available in the campgrounds during the day and

- evenings. Participants will pay for their own repairs; however, the shops will offer discounts for registered participants on repairs, accessories and RAGBRAI apparel.
- Provision for camping locations 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.
- Colorful and distinct route signs that mark the bike route and the support vehicle route.
- A free 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.
- Route maps are downloadable:



Download turn by turn route guidance here:

[bit.ly/3L7uT2p](https://bit.ly/3L7uT2p)



## Daily Riders

Daily wristbands may be purchased for \$70 per day. Limited quantities of daily wristbands will be sold during RAGBRAI. Daily wristbands will be sold in Glenwood during the Expo on Saturday, July 20. They will also be sold, based on availability, each morning from 5 a.m. - 7:30 a.m. at the RAGBRAI baggage truck, where only payment via cash is accepted, at the RAGBRAI info tent in the main campground from 11 a.m. to 7 p.m., and the RAGBRAI merchandise trailer in downtown from 11 a.m. to 9 p.m., where payment via cash or credit card is accepted.

A daily wristband is valid only on the day for which it is issued. There will be a different wristband number and color for each day. Daily riders are entitled to SAG service and CARE Ambulance medical services for the day. The services are not available on any day for which a wristband is not purchased. For example, if you have a daily wristband for Monday only, you are not entitled to SAG wagon service any other day of the ride.

Day riders are offered the use of RAGBRAI's baggage service for the day(s) registered.



However, baggage tags for daily riders are not numbered. Day riders who wish to use the baggage service should write their wristband number(s) on the baggage tag. Wristband numbers must be listed on the baggage tag for the registered days. Day riders will receive an unnumbered bike band and bike license plate. However, day riders will NOT receive the free RAGBRAI LI embroidered patch.

RAGBRAI or the host communities do not provide shuttle service to daily riders at the end of the day. They are responsible for finding their own transportation.





## Refunds and Selling or Transferring Wristbands

Wristbands became non-refundable as of May 15. If you are a member of a group, we suggest that you first notify your group contact if requesting a refund. The contact may have someone on a waiting list and can coordinate the transfer of your wristband. Your refund will be issued to the credit card used at registration. It takes 5-7 businesses to show up on your account.

RAGBRAI is not in the business of reselling credentials because of the assignment of ID numbers that coincide with the application and waiver/release of liability that you signed. The rider credentials with an ID number are the wristband, the bike band and the baggage tag. The transfer or sale of ride credentials is a private transaction, and RAGBRAI is not responsible for misunderstandings between the two parties, misplaced credentials, or the failure to transfer the credentials into the new owner's name.

A transfer or resale of credentials

will only be valid if it is officially transferred via the EnMotive registration platform to the new owner before the event begins. To transfer a wristband, the new owner must complete an online transfer form and an electronic waiver of liability before the ride. This procedure not only transfers the wristband, but also the liability associated with it. If we do not receive a completed online transfer form and an electronically signed waiver of liability, the wristband and the liability will remain in the original purchaser's name. Email RAGBRAI at [info@RAGBRAI.com](mailto:info@RAGBRAI.com) if you have questions about this procedure.

## Refunds and Selling or Transferring Wristbands

We recommend using the Facebook group [RAGBRAI LI Wristband Transfers](#) to find folks who are looking to buy or sell wristband credentials. If you do sell or purchase credentials through a private sale, the credentials **MUST** be transferred via EnMotive to secure the amenities of the ride.

# REGISTRATION DETAILS

## Participant Packets

Once you have your wristband packet, you do not need to check in on the first day.

Your packet will contain everything you need. Enclosed in the participant packet are official RAGBRAI credentials that contain a unique wristband number for each of the registrants of a group. Week-long riders receive a numbered rider wristband, bike band and baggage tag, plus a license plate and redeemable patch certificate. Day riders receive numbered daily wristband(s), plus unnumbered baggage tag, bike band and license plate. Nonriders receive a nonrider wristband only. A vehicle pass is enclosed in the packet for those who applied for and were selected to receive a vehicle pass.

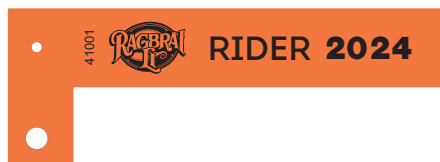
Each of the items are labeled. The identification items for week-long riders are imprinted with their unique identification number. Before attaching the wristband or bike band, make sure the number corresponds to the number on the baggage tag;



all three items should have the same number. A printout in the participant packet details which number is assigned to which individual of the group.

## Team Packets

The Team Captain receives the participant packet and accepts the responsibility for distributing the items to the proper rider or nonrider. Any correspondence with the RAGBRAI office should include the wristband number assigned to the person, along with the person's name, email address, and phone number.



## 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 Glenwood Community High School on Saturday, July 20th. It will be open from 12pm-9pm. 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 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.



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# REGISTRATION DETAILS

Drivers are expected to attend the Support Vehicle Driver Meeting on Saturday, July 20th at Glenwood High School in the Auditorium. The meeting is at 4:00 p.m.

The primary concern is the safety of the riders. RAGBRAI officials and the Iowa DOT will prepare a route for support vehicles that avoids the bike route and leads drivers directly into the next overnight community. The bicycle route is not closed to motor vehicles 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 pass-through 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 [RAGBRAI.com/maps](http://RAGBRAI.com/maps) for the digital support vehicle routes and links.

- 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.





# RAGBRAI<sup>®</sup> gives

RAGBRAI cyclists are some of the most community-driven and passionate people. Now, with the power of GoFundMe paired with the kindness of this community it is easy to use your ride as a way to raise money for a cause you care about.

## Three Ways to Give:

### RAGBRAI COMMUNITY FUND

Scan the QR code below to donate directly to the eight overnight towns and the Air Force Cycling Team. The money will be distributed evenly to each organization in early September following the ride.



### RAGBRAI + BOZZ PRINTS MERCHANDISE COLLABORATION

Bozz Prints, a local Iowa artist, worked with the 2024 overnight towns on one-of-a-kind design. You can pick up postcards or stickers at the RAGBRAI merchandise trailers all week. A percent of profit will be donated to the fund.

### INDIVIDUAL FUNDRAISING

Are you riding for a cause? Through our partnership with GoFundMe you can start an individual fundraising page for the non-profit of your choice and start raising money! Start your GoFundMe today! [RAGBRAI.com/community-fund/](https://RAGBRAI.com/community-fund/)

[RAGBRAI.com/community-fund/](https://RAGBRAI.com/community-fund/)

# BIKE SHIPPING

AND BIKE ASSEMBLY/ DISASSEMBLY INFORMATION

If you are shipping your bicycle to Glenwood, or shipping it home from Burlington after the ride, here are some helpful suggestions to follow.

- Bike boxes should be marked “ASSEMBLE” or “DO NOT ASSEMBLE.” This saves the shipping vendor and the receiving shop confusion, time and money for you when you arrive to pick up your bike.
- PROTECT YOUR BIKE: Damage claims due to insufficient packing may be denied.
- Tie down and place padding on your frame and wheels.
- Be sure to protect your forks (with a fork protector) and derailleur (remove it) as these are the most commonly damaged parts during shipping.
- We recommend that you travel with your pedals & not ship them inside your box. Lost pedal claims will not be reimbursed.
- Any small bike parts should be placed in a small box or plastic bag & secured inside your bike box.
- Cycling computers should be completely removed & protected.

- Boxes AND bikes should be clearly labeled to identify ownership.
- Phone numbers and email addresses should be included with labeling. A quick call or email to the owner is sometimes necessary to confirm shipment or report damage.
- You must present identification before your bike will be released. If someone else will pick up your bike for you, please include their name along with yours on the recipient line. Only registered participants are accepted for this service.
- Bikes marked “DO NOT ASSEMBLE” will be available for pick up from the shipping vendor in Glenwood on Saturday, July 20th, in Glenwood, from 12 p.m. until 9 p.m.
- Bikes marked “ASSEMBLE” will be released by the shipping vendor in Glenwood for assembly at an additional fee.
- If a cyclist would like to ship with their own UPS account, please keep in mind that these prices are comparable to UPS retail pricing. Shipping vendors can only accept bikes shipped via UPS.

