

Riders Guide to HabiTour 2019

When it comes to safety, convenience and comfort on a bicycle, it's hard to beat the gently rolling Raccoon River Valley Trail in Central Iowa. This trail is perfect for offering three challenging routes of 25, 50 and 100 miles.

Let's explore a little deeper what you, the HabiTour rider, can expect on your voyage.

Starting the Day

Each route is assigned a start time from Ride Headquarters in Perry. Make sure to arrive early for check-in, bike prep and water.

Your **rider packet** will include a commemorative t-shirt and pin-style button with your name and exclusive rider number on it. Each rider must wear this ID button during the ride, as that's how we keep tabs on everyone.

If you're staying for the after-ride celebration in Perry, you're encouraged to wear your new t-shirt, but *required* to bring your rider button. It gets you dinner and you will look HabiCool.

With water bottles full, tires topped off and helmet on straight, venture forth merrily down the Raccoon River Valley Trail!

Riding the Ride

Because not everyone has the same expectations or abilities when it comes to cycling, *HabiTour* offers three route options:

- 25 Miles** West out of Perry 6 miles is the beautifully restored train depot at Dawson, with air-conditioning, plus cold water and flush toilets. 7 more miles to Herndon and then a U-turn back to that fun-looking place called *Just One More* in Jamaica, your official rest stop. Here you will find food, water and bathrooms, all with air-conditioned comfort and adult beverages. Stop, enjoy and partake. Rested and ready to ride, return 11 miles to Perry and raise your arms in victory. You did it!
- Start Time:** **1:00 p.m.**
- Est. End Time:** **3:45 – 4:15 p.m.** (depending on time spent in Jamaica)

Please Note: **Changes have been made to the 50 and 100-mile routes in 2019 due to flooding that has made the trail bridge to Jefferson nut usable.**

50 Miles Follow the same route above then head west to Herndon and turn left for an 11 mile trek to Panorama. Your trailside rest includes *fresh pie!* Rested and tummy full, return north to Jamaica. Take a long break here, enjoying all that your last rest stop and *Just One More* has to offer.

- As a reminder, alcohol can be responsibly enjoyed in businesses, but it is illegal to have alcohol on the Raccoon River Valley Trail.

When done in Jamaica, complete the gradual decent back to Perry and celebrate – you have conquered HabiTour!

Start Time: **12:00 p.m.**
Est. End Time: **3:15 – 4:45 p.m.** (depending on time spent in Jamaica)

100 Miles Follow the 50-Mile route above (including *pie in Panorama!*). When ready, jump back on the trail heading south to complete the longest interior loop bike trail in the nation. You will encounter cooling tree canopies and welcoming trailside communities with additional opportunities for rest and water/bathrooms. Adel is 22 miles past Panorama and holds your next official HabiTour rest stop, and **lunch!**

The Waukee trailhead is just 6 short miles after Adel, where you will make a hard left turn to head towards Dallas Center. The Fall Festival is held there the same day as HabiTour, so stay in touch with the bike trail leading you through the busy downtown. Minburn and your next official rest stop is only 6 miles away. After that it's only 7 miles to Perry – you have completed 72 miles!

In order to hit 100 miles, however, you need to retrace your early morning trek west to Herndon and then roll south just to the Highway 141 crossing. Stop! Turn around and right back to Perry, but stop for one last break in Jamaica. Feel free to enjoy a cold one with the 25 and 50-milers working on their HabiTour routes. You're almost done! But don't stay too long, the real fun is starting down the road in Perry.

Congratulations! You are an official HabiTour Century Master!

Start Time: **8:00 a.m.**
Est. End Time: **3:45 to 5:30 p.m.**

Support and Gear (SAG)

With SAG vehicles spread along the route, a call to the HabiTour Hotline will have someone headed your way with things like a tire pump, first aid or a ride for you and your bike to the next rest stop or the finish line in Perry.

Congratulations, you have arrived back in Perry! Now what?

For the after-ride celebration, you will want to freshen up a bit. Grab your towel and head for free showers at the McCreary Community Center. Easy directions are provided at Ride Headquarters. Throw on your new t-shirt and *remember your rider badge*, then meet everyone at Hotel Pattee on the north side of Willis Avenue. You have a fun evening ahead, with live music and build-your-own hamburger/veggie burger bar included. All types of drinks will be available from Hotel Pattee.



It's HabiCool!