



World T.E.A.M. Sports Cross Country Itinerary Sea to Shining Sea

Day	Dates	City	Mileage
0	Friday, May 21, 2010	San Francisco, CA	0
1	Saturday, May 22, 2010	Napa, CA	75
2	Sunday, May 23, 2010	Sacramento, CA	65
3	Monday, May 24, 2010	Jackson, CA	50
4	Tuesday, May 25, 2010	Kirkwood, CA	60
5	Wednesday, May 26, 2010	South Lake Tahoe, CA	35
6	Thursday, May 27, 2010	South Lake Tahoe, CA	0
7	Friday, May 28, 2010	Carson City, NV	42
8	Saturday, May 29, 2010	Fallon, NV	66
9	Sunday, May 30, 2010	Austin, NV	110
10	Monday, May 31, 2010	Eureka, NV	70
11	Tuesday, June 01, 2010	Ely, NV	80
12	Wednesday, June 02, 2010	Ely, NV	0
13	Thursday, June 03, 2010	Panaca, NV	120
14	Friday, June 04, 2010	Cedar City, UT	80
15	Saturday, June 05, 2010	Tropic, UT	82
16	Sunday, June 06, 2010	Tropic, UT	0
17	Monday, June 07, 2010	Escalante, UT	40
18	Tuesday, June 08, 2010	Torrey, UT	65
19	Wednesday, June 09, 2010	Green River, UT	105
20	Thursday, June 10, 2010	Moab, UT	50
21	Friday, June 11, 2010	Moab, UT	0
22	Saturday, June 12, 2010	Naturita, CO	80
23	Sunday, June 13, 2010	Montrose, CO	55
24	Monday, June 14, 2010	Gunnison, CO	65
25	Tuesday, June 15, 2010	Salida, CO	65
26	Wednesday, June 16, 2010	Colorado Springs, CO	105
27	Thursday, June 17, 2010	Colorado Springs, CO	0
28	Friday, June 18, 2010	Denver, CO	80
29	Saturday, June 19, 2010	Fort Morgan, CO	100
30	Sunday, June 20, 2010	Wray, CO	88
31	Monday, June 21, 2010	McCook, NE	95
32	Tuesday, June 22, 2010	Holdrege, NE	73
33	Wednesday, June 23, 2010	Hastings, NE	55
34	Thursday, June 24, 2010	Aurora, NE	40



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35	Friday, June 25, 2010	Lincoln, NE	75
36	Saturday, June 26, 2010	Lincoln, NE	0
37	Sunday, June 27, 2010	Shenandoah, IA	83
38	Monday, June 28, 2010	Mt. Ayr, IA	68
39	Tuesday, June 29, 2010	Centerville, IA	73
40	Wednesday, June 30, 2010	Fort Madsion, IA	76
41	Thursday, July 01, 2010	Fort Madsion, IA	0
42	Friday, July 02, 2010	Canton, IL	0
43	Saturday, July 03, 2010	Pekin, IL	28
44	Sunday, July 04, 2010	Bloomington, IL	62
45	Monday, July 05, 2010	Bloomington, IL	0
46	Tuesday, July 06, 2010	Champaign/ <i>Urbana</i> , IL	55
47	Wednesday, July 07, 2010	Crawfordsville, IN	80
48	Thursday, July 08, 2010	Indianapolis/ <i>Greenfield</i> , IN	75
49	Friday, July 09, 2010	Dayton/ <i>Englewood</i> , OH	110
50	Saturday, July 10, 2010	Dayton, OH	0
51	Sunday, July 11, 2010	Columbus, OH	75
52	Monday, July 12, 2010	Cambridge, OH	65
53	Tuesday, July 13, 2010	Steubenville, OH/ <i>Weirton, W</i>	65
54	Wednesday, July 14, 2010	Pittsburgh, PA	45
55	Thursday, July 15, 2010	Pittsburgh, PA	0
56	Friday, July 16, 2010	Somerset, PA	75
57	Saturday, July 17, 2010	McConnellsburg, PA	85
58	Sunday, July 18, 2010	Emmitsburg, MD	70
59	Monday, July 19, 2010	Washington, D.C.	80
60	Tuesday, July 20, 2010	Washington, D.C.	0
61	Wednesday, July 21, 2010	Fredricksburg, VA	60
62	Thursday, July 22, 2010	Richmond, VA	60
63	Friday, July 23, 2010	Yorktown, VA	65
64	Saturday, July 24, 2010	Virginia Beach, VA	70
TOTAL			3,696

Key:
Centuries
Rest Days
Big Climbs (3,000 +)