RAGBRAI is notifying you of possible ways to ship your bicycle to and from the event and is not responsible for any damages to your bicycle.

## Bike Shipping to Glenwood

- Visit [RAGBRAI.com/about/bike-shipping](http://RAGBRAI.com/about/bike-shipping) for information on bike and luggage shipping to/from RAGBRAI.
- Shipping vendors will have representatives on site in Glenwood 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.

## Bike Shipping home from Burlington

- Bike shipping will be available in Burlington on Saturday, July 27 at the conclusion of RAGBRAI. The retail bike shipping stations will be set up in a designated location in Burlington.
- Disassembly will be handled for a fee by bicycle shop representatives. Only registered participants are accepted for this service.
- Shipping vendors will sell corrugated bike shipping boxes this year.
- Shipping vendors offer transport of shipping containers from Glenwood to Burlington for a handling fee.

# 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](http://DREAMTEAMDESMOINES.ORG)

# BAGGAGE & WHAT TO PACK

## 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 weighing up to 50 pounds. The Official RAGBRAI baggage semi-trucks provide the free service. 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.

Although each rider is allowed only one bag, 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. Hard plastic and soft sided luggage, backpacks with frames, plastic totes and bike cases are not allowed. Only standard cloth or canvas bags and backpacks are permitted.

During the loading process in Glenwood Sunday morning, RAGBRAI Crew members will weigh all bags. Bags weighing in excess of 50 pounds will not be allowed to load.

The Official RAGBRAI baggage semi-trucks are available to load at 5:00 a.m. each day. You must have your

## Don't forget your baggage tag!



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 map produced by each local community identifies 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 Burlington, bag security will be provided only until 4:00 p.m.

# WHAT TO PACK

- ❑ **Please put identification on everything you take on RAGBRAI. Lost items can be returned to owners.**
- ❑ **Bicycle Equipment:** Find your helmet, make sure it fits correctly and pack it now. Wear it whenever you are on a bike during RAGBRAI! Bicycle shops can handle most any mechanical need you have, but you might consider bringing a small repair kit that includes a tire, spare tube, tire irons and small wrenches. In addition, a rear-view mirror, bike gloves, pump, bike bag, rain gear, bicycle lock and water bottles are necessary equipment.
- ❑ **Camping Equipment:** For camping, you'll need a duffel bag, sleeping bag, pillow, pad, tent, ground cloth, rope, stakes and a flashlight.
- ❑ **Toiletries:** Pack a towel, washcloth, toothbrush, toothpaste, skin lotion, shampoo, soap, razor, nail clippers, brush/comb, hair ties/barrettes, deodorant, mirror, hand sanitizer and toilet tissue.
- ❑ **Clothes:** T-shirts, shorts, a jacket, pants, warmup suit, underwear, socks, shoes, sandals, sleepwear, swimsuit and sweatbands/bandanas should get you through the week.
- ❑ **First Aid:** Pack aspirin, ibuprofen, vitamins, Band-Aids, gauze, tape, first-aid cream, lip balm, sun block, insect repellent, safety pins, special medicines, Campho-Phenique and sanitary protection with disposable bags if needed. Paramedic teams patrol the bicycle route, a mobile emergency room will be accessible in each meeting town, and emergency medical treatment will be available in each campground.
- ❑ **Miscellaneous:** Bring an alarm clock, spare glasses, sunglasses, a scouting knife, camera, watch, earplugs, ID, journal, pens, pencils, stamps, address book, several plastic trash bags for rain protection and zip-lock bags.
- ❑ **Money:** Cash, traveler's checks and credit cards. According to surveys, the average cyclist spends \$25 - \$35 per day on food and beverages.
- ❑ Be sure to enclose everything in a watertight plastic bag. Be sure to weigh your bag before leaving home to ensure you meet the 50lb maximum weight limit.
- ❑ Watch the "Packing for RAGBRAI" video on social media.

# OVERNIGHT TOWNS

## Campgrounds

Each community will set aside camping areas large enough to accommodate the registered riders. The locations of the campgrounds are typically school grounds, county fairgrounds or city parks. It's possible that some communities will not have space available to accommodate all support vehicles at the main tent campground, so drivers may be directed to a separate campground. Camping will be available in Burlington on the Friday night before the ride begins and on the Saturday night after the ride ends. Camping also will be available in Glenwood the Friday and Saturday nights before RAGBRAI begins.

Campgrounds must be quiet after 10 p.m. Late night noisemakers will be asked to leave the campgrounds.

Encourage your group to pick up after themselves. Have garbage bags on hand for trash. Before you leave in the morning, walk your area. You'll find the misplaced wallet, watch, sunglasses and bike computer.

## Private Housing

RAGBRAI is a camping ride and private, in home housing should not be expected nor endorsed. This privilege is only available to those who successfully registered and received wristbands. Towns have created Housing committees to help assign you to a potential host house. Go to the towns web pages to find out more about their housing program. In some cases, a nominal fee will be added to your request to account for the town

volunteers time finding and placing you for the night.

## Town Websites

- Glenwood - [glenwoodragbrai.com](http://glenwoodragbrai.com)
- Red Oak - [ragbrai.redoak.com](http://ragbrai.redoak.com)
- Atlantic - [atlanticragbrai.com](http://atlanticragbrai.com)
- Winterset - [wintersetragbrai.com](http://wintersetragbrai.com)
- Knoxville - [knoxvillechamber.com/ragbrai](http://knoxvillechamber.com/ragbrai)
- Ottumwa - [ottumwaragbrai.com](http://ottumwaragbrai.com)
- Mt. Pleasant - [mtpleasantragbrai.com](http://mtpleasantragbrai.com)
- Burlington - [burlingtonragbrai.com](http://burlingtonragbrai.com)

## Showers/Bathrooms

Expect the showers to be located at schools, swimming pools and mobile shower trailers. Communities can choose to charge for showers and shuttle services, so be prepared to pay for the service if required. Shuttle service is usually available from the campgrounds to the showers. A number of campers use sun-heated portable showers. 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 provides for 86 portable toilets in the main campground to supplement the ones provided by the overnight towns. If you must have bathrooms close to your campsite, please set up your campsite close to the bathrooms. The portable toilets cannot be moved once they are in place.

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GoPro HERO12 Black Bundle



**GoPro**

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SCAN HERE TO ENTER



Visit your local Iowa stores today

402 Viking Plaza Drive  
Cedar Falls, IA 50613  
(319) 277-3033

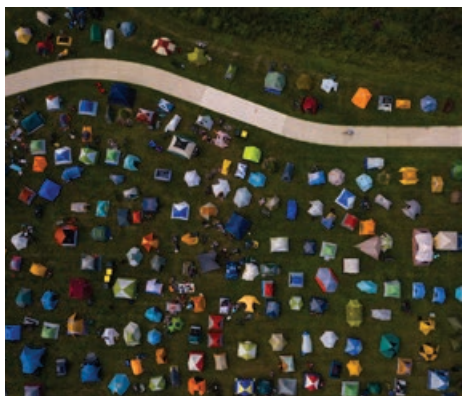
1461 Coral Ridge Ave  
Coralville, IA 52241  
(319) 625-9959

4400 Sergeant Road #54  
Sioux City, IA 51106  
(712) 252-1551

101 Jordan Creek Parkway  
West Des Moines, IA 50266  
(515) 727-4065

CONNECT WITH US  

# OVERNIGHT TOWNS



## Food

Eat today to ride tomorrow. Remember that you'll need a high number of calories during the period of maximum exercise. It is not unusual to spend \$35 per day on food and drink. Have cash and credit card on hand to pay vendors.

Sugar and carbohydrates keep your body going on RAGBRAI, but don't try to eat them all at one sitting. It's much better to eat several times a day than to try to pedal on a full stomach. Keep your diet low in fat. Carry some type of high energy food with you for times when you may need a boost.

Food, both standard fare and the unusual, is available at every turn. Food booths are a major economic boost to churches, Boy Scout or Girl Scout troops, 4-H clubs, VFW posts, etc.

Concessions in the host communities that are officially sanctioned will be identified by a sign reading, OFFICIAL RAGBRAI VENDOR. Please support

the officially sanctioned vendors.

## RAGBRAI Merchandise Trailers

RAGBRAI operates three merchandise trailers and one information, lost and found tent throughout the week. Each trailer sells RAGBRAI merchandise, day passes, and will have the next day maps.

