American Discovery 250 Relay

July 1 – November 25, 2026

Date	Day	Start	Finish	Miles	Mode
ADT Eastern Region					
Ohio					
10/25	Sunday	Cincinnati - Berry Way Fountains	Milford	16.2	Walk
10/26	Monday	Milford	Williamsburg	25.3	Bike, Run
10/27	Tuesday	Williamsburg	Shawnee Backpack Trail	74.4	Bike
10/28	Wednesday	Shawnee Backpack Trail	Wamsley	31.1	Run, Walk
10/29	Thursday	Wamsley	Peebles	20.5	Walk, Run
10/30	Friday	Peebles	Pike Lake State Park	34.4	Bike, Run
10/31	Saturday	Pike Lake State Park	Londonderry	39.4	Bike
11/1	Sunday	Londonderry	Hocking Hills State Park	29.2	Bike, Walk
11/2	Monday	Hocking Hills State Park	Murray City	62.5	Hike, Run
11/3	Tuesday	Day off			
11/4	Wednesday	Murray City	Chesterhill	30.4	Bike
11/5	Thursday	Chesterhill	Belpre	33.6	Run, Bike
11/6	Friday	Belpre	Pennsboro	43.1	Bike
West Virginia					
11/7	Saturday	Pennsboro	West Union	12.6	Walk
11/8	Sunday	Day off			
11/9	Monday	West Union	Clarksburg	28.0	Run, Walk, Bike
11/10	Tuesday	Clarksburg	Philippi	57.5	Bike
11/11	Wednesday	Philippi	Blackwater Falls	49.5	Bike, Run, Walk
11/12	Thursday	Blackwater Falls	Dolly Sods	20.2	Run, Walk
11/13	Friday	Dolly Sods	Keyser	47.7	Bike, Run
11/14	Saturday	Keyser	Paw Paw	35.8	Bike
11/15	Sunday	Day off			
Maryland					
11/16	Monday	Paw Paw	Williamsport	56.9	Bike
11/17	Tuesday	Williamsport	C&O Canal Lockhouse 31	41.3	Bike
11/18	Wednesday	C&O Canal Lockhouse 31	Glen Echo	51.2	Bike
11/19	Thursday	Glen Echo	Georgetown	6.7	Walk
11/20	Friday	Day off			
11/21	Saturday	Georgetown	College Park	17.2	Walk
11/22	Sunday	College Park	Annapolis	39.1	Bike, Run
11/23	Monday	Annapolis	Denton	51.9	Bike, Run, Walk
Delaware					
11/24	Tuesday	Denton	Milton	36.9	Bike, Run
11/25	Wednesday	Milton	Lewes	11.3	Walk
11/26	Thursday	Lewes	Cape Henlopen	3.4	Walk

