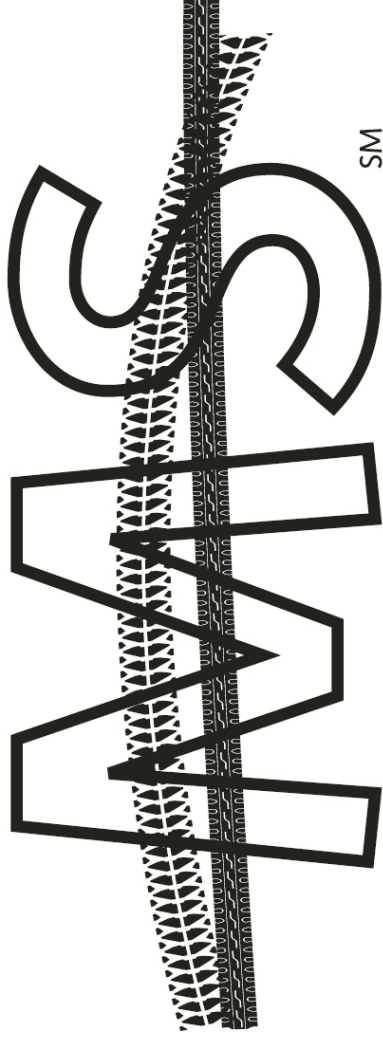


bike



TRAM 2013

The Ride Across Minnesota



2013
ROUTE MAP









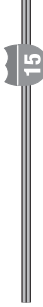




JULY 15 TO JULY 19



ROUTE MAP BOOKLET INFORMATION

This booklet will help you find your way from International Falls to Duluth on a 286.1-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
<ul style="list-style-type: none">  Location of campsites in the host towns  Location of rest stops  Location of water stops  Town center on the route COUNTY LINE   Railroad Tracks  River  Urban Area 	<ul style="list-style-type: none"> Limited Access  Federal Highway  State Highway  County Road  Bicycle Trail 

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

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life

for many people with multiple sclerosis. The National MS Society's medical advisors recommend that people with MS talk with their health care professionals about using these medications and about effective strategies and treatments to manage symptoms. If you or someone you know has MS, please contact the National MS Society at www.nationalmssociety.org or 1-800-344-4867 to learn more.



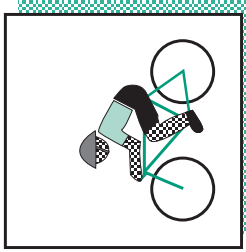
**National
Multiple Sclerosis
Society**
Upper Midwest
Chapter

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.

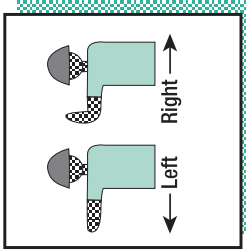


2. SIGNAL YOUR INTENTIONS.

Use hand signals to alert your intention to turn.

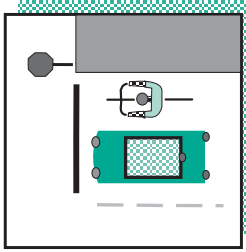
Left turn: Hand out straight.

Right turn: Arm at 90 degree angle.



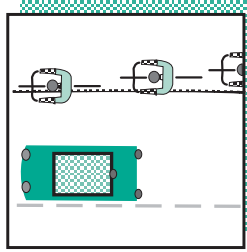
3. OBEY ALL TRAFFIC LAWS AND SIGNALS.

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.



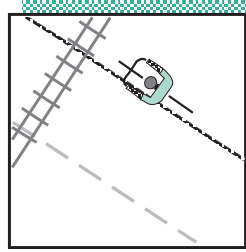
4. RIDE SINGLE FILE.

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.



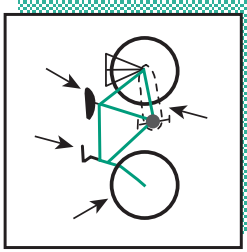
5. BE AWARE OF HAZARDS.

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.



