

# Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club  
April 2010



## Black Forest Loop, Germany - The Price is Slashed!

By Rich Crocker

As the new tour director for HC, in December 2008, I received an email from our international member, Joachim Kuhlmann, indicating that he would like to lead a European tour for HC. It turned out that we would both be riding the 2009 season opening tour at Death Valley and we decided to discuss the possibilities of a 2010 European tour after we got to know each other. Joachim is an enthusiastic, humorous guy and an experienced rider, so we decided to take advantage of his native German language ability and do a tour in the best cycling region of Germany, the Black Forest.

I volunteered to co-lead the tour since I speak passable German and could handle most of the administration, while Jo scouted the route and determined travel options to make this a truly wonderful European experience. I am absolutely impressed with the uniqueness and excellence he has designed into the tour.

We wanted the tour to have options for all levels of riders, have some days off to sightsee or ride, and go through a variety of landscapes and rural roads. For the first week of riding from Frankfurt to the Black Forest, Jo found a German touring company that would provide a 28 passenger bus and bike trailer that allows every rider to have a reserved seat for the time they wish not to ride, or escape from badweather.



Rural Road in Black Forest



Tour Bus

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The first week would include a bus tour and group dinner in the romantic city of Heidelberg, a layover day in the traditional village of Schiltach before arriving at the town of Freiberg, which will be the base for the second week of riding guided routes through the remote, excellent rural roads in the Black Forest. The base lodging for the second week is a restored mansion resort Schloss Reinach in Munzingen, a suburb of Freiberg. Other routes will include riding along the Rhine River and into the Alsace region of France.



**Schiltach**



**Freiberg**

Sightseeing will also include a guided walking tour of the historic university and monastery section of city of Freiberg in Breislau and an opportunity tour Basel, Switzerland.

**Schloss Reinach**



The price for the Black Forest Loop, Germany tour has been lowered to **\$2225** due to changes in the exchange rate and HeartCycle will pass this saving to club members. However, to take advantage of the lower rates, the deposit due date is now April 21, 2010 in order to allow us to lock in the lower price with hotels and vendors. The deposit will not be refunded after April 21, 2010 unless HeartCycle cancels the tour. The GO/NO GO decision for the tour will be made by April 25, 2010 to allow members to either book their air tickets or make other travel plans as early as possible. The tour rating has been changed to “daily options” to emphasize that there will be a 28 passenger touring bus available for SAG the first week and the second week will have two guided options every day.



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## Notes from the Board

### HeartCycle WebSite [www.heartcycle.org](http://www.heartcycle.org)

Many members are checking out HeartCycle's new redesigned website and are pleased with what they see. It has been professionally redesigned and all HeartCycle information is now in one place:

- ✓ Tour Information
- ✓ Training Ride Information
- ✓ Newsletters
- ✓ Registration for tours
- ✓ Membership renewal
- ✓ General information and club news

If you are a current HeartCycle member, or have been a member at any time since 2004, your record is in the secure database. Your record is protected by a UserID and Password. If you would like to login to your personal record, there is a link to request your personal UserID and Password.

In addition, there will soon be the capability for those who don't know their login credentials to answer specific questions for access to their personal record immediately without waiting for an email from the Registrar.

Take a look at it and see what many others are seeing, and if you have any suggestions, please send them to [registrar@heartcycle.org](mailto:registrar@heartcycle.org)





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## Missions, Mines, and Missiles

2010 Tour Season Kickoff

By Sheridan Garcia

Our journey would begin and end in Tucson. Just like the rest of the United States, Arizona was having a bit of unseasonably cool and unsettled weather that week. But that did not dampen the spirits of 29 riders, our SAG team of Carol (La Chef) Nies and Tom Groves, Tour Leader Rich Crocker and Co-Leader and ever-present and trustworthy Sweep, Bill Stone.

