

RAGBRAI:

Des Moines Register Annual Great Bike Ride Across Iowa

RAGBRAI 2025 July 20-26 (Ride 7 days) (Last full week of July)
Expo July 19 (Saturday) 12:00-9:00 p.m.

RAGBRAI.com Official site. Info about the overall event including
Registration

	Registration (week)	One-Day Pass
Early Registration closed (31 Dec 2024)	-----	----
Jan 1 - Feb 28	\$250	\$45
Mar 1-31	\$275	\$50
Apr 1-30	\$300	\$60
May 1 - 31	\$350	\$65
Late/non-refundable June 1 - June 11	\$350	\$70

Registration includes:

- Paramedic and ambulance service
- Traffic management by State patrol
- Bag Transport between overnight towns
- SAG wagon service
- Bike repair support (rider pays for repair)
- Live entertainment each night
- Porta-potties throughout RAGBRAI
- Route maps (incl GPX files)
- Route marking
- Patch (for week long registrants)
- Bike shipping stations at the end of the ride (Mississippi River)
- Opportunity to use long-term parking at start/end towns
- Gravel Day and/or Karras Loop patch for registered riders who complete the routes

Resource info on RAGBRAI.com

Charters
Shuttles
Lodging
Bike rental / shipping
Suggested training
General ride safety standards

REMEMBER:

This is a ride - not a race.

Pace yourself for the week and
Pace yourself each day.

Route Overnight Towns will be announced on January 25, 2025

This will influence the route for this year. (Route changes each year)

Check YouTube for unofficial videos