

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 decent 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.
Total		580.40 km	6903 m	36:34:4	68:01:45	16.0 km/h	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.