

2004 Official Route Map

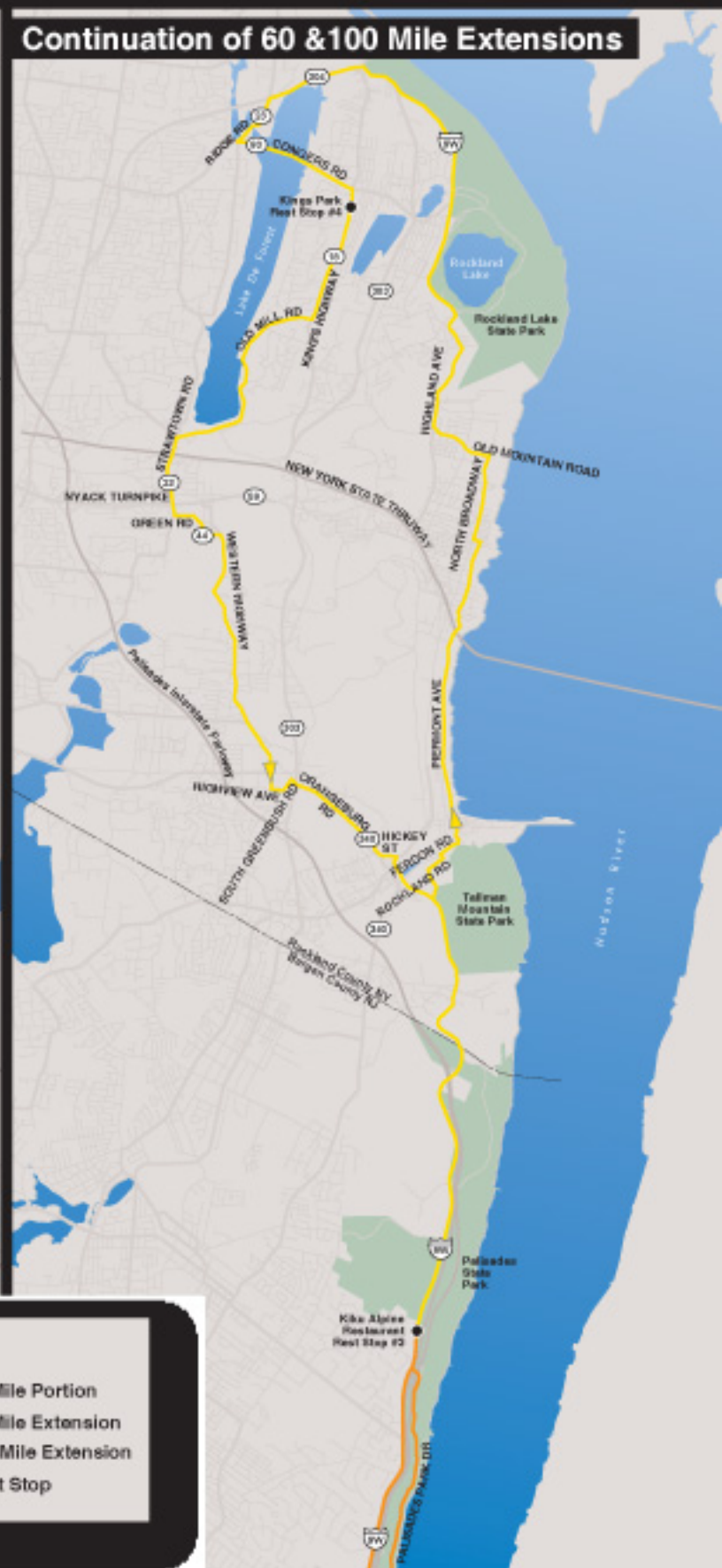
All rest stops have food, drinks and restrooms. Vehicles will pick up tired cyclists at the rest stops and bring them to the finish line. 100 milers must leave rest stop three (Kiku) by 12:00. All riders must finish by 6:00 pm. In case of emergency, please alert any marshal along the route or call the MS BIKE TOUR Headquarters at 917-940-7382 or 917-940-9616.

At the finish line, make sure to get your free massage and visit our sponsor expo! Have a great ride!

30 Mile Portion & 60 Mile Extension



Continuation of 60 & 100 Mile Extensions



Key

- 30 Mile Portion
- 60 Mile Extension
- 100 Mile Extension
- Rest Stop