

bike



StarTribune

TRAM 2009

The Ride Across Minnesota



2009
ROUTE MAP




































JULY 26 TO JULY 31



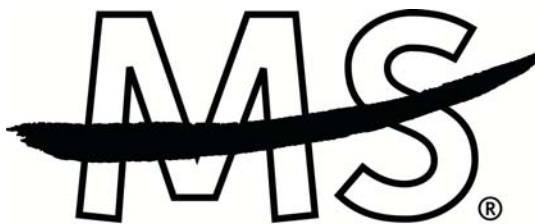
ROUTE MAP BOOKLET INFORMATION

This booklet will help you find your way from Ortonville to Welch Village on a 281.9-mile route chosen by MS TRAM staff. This bicycle event is a benefit for the National Multiple Sclerosis Society, Minnesota Chapter. It is a ride, not a race.

Each map covers a day's ride, and shows the locations of rest stops. Text narratives and larger-scale city detail maps are included in the booklet. The maps are not designed to guide travel off of the designated route.

Map Legend and Symbols	Road Information																		
 Location of campsites in the host towns  Location of rest stops  Town center on the route COUNTY LINE  Railroad Tracks   Clear Lake  River  Urban Area	<table border="0"> <thead> <tr> <th></th> <th>On route</th> <th>Off route</th> </tr> </thead> <tbody> <tr> <td>Limited Access</td> <td></td> <td></td> </tr> <tr> <td>Federal Highway</td> <td></td> <td></td> </tr> <tr> <td>State Highway</td> <td></td> <td></td> </tr> <tr> <td>County Road</td> <td></td> <td></td> </tr> <tr> <td>Bicycle Trail</td> <td colspan="2"></td> </tr> </tbody> </table>		On route	Off route	Limited Access			Federal Highway			State Highway			County Road			Bicycle Trail		
	On route	Off route																	
Limited Access																			
Federal Highway																			
State Highway																			
County Road																			
Bicycle Trail																			

The National MS Society is dedicated to creating a world free of MS.



**National
Multiple Sclerosis
Society**

Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at www.nationalMSSociety.org or 800-582-5296.

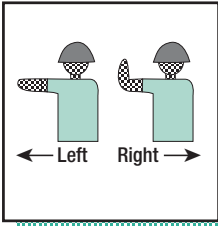
SAFETY TIPS

Safety Tips adapted with permission from the City of Portland, Oregon Bicycle Program.



1. DRESS APPROPRIATELY.

Helmets are required. Dress in bright color for visibility to auto drivers.

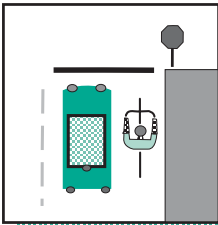


2. SIGNAL YOUR INTENTIONS.

Use hand signals to alert your intention to turn.

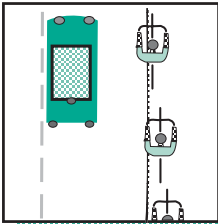
Left turn: Hand out straight.

Right turn: Arm at 90 degree angle.



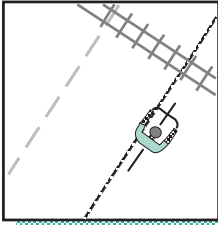
3. OBEY ALL TRAFFIC LAWS AND SIGNALS.

When you ride your bicycle, you are considered a vehicle. Your responsibilities include stopping at all traffic signals and stop signs on roads and trails, watching for pedestrians, and staying off the sidewalks.



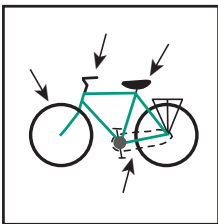
4. RIDE SINGLE FILE.

Ride single file, avoid bunching up and slowing the auto traffic behind you. When passing another cyclist, say "on your left," to alert them of your action. Never pass a cyclist on the right.



5. BE AWARE OF HAZARDS.

Ride at a right angle across railroad tracks. Notice grates and the direction of the slats. Ride around broken glass and other litter as much as safely possible.



6. CHECK YOUR EQUIPMENT.

Each morning before you leave camp, inspect your bike for loose bolts, make sure the brakes and shifting are working accurately, and check the tire pressure.

