

Help Support Mike's Ride to Lourdes 2024 Benefitting the ASCPG and IPT! Here's the route and distance for each day of the Cycle. Includes three 100+ mile days in a row (yikes!). I'll be wearing a different jersey each day showcasing our jersey sponsors: Tommy Fox's (Bergenfield, NJ), Gerry's Place (Norwood, NJ), Beehan's (Bronx, NY), The Tailor (NYC), John Sullivan's (NYC), Jack Doyle's (NYC), and ASCPG Benefactors. Want to help? In addition to Primary Sponsorships (\$250) and Individual Donors (\$100), why not consider a single-day donation based on mileage? Choose the day and pledge \$0.25; \$0.50; or \$1.00 per mile (remember doing Bike-A-Thons as a kid?). Donations over \$100 will get your name or that of a loved on the jersey for that day! DM me for more information or to make a pledge and send your donation via Venmo to @Mike-Rowley-13 (indicate pledge day and name if applicable) or donate at: <https://www.ascpg-lourdes.org/>. Also, join us at Tommy Fox's, Bergenfield, NJ for a send-off party on March 15th at 7 pm. Thank you and God Bless!

- Day 1: Nice to Frejus (70 km) – 43 miles
- Day 2: Frejus to Marsaille (164 km) – 102 miles
- Day 3: Marsaille to Montpellier (200 km) – 124 miles
- Day 4: Montpellier to Carcassone (182 km) – 113 miles
- Day 5: Carcassone to Toulouse (103 km) – 64 miles
- Day 6: Toulouse to Tarbes (200km) – 124 miles
- Day 7: Tarbes to Lourdes (30 km) – 19 miles
- Total: Nice to Lourdes (949 km) - 589 miles