On the outskirts of Tucson, we rode into the Saguaro National Park with its awesome stands of the mighty saguaro – a tree sized cactus species that can grow up to 43 feet tall with a girth of 10 feet and can live up to 150 years. The 8-mile loop offered a fun rollercoaster road with minimal traffic and lots of desert scenery. The weather turned rainy and cold as we neared a small town, Vail, where Rich decided that we would be sagged into the hotel at Benson where Carol prepared a delicious feast of her “private reserve” recipes! During the tour, Carol commented more than once, “Y’all eat so much!” Her food preparations were fresh and delicious, and, as I told her – we eat more when we’re cold!



The next day was clear and cold as we crested the windy hill where the historic town of Tombstone sits. We enjoyed lunch and an opportunity to sightsee. Tombstone was established in 1879 by a mining claim and fueled by mineral wealth, grew to a population of 10,000 by 1881. During its mining peak, it became one of the most deadly regions in Arizona with uncivilized gangs of “cow-boys”, prospectors, lawyers, with the culmination of violence at the famous Gunfight at the O.K. Corral. We continued on a long windy stretch to Bisbee, where I noticed dozens upon dozens of Border Patrol vehicles patrolling the uninhabited desert terrain (best to stay on the bike). Bisbee was a welcomed sight and located in a box canyon with a nearby copper deep pit mine. We rested two days at the Copper Queen – an historic hotel that features a female ghost and the front desk provides a ghost-journal for a hapless visitor who cares to document a ghostly interaction. Although I was told that she only seeks out guys, I saw this phantom walking the halls the first night. I think she was looking for Tom, our SAG driver. Bisbee offered numerous art and jewelry galleries, a copper mine tour, and a great little coffee house and bakery across the street.



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Re-energized but ghost-weary, I left Bisbee. It was a bright and sunny day as we headed back north to Fort Huachuca, into a swelling headwind. Our lunch was as bountiful as the wind by the time the group reached the high bluff overlooking the desert basin below us. As we continued north to our final destination at Sonoita, the ribbon of road stretching before us gave way to steep rollers, punctuated with a 25 MPH headwind and/or sidewind. I was glad to have installed my aero bars for this leg of the trip. The Sonoita Inn was a welcomed sight as we were bone-tired and hungry. Carol had lots of munchies and wine for us. Actually, Carol had A LOT of wine that she shared with us – she was given 8 bottles during the tour. And then she produced 3 dice and the game was on!



Morning greeted us with bright sun and warmer temperatures for the ride to Green Valley. It was an easy downhill ride from Sonoita to Tumacacori National Park where we had another scrumptious lunch before visiting the Spanish mission site, founded in 1691. It was a monstrosity for its time – this mission had adobe walls 5 feet thick and 10 feet thick in the bell tower. As a restoration project continuing in perpetuity by the mission's volunteers, we were introduced to the lifestyle and adapted desert foods eaten by the local Pima and O'odham Indian

converts of the 17<sup>th</sup> century. Before cycling into Green Valley, we passed Tubac, which was established in 1752 as a Spanish fort. It is now the site of a flourishing artist colony.

Our last day of riding from Green Valley featured a tour of the Titan Missile Museum, which is the only publicly accessible Titan II missile site in the United States. We descended 35 feet and toured the underground missile site with its 3-ton blast door, the 8-foot thick silo walls, and viewed an actual Titan II missile in the launch duct. During the tour, there was a lot of impressive technical jargon used by the skilled volunteers, i.e., construction of the silo, payload, volatile fuels employed. In the control room, we simulated a synchronized launch that took only 45 seconds or so with a one-time shot that would have annihilated a densely populated target unknown to the 2 personnel launching the missile. The experience left me with a brief glimpse of the Cold War legacy and why this powerful weapon was developed for retaliatory measures.







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We continued through the San Xavier Indian Reservation to lunch in the plaza of the San Xavier Mission church, built in the late 1700s by O'odham Indian laborers. The church presented a stark contrast with its white gleaming stucco and interior richness of baroque art religious figures nestled in the bleak Reservation surroundings of the Sonoran desert. We set off for the final 20 miles to the hotel in Tucson, navigating what seemed to be a maze of city streets, big dry sandy washes that are bike paths Arizona-style, when (with only 4 miles to go) a big fat goat-head got my back tire. Roadside assistance abounded and we were off again to be carried along by one of the rare tailwinds on the tour, and letting out shouts of success and relief when the hotel was in sight!



