

RAGBRAI, an Iowa Tradition

Throughout the 50 years of RAGBRAI, people have been presented with the beauty of the Iowan landscape and the challenges that go along with cycling 486 miles in a seven-day span. However, still a worthwhile challenge; Participants can choose only to do sections of travel. Separated by days, the caravan of cyclists does have the opportunity to stop and recuperate, sightseeing beautiful towns starting at Sioux City, moving through Carol, Ames, Tama-Tolito, Des Moines, and ending in Davenport. This gives sightseers, tourists, athletes, and working civilians the opportunity in Reeving the accomplishment that is participating in this feat.

Although what can be a grueling challenge, RAGBRAI has gone above and beyond to support its cycling community. “RAGBRAI is a ride, not a race...” as stated by the official RAGBRAI website. Fully equipped with food, drink, and medical stations, volunteers are ready to accommodate your needs as you make your journey. In the beginning years, food and drink were distributed by hospitable residents throughout Iowa, but do not fret; on July 21, 2023, in Sioux City, vendors are encouraged to obtain a temporary food establishment license to ensure food and beverage safety for riders.

Much like any other physical feat, the reasons for completing such a journey can vary greatly from person to person. Being a great excuse to get out of your city or town and exercise, to a symbolic journey to help close hard chapters in life. The beautiful landscapes, companionship, and physical endurance can create life-changing, impactful experiences. Although reasons can vary, the impact of completing this challenge can be overwhelming, earning you some rewarding bragging rights, new friends, and even a new outlook on life.

RAGBRAI is an Iowa historical staple being a popular tourist attraction since 1973. Knowing this, the RAGBRAI volunteers have taken care of their supporter's needs fully, allowing them to express themselves and enjoy the ride. Luckily, if you're in or near Sioux City, we are the home base, therefore, the start of the party. 2023 will be graced with the Spin Doctors' performance to kick off the week. Starting with an epic performance, followed by sponsored food and drink, and finished with life-changing experiences?

It's hard not to join!

Social Media

Sioux City Kicks off RAGBRAI
Sioux City Starts the Party RAGBRAI
RAGBRAI 50-Year Celebration, in Sioux City, Iowa.

Key Words

RAGBRAI
Sioux City Events
50-year celebration

Cyclist
Iowa tourism
Things to do in Sioux City
Spin Doctors

Things to Know

50 years of RAGBRAI
Traveling 486 miles in a week
Food, drink and medical provided for cyclists
Sioux City kicking off the party starting with the Spin Doctors.