

# Heart to Heart



## U.S. Bike Deaths Fall for Kids, But Rise for Adults

More men are switching to bicycles to commute, run errands, which may explain these trends.

The rising popularity of bicycling among adult men for pleasure or as a means of commuting may have a downside: More fatal bike-related accidents, according to a new report.

The report did have some good news, however: Fewer U.S. children are dying as a result of bike-related accidents, although that may be due to the fact that today's kids are simply less likely to be riding bikes than in generations past.

Overall, the study points to the need for "expanding traditional road safety interventions" -- which have typically focused on motor vehicles -- to focus on the safety of bicyclists, as well.

Those trends seem to be reflected in bike accident-related fatality rates, also. The analysis showed that nearly 30,000 cyclists died between 1975 and 2012, and overall, the number of cyclists killed each year fell from a high of 955 in 1975 to 717 in 2012.

But while death rates for cyclists younger than 15 fell by 92 percent between 1975 and 2012, there was a large increase in death rates for cyclists between the ages of 35 to 74.

The largest rise in bike-related deaths occurred among cyclists aged 35 to 54 with the rate nearly tripling between 1975 and 2012. And by 2012, men made up 87 percent of all of these bike-related deaths in adults.

So how can biking be made safer for all Americans? Improvements in road design and engineering, traffic law enforcement, driver and bicyclist behavior, helmet use, and traffic volume.

And as more adults hop on their bikes to commute, visit friends or shop, more should be done to protect their safety. Many "bike-friendly" U.S. cities have already launched successful interventions, initiatives such as: dedicated bike lanes that are physically separated from car traffic; lowered speed limits; more speed bumps; and better education on safer bike/motorist behaviors.

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## **Notes from the Board**

### **Save the Date**

The HeartCycle Annual Meeting will be on October 24, 2015. As usual, the tours planned for 2016 will be announced at the meeting.

Look for the formal announcement and details in the Heart to Heart newsletter next month.

## Great Rivers II

By Nea Brown and Chris Matthews

On April 26, our band of merry cyclists started riding from Hurricane Mills, Tennessee, where last year's ride ended. The first day led to teasing one of our group about having packed his own coffee maker from home and having forgotten to pack his helmet. No helmet, no riding with HeartCycle. Fortunately, we learned that Walmart carries Schwinn helmets -- saving the day for less than \$20. This same rider has an awesome set of cycling clothes -- that look like an ear of corn! A memento from his participation in RAGBRAI. Unlikely that he will wear the outfit again after being mercilessly hassled about them! We rode to Paris, Tennessee in surprisingly cold weather and learned that indeed there is a second Eiffel Tower in the world only the U.S. version is approximately human-sized.



The next day we rode to Kenlake State Park Resort in Kentucky, having ridden through Land Between the Lakes an inland peninsula created by the impounding of the Tennessee and Cumberland Rivers creating Kentucky Lake and Lake Barkley. Lovely setting.

On April 28, we rode to famous

Paducah, Kentucky. Unfortunately, the next day we had to do a mandatory shuttle due to a very dangerous bridge crossing the Ohio river -- too narrow and too much fast traffic. After spending the night there, we rode to Cape Girardeau, Missouri. Cape Girardeau was an important port on the Mississippi River during the 19th century.

On April 30, we rode to St. Genevieve, Missouri. This quaint town is one of many former French settlements along the Mississippi. On May 1, we rode right into downtown St. Louis anticipating mid tour day off there. Some of the group went to watch the Cardinals (including one person who did not have a ticket because Parker printed two copies of the same ticket. Mmmm). The St. Louis Gateway Arch was another popular destination and it was walking distance from our hotel. A few explored the St. Louis Zoo and Art Museum. Others went on an "optional" ride to the Chain of Rocks bridge, the original bridge crossing the Mississippi River on Route 66. Today it is exclusively a bicycle and pedestrian bridge.