It's a bit melancholy for me at the end of a tour; our collective energies would dissipate as we went our separate ways. I had made some new friends, met HeartCyclers I knew by name only, and reestablished a friendship from a HeartCycle tour in the 1990s! Thanks to Rich, Bill, Carol, and Tom, each one of us enjoyed a cycling experience at its best.



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## Dave and Sandy Hahn's Ride2Recovery Experience

by Dave Hahn

First Day: We made it safely to Spring Hill, FL—58 miles. It was inspiring, but not because of the scenery. We started from MacDill AFB with a rousing sendoff by a general and a trumpeter. The cruise around the Tampa Bay was very pleasant—and the scenic highlight of the day. The rest of the day was on busy roads, very urban, but with safe shoulders most of the time.

We met a young man today, Noah. He was struggling at the 47 mile point. We invited him to join us and take advantage of our draft. He readily agreed, but it took only a moment to see he was totally spent. One of our vans came along at just the right time for him to crawl in and ride to our destination. Noah is not a quitter. He was riding with a prosthetic arm and leg on his left side. Now three years into his recovery he rode 47 miles today.



**Go Noah!!**

Second Day: We are in at Wildwood, FL—69 miles. Today was a struggle for me. Although I drank huge quantities of liquid today, I must have started out in a depleted state. I had no power and experienced some cramping. Blondie and Little Blue (her trusty bike) had to haul my carcass 22 miles from the first rest stop to lunch. I was being dropped by one wounded warrior after another. These men and women are awesome! After lunch I was better. By the time we resumed, I was rehydrated and feeling fine. We joined a group of about 20 riders and made the last 20+ miles in good shape. Now I gotta' go have something to drink!



**Sandy and Dave Hahn and Little Blue**





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**Jeremiah**

Third Day: Nice ride today—65 miles of mostly country roads, horse farms and such, and temps in the low 80's. We rode with the same group today we hooked up with yesterday after lunch. We have one of the wounded warriors in the group, Jeremiah. He is one big dude—not exactly built for cycling, if you take my meaning. :o) He only got his bike about a week before this event, so he is doing really great to hang in there to the finish each day. You can tell he's suffering. There are the normal signs; lagging, weaving. But, today he clarified how much when he said to Blondie, "I wish I were back in Iraq right now!"

Post-Ride Note: We rode with Jeremiah every day for the balance of the ride and sat with him at dinner every night. We came to learn he was a Staff Sergeant in the Marine Corps who had fought heroically at the battle of Fallujah in Iraq, for which he was awarded a Purple Heart and the Navy Cross (the Navy's highest honor for valor). He came home with multiple physical injuries, but most severe was PTSD. It led him to drug addiction and attempted suicide . . . and later to authoring a book entitled *Shadow of the Sword: A Marine's Journey of War, Heroism, and Redemption* (well worth reading). Today he has a family and a bright future although I feel sure the demons occasionally raise their heads still. Last night we had dinner at a Legion Hall; great meal of smoked chicken, coleslaw, baked beans, and more. Cheerleaders (of the older variety) greeted us as we rolled in. Local dignitaries and lots of Legionnaires shook our hands and thanked us as we entered the Hall. All the armed service songs and other 4 Newsletter of the Ann Arbor Bicycle Touring Society patriotic songs entertained us. Everywhere we stop, the Legionnaires and the USO can't do enough for us. Every little burg we go through has people outside cheering us as we go by. It's really inspiring. And, the American Legion Riders (volunteer motorcyclists from across the country) are just outstanding escorts. They block traffic from behind, and at intersections as we approach, so traffic has to let us through without stopping. Here's an example of how good they are: Today there was a cement truck rolling down a steep hill toward an intersection we were about to enter. Although the green light was with the truck, the Legionnaire bravely stood his ground and, thank God, the truck was able to stop! We are in very good hands, and very good company!





