



# AN EPIC CROSS-COUNTRY BICYCLING JOURNEY TO RAISE AWARENESS FOR FSHD



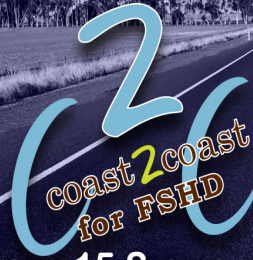
## OFFICIAL C2C4FSHD ROUTE PROFILE (Part 1)

Starting at the Space Needle in Seattle, our group of cyclists will steadily make their way across the country, covering a grand total of 4,200 miles until they cross the Brooklyn Bridge just 54 days later. The riders will average about 92 miles per day while traversing 15 states and visiting 46 cities along the way. The official route is outlined below, which includes 19 centuries (100+ miles) and 8 "Off" days.

#	Date	Destination	Est. Mileage	Total Mileage	State(s)	
<b>Stage 1 – Seattle, WA to Reno, NV (12 Days, 890 Miles)</b>						
1	Sat	May 27	Seattle, WA to Olympia, WA	75	75	WA
2	Sun	May 28	Olympia, WA to Astoria, OR	115	190	WA / OR
3	Mon	May 29	Astoria, OR to Portland, OR	100	290	OR
4	<b>Tue</b>	<b>May 30</b>	<b>Day Off in Portland, OR</b>			<b>OR</b>
5	Wed	May 31	Portland, OR to Corvallis, OR	95	385	OR
6	Thu	Jun 1	Corvallis, OR to Eugene, OR	50	435	OR
7	Fri	Jun 2	Eugene, OR to Crescent, OR	95	530	OR
8	Sat	Jun 3	Crescent, OR to Klamath Falls, OR	90	620	OR
9	Sun	Jun 4	Klamath Falls, OR to Alturas, CA	100	720	OR / CA
10	Mon	Jun 5	Alturas, CA to Standish, CA	90	810	CA
11	Tue	Jun 6	Standish, CA to Reno, NV	80	890	CA / NV
12	<b>Wed</b>	<b>Jun 7</b>	<b>Day Off in Reno, NV (Lake Tahoe Region)</b>		<b>890</b>	<b>NV</b>
<b>Stage 2 – Reno, NV to Salt Lake City, UT (6 Days, 590 Miles)</b>						
						
13	Thu	Jun 8	Reno, NV to Fallon Station, NV	70	960	NV
14	Fri	Jun 9	Fallon Station, NV to Austin, NV	110	1070	NV
15	Sat	Jun 10	Austin, NV to Ely, NV	150	1220	NV
16	Sun	Jun 11	Ely, NV to West Wendover, NV	120	1340	NV
17	Mon	Jun 12	West Wendover, NV to Salt Lake City, UT	140	1480	NV / UT
18	<b>Tue</b>	<b>Jun 13</b>	<b>Day Off in Salt Lake City, UT</b>		<b>1480</b>	<b>UT</b>
<b>Stage 3 – Salt Lake City, UT to Denver, CO (7 Days, 555 Miles)</b>						
						
19	Wed	Jun 14	Salt Lake City, UT to Provo, UT	50	1530	UT
20	Thu	Jun 15	Provo, UT to Green River, UT	140	1670	UT
21	Fri	Jun 16	Green River, UT to Grand Junction, CO	100	1770	UT / CO
22	Sat	Jun 17	Grand Junction, CO to Glenwood Springs, CO	85	1855	CO
23	Sun	Jun 18	Glenwood Springs, CO to Breckenridge, CO	100	1955	CO
24	Mon	Jun 19	Breckenridge, CO to Denver, CO	80	2035	CO
25	Tue	<b>Jun 20</b>	<b>Day Off in Denver, CO</b>		<b>2035</b>	<b>CO</b>

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SEATTLE, WA  
MAY 27, 2017



BROOKLYN, NY  
JULY 19, 2017

54 DAYS • 15 STATES • 46 CITIES • 4,200 MILES

## OFFICIAL C2C4FSHD ROUTE PROFILE (Part 2)

#	Date	Destination	Est. Mileage	Total Mileage	State(s)	
<b>Stage 4 – Denver, CO to St. Louis, MO (12 Days, 865 Miles)</b>						
26	Wed	Jun 21	Denver, CO to Last Chance, CO	80	2115	CO
27	Thu	Jun 22	Last Chance, CO to St. Francis, KS	100	2215	CO / KS
28	Fri	Jun 23	St. Francis, KS to Alma, NE	150	2365	KS / NE
29	Sat	Jun 24	Alma, NE to Hebron, NE	100	2465	NE
30	Sun	Jun 25	Hebron, NE to Manhattan, KS	115	2580	NE / KS
31	Mon	Jun 26	Manhattan, KS to Lawrence, KS	90	2670	KS
32	Tue	Jun 27	Lawrence, KS to Kansas City, MO	50	2720	KS / MO
33	<b>Wed</b>	<b>Jun 28</b>	<b>Day Off in Kansas City, MO (and Kansas City, KS)</b>			<b>MO</b>
34	Thu	Jun 29	Kansas City, MO to Sedalia, MO	90	2810	MO
35	Fri	Jun 30	Sedalia, MO to Jefferson City, MO	60	2870	MO
36	Sat	Jul 1	Jefferson City, MO to St. Louis, MO	130	3000	MO
37	<b>Sun</b>	<b>Jul 2</b>	<b>Day Off in St. Louis, MO</b>		<b>3000</b>	<b>MO</b>
<b>Stage 5 – St. Louis, MO to Pittsburgh, PA (11 Days, 780 Miles)</b>						
38	Mon	Jul 3	St. Louis, MO to Vandalia, IL	75	3075	MO / IL
39	Tue	Jul 4	Vandalia, IL to Terra Haute, IN	100	3175	IL / IN
40	Wed	Jul 5	Terra Haute, IN to Indianapolis, IN	85	3260	IN
41	Thu	Jul 6	Indianapolis, IN to Dayton, OH	115	3385	IN / OH
42	Fri	Jul 7	Dayton, OH, to Columbus, OH	75	3450	OH
43	<b>Sat</b>	<b>Jul 8</b>	<b>Day Off in Columbus, OH</b>			<b>OH</b>
44	Sun	Jul 9	Columbus, OH to Mansfield, OH	75	3525	OH
45	Mon	Jul 10	Mansfield, OH to Cleveland, OH	105	3630	OH
46	Tue	Jul 11	Cleveland, OH to Youngstown, OH	80	3710	OH
47	Wed	Jul 12	Youngstown, OH to Pittsburgh, PA	70	3780	OH / PA
48	<b>Thu</b>	<b>Jul 13</b>	<b>Day Off in Pittsburgh, PA</b>		<b>3780</b>	<b>PA</b>
<b>Stage 6 – Pittsburgh, PA to Brooklyn, NY (6 Days, 490 Miles)</b>						
49	Fri	Jul 14	Pittsburgh, PA to Altoona, PA	115	3895	PA
50	Sat	Jul 15	Altoona, PA to State College, PA	45	3940	PA
51	Sun	Jul 16	State College, PA to Bloomsburg, PA	90	4030	PA
52	Mon	Jul 17	Bloomsburg, PA to East Stroudsburg, PA	85	4115	PA
53	Tue	Jul 18	East Stroudsburg, PA to Marlboro, NJ	90	4205	PA / NJ
54	Wed	Jul 19	Marlboro, NJ to Brooklyn, NY	65	<b>4270</b>	<b>NJ / NY</b>