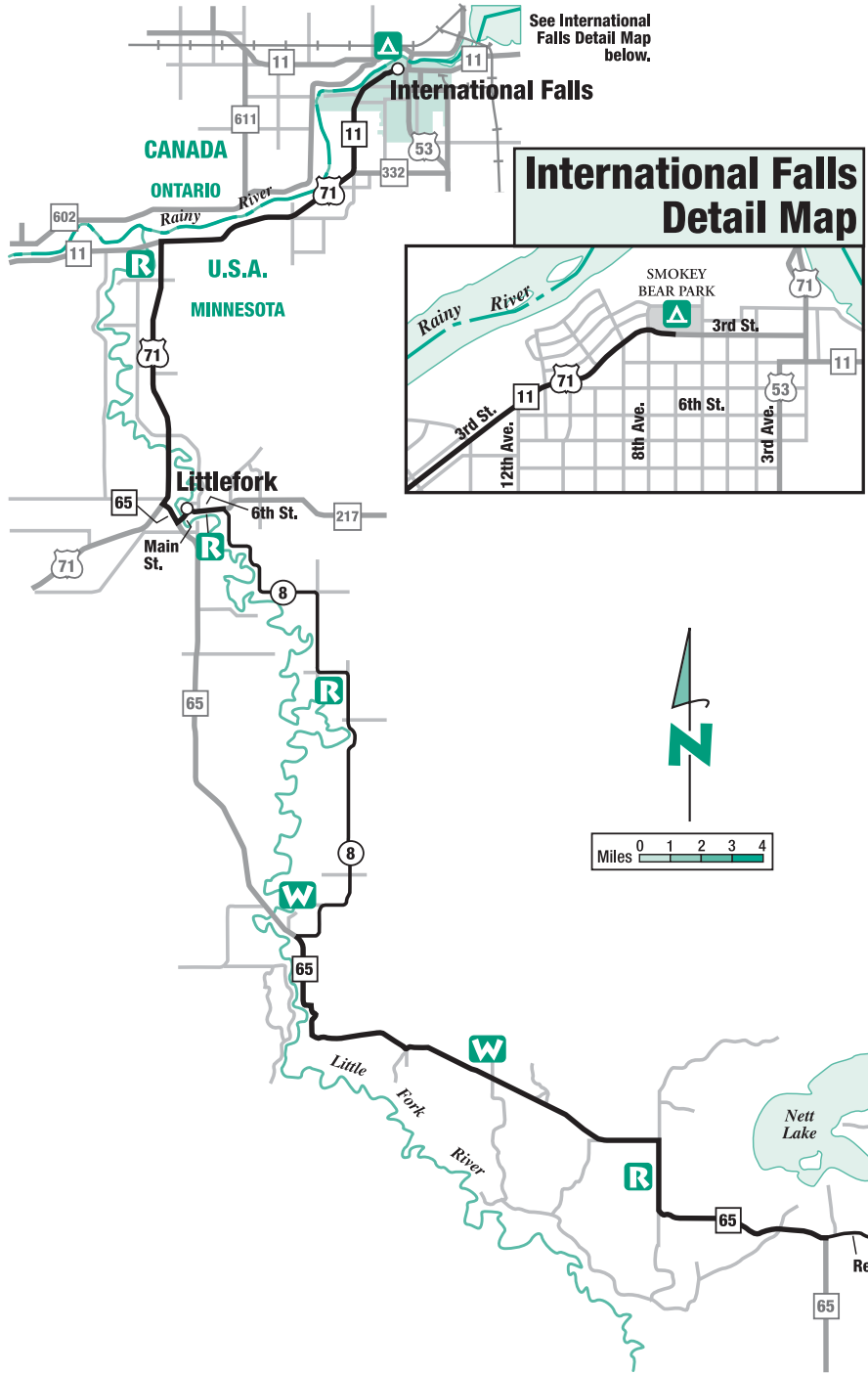
6. CHECK YOUR EQUIPMENT.

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.

