

FIRST TIMERS CHECKLIST

RAGBRAI FOOD CHECKLIST

- Tire Dip in the Missouri River
- Miles of Silence
- Farm Kids Breakfast
- Mr. Pork Chop!
- VFW / Firehouse Breakfast
- Pie: Amish/Church Ladies
- Sweet Corn 🌽 on the cob
- Beekman's Ice-cream
- Sassy Lemonade
- Smoothie
- Catch a flying pancake
- Have a cup of Iowa coffee
- Pee in a cornfield
- Celebrity sighting
- Catch a sunrise (get rolling early)

- Acts of service: Help a rider
- Attend concert
- Freedom Rock(s)
- Jersey Theme Days
- Slip-n-slide
- Get wet! Sprinkler or fire hydrant
- Participate in local school or church fundraiser(s)
- Karras Loop (100 Mile Ride)
- Tandem Bike Ride (trade your bike)
- Mardi Gras beads on Road kill (Team roadkill)
- Meet an Iowa local and ask, "is this heaven?"
- Attend concert
- See Air Force formation ride
- Ride 500 miles in 7 days
- Tire dip in Mississippi River!

OPTIONAL

