

# RAGBRAI

Register's Annual Great Bicycle Ride  
Across Iowa

Oldest, largest, longest, multi-day  
bicycle touring event in the world

July 19 – 26, 2025



January 8, 2025 presentation  
by Don Andera, Frank Smith, and Yamato Sasaki  
made possible thanks to the Hawai'i Bicycling League

# Day 4: Ames to Des Moines

**Day 4** AMES TO DES MOINES  
Wednesday, July 26

**54.5 Miles**  
**1,242 feet of climb**

Towns	Miles	Service Time
Ames		6:00 a.m.
Slater	12.8	12:00 p.m.
Madrid	7.3	1:00 p.m.
Polk City	10.8	2:00 p.m.
Ankeny ★	9.1	3:00 p.m.
Des Moines	14.5	6:00 p.m.

Please note that the RAGBRAI route is open from 6 a.m. until 6 p.m. (except Wednesday until 5 p.m. and Saturday until 4 p.m.)  
Route and distances are subject to change.



World Record Day

AMES



**MAP KEY** Single Repair Shop Meeting Town Patch Stop Bike Shop Station

Each day, one of the pass-through towns is designated a meeting town for support drivers to meet up with the riders and enjoy the hospitality of these local communities. These are the only permissible locations that support vehicles can meet riders on the route.

**Service times:** These are the hours of operation that the RAGBRAI SAG Wagons will cease service in that town.

**RIDE**  
WITH GPS

Download turn by turn route guidance here:

[bit.ly/3JG2JeQ](https://bit.ly/3JG2JeQ)



ONE L OF A RIDE | SINCE 1973

# Day 5: Des Moines to Tama-Toledo

**Day 5** DES MOINES TO TAMA-TOLEDO  
Thursday, July 27

**88.9 Miles**  
**4,218 feet of climb**

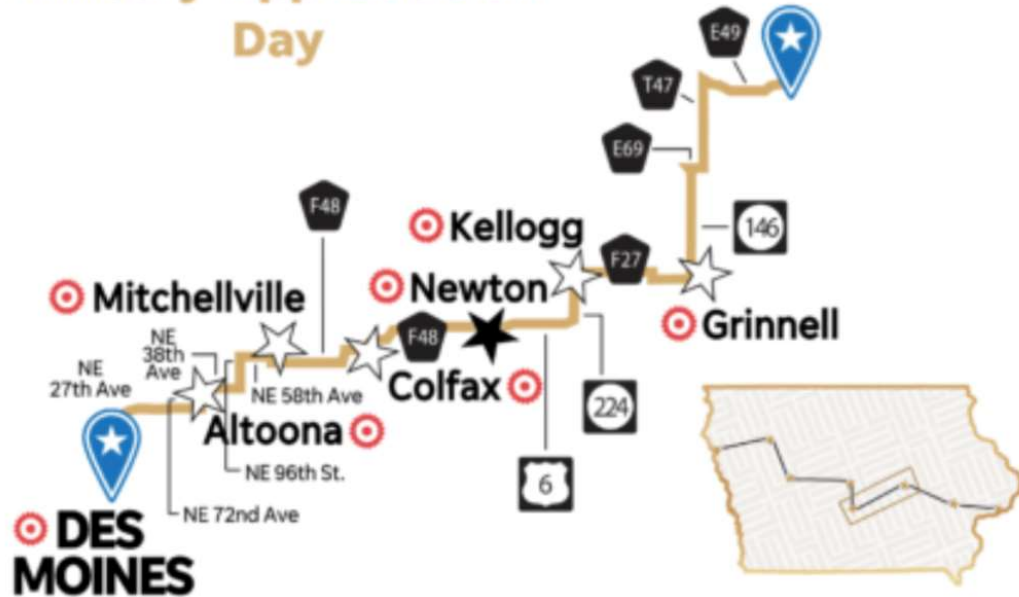
Towns	Miles	Service Time
Des Moines		6:00 a.m.
Altoona	14.7	12:00 p.m.
Mitchellville	7.5	1:00 p.m.
Colfax	7.7	2:00 p.m.
Newton ★	11.2	3:00 p.m.
Kellogg	9.3	4:00 p.m.
Grinnell	13.3	4:30 p.m.
Tama-Toledo	25.2	6:00 p.m.