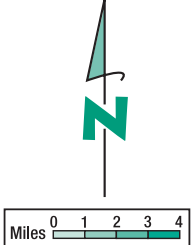


DISCLAIMER: Adventure Cycling Association has produced this route map booklet solely as an aid for MS TRAM and the National Multiple Sclerosis Society, Minnesota Chapter. By publishing this map booklet, neither the Adventure Cycling Association, the National Multiple Sclerosis Society, Minnesota Chapter, 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 15, 2013
81.4 MILES
INTERNATIONAL FALLS TO ORR



International Falls Detail Map



4.

MILEAGE BETWEEN REST STOPS	ACCUMULATED MILEAGE	ACTION TO BE TAKEN
0.0	0.0	International Falls. Start at Smokey Bear Park. Travel west on Hwy. 71/11.
11.0	11.0	Left on Hwy. 71. CAUTION! Oncoming Traffic.
11.0	19.7	Rest Stop #1 at Gas Station. Left on Hwy. 65. CAUTION! Oncoming Traffic.
20.4	20.4	Left on Main St. in Littlefork. CAUTION! Oncoming Traffic.
21.0	21.0	Right on 6th St.
10.2	21.2	Rest Stop #2 at Littlefork Lutheran Church. Mission Stars Rest Stop in honor of Cliff Tower.
21.2	21.2	Travel east on 6th St./ Hwy. 217.
22.2	22.2	Stay to the right onto CR - 8.
9.0	30.2	Rest Stop #3 at Hardwich Family property.

MILEAGE BETWEEN REST STOPS	ACCUMULATED MILEAGE	ACTION TO BE TAKEN
9.0	39.2	Water Stop #1 at CR - 8 and CR - B.
40.9	40.9	Left on Hwy. 65. CAUTION! Cross traffic does not stop.
10.8	50.0	Water Stop #2 at Hwy. 65 and Township Rd. 84 (Left side of road).
7.8	57.8	Rest Stop #4 at State Forestry Office entrance.
64.3	64.3	Hwy. 65 turns right – Continue straight on Resv. Hwy. 11.
8.5	66.3	Rest Stop #5 at Bois Forte Police Dept. (Left side of road).
68.6	68.6	Right on CR - 23. Cross traffic does not stop.
79.8	79.8	Left on Hwy. 53. CAUTION! Busy Highway!
81.3	81.3	Turn right on Orr Buyck Rd.
81.4	81.4	Finish at Orr Secondary School.

Orr Detail Map

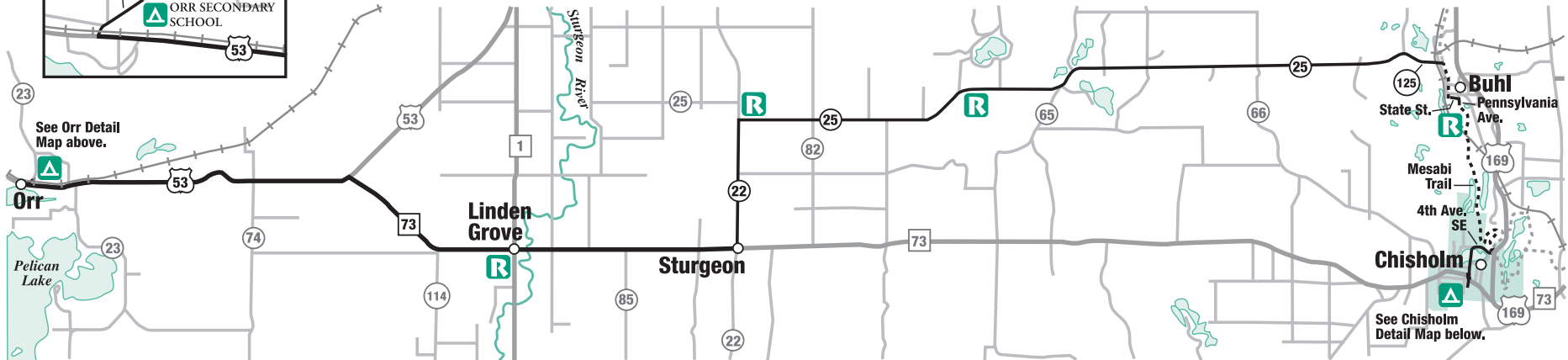
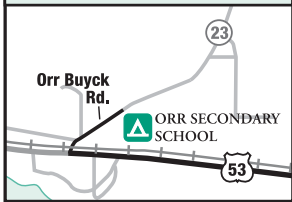


5.