Date	Day	Start	Finish	Miles	Mode
ADT Southern Region					
Colorado					
9/8	Tuesday	Sheridan	Larkspur	58.1	Bike
9/9	Wednesday	Larkspur	Colorado Springs / Garden of the Gods	38.9	Bike, Run, Walk
9/10	Thursday	Colorado Springs / Garden of the Gods	Cripple Creek	42.0	Bike, Run
9/11	Friday	Cripple Creek	Cañon City	27.4	Walk, Run
9/12	Saturday	Cañon City	Pueblo	42.4	Bike, Run
9/13	Sunday	Pueblo	La Junta	78.2	Bike
9/14	Monday	La Junta	Lamar	58.2	Bike
Kansas					
9/15	Tuesday	Lamar	Garden City	118.4	Bike
9/16	Wednesday	Garden City	Dodge City	57.8	Bike
9/17	Thursday	Day off			
9/18	Friday	Dodge City	Larned	88.4	Bike
9/19	Saturday	Larned	Ellinwood	57.9	Bike, Run
9/20	Sunday	Ellinwood	McPherson	53.3	Bike
9/21	Monday	McPherson	Council Grove	86.2	Bike
9/22	Tuesday	Council Grove	Lawrence - Watkins Museum of History	99.2	Bike
9/23	Wednesday	Lawrence - Watkins Museum of History	Olathe	39.2	Bike, Run
9/24	Thursday	Olathe	Kansas City - Trailside Center	17.5	Walk
9/25	Friday	Day off			
Missouri					
9/26	Saturday	Kansas City - Trailside Center	Sedalia - Katy Depot	98.4	Bike
9/27	Sunday	Sedalia - Katy Depot	Rocheport Trailhead - Katy Trail	49.7	Bike, Run
9/28	Monday	Rocheport Trailhead - Katy Trail	Jefferson City - Missouri State Capitol	38.1	Bike, Run
9/29	Tuesday	N Jefferson City - Katy Trail	McKittrick - Katy Trail	42.4	Bike
9/30	Wednesday	McKittrick - Katy Trail	Marthasville Trailhead - Katy Trail	23.1	Bike, Run
10/1	Thursday	Marthasville Trailhead - Katy Trail	Clayton - Chapman Plaza and Falls	51.7	Bike
10/2	Friday	Clayton - Chapman Plaza and Falls	St. Louis - Gateway Arch	9.8	Walk
Illinois					
10/3	Saturday	St. Louis - Gateway Arch	Chester - First Responder's Memorial Park	81.0	Bike
10/4	Sunday	Chester - First Responder's Memorial Park	Inspiration Point Trailhead	45.7	Bike
10/5	Monday	Day off			
10/6	Tuesday	Inspiration Point Trailhead	Makanda - Boardwalk	22.2	Walk, Run
10/7	Wednesday	Makanda - Boardwalk	Ferne Clyffe State Park	32.1	Walk, Run
10/8	Thursday	Ferne Clyffe State Park	Eddyville	38.5	Hike, Run
10/9	Friday	Eddyville	High Knob Campground	35.4	Hike, Run
Indiana					
10/10	Saturday	High Knob Campground	Mount Vernon, IN	51.1	Bike
10/11	Sunday	Mount Vernon, IN	Evansville	23.1	Walk, Run
10/12	Monday	Evansville	Newburgh	11.0	Walk
10/13	Tuesday	Day off			

Date	Day	Start	Finish	Miles	Mode
10/14	Wednesday	Newburgh	St. Meinrad	49.2	Bike
10/15	Thursday	St. Meinrad	Pioneer Cabin, O'Bannon Woods State Park	71.3	Bike
10/16	Friday	Pioneer Cabin, O'Bannon Woods State Park	Corydon	19.0	Walk
10/17	Saturday	Corydon	New Albany	25.3	Walk, Run
10/18	Sunday	New Albany	Madison	76.5	Bike
10/19	Monday	Madison	Aurora	57.7	Bike
Ohio					
10/20	Tuesday	Aurora	Cincinnati - Berry Way Fountains	36.0	Bike, Run, Walk

