

EXPO

Saturday, July 22 - Sioux City

Bishop Kennetha Bigham-Tsai will be Blessing the Bikes at 3:00 p.m. on July 22 at our Expo Booth #30.



Look for our **RED** canopy tent with the **#BeUMC** flags.

Drop us a prayer request and we will gather and pray every morning at 7:00 a.m. Email communications@iaumc.org.

TEAM CONTACTS:

Minibus pickup:
Liz Winders 515-554-4128

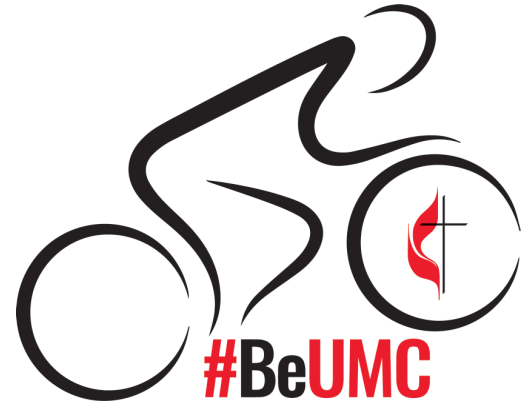
SAG Wagon:
John Hartford 515-368-1166

Prayer Requests,
email: communications@iaumc.org

www.iaumc.org/BEUMC-RAGBRAI



JULY 22-29, 2023

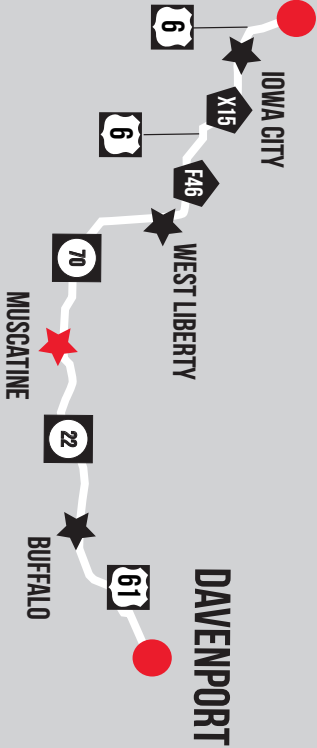


Iowa United Methodist Church
ROUTE MAP & LOCAL CHURCH GUIDE

DAY 7

CORALVILLE

Saturday, July 29 - Coralville to Davenport
Theme: Front tire dip in the Mississippi River



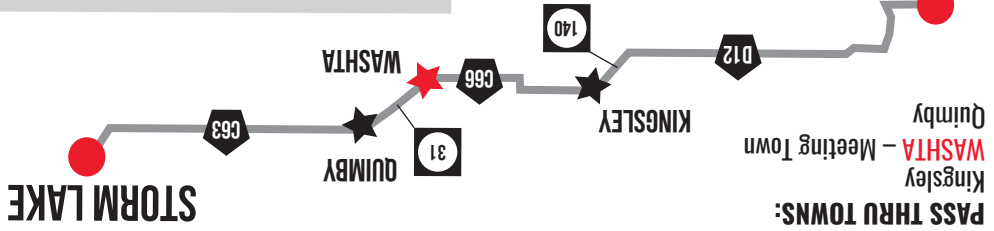
PASS THRU TOWNS:
IOWA CITY
WEST LIBERTY
MUSCATINE - Meeting Town
BUFFALO

LOOK FOR:
Storm Lake UMC - Spaghetti Dinner
211 East Third Ave., Storm Lake, IA
3:00 p.m. to 7:00 p.m. - Dinner
5:00 - 5:30 p.m. - Hymn Sing
The chapel will be open.

