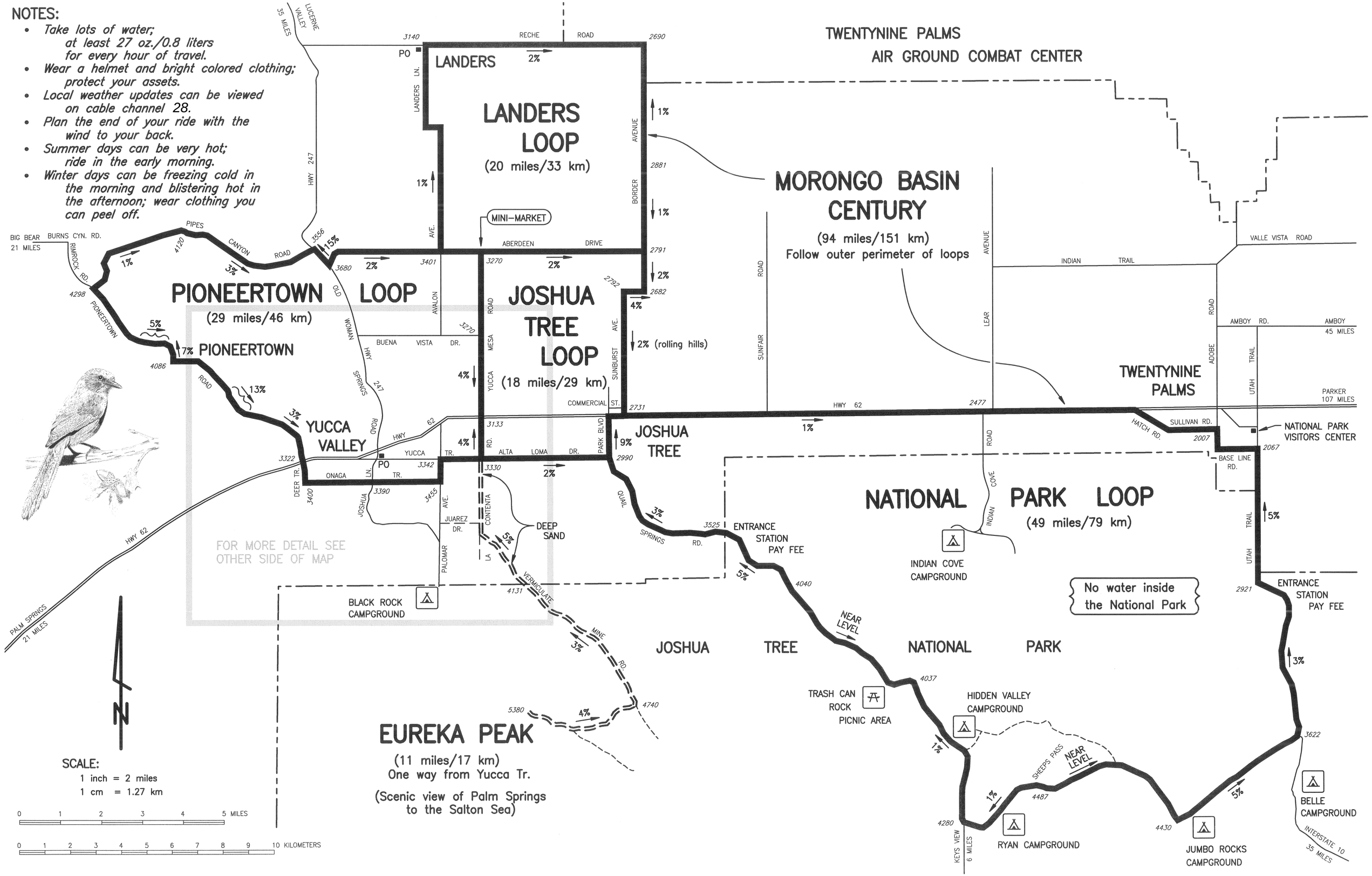
NOTES:

- *Take lots of water; at least 27 oz./0.8 liters for every hour of travel.*
- *Wear a helmet and bright colored clothing; protect your assets.*
- *Local weather updates can be viewed on cable channel 28.*
- *Plan the end of your ride with the wind to your back.*
- *Summer days can be very hot; ride in the early morning.*
- *Winter days can be freezing cold in the morning and blistering hot in the afternoon; wear clothing you can peel off.*