

## IOWA

### Dubuque Area :

**Eagle Point Park:** The paved loop is about 1 mile with several good rolling hills. Best for interval workouts. Hard to do low heart rate stuff here.

**Old Highway 20:** Between Centralia and Farley, IA. This is far enough away from the Mississippi River that the hills have mellowed out and you can get a steady workout. Sunday morning is ideal.

**Hamilton County :** Jewell to Kamrar approximately 8 miles one-way. County Road D-56 to P-38 good flat A.C.C. road. People are amused by roller skiers, and no dogs.

**Story County:** Roland to Highway 175 rolling hills

County Rd R-77 very little car or truck traffic. No Dogs.

**North Ridge Housing Development:** North Ridge Housing Development in North Ames, Great A.C.C. roads make up your own loops several hills you may not want to try T-intersections and blind corners otherwise small hills. This is a real safe place to ski. I also use some of the Multi Use Trails in the neighborhood. I run hill repeats afterward without skis, but with poles in Moore Park after ski workouts. Great for endurance. - *H.F.*