Date	Day	Start	Finish	Miles	Mode
ADT Northern Region					
Colorado					
9/8	Tuesday	Sheridan	Commons Park, Denver	9.0	Walk
9/9	Wednesday	Commons Park, Denver	Brighton	22.0	Walk, Run
9/10	Thursday	Brighton	Evans	36.7	Bike, Run
9/11	Friday	Evans	Fort Morgan	57.7	Bike
9/12	Saturday	Fort Morgan	Sterling	50.8	Bike
9/13	Sunday	Sterling	Julesburg	61.5	Bike
9/14	Monday	Day off			
Nebraska					
9/15	Tuesday	Julesburg	Martin Bay	56.2	Bike
9/16	Wednesday	Martin Bay	North Platte	64.0	Bike
9/17	Thursday	North Platte	Johnson Lake	75.0	Bike
9/18	Friday	Johnson Lake	Fort Kearny	49.4	Bike
9/19	Saturday	Fort Kearny	Central City	82.8	Bike
9/20	Sunday	Central City	Lincoln outskirts	95.1	Bike
9/21	Monday	Lincoln outskirts	Lincoln	10.2	Walk
9/22	Tuesday	Lincoln	Springfield	42.4	Bike
9/23	Wednesday	Springfield	Democracy Park, Omaha	30.7	Run, Walk
9/24	Thursday	Democracy Park, Omaha	Omaha	10.3	Walk
9/25	Friday	Day off			
Iowa					
9/26	Saturday	Omaha	Red Oak	55.5	Bike
9/27	Sunday	Red Oak	Audubon	64.6	Bike
9/28	Monday	Audubon	Adel	75.2	Bike
9/29	Tuesday	Adel	Des Moines	22.9	Walk, Run
9/30	Wednesday	Des Moines	Marshalltown	75.5	Bike
10/1	Thursday	Marshalltown	Cedar Falls	71.3	Bike
10/2	Friday	Cedar Falls	Waterloo	7.3	Walk
10/3	Saturday	Waterloo	Cedar Rapids	62.1	Bike
10/4	Sunday	Cedar Rapids	West Branch	34.2	Walk, Run, Bike
10/5	Monday	West Branch	Davenport	74.5	Bike
10/6	Tuesday	Day off			
Illinois					
10/7	Wednesday	Davenport	Colona	17.5	Walk
10/8	Thursday	Colona	Spring Valley	70.2	Bike
10/9	Friday	Spring Valley	Ottawa	23.1	Hike, Bike
10/10	Saturday	Ottawa	Joliet	49.0	Bike
10/11	Sunday	Joliet	Frankfort	12.3	Walk
10/12	Monday	Day off			
Indiana					
10/13	Tuesday	Frankfort	Lansing	20.5	Hike
10/14	Wednesday	Lansing	North Judson	101.6	Bike
10/15	Thursday	North Judson	Denver	53.1	Bike
10/16	Friday	Denver	Gaston	71.4	Bike
10/17	Saturday	Gaston	Muncie	10.5	Walk
10/18	Sunday	Muncie	Richmond	40.8	Bike, Run

Date	Day	Start	Finish	Miles	Mode
Ohio					
10/19	Monday	Richmond	Oxford	36.1	Bike, Run, Walk
10/20	Tuesday	Oxford	Cincinnati - Berry Way Fountains	63.8	Bike, Walk
10/21	Wednesday	Day off			
10/22	Thursday	Day off			
10/23	Friday	Day off			
10/24	Saturday	Day off			

Date	Day	Start	Finish	Miles	Mode
ADT Western Region					
California					
7/1	Wednesday	Limantour Beach	Point Reyes - Five Brooks Trailhead	13.7	Hike
7/2	Thursday	Point Reyes - Five Brooks Trailhead	Muir Woods Visitor Center Overflow	18.1	Walk
7/3	Friday	Muir Woods Visitor Center Overflow	Golden Gate Bridge North Vista Point	11.6	Walk
7/4	Saturday	Golden Gate Bridge North Vista Point	San Francisco	8.8	Walk
7/5	Sunday	Oakland Bay Bridge	UC Berkeley	10.5	Hike
7/6	Monday	UC Berkeley	Walnut Creek - Heather Farm Park	28.3	Run, Walk
7/7	Tuesday	Walnut Creek - Heather Farm Park	Antioch - Worth Shaw Community Park	36.4	Run, Walk
7/8	Wednesday	Antioch - Worth Shaw Community Park	Sacramento	65.4	Bike
7/9	Thursday	Day off			
7/10	Friday	Sacramento	Sacramento - River Bend Park	18.8	Hike
7/11	Saturday	Sacramento - River Bend Park	Auburn	39.7	Run, Bike
7/12	Sunday	Auburn	Foresthill	32.9	Bike, Hike
7/13	Monday	Foresthill	Lewis Campground @ French Meadows	44.4	Run, Hike, Bike
7/14	Tuesday	Lewis Campground @ French Meadows	Tahoe City	31.1	Run, Hike
Nevada					
7/15	Wednesday	Tahoe City	Ophir Creek TH, NV 431	41.4	Hike, Run, Bike
7/16	Thursday	Ophir Creek TH, NV 431	Ash Canyon Creek TH	28.6	Walk, Run, Bike, Horse
7/17	Friday	Ash Canyon Creek TH	Carson City - Capitol	2.6	Walk
7/18	Saturday	Washoe Lake State Park	Virginia City - Visitors Center	12.6	Walk, Horse
7/19	Sunday	Virginia City - Visitors Center	Highway 95 / Fallon	54.0	Bike, Horse
7/20	Monday	Highway 95 / Fallon	Berlin	105.0	Bike, Horse
7/21	Tuesday	Day off			
7/22	Wednesday	Berlin	Big Smokey Valley	37.8	Bike, Horse, Run
7/23	Thursday	Big Smokey Valley	Martin Ranch	70.1	Bike, Horse
7/24	Friday	Martin Ranch	Red Rock Summit	46.6	Bike, Horse, Run
7/25	Saturday	Day off			
7/26	Sunday	Red Rock Summit	Preston	74.2	Bike, Horse
7/27	Monday	Preston	Ward	33.6	Bike, Horse, Run
7/28	Tuesday	Ward	Cave Lake	16.9	Walk, Run, Bike, Horse
7/29	Wednesday	Cave Lake	Baker	43.5	Bike, Horse, Run
7/30	Thursday	Day off			
Utah					
7/31	Friday	Baker	Wah Wah Ranch	70.3	Bike
8/1	Saturday	Wah Wah Ranch	Beaver	51.5	Bike, Hike, Run
8/2	Sunday	Beaver	Circleville	29.7	Hike, Bike, Run
8/3	Monday	Circleville	Antimony	21.8	Hike
8/4	Tuesday	Antimony	Posey Lake Rd	23.5	Hike, Bike
8/5	Wednesday	Posey Lake Rd	Boulder	35.2	Hike, Bike