DISCLAIMER: Adventure Cycling Association has produced this route map booklet solely as an aid for MS TRAM and the National Multiple Sclerosis Society, Minnesota Chapter. By publishing this map booklet, neither the Adventure Cycling Association, the National Multiple Sclerosis Society, Minnesota Chapter, nor the Minnesota Department of Transportation warrants the safety of those who bicycle on the roads used. The user assumes the risks encountered, and is advised to use good judgement and obey all traffic laws.

DAY 1: MONDAY, JULY 27, 2009

ORTONVILLE TO MONTEVIDEO

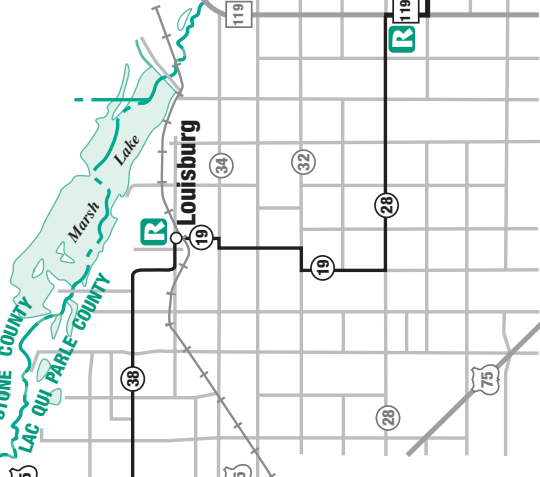
58.9 MILES



Day 1 Closing Times
 Rest Stop #1: 9:30 a.m.
 Rest Stop #2: 11:30 a.m.
 Rest Stop #3: 12:30 p.m.
 Rest Stop #4: 2:30 p.m.
 Rest Stop #5: 3:45 p.m.
 Route:

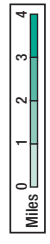


Ortonville Detail Map



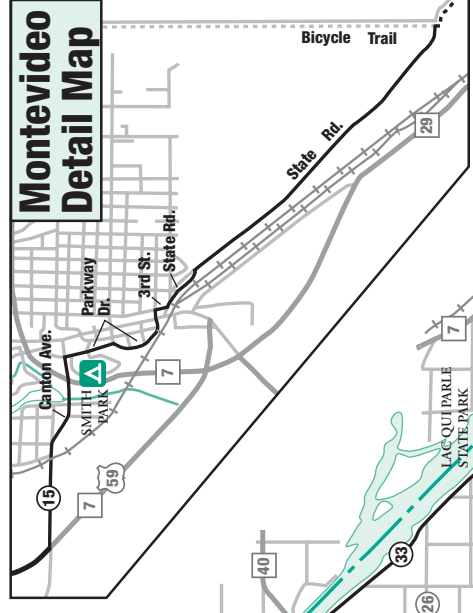
MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN
0.0	Leave Riverside Park heading northeast on Madison Ave.
0.1	Right on 1st St. NW.
0.6	Right on 2nd St.
0.8	Right on Highway 7.
1.5	Right on Highway 7.
6.6	Right on CR - 19.
7.1	Left on CR - 28.
7.5	Right on Main St.

MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN
7.7	Rest Stop #1 at Odessa City Park.
7.7	Leave park heading north on Main St.
7.8	Right on 1st St.
8.0	Right on CR - 21.
9.8	Right on Highway 75.
14.8	Left on CR - 38.
13.7	Rest Stop #2 at Minnesota Valley Lutheran Church.

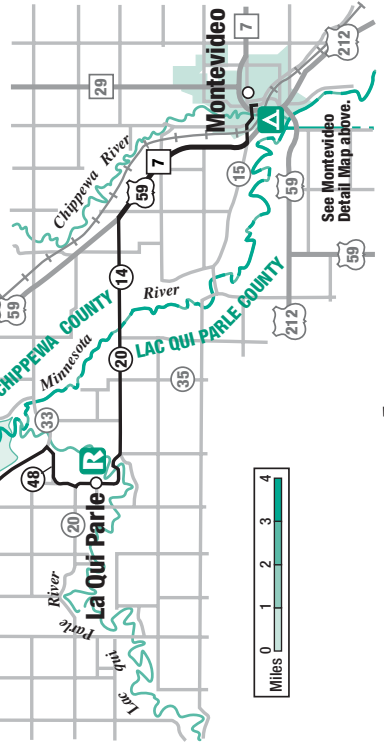


MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN
21.4	Leave rest stop going south on CR - 19.
22.5	Right on CR - 34.
22.8	Left on CR - 19.
27.1	Left on CR - 28.
11.7	Rest Stop #3 at abandoned house.
33.1	Leave rest stop going south on CR - 119.
34.2	Left on Highway 40.
38.3	Right on CR - 33.
45.3	Right on CR - 48.
46.8	Left on CR - 20.

MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN
14.2	Rest Stop #4 at La Qui Parle Township Hall.
47.3	Leave rest stop going S. on CR - 20.
47.3	Left rest stop going S. on CR - 20.
51.5	Straight on CR - 14.
54.1	Right on Highway 59/7. CAUTION! Busy Crossing.
57.9	Left on CR - 15. CAUTION! Busy Left Turn.
58.4	Right on Canton Ave.
58.7	Straight across Highway 7.
58.8	Turn right on Parkway Dr.
58.9	Finish at Smith Park.



Montevideo Detail Map



See Montevideo Detail Map above.

DAY 2: TUESDAY, JULY 28, 2009

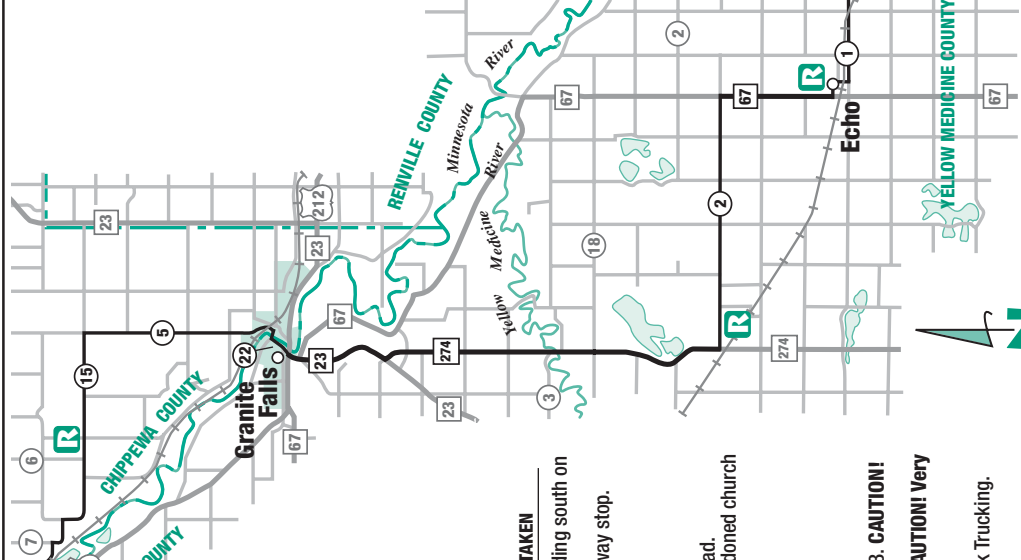
MONTEVIDEO TO REDWOOD FALLS

60.5 MILES

Montevideo
 State Rd.
 Bicycle Trail
 Yellow Medicine River
 Lac Qui Parle County
 Chippewa County
 Yellow Medicine County
 Granite Falls
 Redwood Falls
 Belview
 Delhi
 Redwood Falls
 Redwood River
 Minnesota River
 Redwood Falls School/Community Center
 E. Cook St.
 S. Dekalb St.