DAY 2: TUESDAY, JULY 16, 2013
51.7 MILES
ORR TO CHISHOLM



Orr Detail Map

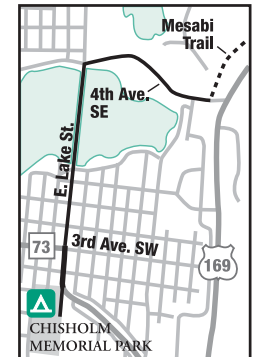


**MILEAGE BETWEEN
 REST STOPS
 ACCUMULATED
 MILEAGE**

MILEAGE BETWEEN REST STOPS	ACCUMULATED MILEAGE	ACTION TO BE TAKEN
0.0		Leave Orr Secondary School heading north on Orr Buyck Rd.
0.1		Left on Hwy. 53.
9.0		Right onto Hwy. 73.
14.2	14.2	Rest Stop #1 at Linden Grove Town Hall.
20.3	20.3	Left on CR - 22. CAUTION! Oncoming traffic.
23.8	23.8	Right on CR - 25.
9.6	23.8	Rest Stop #2 at Angora School. Mission Stars Rest Stop in honor of Steve Schmitt.
23.8	23.8	Straight on CR - 22.

**MILEAGE BETWEEN
 REST STOPS
 ACCUMULATED
 MILEAGE**

MILEAGE BETWEEN REST STOPS	ACCUMULATED MILEAGE	ACTION TO BE TAKEN
10.5	34.3	Rest Stop #2 at Great Scott Fire Dept.
43.9	43.9	Right on Mesabi Trail.
44.8	44.8	Ride onto State St. in Buhl.
45.1	45.1	Right on Pennsylvania Ave.
45.3	45.3	Left on Mesabi Trail. CAUTION! Oncoming traffic.
11.4	45.7	Rest Stop #4 at Stubler Beach Campground.
45.7	45.7	Right on Mesabi Trail (CR - 125).
50.2	50.2	Right on 4th Ave. SE. in Chisholm.
50.8	50.8	Left on E. Lake St. (4-way stop).
6.0	51.7	Finish at Chisholm Memorial Park.