Date	Day	Start	Finish	Miles	Mode
8/6	Thursday	Boulder	Sandy Ranch	58.3	Hike, Bike
8/7	Friday	Sandy Ranch	Hite	65.6	Hike, Bike
8/8	Saturday	Hite	Woodenshoe Camp	23.9	Bike
8/9	Sunday	Hanksville	Kigalia Guard Station	28.2	Bike
8/10	Monday	Rest Day	House Park	28.9	Bike, Hike
8/11	Tuesday	House Park	Canyonlands	27.9	
8/12	Wednesday	Canyonlands	Moab	64.7	Bike
8/13	Thursday	Moab	Gateway - La Sal Loop	24.8	Bike, Hike
8/14	Friday	Gateway - La Sal Loop	Fisher Valley	25.0	Hike, Bike
8/15	Saturday	Fisher Valley	Dewey Bridge	17.1	Bike, Hike
8/16	Sunday	Dewey Bridge	Harley Dome	29.9	Bike, Hike
8/17	Monday	Harley Dome	Rabbit Ears	22.9	Hike, Bike
Colorado					
8/18	Tuesday	Rabbit Ears	Fruita	23.3	Bike, Hike
8/19	Wednesday	Fruita	Grand Junction	27.1	Bike, Hike, Run
8/20	Thursday	Day off			
8/21	Friday	Grand Junction	Kannah Creek Trailhead	26.3	Bike, Run, Walk
8/22	Saturday	Kannah Creek Trailhead	Trickle Park / Surface Creek Roads	27.4	Walk, Run
8/23	Sunday	Trickle Park / Surface Creek Roads	Redstone	73.6	Bike
8/24	Monday	Redstone	Crested Butte	37.3	Bike, Run
8/25	Tuesday	Crested Butte	Red Mountain Dr	36.8	Bike, Run
8/26	Wednesday	Red Mountain Dr	Winfield	20.2	Hike
8/27	Thursday	Winfield	Leadville	39.3	Walk, Run, Bike
8/28	Friday	Day off			
8/29	Saturday	Leadville	Colorado Trail Camp Hale TH	29.9	Walk, Run, Bike
8/30	Sunday	Colorado Trail Camp Hale TH	Copper Mountain	16.3	Walk
8/31	Monday	Copper Mountain	Breckenridge/Frisco crossing	14.2	Walk
9/1	Tuesday	Breckenridge/Frisco crossing	Montezuma	33.7	Bike, Run
9/2	Wednesday	Montezuma	Idaho Springs	37.6	Bike, Run
9/3	Thursday	Idaho Springs	Sheridan	44.6	Bike
9/4	Friday	Day off			
9/5	Saturday	Day off			
9/6	Sunday	Day off			
9/7	Monday	Day off			