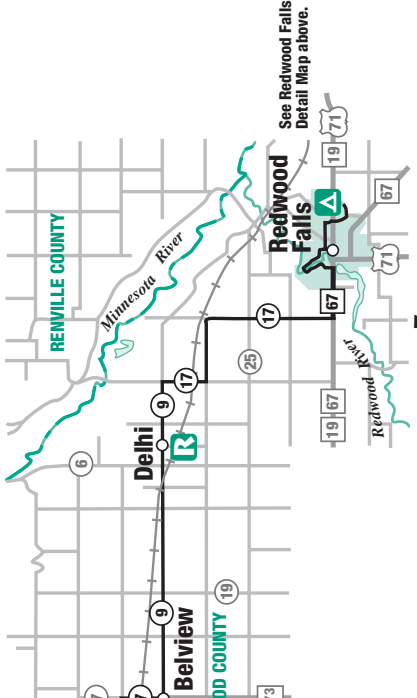
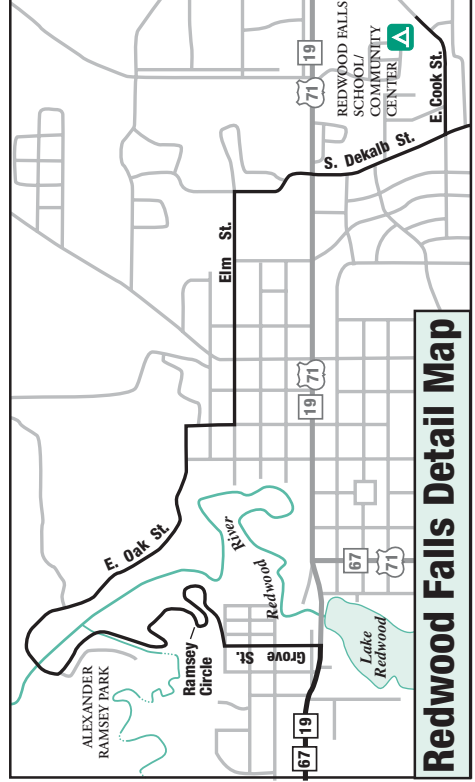
See Montevideo Detail Map on page 5.

Day 2 Closing Times
 Rest Stop #1: 9:30 a.m.
 Rest Stop #2: 11:45 a.m.
 Rest Stop #3: 12:45 p.m.
 Rest Stop #4: 2:30 p.m.
 Route: 3:45 p.m.



MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN
0.0	Leave Smith Park heading south on Parkway Drive.
0.3	Straight through four-way stop.
0.4	Right on 3rd St.
0.5	Left on State Rd.
0.7	Right on State Rd.
2.3	Right on Trail.
4.6	Trail ends, merge to road.
8.8	Rest Stop # 1 at abandoned church house.
11.9	Right on CR - 5.
16.6	Right on Oak St.
17.0	Left on Prentice.
17.2	Right on 9th Ave.
17.6	Left on Granite St.
17.9	Straight on Highway 23. CAUTION!
	Very Busy Crossing.
20.2	Left on Highway 274. CAUTION! Very Busy Left Turn.
28.3	Left on CR - 2.
19.6	Rest Stop # 2 at Korte Trucking.
34.3	Right on Highway 67.
37.1	Left on 2nd Ave.
8.8	Rest Stop # 3 at Echo City Park.
37.2	Mission Stars Rest Stop in honor of Dale Tennison who raised \$11,000 in 2008.

MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN
37.4	Right on 3rd St.
37.5	Left on CR - 1.
41.8	Right on CR - 7.
42.8	Left on CR - 9.
48.6	Right on 3rd St.
48.7	Rest Stop # 4 at Delhi City Lot.
48.8	Leave rest stop head east on CR - 9.
50.5	Right on CR - 17.
55.9	Left on Highway 19/67. CAUTION! Busy Left Turn.
57.0	Left on Grove St. CAUTION! Busy Left Turn.
59.1	Left on Elm St.
59.7	Right on S. Dekalb St.
59.9	Straight across Highway 71/19.
60.2	CAUTION! Very Busy Crossing.
60.5	Left on E. Cook St. Finish at Redwood Falls School/Community Center.



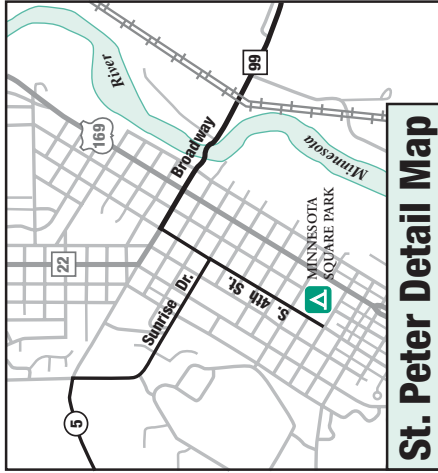
See Redwood Falls Detail Map above.