DAY 1

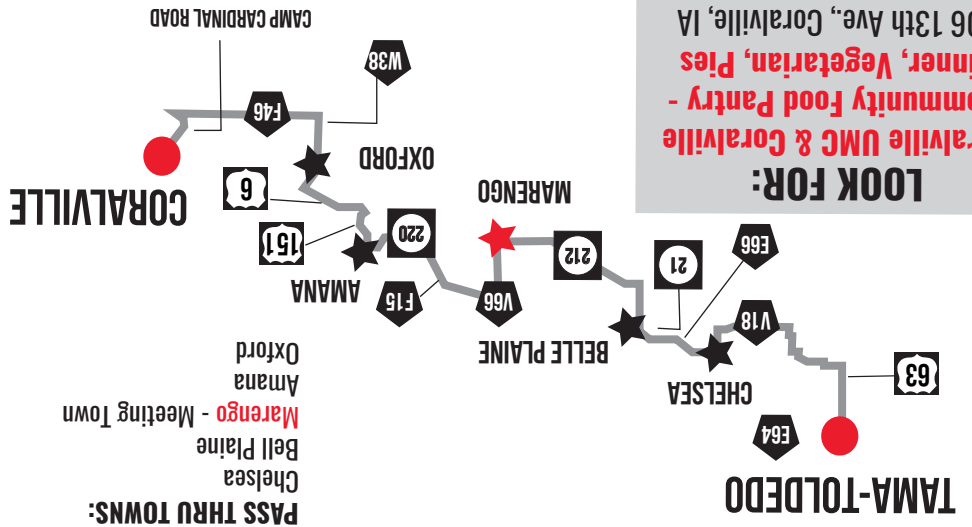
PASS THRU TOWNS:

Sunday, July 23 - Sioux City to Storm Lake
Theme: Mile of Silence & Throwback Jersey Day



WASHA - Meeting Town
Kingsley
Quimby

LOOK FOR:
Coralville UMC & Coralville Community Food Pantry - Dinner, Vegetarian, Pies
806 13th Ave., Coralville, IA
3 p.m. to 7 p.m. - Dinner



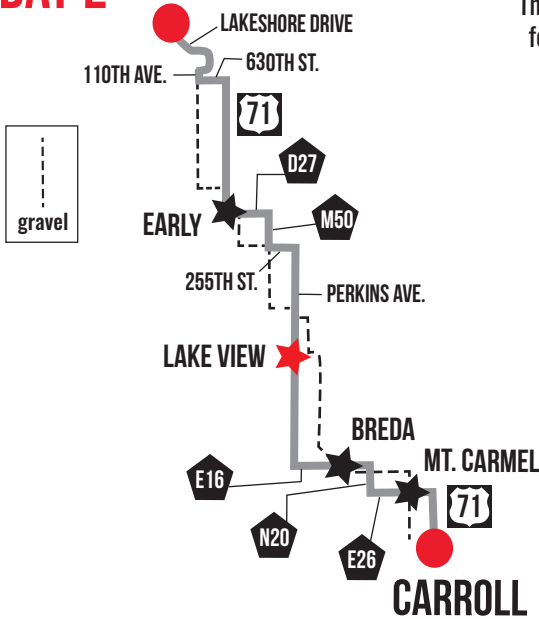
PASS THRU TOWNS:
Chelsea
Bell Plaine
Marenango - Meeting Town
Oxford
Amana
Oxford

Friday, July 28 - Tama-Tolledo to Coralville
Theme: College Jersey Day

DAY 6

DAY 2 STORM LAKE

Monday, July 24 - Storm Lake to Carroll
Theme: "I Ride 4" Jersey Day. Riders raising money for charities should wear jerseys promoting their causes on this new theme day.



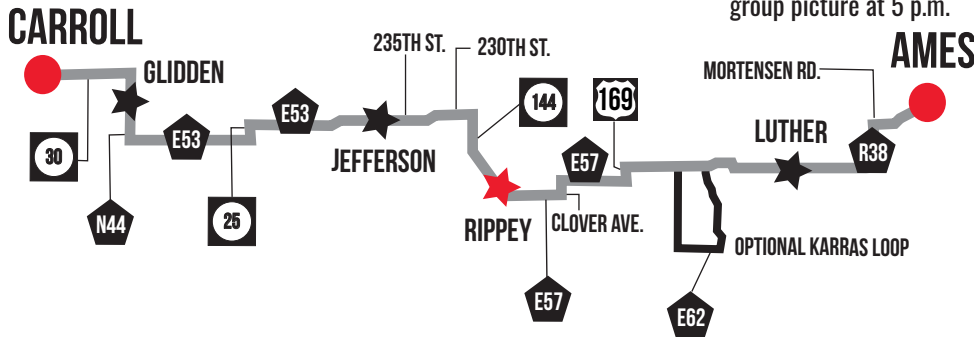
PASS THRU TOWNS:
EARLY
LAKE VIEW – Meeting Town
BREDA
MT. CARMEL

