

## KENYA-UGANDA STATISTICS BREAK DOWN

| Date                                   | Route / Destination           | Distance (km)    | Elev. Gain (m) | Moving Time    | Elapsed Time    | Avg Speed (Moving) | Weather / Notes  |
|--|-------------------------------|------------------|----------------|----------------|-----------------|--------------------|--|
| 3:35 PM on Tuesday, December 2, 2025   | Iten-Moiben, Kenya            | 39.67 km         | 142 m          | 2:18:09        | 3:50:09         | 17.2 km/h          | We started with an emotional send-off from the Nzima Heart Runners and enjoyed a relatively easy initial leg with only gentle slopes and the lowest elevation gain of the trip (142 m).  |
| 7:32 AM on Wednesday, December 3, 2025 | Moiben-Amuka                  | 75.83 km         | 1,015 m        | 4:58:10        | 9:59:43         | 15.3 km/h          | This was noted as the hardest day of the entire trip, characterized by grueling, steep climbs featuring gradients of up to <b>16.4%</b> . Isaac survives a horrific crash on a high speed descent corner he gets no serious injuries. Regan experienced a realization about the importance of a reliable braking system. After a close call, a motorcyclist rescued the him, allowing the adventure to continue.   |
| 7:06 AM on Thursday, December 4, 2025  | Amuka-Suam-Bukwo              | 65.80 km         | 832 m          | 4:24:01        | 10:31:00        | 15.0 km/h          | A milestone day where we officially crossed the border from Kenya into Uganda. Godfrey and Jonathan commute to Mbale to fix their bikes. Dropping off the plateau toward Suam is a massive kinetic energy gain, but it's taxing on the brakes and the forearms.  |
| 6:29 AM on Friday, December 5, 2025    | Bukwo-Kapchorwa-Sipi Falls    | 79.08 km         | 1,805 m        | 5:05:54        | 11:18:21        | 15.5 km/h          | We experienced amazing descents through the hills of Kapchorwa, visited Sipi Falls, and explored the high-altitude training center often we called it the "Iten of Uganda". We meet Godfrey and Jonathan in Kapchorwa with their bikes fixed.  |
| 6:41 AM on Saturday, December 6, 2025  | Sipi Falls-Mbale-Namutumba    | 123.42 km        | 1,044 m        | 6:49:48        | 10:34:34        | 18.1 km/h          | This was a standout performance day; we completed our first <b>Gran Fondo</b> (123.42 km) and recorded the fastest day with an average moving speed of <b>18.1 km/h</b> .  |
| 6:16 AM on Sunday, December 7, 2025    | Namutumba-Iganga-Jinja-Lugazi | 114.69 km        | 1,183 m        | 7:30:03        | 13:41:18        | 15.3 km/h          | High traffic density; drafting becomes a survival skill. Our longest day in terms of time, involving nearly 14 hours on the road. It was a chaotic leg marked by a teammate Joseph Kabuye abandoning the trip, encounters with the Uganda army at the Nile bridge, and a spirited ride through Mabira Forest. Crossing from the cool highlands of Iten to the swampy heat of Iganga is a massive shock to the system. I was monitoring hydration levels closely—you can easily lose <b>1-1.5 liters</b> of fluid per hour on that Jinja stretch. Once we hit Iganga and Jinja, the elevation stabilizes around <b>1,100m - 1,200m</b> , but the humidity spikes, changing the cooling efficiency of your body. |
| 6:02 AM on Monday, December 8, 2025    | Lugazi-Mukono-Kampala-KOA     | 82.03 km         | 882 m          | 5:27:59        | 8:06:40         | 15.0 km/h          | The final leg featured a strong "heroes welcome" at KOA after a spirited ride through Kampala guided by "Super domestic Benjamin". The final push into <b>Kids of Africa</b> is always the best part of the telemetry—seeing the heart rates settle down as we reach the village.  |
| <b>Total</b>                           |                               | <b>580.40 km</b> | <b>6903 m</b>  | <b>36:34:4</b> | <b>68:01:45</b> | <b>16.0 km/h</b>   | A high-endurance cycling expedition across East Africa tested riders' limits with extreme challenges, including crashes, mechanical failures, and the loss of a teammate. The journey, marked by contrasting landscapes and demanding conditions, concluded successfully with a "heroes' welcome" at the Kids of Africa village.   |