

ADAM'S SOUTHERN TIER TOUR 2010 — FACTS AND FIGURES

From September 18–October 26 2010, I rode the Southern Tier, a route designed by the Adventure Cycling Association that spans San Diego CA and St Augustine FL. I took a four-day layover in Austin, making for a total of 35 riding days, or an average daily distance of roughly 83 miles.

tour. Figures for energy burned are rough estimates and probably not accurate where significant climbing is involved.

Climbing in feet shows total climbing for the day, and does not indicate altitude.

The dotted line between Kerrville and Austin indicates a route segment I did not ride. Riffing off the Economist, I am using the Big Mac as the unit of energy burned (1 Big Mac = 540 kCal), but I did not in fact eat any Big Macs on the

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