One RAGBRAI mini trailer will be placed in the meeting town each day. It will sell 2024 RAGBRAI cycling gear, discounted RAGBRAI outlet merchandise, and day passes. It closes with the towns shut down time.


Two RAGBRAI merchandise trailers will be in the overnight town and located in the downtown area near the main entertainment stage. The trailers sell all new RAGBRAI merchandise, and day passes. Trailer hours are approximately 11 a.m. to 9 p.m.

On Saturday, July 27 all three merchandise trailers will be located in Burlington. Two at the dip site and one at Harmony Bible Church with our RAGBRAI official baggage trucks and the shuttle pick-up location.

## Information Center

The RAGBRAI Information tent is located near the towns Information Center in the main campground. Here you can leave notes for people, find information about the town or ask questions of local Information Center





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# OVERNIGHT TOWNS

volunteers. Make sure you or your support drivers check in with the Information Center. This helps your group find where you're camping, and also gives the Information Center volunteers an idea of where to find you if they should need to notify you about someone in your group. The RAGBRAI Information tent is always located near the Information Center in the campgrounds. RAGBRAI staff will be happy to answer your questions also.

## Lost and Found

The RAGBRAI Information tent in the main campground also serves as the Lost and Found site during the ride. If you have misplaced something during the ride, be sure to check periodically at this trailer. It is open from about 11 a.m. until about 7 p.m. daily. Sometimes found items are sent to the RAGBRAI office after the ride ends, so you can e-mail us at [info@ragbrai.com](mailto:info@ragbrai.com). You will be asked to supply your wristband number in addition to a brief description of the item that you lost. If a found item is not claimed by the end of the event, the RAGBRAI office will return the item 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. Legal drinking age in Iowa is 21 years. Local establishments and community-sponsored beverage



gardens, where alcoholic beverages are sold, will not accept the excuse that bikers wearing biking gear have no way to carry the necessary identification. The vendor may issue a colorful wristband to individuals who are of legal drinking age but have a youthful appearance. If you are under 21 and are found with alcoholic beverages in your possession, you will be prosecuted and sent home. We appreciate your cooperation.

## Ride Hours

6 a.m. is considered the official RAGBRAI start time. 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 foolish, even if you have lights. Ride at a speed that will enable you to finish each day well in advance of the end time. The route will close early on two days. The route closes early at 4pm on last day, Saturday, July 27th.



## Traffic Control

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 Service

SAG wagons patrol the route to pick up riders who break down physically or mechanically. Registered participants will be asked to sign in when boarding a SAG wagon. There is no charge for this service if you show your wristband. The SAG service will take you to the campground

Information Center at the next overnight town.

If you are in need of bicycle repair service, there will be one waiting for you in the main campground when you reach your destination.

To let the SAG driver know you need help, turn your bicycle upside down or "wheels up" on the left side of the road and motion a "thumbs down" signal. SAG wagons do not provide taxi service from campground to campground, and participants should not make a habit of using them. If you aren't in condition to ride the distance, you should not participate in the event. For the safety and comfort of all riders, animals and pets are not allowed in the SAG wagons.

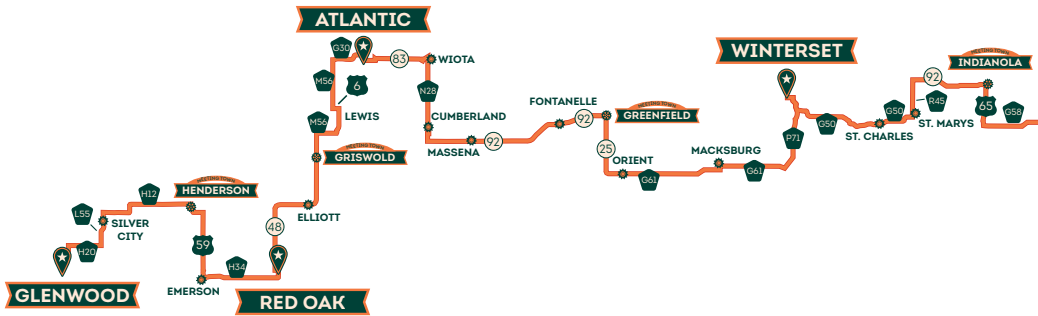
## Route Maps

The digital bicycle and gravel routes by day are available online for download. The daily route maps with mileage between towns and service times are available for download as well. Visit [RAGBRAI.com/maps](http://RAGBRAI.com/maps) for more information.





# HOME SWEET



## DAY 1

41.9 MILES -  
2,435 FT of Climb

### GLENWOOD TO RED OAK

Towns	Miles	Service Time
GLENWOOD		6:00 AM
SILVER CITY	8.8	12:00 PM
HENDERSON ★	14.5	3:00 PM
EMERSON	9	5:00 PM
RED OAK	9.6	

## DAY 2

40.7 MILES -  
1,702 FT of Climb

### RED OAK TO ATLANTIC

Towns	Miles	Service Time
RED OAK		6:00 AM
ELLIOTT	12.4	12:00 PM
GRISWOLD ★	7.4	3:00 PM
LEWIS	7.5	5:00 PM
ATLANTIC	13.4	

## DAY 3

82 MILES -  
4,519 FT of Climb

### ATLANTIC TO WINTERSET

Towns	Miles	Service Time
ATLANTIC		6:00 AM
WIOTA	7.8	11:00 AM
CUMBERLAND	10.6	12:00 PM
MASSENA	7	12:30 PM
FONTANELLE	11.3	1:30 PM
GREENFIELD ★	5.5	2:00 PM
ORIENT	9.2	3:00 PM
MACKSBURG	12.8	4:30 PM
WINTERSET	18	

## DAY 4

75 MILES -  
3,041 FT of Climb

### WINTERSET TO KNOXVILLE

Towns	Miles	Service Time
WINTERSET		6:00 AM
ST. CHARLES	13.8	12:00 PM
ST. MARYS	5	12:30 PM
INDIANOLA ★	13.2	2:00 PM
MILO	11.8	3:00 PM
LACONA	9.2	4:00 PM
MELCHER-DALLAS	8.8	5:00 PM
KNOXVILLE	13.2	



Download turn by turn route guidance here:

[bit.ly/3L7uT2p](https://bit.ly/3L7uT2p)





## DAY 5

62.9 MILES -  
2,502 FT of Climb

### KNOXVILLE TO OTTUMWA

Towns	Miles	Service Time
KNOXVILLE		6:00 AM
ATTICA	9	12:00 PM
LOVILIA	10	1:00 PM
ALBIA	★ 9.4	2:30 PM
EDDYVILLE	14.8	4:00 PM
CHILLICOTHE	10.2	5:00 PM
OTTUMWA	9.5	

## DAY 6

84.8 MILES -  
3,160 FT of Climb

### OTTUMWA TO MT. PLEASANT

Towns	Miles	Service Time
OTTUMWA		6:00 AM
AGENCY	8	10:00 AM
ELDON	9.5	11:00 AM
SELMA	5	11:30 AM
LIBERTYVILLE	11.7	12:30 PM
FAIRFIELD	★ 7	1:30 PM
BRIGHTON	16	3:30 PM
WAYLAND	9	4:30 PM
TRENTON	7.1	5:00 PM
MT. PLEASANT	11.6	

## DAY 7

46.5 MILES -  
1,016 FT of Climb

### MT. PLEASANT TO BURLINGTON

Towns	Miles	Service Time
MT. PLEASANT		6:00 AM
MEDIAPOLIS	23.5	12:00 PM
KINGSTON	9.2	2:00 PM
BURLINGTON	13.7	



## DAILY GRAVEL ROUTES



What's better than one day of gravel? Seven days of gravel with 11 route options. Whether you do all 11 routes or one grab your gravel patch for participating. Patches are limited to the first 500 gravel riders.

Look for the Gravel Route Option signs at the end of each route for instructions for retrieving your patch.

### GRAVEL OPTION 1



Scan this QR code or take a picture of this sign at the end of each Gravel Option to Redeem your Gravel Patch (limited to First 500 riders)

### Disclaimer:

Disclaimer: Gravel routes aren't supported. Check service times for all towns to ensure you don't miss out.