DAY 3: WEDNESDAY, JULY 29, 2009

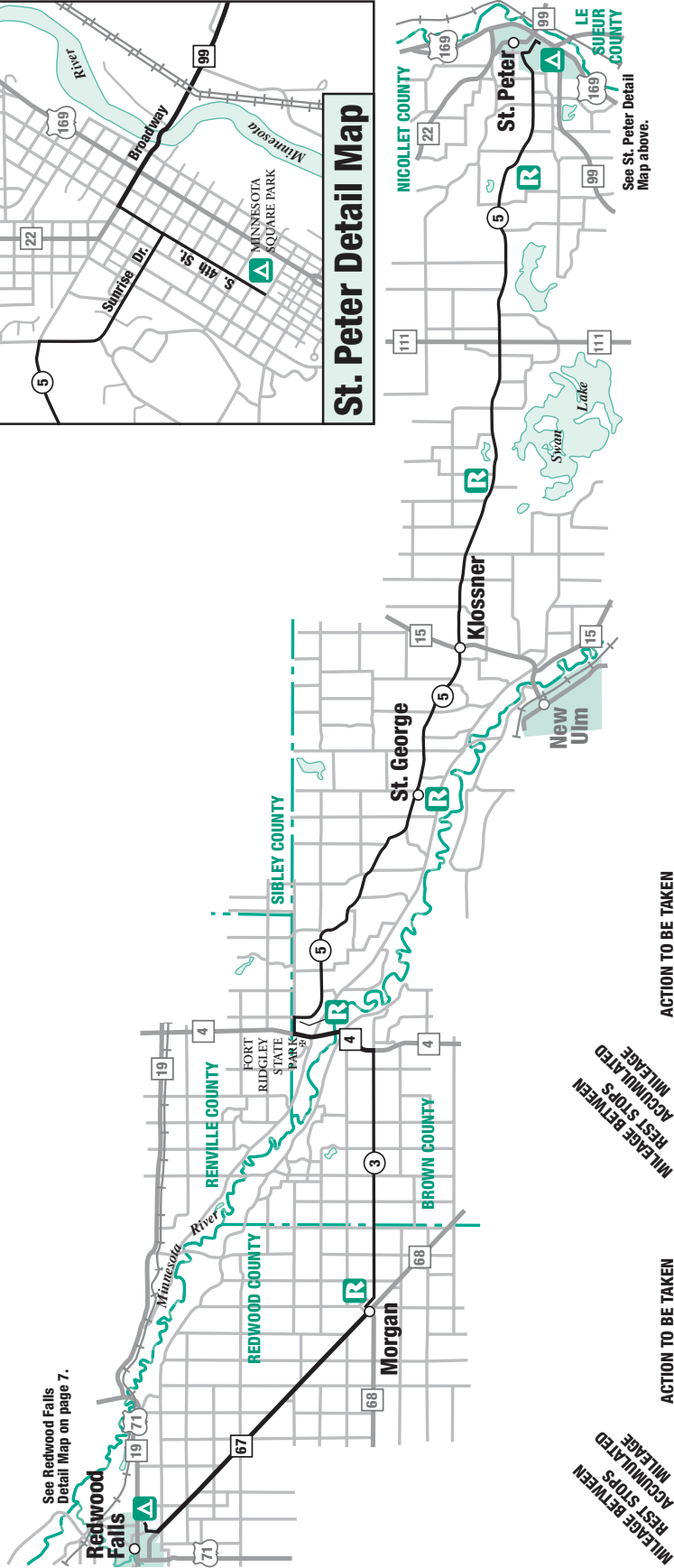
67.5 MILES

REDWOOD FALLS TO ST. PETER

See Redwood Falls Detail Map on page 7.



St. Peter Detail Map



Day 3 Closing Times
 Rest Stop #1: 10:00 a.m.
 Rest Stop #2: 12:00 p.m.
 Rest Stop #3: 1:00 p.m.
 Rest Stop #4: 2:30 p.m.
 Rest Stop #5: 4:00 p.m.
 Route: 5:00 p.m.

MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN	MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN
0.0	Leave Redwood Falls School/Community Center heading west on E. Cook St.	25.7	Right on CR - 5.
0.5	Left on S. Dekalb St.	14.4	Rest Stop #2 at Peichel Home.
0.9	Left on Highway 67. CAUTION! Busy Left Turn.	10.1	Rest Stop #3 at Church of St. George. Straight across Highway 15.
12.5	Left on Vernon Ave. N. CAUTION! Busy Left Turn.	42.9	CAUTION! Busy Crossing.
12.6	Right on 3rd St.	12.3	Rest Stop #4 at Swan Lake Lutheran Church.
12.6	Rest Stop #1 at Morgan City Park. Mission Stars Rest Stop in honor of John Schenk who raised \$32,045 in 2008.	54.8	Mission Stars Rest Stop in honor of Steve Schmitt who raised \$9,050 in 2008.
13.1	Left on CR - 3.	12.1	Straight across Highway 111.
22.4	Left on Highway 4. CAUTION! Busy Left Turn.	66.3	CAUTION! Busy Crossing.
		67.0	Right on Sunrise Dr.
		67.5	Right on S. 4th St. Finish at Minnesota Square Park.

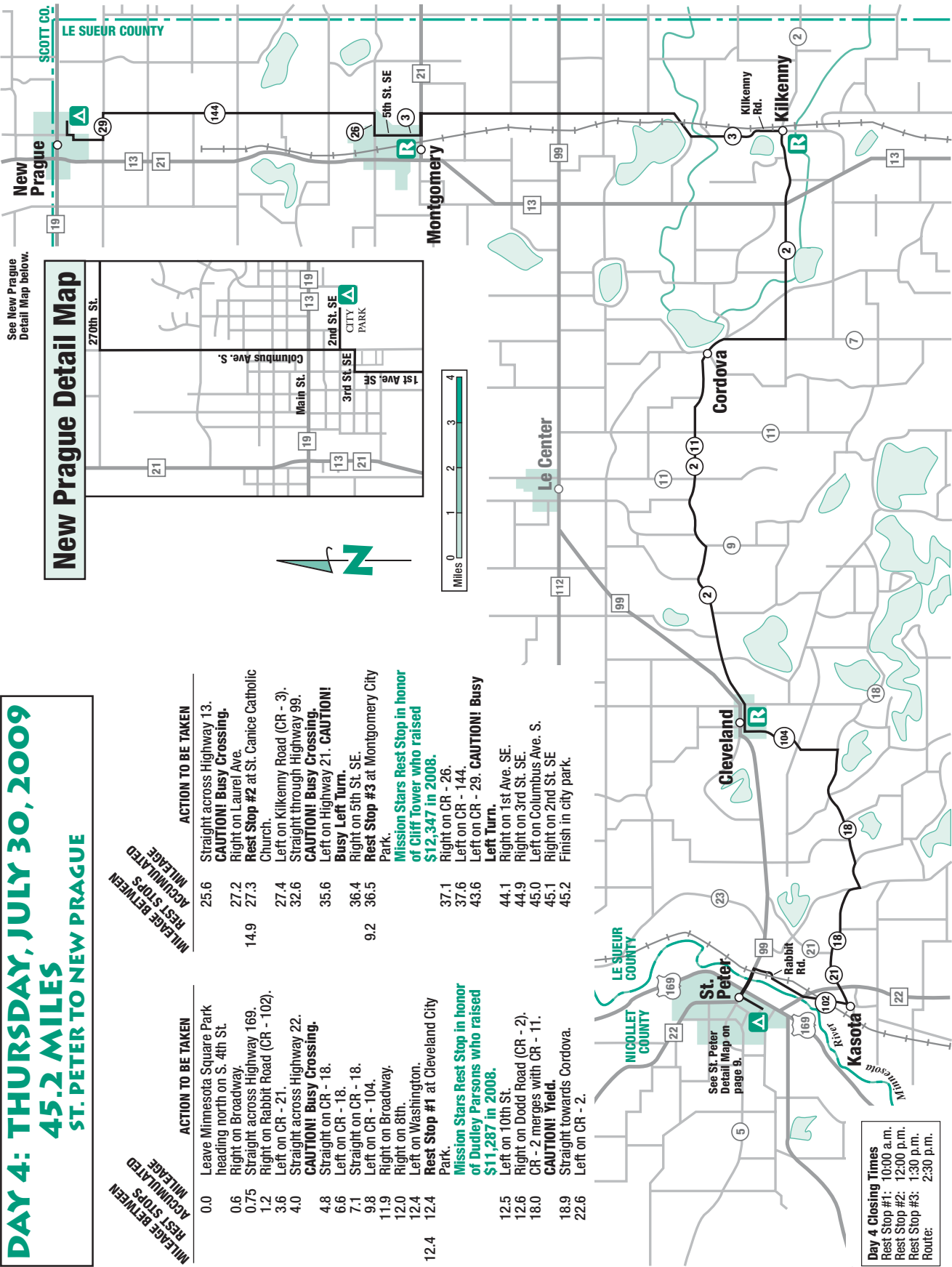
DAY 4: THURSDAY, JULY 30, 2009

45.2 MILES

ST. PETER TO NEW PRAGUE

MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN	MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN
0.0	Leave Minnesota Square Park heading north on S. 4th St.	25.6	Straight across Highway 13. CAUTION! Busy Crossing.