Please note that the RAGBRAI route is open from 6 a.m. until 6 p.m. (except Wednesday until 5 p.m. and Saturday until 4 p.m.)  
Route and distances are subject to change.



**Military Appreciation Day**

**TAMA-TOLEDO**



**MAP KEY**

- Target icon: Bicycle Repair Shop
- Star icon: Meeting Town
- P icon: Patch Stop
- Star icon: Bike Stop Station

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**Service times:** These are the hours of operation that the RAGBRAI SAG Wagons will cease service in that town.

**RIDE WITH GPS**

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ONE L OF A RIDE | SINCE 1973















20

TEAM  
BAD

ANTIQUES ON MAIN

NICE RACK!

Ragbrai 2000 CHUM BUCKET

NO SMOKING



DENVER  
COLORADO



100% XXX

AREA 51

DIE-HARD

GREECE



SURLY

teamartini

TALGATOR



Evil

NEVER SUMMER  
DOWNWARDS



TEAM  
BAD



TEAM  
BOY



TEAM  
BOY



YOUR LOGO SUCKS.







16:49

LTE 69



CORALVILLE, IA



METEOROLOGIST  
AARON WHITE



@AaronWhiteKIMT

DOWNLOAD THE APP!



1 hour ago

### Severe Storms Possible

There is a Level 3 (enhanced) risk for severe thunderstorms that could produce damaging wind gusts and large hail, particularly in North Iowa. The concern is for a large line o...

58 minutes ago

Tracking the risk for strong to severe storms this evening and tonight.



98°

SUNNY

FEELS LIKE 112°

Updated now

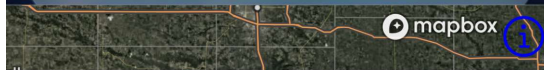


HUMIDITY 49%

DEWPOINT 75°

WIND SSW 10

SUNSET 20:28



mapbox



Weather



Hourly



Daily



Map



Submit

















# IOWA CRAFT BEER TENT



IOWACRAFTBEERTENT

IACRAFTBEERTENT

IACRAFTBEERTENT

CHALKBOARD MENU: PILLS HEAD, DUBBLE SCORPIO, DEAN SCORPIO, Pilsener, Pale Ale, IPA, Stout, Lager, etc.

beer











**HOUSE MADE  
SAUSAGE**

*The*  
**AMOS DEAN'S**  
**SLOW SMOKED  
BRISKET SANDWICH**



**BBQ PORK**



**SWEET  
CORN**

















CATTLE BARN

HOT  
SHOWERS  
→

480 MPJ









# Registration

November 15, 2024 - June 11, 2025

Week Rider: \$230 - \$350

Day Rider: \$45 - \$50 / per day

- + ambulances
- + baggage transport
- + route maps
- + embroidered patch
- + bicycle shipping stations at the end of the ride
- + SAG service
- + entertainment
- + shower services
- + portable toilets

Refund Requested Date	11/15-2/28	3/1-3/31	4/1-4/30	5/1-5/31	6/1/2025
REFUND FEE	Processing Fees	25%	50%	75%	NO REFUNDS



## Dates

Route Announcement: January 25, 2025

Expo: Saturday, July 19, 2025

Ride: July 20-July 26, 2025 (Saturday)

## Flights

Honolulu to Omaha, Nebraska

Friday, July 18 - Sunday, July 27

11 hr flight, 1 transfer, \$1,000 round trip

Bicycle luggage fee: \$200 round trip



# Charters

Dozens of independent charters provide amenities and services.

Bicycle transport to/from airport  $\leftrightarrow$  event

Showers, beverages, food, USB charging stations, tents, bicycle rental.



## Cost

Item	Cost
Registration	\$250
Flight (including bicycle luggage fee)	\$1,300
Charter: bicycle transport to/from airport <-> event	\$300
Food (\$40 / day)	\$350
Tent and other prep	\$200
<b>Approximate Cost (9 days)</b>	<b>\$2,400</b>

















IT'S NOT SO MUCH THE HEAT.  
IT'S THE STUPIDITY.



www.gkbelly.com















*The End*

Questions?