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Fourth Day: Another good day of riding—63 miles from Ocala to Gainesville. Blondie, on Little Blue, led our group the last 14 miles into Gainesville. She is definitely inspired by having all these military men around! We had all manner of law enforcement accompanying us through town—sirens, flashing lights, the whole nine yards. Obama doesn't get treated any better. Today we added Jerry to our group; another wounded warrior. Jerry had skin grafts over most of his body (especially his face) as a result of burns. Both hands have fingers missing and are badly deformed, but somehow he managed to shift the gears and stay with us to the end. Every day we meet a new hero.

I forgot to tell you about a really inspiring thing that happened yesterday. We passed an elementary school along the way and hundreds of little kids were crowded along a fence shouting, "U-S-A! U-S-A!" Later all of us confessed to being choked up by that moment. Tonight we are off to dinner at The Swamp—the University of Florida stadium;

home of Gator football. We'll be dining in Touchdown Terrace, a really swanky place where you can dine and watch the Gators—usually \$500 per seat. I doubt we'll be eating the same cuisine, and the Gators won't be playing, but still... afterward we will have a chance to use up our pent up energy by running around on the football field.



**Jerry Rounding a Corner**

Fifth Day: It was a tough day today—80 miles with lots of headwinds, but really good road surface for all but 4 to 5 miles. Little Blue is having a mechanical issue. It sounds like the bottom bracket (bearings) needs to be replaced. We hope our mechanic can fix it, but we'll go on whatever the case turns out to be. It may last for the full ride. We are staying at the World Golf Hall of Fame near St. Augustine. Unfortunately, the headwinds made our arrival so late we didn't have a chance to see the exhibits. The Chief of Naval Operations (the Navy's representative on the Joint Chiefs of Staff), Admiral Roughhead, joined us at dinner tonight and will ride with us tomorrow on our final day as we ride into Jacksonville. We'll have a welcome and a late lunch at Naval Station Mayport and, later, a tailgate party before we attend the pro football game between Jacksonville and Indianapolis. Our whole group will participate in pregame ceremonies and the coin toss.

Sixth Day: Safely in on the final day!!! It was a very busy schedule from the moment we arrived until bedtime well after midnight, so I haven't been able to catch you up until now. Little Blue made it all the way in, but she will be going to the shop ASAP. We rode 53 miles overall and regrouped just as we entered Jacksonville, so we made quite a show with 100's of riders streaming in all decked out in our red, white and blue jerseys. The Chief of Naval Operations led the way—and this wasn't just a rank thing, he's a really good rider! We arrived at Naval Station Mayport to lots of cheering, military band, and food—lots of food. While we ate we were entertained by a really good rock band comprised of sailors. Then we were bused to the hotel for a quick shower and change before attending a tailgate party before the Jaguars' game—hosted by the major ride sponsor, United Healthcare.



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**Coming into Mayport Naval Station**

At the tailgate party a couple of the riders spoke in front of the group about their experience on the ride. Nick, our newest hero, rode with his 13- year-old son, Brandon. Nick told a little of the terrible darkness he had gone through since returning from war and how it had torn through his family. It had reached the point where his son would no longer have anything to do with him. Something inspired him to ask the organization leaders if he could bring his son along on the Florida Challenge Ride. When the answer was “Yes!”, he says, “I got up off the couch and out of my garage and got help.” In front of all of us he faced his son and told him how much he loved him and they hugged like they would never let go. We were all blubbering like babies. Ride2Recovery truly saved this man!!



**Nick and Brandon**



**Nathan Rounds a Corner**

Our whole group joined in pre-game ceremonies and went out on the field before the game to be recognized. It was a great capstone to the event! And, it was a good game too. Although our seats were beyond the end zone, we only sat there for half the game. At halftime we were invited to join the VIPs in the United Healthcare box (next to the Jaguars owner’s suite). Nice!