**Chisholm
 Detail Map**

DAY 3: WEDNESDAY, JULY 17, 2013

57.9 MILES

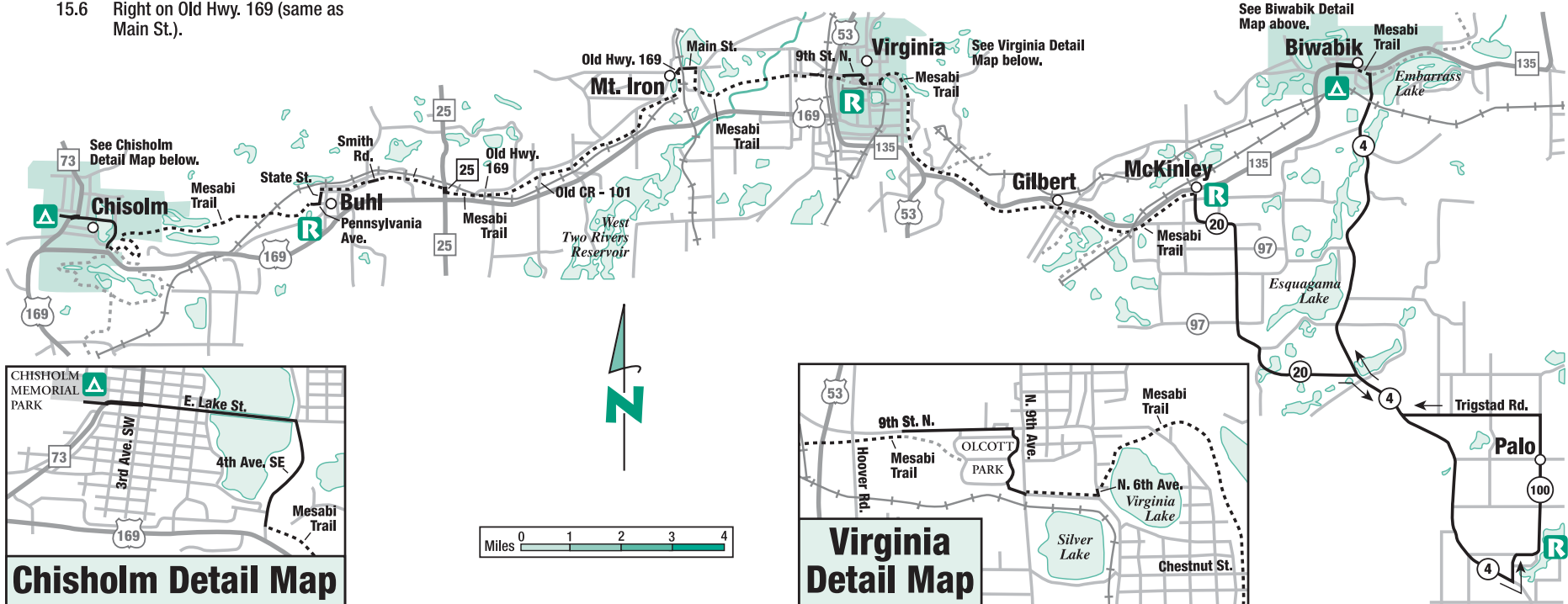
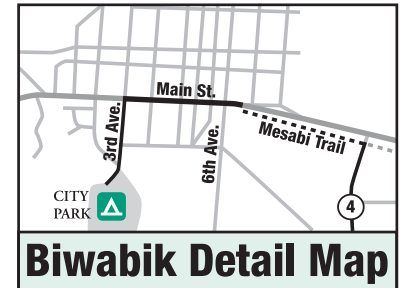
CHISHOLM TO BIWABIK

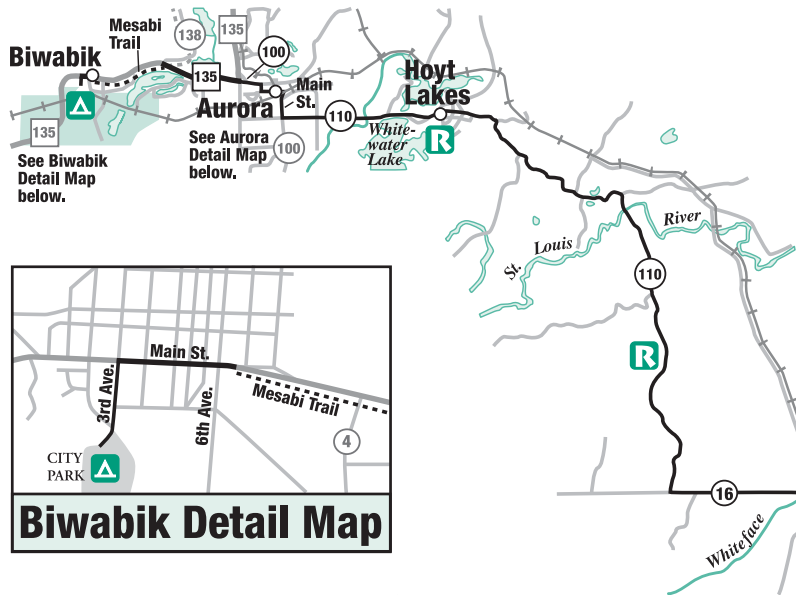
MILEAGE BETWEEN REST STOPS ACCUMULATED MILEAGE	ACTION TO BE TAKEN
0.0	Leave Chisholm Memorial Park. Take a left on Lake St.
0.9	Right on 4th Ave. SE.
1.5	Left on Mesabi Trail.
3.1	Left on Mesabi Trail toward Buhl.
5.9	Rest Stop #1 at Stubler Beach Campground, Buhl.
6.1	Right on Pennsylvania Ave.
6.4	Left on State St.
6.6	Right on Mesabi Trail.
7.5	Left on Smith Rd.
7.9	Right on Mesabi Trail.
9.2	Right on Hwy. 25.
9.5	Left on the Mesabi Trail.
10.2	Cross Old Hwy. 169.
12.2	Cross Old CR - 101.
15.6	Right on Old Hwy. 169 (same as Main St.).

