Ride the Rockies

		Miles	Elevation Gain	Ave. Speed	Time	
Day 1	Alamosa to Pagosa Springs	93	5,097	10.2	9:05	
Day 2	Pagosa Springs to Durango	68	3,925	10.6	6:23	
Day 3	Durango Loop	37	2,202	9.9	3:46	
Day 4	Durango to Ridgeway	84	7,352	7.2	11:43	
Day 5	Ridgeway to Montrose	50	2,270	10.3	4:47	
Day 5	Montrose to Gunnison	66	4,652	8.5	7:42	
Day 6	Gunnison to Salida	66	3,659	10.3	6:24	
		464	29,157		2d 0h 30m	