0.6	Right on Broadway.	27.2	Rest Stop #2 at St. Canice Catholic Church.
0.75	Straight across Highway 169.	27.3	Left on Kilkenny Road (CR - 3).
1.2	Right on Rabbit Road (CR - 102).	27.4	Straight through Highway 99.
3.6	Left on CR - 21.	32.6	CAUTION! Busy Crossing.
4.0	Straight across Highway 22.	35.6	Left on Highway 21. CAUTION! Busy Left Turn.
4.8	CAUTION! Busy Crossing.	36.4	Right on 5th St. SE.
6.6	Straight on CR - 18.	36.5	Rest Stop #3 at Montgomery City Park.
7.1	Left on CR - 18.		
9.8	Left on CR - 104.		
11.9	Right on Broadway.		
12.0	Right on 8th.		
12.4	Left on Washington.		
12.4	Rest Stop #1 at Cleveland City Park.	37.1	Mission Stars Rest Stop in honor of Dudley Parsons who raised \$11,287 in 2008.
		37.6	Right on CR - 26.
		43.6	Left on CR - 144.
			CAUTION! Busy Left Turn.
12.5	Left on 10th St.	44.1	Right on 1st Ave. SE.
12.6	Right on Dodd Road (CR - 2).	44.9	Right on 3rd St. SE.
18.0	CR - 2 merges with CR - 11.	45.0	Left on Columbus Ave. S.
		45.1	Right on 2nd St. SE
18.9	CAUTION! Yield.	45.2	Finish in city park.
	Straight towards Cordova.		
22.6	Left on CR - 2.		

Day 4 Closing Times
 Rest Stop #1: 10:00 a.m.
 Rest Stop #2: 12:00 p.m.
 Rest Stop #3: 1:30 p.m.
 Route: 2:30 p.m.



11.

10.