MILEAGE BETWEEN REST STOPS ACCUMULATED MILEAGE	ACTION TO BE TAKEN
16.3	Right on Mesabi Trail.
18.4	Cross Nichols Ave.
18.5	Cross Falcon Rd.
18.6	Cross Eagle Ave.
19.0	Right on Parkville St.
19.2	Right on Trail.
19.3	Caution! RR!
19.4	Cross Hwy. 53. Push buttons to cross.
19.5	Cross Hoover Rd.
19.6	Do not cross left to trail. Stay on right shoulder.
20.0	Right into Olcott Park.
14.4 20.3	Rest Stop #2 at Olcott Park. Mission Stars Rest Stop in honor of Jim Christopherson.

MILEAGE BETWEEN REST STOPS ACCUMULATED MILEAGE	ACTION TO BE TAKEN
20.3	Leave rest stop by cutting through School Parking lot.
20.4	Straight through N. 9th Ave. and follow trail on left side of road.
20.7	Left on N. 6th Ave.
20.75	Right at crosswalk to Mesabi Trail.
21.0	Cross 9th St. North. Caution! Oncoming Traffic does not stop.
21.8	Cross Chestnut St.
27.2	Right turn on Trail.
27.4	Cross Hwy. 135. Caution! Oncoming Traffic.
27.5	Left on Trail.
10.0 30.3	Rest Stop #3 at Mesabi Trail parking lot.
30.3	Head south on CR - 20.
36.6	Right on CR - 4. Extreme Caution - Two Way Bike Traffic.
42.6	Left on CR - 100. Caution! Oncoming Traffic.

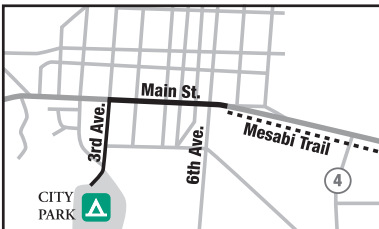
MILEAGE BETWEEN REST STOPS ACCUMULATED MILEAGE	ACTION TO BE TAKEN
13.6 43.9	Rest Stop #4 at Loon Lake Community Center.
46.6	Left on Trigstad Rd.
49.3	Right on CR - 4. Extreme Caution - Two Way Bike Traffic.
57.2	Left on Mesabi Trail.
57.5	Trail ends, stay on left shoulder.
57.7	Left on 3rd Ave.
57.9	Finish at City Park.





See Biwabik Detail Map below.

See Aurora Detail Map below.



