

“By strength of heart”, Nels Matson has passed through Iowa. As Nels bikes across America, be sure to check out the articles written about his journey. Take time to follow Nels through Iowa from the [Quad-City Times](#) and [Ames Tribune](#).

Don't forget to check out his blog (<http://www.athletes4heart.blogspot.com/>) or follow him on twitter @athletes4heart.