## CENTURY LOOP

**Friday, July 26**

### Karras Century Loop

sponsored by Wenzel's Farm

In honor of RAGBRAI co-founder, John Karras, take the optional 16-mile loop to make your ride a full century. Patch stop will feature Karras loop patches, water, and snacks (while supplies last) courtesy of our sponsor Wenzel's Farm. The patch stop will be located at Brookhart Electric in Wayland from 12pm-4:30pm



SHIMANO

# IT'S A NEW DAY

SHIMANO  
105 Di2  
IS HERE



SHIMANO

**105**

**Di2**  
Digitally Controlled Drivetrain

**WELCOME TO**

**GLENWOOD**



**SATURDAY, JULY 20, 12PM-9PM**

418 E Sharp St, Glenwood Town Square, IA 51534

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 in the Glenwood High School Gymnasium from 12pm-9pm on Saturday, July 20th.



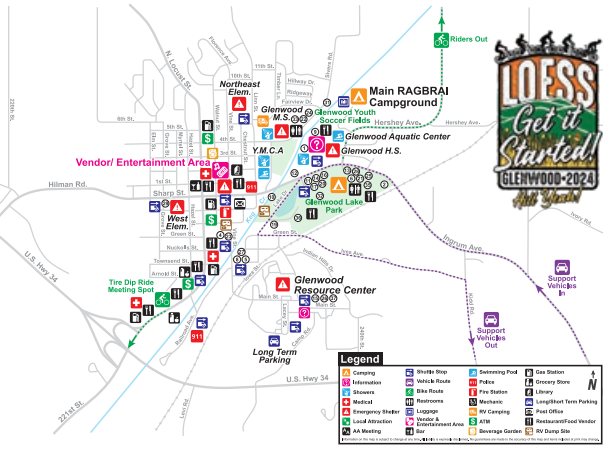
# DAY 0 - EXPO



## Welcome to Glenwood!

## SATURDAY, JULY 20, 2024

- ### Charter Areas
- Amateur Sports Club
  - Art Force Cycling Team
  - AspenWoodland
  - Bicyclists of Iowa City
  - Blue Berkeleys
  - Blue Party
  - Blue Wheel
  - Bikes to You
  - Bismarck Chapter
  - Central Valley Cyclists
  - Central Valley Chapters
  - Chain Gang Detachment
  - Outdoor Bike Club
  - Team Good Beer
  - Howeary Blue Riders
  - Howeary Valley Bicycle Club
  - Latin and Road Chapters
  - Men's Bicyclist
  - Marion - Car Road Hogs
  - Mountain Bike Training Club
  - Outdoor-Bikers
  - Parents Cycle On
  - Peeling Potatoes
  - Pink Cycling Club
  - Pink Bicyc, Veterans
  - Red Claret Bicycle Club
  - Red Cross Chapters
  - Shrouded Cyclists
  - Tartan Blue Club
  - Team Bunch
  - Walters
  - Anytime Cycling Experience
  - Team Tom One Waters
  - Team Woppy
  - Team High Life
  - Team Scout



THANK YOU TO OUR OFFICIAL MAP SPONSORS:



RAGBRAI is only possible because of towns like Glenwood opening their doors, businesses, and providing volunteers to serve the ride. If you would like to express your gratitude to the towns of Iowa who make this possible, donate here: [www.gofundme.com/r/ragbrai-community-fund-2024](http://www.gofundme.com/r/ragbrai-community-fund-2024). All funds will be split evenly among the eight overnight towns charters.



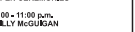
## Welcome to Glenwood!

## SATURDAY, JULY 20, 2024

- ### Expo Vendors
- Almond Water
  - RAGBRAI Merchandise Traders
  - Bonanza
  - Laser
  - Just Go Blue
  - RAGBRAI Outlets
  - Calumet
  - Cycling Kites
  - Big Olive Brewery
  - Blue with GPS
  - Whoo Fitness
  - 24x7
  - Butterfly Lodge Bicycle Resort
  - Arms Tech Designs
  - Biotechnology Development Alliance
  - Beck Roadz Bakery
  - High Gearz Team
  - SCOO
  - Straw Hat Sandalists
  - Blue Bicycle Coalition
  - Pink to Pink
  - Wentz's Farm
  - My Car Shopper
  - Mountain Cycling
  - WELCYCLER
  - WNY International Designs
  - JAMSDO
  - Midwest Motors
  - Evolution Knowledge Live Team
  - University of Iowa
  - University of Iowa
  - Blue Sky
  - National Multiple Sclerosis Society
  - SC Consulting Group, Inc.
  - Fashion Trading LLC/Avatar Innovations
  - Priority Events
  - Top Coat Fabric Outlet
  - Hudson Trail
  - Blue Hospital Auxiliary
  - Netwerks Methodist Health System
  - Blue
  - NovaBlue
  - Huber Brass UP
  - CyberSquad
  - Caribow
  - North Sports Wear LLC
  - Great Altruistic Passage Conservancy
  - HandsDown
  - Iowa Natural Heritage Foundation
  - Kanite Art
  - Reaction Health Products
  - VA Make the Connection
  - Elkhorn Wages
  - Team of the Earth Cycling
  - Mama Assistent
  - Insider
  - 55+ Health & Wellness
  - US Air Force
  - Home Insulation
  - Therapy Pipe
  - Reaper Jewelry
  - DR.A.S.L. Cycle Zykso
  - Insider Out Sales
  - HiLow
  - SP Connect



THANK YOU TO OUR OFFICIAL MAP SPONSORS:



**Entertainment** (shows, acts and bands)

- NOON - 11:00 p.m. BEER GARDEN
- 3:00 - 6:00 p.m. DANIEL & THE DELIVERANCE
- 6:00 - 7:00 p.m. OPEN CEREMONIES
- 7:00 - 11:00 p.m. BILLY MCGUIGAN

## Vendors & Entertainment Map

**BILLY MCGUIGAN'S**

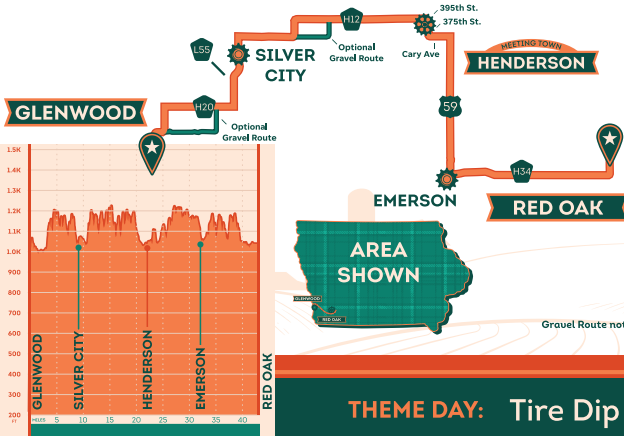
**POP ROCK**

ORCHESTRA

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

# WELCOME TO

# RED OAK



Towns	Miles	Service Time
GLENWOOD		6:00 AM
SILVER CITY	8.8	12:00 PM
HENDERSON ★	14.5	3:00 PM
EMERSON	9	5:00 PM
RED OAK	9.6	

Please note that the RAGBRAI route is open from 6 a.m. until 6 p.m. (except Saturday until 4 p.m.)

ROUTE SUBJECT TO CHANGE

Gravel Route not supported and subject to close due to road conditions

**THEME DAY:** Tire Dip - Mile of Silence



Download turn by turn route guidance here:

[bit.ly/3L7uT2p](https://bit.ly/3L7uT2p)



## ROUTE MAPS

# GLENWOOD TO RED OAK

41.9 MILES - 2,435 FT of Climb



## SUNDAY, JULY 21, 2024

### ENTERTAINMENT

#### BANDS ACTS AND TIMES

- Noon**  
**GALLIVANT**
- 1:20 p.m.**  
**GAS N GRASS**
- 2:40 p.m.**  
**INTO THE GRAY**
- 4:30 p.m.**  
**THE MERCURY'S**
- 6:20 p.m.**  
**COMMOTION**
- 8:30 p.m.**  
**PET ROCK**

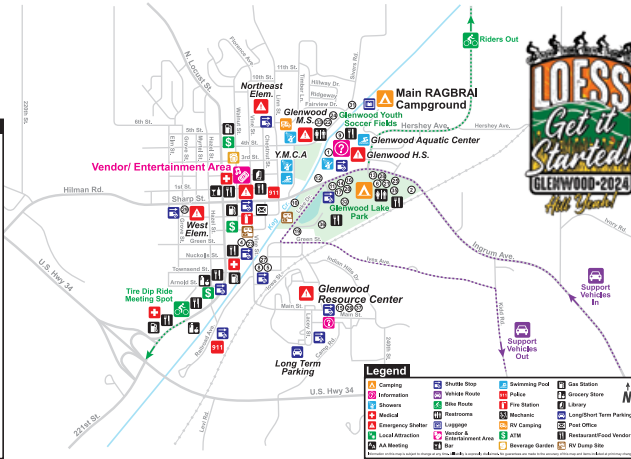


Welcome to Glenwood!