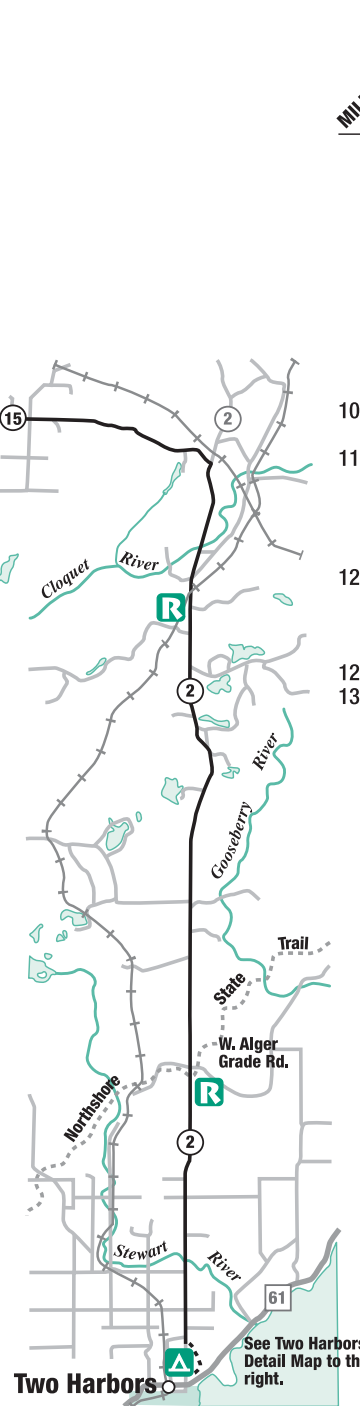
Biwabik Detail Map



Aurora Detail Map

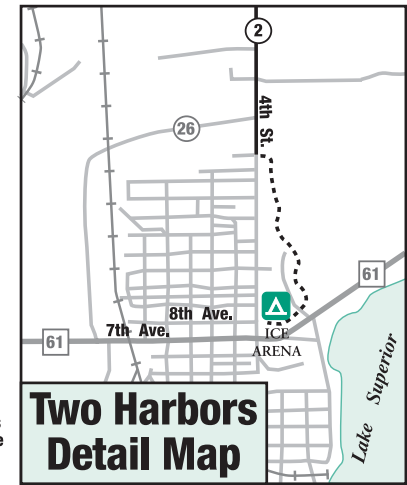


DAY 4: THURSDAY, JULY 18, 2013
68.6 MILES
BIWABIK TO TWO HARBORS



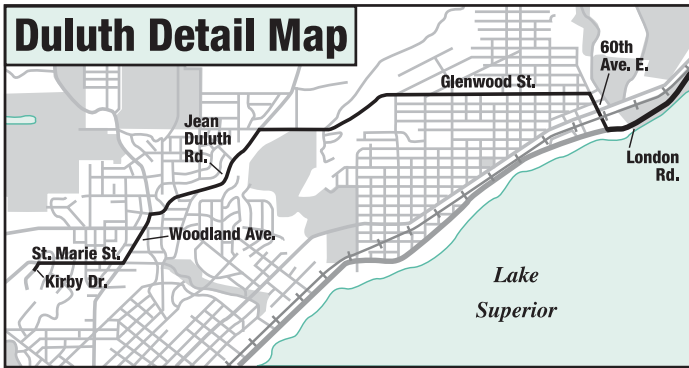
See Two Harbors Detail Map to the right.

MILEAGE BETWEEN REST STOPS	ACCUMULATED MILEAGE	ACTION TO BE TAKEN
0.0	0.0	Leave Park heading north on 3rd Ave.
0.2	0.2	Right on Main St.
0.4	0.4	Veer right on to Mesabi Trail.
1.3	1.3	Veer off the Mesabi Trail and stay on the right shoulder.
4.3	4.3	Straight on CR - 100.
4.8	4.8	Right on Erie St.
5.0	5.0	Left on Central Ave.
5.7	5.7	Right on Main St.
5.8	5.8	Caution! RR!
6.4	6.4	Left on CR - 110.
10.5	10.5	Rest Stop #1 at Hoyt Lakes Hockey Arena.
11.5	22.0	Rest Stop #2 at St. Louis County Gravel Pit.
24.8	24.8	Left on CR - 16. Caution! Oncoming Traffic.
28.4	28.4	Caution! RR!
12.4	34.4	Rest Stop #3 at Bassett Town Hall. Mission Stars Rest Stop in honor of John Schenk.
43.1	43.1	Right on Hwy. 2.
12.4	46.8	Rest Stop #4 at Federal Gravel Pit.
13.2	60.0	Left on W. Alger Grade Rd. to Rest Stop #5.
67.9	67.9	Left onto trail. Caution! Cross Traffic.
68.6	68.6	Finish at Two Harbors Ice Arena.