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## **RIDE2RECOVERY CHALLENGE TOURS—2010** **CALENDAR POSTS FOR LOCAL BICYCLING CLUBS**

Ride2Recovery assists veterans in their mental & physical rehab programs (many will be on the ride); proceeds from this tour provide bicycles, equipment, clinics, & outings for wounded vets.

**One Day Rides: \$75 (includes T-shirt)**

**Full Ride Limited to 200 participants, with a minimum donation of \$3000.** (Includes: hotel, support, meals, rest stops, jersey, T-shirt, socks and more!)

Captains: Sandy and Dave Hahn; [blondiehahn@gmail.com](mailto:blondiehahn@gmail.com), 734.455.6581

**April 6 -11, 2010** (Tue-Sun); or **ANY** one day during tour.

**Ride2Recovery - Don't Mess with Texas Challenge** <http://www.ride2recovery.com>

San Antonio to Arlington TX. *From the start in San Antonio to the state capitol of Austin to the finish at the baseball game at Texas Ranger's Ameriquest Field vs. the KC Royals, this event will also feature visits to Brooke Army Medical Center, Randolph AFB, and Ft. Hood. Wounded Warriors from the Center for the Intrepid, Ft. Bliss, and Ft. Hood are expected to participate.*

**May 31 – June 5, 2010** (Mon-Sat); or **ANY** one day during tour.

**Ride2Recovery - Memorial Challenge** <http://www.ride2recovery.com>

Washington DC to Virginia Beach VA. *Follow historical roads and live American history as you leave the National Memorial Parade on your way to your final destination of Virginia Beach. Along the way, you will pass by Mt. Vernon, the famous civil war battlefields of Manassas or Bull Run, Fredericksburg, Mechanicsville, and Richmond. The settlements of Williamsburg, Jamestown, and Yorktown stopping in the heart of the largest military bases in the U.S. The event ends with a USO sponsored VIP concert experience featuring American Idol winner David Cook.*

**July 30 - Aug. 4, 2010** (Fri-Wed); or **ANY** one day during tour.

**Ride2Recovery - Rocky Mountain Challenge** <http://www.ride2recovery.com>

Cheyenne WY to Colorado Springs CO. *The ride begins at the Cheyenne Days Rodeo. The participants will head south along the foothills of the rocky mountains. With an route that incorporates some of the best cycling roads in the US. Many areas in the route have been used in such famous races as Coors Classic, Red Zinger Classic, and the World Championships. The ride concludes with a visit to the Garden of the Gods before a grand finish at Ft. Carson.*

**October 3 - 9, 2010** (Sun-Sat), or **ANY** one day during tour.

**Ride2Recovery – Golden State Challenge** <http://www.ride2recovery.com>

San Francisco CA to Los Angeles CA. *Travel down the beautiful and scenic Highway 1, while enjoying stunning views of the Pacific Coast at every turn! From San Francisco the pacific ocean will be off your right shoulder as you head south through great cities like Santa Cruz, Big Sur, San Simeon, Pismo Beach, Solvang and Ventura.*

**December XX – XX, 2010** (Sat-Thu), or **ANY** one day during tour.

**Ride2Recovery – Florida Challenge** <http://www.ride2recovery.com>

Tampa to Jacksonville, FL.





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## Colorado HeartCycle 2010 Tours

### Arizona- Missions, Mines and Missiles

February 21, **22-28** Arizona Status: completed  
300 miles/7 days (6 riding, 1 rest day) \$1030  
Leaders: Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
Bill Stone, 719-598-6329, [bill.stone@q.com](mailto:bill.stone@q.com)

### Ride Across America – Part 3

March 12, **13-29**, TX to FL Status: completed  
1129 Miles/ (13 days riding, 2 days off) \$2075  
Leaders: Jerry Bakke, (303) 738-9861  
Steve Parker, (970) 382-9551

### Springtime in San Diego County

April 22, **April 23-May 1** California Status: full  
415 miles/8 days (1 rest day) \$1095  
Leaders: Sy Katz, 303-789-5268, 303-550-2073 (Cell),  
[SKSKATZ@Comcast.net](mailto:SKSKATZ@Comcast.net)  
Bob Rowe, 303-762-0494, 303-910-7230 (Cell),  
[browe49@comcast.net](mailto:browe49@comcast.net)

