

100 Mile RFJ Bike-A-Thon

Arrive by 6:30 am

Start @ 7:15 am

Start: Lions Park, Big Lake, MN

ETA

①	1 st stop: Santiago (15 min break) Restrooms, snacks, water	17.0 mi	(17.0 mi)	8:40
②	2 nd stop: South Shore Rush Lake (15 min break)	16.2 mi	(33.2 mi)	10:00
50 Mile starts here				
③	3 rd stop Sunflower Ranch (45 min break) 16604 Hwy 11 Big Lake, MN Lunch, restrooms, water	15.0 mi	(48.2 mi)	11:00
④	4 th stop: Sand Dune Rec Area parking (15 min break) Restroom, snacks, water	19.2 mi	(67.4 mi)	1:10
⑤	5 th stop: Blue Hill Trailhead (15 min) Restrooms, snacks, water	22.4 mi	(89.8mi)	2:50
Finish:	Lions Park, Big Lake, MN	10.4 mi	(100.2 mi)	3:55

Congratulations!



General ... Dave Weigel

(763) 234-8242

100/50 mile route overseer

George Balowski

(763) 219-9464

1st Aid ... Emily Leis

(763) 222-5414

Bike Repair ... Dave Weigel

(763) 234-8242