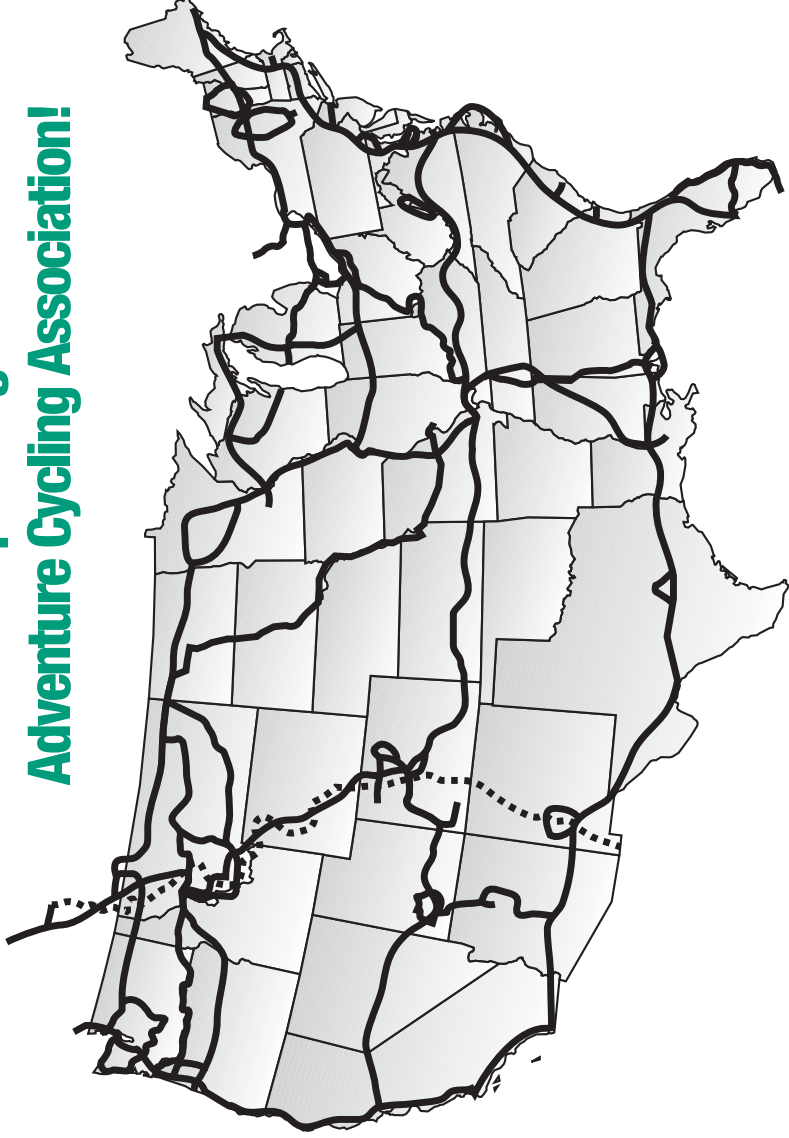


Two Harbors Detail Map

DAY 5: FRIDAY, JULY 19, 2013
26.5 MILES
TWO HARBORS TO DULUTH



Keep Riding With Adventure Cycling Association!



The Adventure Cycling Association is a national, non-profit organization, whose mission is to inspire and empower people to travel by bicycle.

Our Adventure Cycling Route Network has over 41,000 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 800-755-2453, e-mail: info@adventurecycling.org, visit our website: www.adventurecycling.org, or send your name and address to:



Adventure Cycling Association

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**National
Multiple Sclerosis
Society**

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General Mills	Volkswagen	Telvent
	Maple Grove Cycling	Tonka Cycle and Ski

**LOOK FOR THE HONORARY REST STOPS
NAMED AFTER THE 2012 MISSION STARS
CLUB MEMBERS**

Cliff Tower	\$21,150	Jim Christopherson	\$15,310
John Schenk	\$19,600	Dudley Parsons	\$11,555
Steve Schmitt	\$15,480		

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

THANKS TO THE RIDERS!