### East Coast Easy

May 8, **May 9-15** Virginia Status: 8 slots open  
270 miles/6 days \$1100  
Leaders: Jay Wuchner, (720) 840-6467,  
[jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
Deb Wuchner, (303) 792-2111, [debwuchner@comcast.net](mailto:debwuchner@comcast.net)

### Crater Lake National Park to Lava Beds National Monument

June 25, **June 26-July 3** Oregon Status: open  
400 miles/8 days (2 rest days) \$1,355  
Leaders: Duncan Rollo, (970) 224-2783,  
[duncanrollo@msn.com](mailto:duncanrollo@msn.com)  
Dan Pappone, (408) 316-1667, [danpappone@att.net](mailto:danpappone@att.net)

### Rocky Mountain Ramble

June 26, **27 June-3 July**, Colorado Status: open  
300 miles/7 days (6 riding, 1 rest day) \$875  
Leader: Sheridan Garcia at (303) 638-0330 or  
[sheridangarcia@yahoo.com](mailto:sheridangarcia@yahoo.com)

### Colorado's San Juan Mountains

July 16, **July 17 – 24**, Colorado Status: open  
506 miles/ (8 days, 1 rest day) \$1,050  
Leader: Gary Angerhofer, 303-989-2015,  
[garyangerhofer@gmail.com](mailto:garyangerhofer@gmail.com)

### San Juan Islands & Western Washington

August 7, **August 8 – 14**, Washington Status: full  
420 miles/ 7 days (6 riding, 1 rest/ride) \$850  
Leaders: Ken Condray & Becky Bottino,  
425-745-1159, [condray3@comcast.net](mailto:condray3@comcast.net) or  
[bbottino7@comcast.net](mailto:bbottino7@comcast.net)

### Idaho Panhandle, Lakes, Rivers & Silver Mining

Aug 21, **22 – 28 Aug**, WA, ID, MT Status: 9 slots open  
400 miles/7 days (1 day off) \$950  
Leaders: Harvey Hoogstrate, (303) 755-9362,  
[harvhoog@gmail.com](mailto:harvhoog@gmail.com)  
Ken Condray, (425) 745-1159, [condray3@comcast.net](mailto:condray3@comcast.net)

### Black Forest Loop, Germany

August 28, **Aug 29 – Sept 11**, Germany Status: open  
840 miles/14 days (3 rest/ride days) \$2225  
Leaders: Joachim Kuhlmann, [kuhlmanjoachim@aol.com](mailto:kuhlmanjoachim@aol.com)  
Rich Crocker, (719) 481 -2313, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

### Fireworks of Fall - The Notches of New Hampshire

Sept 11, **12-19**, New Hampshire Status: open  
425 miles/8 days (1 day off/ride) \$1055  
Leaders: Jim Bethell and Janet Reilly  
518-446-1766, [jim@bikes5.com](mailto:jim@bikes5.com)

### Volcanic Skylines: Lassen to Mount Shasta

Sept 24, Sept 25 – Oct 2, California Status: open  
468 miles/ 8 days (1 rest day) \$1,180  
Leaders: Duncan Rollo, (970) 224-2783,  
[duncanrollo@msn.com](mailto:duncanrollo@msn.com)  
Dan Pappone, (408) 316-1667, [danpappone@att.net](mailto:danpappone@att.net)

### Moab Skinny Tire Ride

October 8, **9 - 11**, Utah Status: open  
148 miles/3 days \$410  
Leaders: Mark Berenson & Charlotte Patterson,  
(970) 626-5649 or [racemark@aol.com](mailto:racemark@aol.com)

For more information on, and to register for, all the 2010 HeartCycle tours go to the website at [www.heartcycleregistration.org](http://www.heartcycleregistration.org) or contact the tour leaders listed. Email addresses for tour leaders available on the website.