TOWN MAP

#### Charter Areas

- 1 American South Area
- 2 Air Force Cycling Team
- 3 Annapolis/Annapond
- 4 Bicycle Club of Iowa City
- 5 Bike Buffs/Biggie
- 6 Bike Party
- 7 Bike World
- 8 Bikeless You
- 9 Branched Charters
- 10 Cedar Valley Cyclists
- 11 Central Area Charters
- 12 Chain Gang Getaways
- 13 Outbacker Bike Club
- 14 Team Coast Beer
- 15 Hawkeye Bicycling
- 16 Iowa Valley Bicycle Club
- 17 Iowa Bikeshow
- 18 Lost and Found Charters
- 19 Midwest Off Road Trips
- 20 North Iowa Touring Club
- 21 Out-of-State
- 22 Paton's Cycle Fun
- 23 Pounding Pistas
- 24 Public Cycling Club
- 25 Park 3045 Ventures
- 26 Quad Cities Bicycle Club
- 27 Run-Oman Charters
- 28 Stranded Cyclists
- 29 Tri-Dog Bike Club
- 30 Team Riders
- 31 Whippers
- 32 Anywhere Cycling Experience
- 33 Crown Team On Wheels
- 34 Team Winery
- 35 Team High Life
- 36 Team Gourmet



Legend					
	Camping		Shuttle Stop		Swimming Pool
	Information		White Route		Police
	Showers		Bike Route		Fire Station
	Medical		Restrooms		Library
	Emergency Shelter		Luggage		Bus Station
	Local Attractions		ATM		RV Camping
	RV Meeting		Transfer/Exchange Area		Restroom/Food Vendor
			Message Service		Pet Dump Site
					Car Station
					Candy Store

THANK YOU TO OUR OFFICIAL MAP SPONSORS:



RAGBRAI is only possible because of towns like Glenwood opening their doors, businesses, and providing volunteers to serve the ride. If you would like to express your gratitude to the towns of Iowa who make this possible, donate here: [www.gofundme.com/f/ragbrai-community-fund-2024](http://www.gofundme.com/f/ragbrai-community-fund-2024). All funds will be split evenly among the eight overnight towns charities.

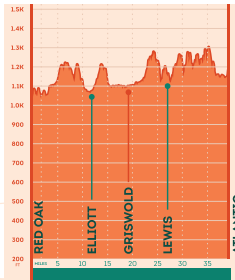
To get updated maps, town details, and more visit the towns website at [Red Oak](http://Red Oak).

WELCOME TO

ATLANTIC



ATLANTIC



Towns	Miles	Service Time
RED OAK		6:00 AM
ELLIOTT	12.4	12:00 PM
GRISWOLD	7.4	3:00 PM
LEWIS	7.5	5:00 PM
ATLANTIC	13.4	

Please note that the RAGBRAI route is open from 6 a.m. until 6 p.m. (except Saturday until 4 p.m.)

ROUTE SUBJECT TO CHANGE

Gravel Route not supported and subject to close due to road conditions

RED OAK

THEME DAY: Hometown Pride Jersey Day



Download turn by turn route guidance here:

[bit.ly/3L7uT2p](https://bit.ly/3L7uT2p)

ROUTE MAPS



# RED OAK TO ATLANTIC

## 40.7 MILES - 1,702 FT of Climb



# MONDAY, JULY 22, 2024

## ENTERTAINMENT

### BANDS ACTS AND TIMES

**6TH STREET STAGE**  
**Music**  
 12:00P | Gallivant  
 2:00P | Monkey, Monkey, Monkey  
 4:00P | Damon Dotson

**Other Entertainment in City Park**  
 9:00A | Live Mural Installation  
 11:00 | Giant Outdoor Pong  
 11:00 | Photo-Ops  
 1:00P | Christmas in Atlantic: Foam Party  
 + Meet & Greet with Santa & Mrs. Claus  
 3:00P | Digital Photobooth  
 7:00P | Glow Bar

**4TH STREET STAGE**  
**Music**  
 12:00P | Barry Rutter  
 2:00P | Tyler Folkerts  
 4:00P | Jordan Beem

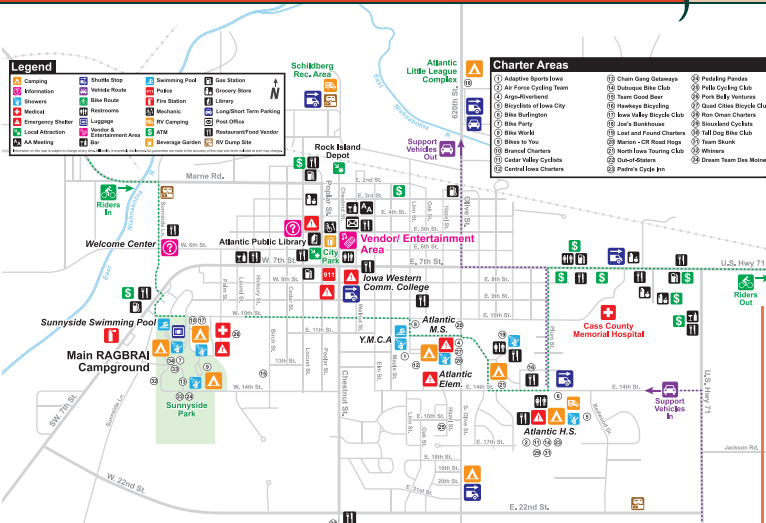
**Other Entertainment in the Area**  
 11:00A | Yard Games  
 11:00A | Mini Golf  
 11:00A | Face Painting/Tattoos  
 12:00P | Hair Feathers

**MAIN STAGE**  
**Music**  
 6:00P | DJ CHAOS  
 6:30P | TWO STORY ROAD  
 8:30P | DJ CHAOS  
 9:00P | PORK TORNADES

# THE PORK TORNADES

## Welcome to Atlantic!

## TOWN MAP



THANK YOU TO OUR OFFICIAL MAP SPONSORS:



RAGBRAI is only possible because of towns like Atlantic opening their doors, businesses, and providing volunteers to serve the ride. If you would like to express your gratitude to the towns of Iowa who make this possible, donate here: [www.gofundme.com/f/ragbrai-community-fund-2024](http://www.gofundme.com/f/ragbrai-community-fund-2024). All funds will be split evenly among the eight overnight towns charities.

To get updated maps, town details, and more visit the towns website at [Atlantic.Iowa.gov](http://Atlantic.Iowa.gov)

# WELCOME TO

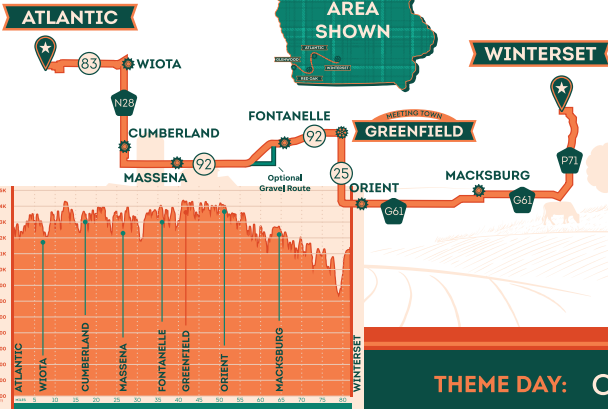
# WINTERSET



### ATLANTIC



### WINTERSET



Towns	Miles	Service Time
ATLANTIC		6:00 AM
WIOTA	7.8	11:00 AM
CUMBERLAND	10.6	12:00 PM
MASSENA	7	12:30 PM
FONTANELLE	11.3	1:30 PM
GREENFIELD ★	5.5	2:00 PM
ORIENT	9.2	3:00 PM
MACKSBURG	12.8	4:30 PM
WINTERSET	18	

Please note that the RAGBRAI route is open from 6 a.m. until 6 p.m. (except Saturday until 4 p.m.)