LOOK FOR:
Early UMC - Cinnamon Rolls
Town Center, Early, IA
Lakes UMC - Pie and Ice Cream
Town Center, Lake View, IA

DAY 3

Tuesday, July 25 - Carroll to Ames
Theme: Century Loop

Meet in Ames at Ames Collegiate & Wesley Center UMC for a group picture at 5 p.m.



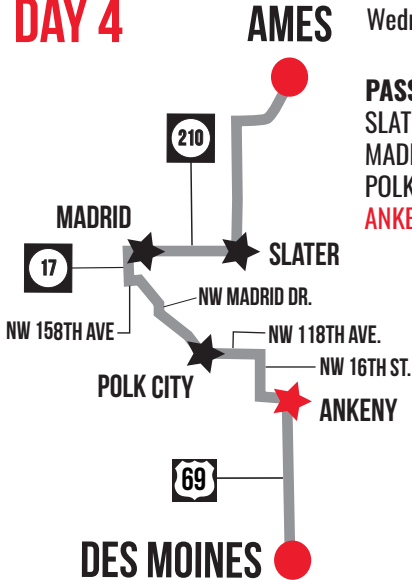
PASS THRU TOWNS:
GLIDDEN
JEFFERSON
RIPPEY - Meeting Town
LUTHER

LOOK FOR:
Jefferson First UMC - Pie & Breakfast Burritos
Town Center, Jefferson, IA
Rippey UMC - Maid Rite Lunch, Pie and Ice Cream
10 a.m. - 103 Main St., Rippey, IA

DAY 4

Wednesday, July 26 - Ames to Des Moines
Theme: RAGBRAI Jersey Day

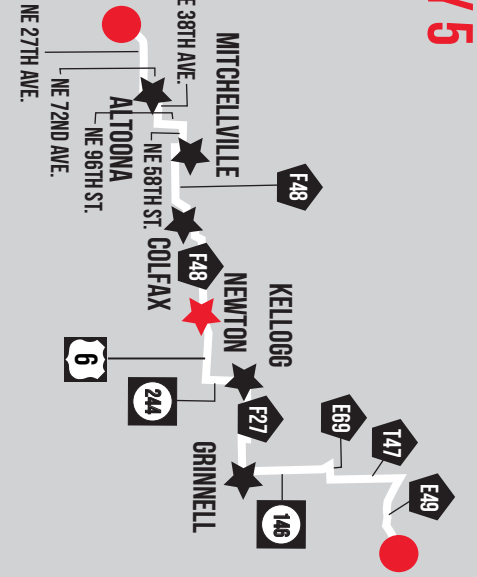
PASS THRU TOWNS:
SLATER
MADRID
POLK CITY
ANKENY - Meeting Town



LOOK FOR:
Hopkins Grove UMC - Civil War Historic Landscape, PB&J Sandwiches, Honey Sticks, Beekman's Ice Cream and a special RAGBRAI Quilt to sign.
14605 NW Madrid Dr., Madrid, IA
Ankeny First UMC - Fellowship Hall will be open for charging phones, water bottle filling or quiet air conditioning.
206 SW Walnut, Ankeny, IA

DES MOINES

DAY 5



PASS THRU TOWNS:
ALTOONA
MITCHELLVILLE
COLFAX
NEWTON - Meeting Town
KELLOGG
GRINNELL

LOOK FOR:
Christ UMC - Chicken and Noodles over Mashed Potatoe Dinner, Vegetarian, Dessert
301 S Broadway St.
Toledo, IA
4 p.m. - 7 p.m.

TAMA-TOLEDO

Thursday, July 27 - Des Moines to Tama - Toledo
Themed Military Appreciation Day

#BeUMC is a grassroots effort built upon powerful stories of congregations and individuals living their faith while celebrating what draws people to The United Methodist Church and what United Methodists collectively aspire to be.