DAY 5: FRIDAY, JULY 31, 2009

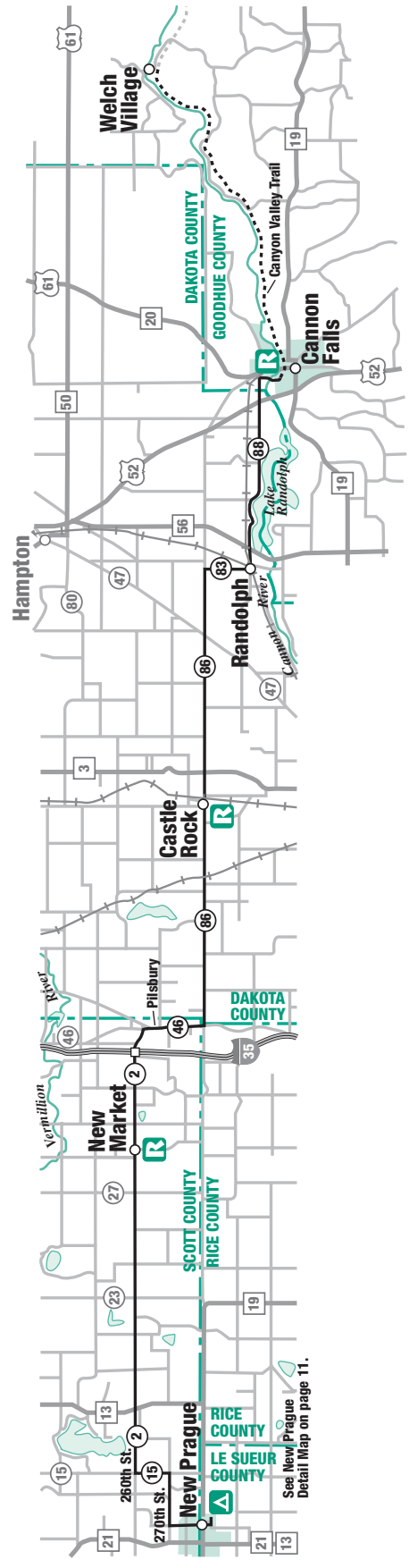
49.8 MILES

NEW PRAGUE TO WELCH VILLAGE



Day 5 Closing Times
 Rest Stop #1: 10:00 a.m.
 Rest Stop #2: 11:30 a.m.
 Rest Stop #3: 1:00 p.m.
 Rest Stop #3: 2:30 p.m.
 Route:

MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN	MILEAGE BETWEEN REST STOPS ACCUMULATED	ACTION TO BE TAKEN
0.0	Leave city park heading west on 2nd St. SE.	25.75	Straight across Highway 3. CAUTION! Busy Crossing.
0.25	Right on Columbus Ave. S.	29.6	Straight across CR - 47. CAUTION! Busy Crossing.
0.4	Straight across Main St.	31.5	Right on CR - 83.
1.4	Right on 270th St.	32.7	Left on CR - 88.
3.0	Left on CR - 15.	33.2	Straight across Highway 56. CAUTION! Busy Crossing.
4.0	Right on 260th St. (CR - 2).	37.6	Cross Highway 52.
5.8	Straight through roundabout.	38.2	Right on 9th.
9.0	Straight through 4-way stop.	39.0	Veer left on Trail.
13.4	Rest Stop #1 at St. Nicholas Catholic Church.	39.1	Rest Stop #3 at Cannon Falls Riverside Park.
13.4	Mission Stars Rest Stop in honor of Dave Britz who raised \$9,030 in 2008.	49.8	Mission Stars Rest Stop in honor of Jim Christopherson who raised \$16,320 in 2008.
16.0	Cross over I-35W.		Leave park on Cannon Valley Trail.
16.8	Right on Pillsbury (CR - 46).		Finish at Welch Village. Congratulations!
18.5	Left on CR - 86. CAUTION! Busy Left Turn.		
24.8	Rest Stop #2 at Castle Rock Pit Stop.		



See New Prague Detail Map on page 11.

Keep Riding With Adventure Cycling Association!



The Adventure Cycling Association is a national, non-profit organization, whose mission is to inspire people of all ages to travel by bicycle for fitness, fun, and self-discovery.

Our Adventure Cycling Route Network has over 38,000 miles of bicycle route maps. These easy-to-read maps have information on riding conditions, services, weather, and local history. Why not plan a cross-country ride for next summer?

An Adventure Cycling membership is \$40.00 a year. Member benefits include:

- 9 issues of *Adventure Cyclist* magazine
- *The Cyclists' Yellow Pages*, a resource directory
- Organized tours
- Discounts on bicycle maps

For a free catalog call 1-800-755-2453, e-mail: info@adventurecycling.org, visit our website: www.adventurecycling.org, or send your name and address to:



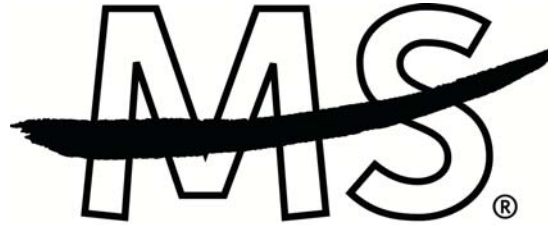
Adventure Cycling Association

150 E. Pine St., Missoula, Montana 59802

Name _____

Address _____

City, State, Zip _____



**National
Multiple Sclerosis
Society**

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- Welch Village Ski Area

**LOOK FOR THE HONORARY REST STOPS
NAMED AFTER THE 2008 MISSION STARS
CLUB MEMBERS**

John Schenk	\$32,045	Dale Tennison.....	\$11,000
Jim Christopherson	\$16,320	Steve Schmitt.....	\$9,050
Cliff Tower	\$12,347	Dave Britz	\$9,030
Dudley Parsons	\$11,287		

**THANKS TO THE HOST TOWNS AND ALL THE
VOLUNTEERS WHO MADE THIS
RIDE POSSIBLE.**

THANKS TO THE RIDERS!