ROUTE SUBJECT TO CHANGE  
Gravel Route not supported and subject to close due to road conditions

## THEME DAY: College Jersey Day



An EF4 tornado ripped through Greenfield killing four people, destroying 200 homes, the hospital, and the fire department. The town is rising after the storm hosting riders as the meeting town on Tuesday. Stop. Support. Donate. Visit [greenfieldiowa.com/ragbrai](http://greenfieldiowa.com/ragbrai).

**RIDE**  
WITH GPS

Download turn by turn route guidance here:

[bit.ly/3L7uT2p](http://bit.ly/3L7uT2p)



## ROUTE MAPS

# ATLANTIC TO WINTERSET

82 MILES - 4,519 FT of Climb

TUESDAY, JULY 23, 2024



## ENTERTAINMENT

### BANDS ACTS AND TIMES

- 3:00 p.m.**  
**AMERICAN LEGION FLAG RAISING & NATIONAL ANTHEM WITH NEVA ALDEN**
- 3:00 - 4:00 p.m.**  
**NEVA ALDEN**
- 4:00 - 4:30 p.m.**  
**NEVA ALDEN & JORDAN BEEM DUET**
- 4:30 - 5:30 p.m.**  
**JORDAN BEEM**
- 6:00 - 8:00 p.m.**  
**STANDING HAMPTON**
- 8:30 - 10:30 p.m.**  
**NOT QUITE BROTHERS**



### I CONQUERED THE CLIMB!



Cap off the climb by taking a selfie at the I Conquered the Climb selfie station in Winterset.

## Welcome to Winterset!

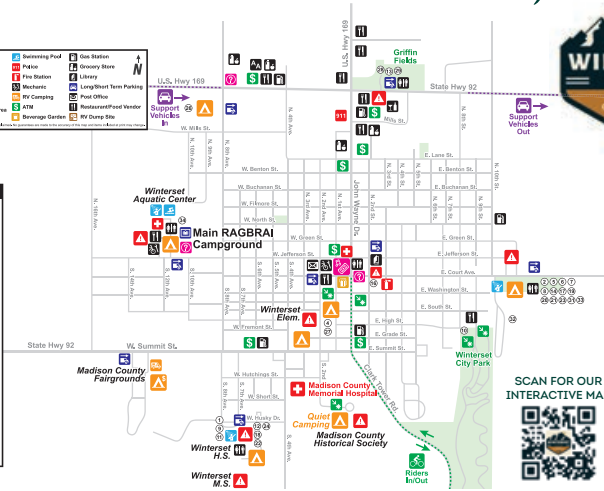
## TOWN MAP

#### Legend

- |                   |                            |                 |                            |
|-------------------|----------------------------|-----------------|----------------------------|
| Camping           | Shuttle Stop               | Restroom Pool   | One Station                |
| Information       | Vehicle Route              | Patio           | Grocery Store              |
| Shower            | Bike Route                 | Fire Station    | Library                    |
| Medical           | Parade                     | Barbecue        | Long-Shoot Team Parking    |
| Emergency Shelter | Language                   | RV Camping      | Post Office                |
| Local Attraction  | Public Administration Area | Art             | Recycling/Transfer Station |
| AA Meeting        | Bar                        | Beverage Garden | RV Dump Site               |

#### Charter Areas

- 1) American Sports Expo
- 2) Air Force Cycling Team
- 3) AggroBrewery
- 4) Boardwalk of Iron City
- 5) Bike Burgein
- 6) Bike Party
- 7) Bike World
- 8) Bikes in You
- 9) Brauist Charities
- 10) Cedar Valley Cyclists
- 11) Central Iowa Cyclists
- 12) Chain Gang Cyclists
- 13) Oak Grove Bike Club
- 14) Hawkeye Bicycling
- 15) Iowa Valley Bicycle Club
- 16) Iowa's Backroads
- 17) Iowa and Forest Cyclists
- 18) Mason - CR Road Trips
- 19) North Iowa Triathlon Club
- 20) QuadCyclists
- 21) Rink's Cycle Inn
- 22) Rolling Pasture
- 23) Root Buds Ventures
- 24) Sweet Circle Bicycle Club
- 25) Reno Owen Cyclists
- 26) Stranded Cyclists
- 27) Team Skull
- 28) Wellness
- 29) Team Dog
- 30) Dream Team One Motion



THANK YOU TO OUR OFFICIAL MAP SPONSORS:

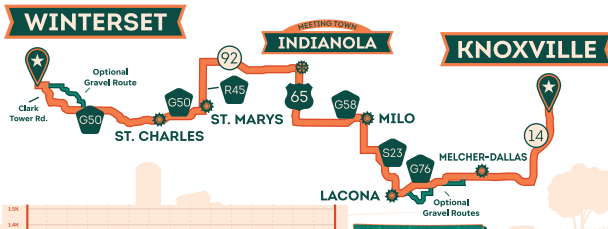


RAGBRAI gives RAGBRAI is only possible because of towns like Winterset opening their doors, businesses, and providing volunteers to serve the ride. If you would like to express your gratitude to the towns of Iowa who make this possible, donate here: [www.gofundme.com/ragbrai-community-fund-2024](http://www.gofundme.com/ragbrai-community-fund-2024). All funds will be split evenly among the eight overnight towns charities.

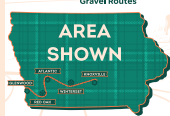
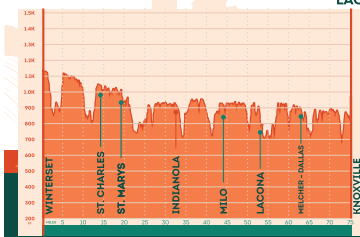
To get updated maps, town details, and more visit the towns website at [Winterset](http://Winterset).

# WELCOME TO

# KNOXVILLE



Towns	Miles	Service Time
WINTerset		6:00 AM
ST. CHARLES	13.8	12:00 PM
ST. MARYS	5	12:30 PM
INDIANOLA	★ 13.2	2:00 PM
MILO	11.8	3:00 PM
LACONA	9.2	4:00 PM
MELCHER-DALLAS	8.8	5:00 PM
KNOXVILLE	13.2	



Please note that the RAGBRAI route is open from 6 a.m. until 6 p.m. (except Saturday until 4 p.m.)  
 ROUTE SUBJECT TO CHANGE  
 Gravel Route not supported and subject to close due to road conditions

## THEME DAY: RAGBRAI Jersey Day



Download turn by turn route guidance here:  
[bit.ly/3L7uT2p](https://bit.ly/3L7uT2p)





# WINTERSET TO KNOXVILLE

75 MILES - 3,041 FT of Climb



## WEDNESDAY, JULY 24, 2024

### ENTERTAINMENT

#### BANDS ACTS AND TIMES

⚙️ 1:00 - 2:00 p.m.  
MASON HATCH

⚙️ 6:30 - 8:30 p.m.  
PUNCHING PANDAS

⚙️ 2:30 - 4:00 p.m.  
NEVA ALDEN

⚙️ 9:00 p.m.  
HAIRBALL

⚙️ 4:30 - 6:00 p.m.  
LUCAS BEEBE



### Welcome to Knoxville!

### TOWN MAP



THANK YOU TO OUR OFFICIAL MAP SPONSORS:



RAGBRAI is only possible because of towns like Knoxville opening their doors, businesses, and providing volunteers to serve the ride. If you would like to express your gratitude to the towns of Iowa who make this possible, donate here: [www.gofundme.com/f/ragbrai-community-fund-2024](http://www.gofundme.com/f/ragbrai-community-fund-2024). All funds will be split evenly among the eight overnight towns charities.

To get updated maps, town details, and more visit the towns website at [Knoxville](http://Knoxville).

# WELCOME TO

# OTTUMWA



Towns	Miles	Service Time
KNOXVILLE		6:00 AM
ATTICA	9	12:00 PM
LOVILIA	10	1:00 PM
ALBIA	★ 9.4	2:30 PM
EDDYVILLE	14.8	4:00 PM
CHILLICOTHE	10.2	5:00 PM
OTTUMWA	9.5	

**AREA SHOWN**

Please note that the RAGBRAI route is open from 6 a.m. until 6 p.m. (except Saturday until 4 p.m.)

**THEME DAY: I Ride 4 Day**

ROUTE SUBJECT TO CHANGE  
Gravel Route not supported and subject to close due to road conditions.



Download turn by turn route guidance here:

[bit.ly/3L7uT2p](https://bit.ly/3L7uT2p)



## ROUTE MAPS

# KNOXVILLE TO OTTUMWA

62.9 MILES - 2,502 FT of Climb

THURSDAY, JULY 25, 2024



## ENTERTAINMENT

### BANDS ACTS AND TIMES

#### Daytime Stage Entertainment

- 🌞 11:00 AM: Cameron Steinbach
- 🌞 12:00 PM: Wes VanAntwerp and Mel Podliska
- 🌞 12:55 PM: Evans Junior High Hula Club Performers
- 🌞 1:15 PM: The Gallant Vagabonds
- 🌞 2:05 PM: Ottumwa Marshallese Community
- 🌞 2:30 PM: Ottumwa Marshallese Choir
- 🌞 3:00 PM: Q-Trio

#### Main Stage Entertainment

- 🌞 4:00 PM: Welcome
- 🌞 4:15 PM: January
- 🌞 5:15 PM: Hollowtree
- 🌞 6:30 PM: Rushmore
- 🌞 7:45 PM: Run Forrest Run
- 🌞 9:00 PM: Night Ranger
- 🌞 11:00 PM: Fireworks

— Car Show (downtown): 10 AM to 4 PM —



## Welcome to Ottumwa!

## TOWN MAP

**Legend**

🚰 Camping	🚰 Shuttle Stop	🚰 Swimming Pool	🚰 Gas Station
🚰 Information	🚰 Wildlife Refuge	🚰 Lake	🚰 Grocery Store
🚰 Showers	🚰 Bike Route	🚰 Fire Station	🚰 Library
🚰 Medical	🚰 Restrooms	🚰 Recycle	🚰 Long-Distance Term Parking
🚰 Emergency Shelter	🚰 Storage	🚰 Pet Care/Spay	🚰 Post Office
🚰 Local Attraction	🚰 Theater & Entertainment Area	🚰 ATM	🚰 Restaurant/Food Vendor
🚰 Art Meeting	🚰 Bar	🚰 RV Dump Site	

**Charter Areas**

- Adaptive Sports Team
- Air Force Cycling Team
- Anglo-American
- Boards of Area City
- Bike Bar Englon
- Bike Party
- Bike World
- Bikes for Hire
- Bicycle Chasers
- Older Valley Cyclists
- Central Area Chasers
- Chain Gang Cyclists
- Cherokee Bike Club
- Team Good Beer
- Madness Cycling
- Iron Valley Bicycle Club
- Joe's Bicycles
- Levi and Fossil Chasers
- Marion - CC Road Team
- North Iowa Touring Club
- Older-Older
- Older Valley Cyclists
- Parkway Pacers
- Park City Club
- Park Park Veterans
- Central Area Bicycle Club
- Iron Horse Chasers
- Marion - CC Road Team
- T&H Dog Bike Club
- Team Bank
- Wingers
- Green Team Des Moines

**THANK YOU TO OUR OFFICIAL MAP SPONSORS:**

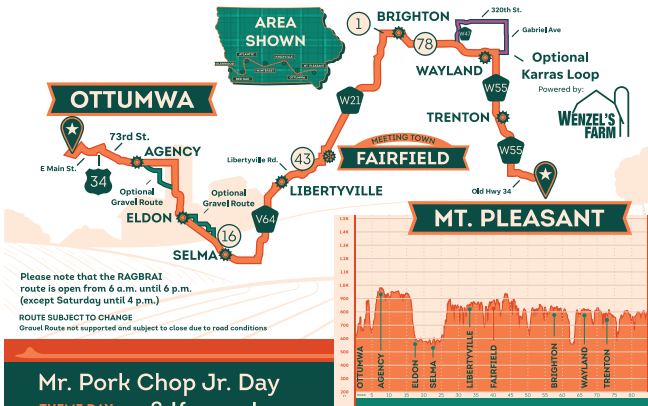
- LEGACY FOUNDATION
- WINGER
- OTTUMWA

RAGBRAI is only possible because of towns like Ottumwa opening their doors, businesses, and providing volunteers to serve the ride. If you would like to express your gratitude to the towns of Iowa who make this possible, donate here: [www.gofundme.com/r/ragbrai-community-fund-2024](http://www.gofundme.com/r/ragbrai-community-fund-2024). All funds will be split evenly among the eight overnight towns charities.

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

# WELCOME TO

# MT. PLEASANT



Towns	Miles	Service Time
OTTUMWA		6:00 AM
AGENCY	8	10:00 AM
ELDON	9.5	11:00 AM
SELMA	5	11:30 AM
LIBERTYVILLE	11.7	12:30 PM
FAIRFIELD	7	1:30 PM
BRIGHTON	16	3:30 PM
WAYLAND	9	4:30 PM
TRENTON	7.1	5:00 PM
MT. PLEASANT	11.6	

Please note that the RAGBRAI route is open from 6 a.m. until 6 p.m. (except Saturday until 4 p.m.)

ROUTE SUBJECT TO CHANGE  
Gravel Route not supported end subject to close due to road conditions

Mr. Pork Chop Jr. Day  
THEME DAY: & Karras Loop



Download turn by turn route guidance here:

[bit.ly/3L7uT2p](https://bit.ly/3L7uT2p)

## ROUTE MAPS



# OTTUMWA TO MT. PLEASANT

84.8 MILES - 3,160 FT of Climb



## FRIDAY, JULY 26, 2024

### ENTERTAINMENT

#### BANDS ACTS AND TIMES

**NOON - 6:00 p.m.**  
PORTABLE PLAYLIST DJ

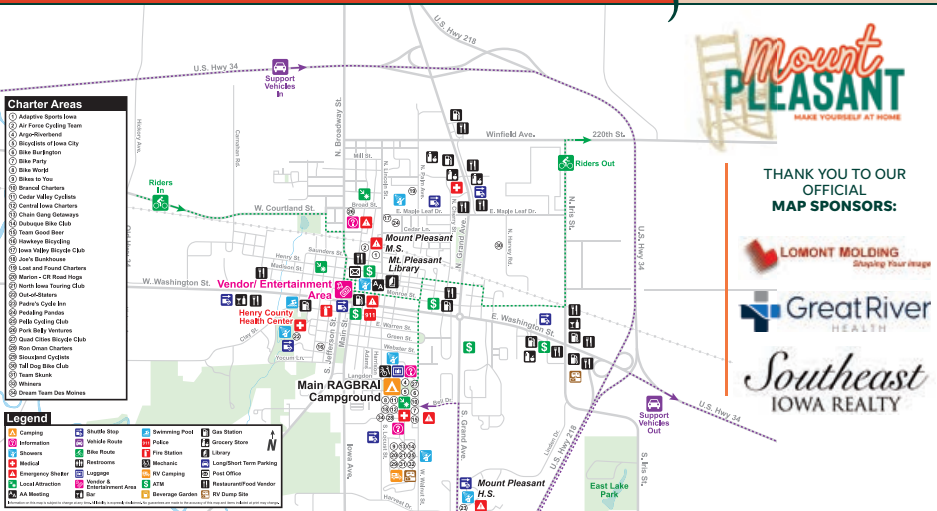
**6:00 - 7:30 p.m.**  
BLAKE JACK + SOUTH 35

**8:00 - 11:00 p.m.**  
THE SPAZMATICS



### Welcome to Mt. Pleasant!

### TOWN MAP



RAGBRAI is only possible because of towns like Mt. Pleasant opening their doors, businesses, and providing volunteers to serve the ride. If you would like to express your gratitude to the towns of Iowa who make this possible, donate here: [www.gofundme.com/r/ragbrai-community-fund-2024](http://www.gofundme.com/r/ragbrai-community-fund-2024). All funds will be split evenly among the eight overnight towns charities.

To get updated maps, town details, and more visit the towns website at [Mt. Pleasant](http://Mt.Pleasant).

# WELCOME TO

# BURLINGTON



Download turn by turn route guidance here:

[bit.ly/3L7uT2p](https://bit.ly/3L7uT2p)



## ROUTE MAPS



## 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 – Henderson  
Day 2 – Griswold  
Day 3 – Macksburg  
Day 4 – Melcher-Dallas  
Day 5 – Attica  
Day 6 – Ottumwa Main Campground  
Day 7 – Mediapolis

#### Bike Tech

217 Washington St.  
Cedar Falls, IA 50613  
Phone: 515-290-1008  
E-mail: [info@biketechcf.com](mailto:info@biketechcf.com)  
Website: [www.biketechcf.com](http://www.biketechcf.com)

Day 0 – RAGBRAI Expo  
Day 1 – Silver City  
Day 2 – Elliott  
Day 3 – Atlantic Main Campground  
Day 4 – Indianola  
Day 5 – Albia  
Day 6 – Trenton  
Day 7 – Mediapolis

#### Bike World

5003 EP True Parkway, #150  
West Des Moines, IA 50265  
Website: [www.bikeworldiowa.com](http://www.bikeworldiowa.com)

Day 0 – RAGBRAI Expo  
Day 1 – Emerson  
Day 2 – Lewis  
Day 3 – Wiota  
Day 4 – Winterset Main Campground  
Day 5 – Chillicothe  
Day 6 – Fairfield  
Day 7 – Kingston



## Black Tire Bike Co.

117 West Main St.  
Marshalltown, IA 50158  
Website: [blacktirebikeco.com](http://blacktirebikeco.com)

Day 0 – RAGBRAI Expo  
Day 1 – Emerson  
Day 2 – Griswold  
Day 3 – Fontanelle  
Day 4 – Lacona  
Day 5 – Eddyville  
Day 6 – Agency  
Day 7 – Mt. Pleasant Main  
Campground

## ERIK'S - Bike Board Ski

905 1st Avenue  
West Des Moines, IA 50265  
Phone: 515-277-2636  
Website: [www.shoperiks.com](http://www.shoperiks.com)

Day 0 – RAGBRAI Expo  
Day 1 – Glenwood Main Campground  
Day 2 – Elliott  
Day 3 – Orient  
Day 4 – St. Marys  
Day 5 – Albia  
Day 6 – Brighton  
Day 7 – Kingston

## Harper's Cycling and Fitness

1106 Grandview Avenue  
Muscatine, IA 52761-1631  
Phone: 563-263-4043  
Website: [www.harpercycling.com](http://www.harpercycling.com)

Day 0 – RAGBRAI Expo  
Day 1 – Henderson  
Day 2 – Griswold  
Day 3 – Cumberland  
Day 4 – Milo  
Day 5 – Eddyville  
Day 6 – Wayland  
Day 7 – Edward Stone Middle School

## Nick's Cycling and Fitness

203 W. Agency Road  
SuiteC&D  
West Burlington, IA 52655  
Phone: 319-752-8480  
E-mail: [nick@nicksd.com](mailto:nick@nicksd.com)  
Website: [www.nicksfc.com](http://www.nicksfc.com)

Day 0 – RAGBRAI Expo  
Day 1 – Henderson  
Day 2 – Lewis  
Day 3 – Massena  
Day 4 – St. Charles  
Day 5 – Knoxville Main Campground  
Day 6 – Eldon  
Day 7 – Mediapolis

## Spoken Wheel Cyclery

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

Day 0 – RAGBRAI Expo  
Day 1 – Silver City  
Day 2 – Red Oak Main Campground  
Day 3 – Greenfield  
Day 4 – Indianola  
Day 5 – Lovilia  
Day 6 – Libertyville  
Day 7 – Not on route



# ROUTE MARKING & SIGNAGE

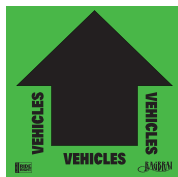
## BIKES

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 does intersect with



several pass thru towns and the meeting town. Look for the patch oasis in Rodman where Bike Rags, HED Cycling, BIKEIOWA, and Soy Connection will be passing out patches, stickers, and providing soy protein bars for your homestretch into Emmetsburg! Let's get dirty.

## 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.

# 2024

## Exclusive LI RAGBRAI Kits

Men's/Women's  
Sleeved &  
Sleeveless  
Jersey



Men's/Women's  
Bibs & Shorts



Button Up  
Crew



Cycling Cap

Gemini Tank

### KIT PRICE LIST:

Jerseys	\$65	Shorts	\$65
Gemini Tank	\$60	Bibs	\$75

# \$5 OFF

**YOUR PURCHASE  
OF \$75 OR MORE**

PRINT THIS COUPON AND  
REDEEM AT THE RAGBRAI  
merchandise trailers during  
RAGBRAI LI.

Valid only for registered participants and must present a wristband to receive a discount.  
Not valid at any other locations. Expires July 31, 2024.

## 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

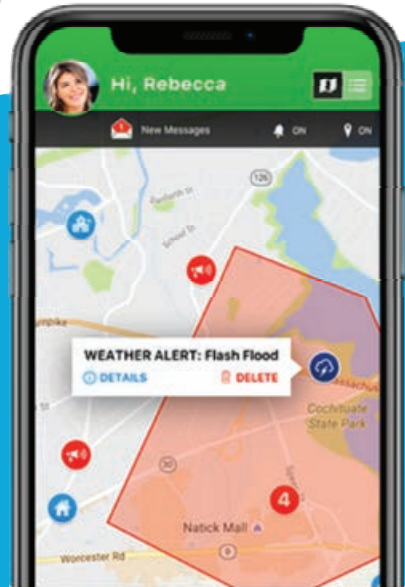
- If there is a need to evacuate, move quickly but safely.
- The safest places are basements, inside rooms (never near windows) on the northeast corner of the building, under stairs and in bathrooms.
- Depending on your local weather service, you should have 10-15 minutes after a tornado has been spotted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

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# 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 LI averages 60.5 miles a day and ranges from 40.7 to 84.8 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!



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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.



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# SAFETY & COURTESY GUIDE FOR RAGBRAI RIDERS

## 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



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

## 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

- 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 worry about rumble strips. One of the great and continuing RAGBRAI mysteries is why cyclists fly into insane panics when confronted with rumble strips. They are not dangerous. They will not fling cyclists to the ground. The worst they can do is deliver an initial jolt of surprise by jiggling the cyclists gently. Don't swerve to avoid them. Just raise yourself off the seat an inch or so, keep your knees bent to absorb the vibration and ride them out.
- Look out for railroad tracks and cross them at right angles. There are fewer tracks these days, but there are still rough tracks and some at bad angles. Raise yourself off your seat and stand on your pedals to absorb the shock and lower the center of gravity. Watch out for other riders and let those behind know of your intentions. Angled tracks and low shoulders are major causes of accidents.

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## Ride RAGBRAI in the RIGHT condition

- Get yourself in good physical shape. RAGBRAI L is a ride totaling 500 miles over seven days. The longest day is 83 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 the David Ertl training page at RAGBRAI.COM.

## Young Children

It's a rare child who can pedal all of RAGBRAI before the age of 11. Children recover quickly, but a day of adverse weather will wipe them out. It takes a truly superior child to pedal a mountain bike with knobby tires across the state. If a road bike isn't in your budget, consider buying slicks for the mountain bike.

You just about have to force a child to eat well enough to have the strength for all seven days. Push water. A child who will drink only Gatorade will keep you standing in line at an ATM.

Helmet mirrors are a great investment to keep an eye on the children (or even adult riding partners).

Have firm meeting places. Town squares, third food stop on the right, fire stations. It's incredibly easy to get separated from your group. A colorful T-shirt will help child and parent keep track of each other on the route and in the pass-through towns.

Car seats are not available on the SAG vehicles. Young children requiring a child safety seat are not allowed on the SAG vehicles.

## Staying Connected

Some ways to connect with RAGBRAI while you ride.

### Social

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

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Instagram @RAGBRAI

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## RAGBRAI Route

RAGBRAI will publish the official Ride with GPS route GPX files in July 2024. The files are compatible with most bicycle computer software.



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