May 3 was a short day (30 miles) to St. Charles and part of the ride was along the Katy Trail , a Rails-to-Trails route that follows the Missouri River across the state for 250 miles. HeartCycle hosted a group dinner at the Trailhead Brewing Company and we sampled the delightful local beer and great food. The next day was the longest ride of the tour, over 100 miles - to Hannibal, Missouri and the birthplace of Samuel Clements known by his pen name, Mark Twain. Sadly, on our way, one of our riders went down hard where the shoulder evaporated on a two-lane road with trucks and cars speeding by. He was taken back to St. Charles which has a very good hospital for his care. The hospital has a policy of providing new helmets to cyclists who crash. Who knew?

May 5 took us to Keokuk, Iowa. After a pleasant day of riding through Mississippi River bottom farm land on quiet country roads with stops in Quincy, Illinois and the famous Mormon settlement of Nauvoo, we arrived in Keokuk, Iowa and an unpleasant greeting at our hotel. The unnamed hotel created a huge problem because they had reserved our rooms for the next night - despite a confirmation email that they had sent to Chris Matthews. On top of that the hotel's entire phone system and Internet service was down which made it extremely slow for them to figure out how many rooms they did have available that night. An exercise in patience and flexibility for everyone - and a prelude to the next difficult hotel situation. A prolonged happy hour kept everyone in good spirits while the hotel staff worked out the solution. A group of riders had to go down the road to another hotel for the night.

After a good night's sleep, we were off to Burlington, Iowa and an attempt to ride the infamous Snake Alley and a stay at the Catfish Inn and Spa Casino. Well a number of riders did master the steep climb up from the river along Snake Alley to the bluffs above where our hotel was located. In honor of the feat, many of the riders purchased tee shirts as a souvenir. We enjoyed the Inn and Spa which provided a wealth of distractions between the casino and the amusement park with go carts and arcade games.



From Burlington we headed off towards Muscatine and followed the Mississippi until we reached a bike path along the river. We arrived at our hotel which the leaders thought would be fully renovated before our arrival. To our surprise we encountered an active construction project. The parking lot was torn up, the lobby and hallways were a work in progress. Fortunately, the upper floor rooms had mostly been redone and we settled in for the evening.



Our final ride was from Muscatine to our destination in Moline. We had a pleasant ride on a bike trail all the way to Moline and everyone was enjoying the ride until a group was delayed at the bridge crossing the Mississippi and spent a considerable time watching with fascination as the bridge finally rotated back into position and we could complete our crossing. Our journey ended at the hotel near the Moline Airport and we gathered to help load the vehicles, repack the bicycles and gobble up the left over provisions. Our leaders surprised us with another group dinner at a fabulous barbecue place across the street from the hotel. The second year of the Great Rivers tour was a wonderful adventure and we were lucky to avoid a single day of rain. It was apparently raining every day in Denver while we were gone which may explain why it was dry for us. For a small group of riders the adventure or misadventure was still to come as reported by Ron Barton in last month's Heart-2-Heart.

Next year our leaders have committed to starting a coast to coast multiyear tour from Astoria, Oregon to Missoula, Montana. Eventually they plan to return to Moline to complete the circumnavigation of the West. The adventure won't end for everyone because the final destination will be Portland, Maine.





## Washington – British Columbia Loop Tour

July 17 – 26, 2015

By Sandy Thompson

Somehow, an eclectic group of 21 riders, two rider/leaders and two SAG's found their way to Colville (pronounced Callville), WA on Friday, July 17 to begin a loop into eastern British Columbia, Canada the following morning. Several were veterans of cycling in the area, drawn back once again by its exceptional natural beauty, a few even repeating this same tour. Many were HeartCycle veterans renewing old friendships from tours past, and we had a few riders for whom this was their first HeartCycle tour. Nevertheless, all of us were united by our enthusiasm for and anticipation of our coming week of touring in the Selkirk Mountain Range.

It was abundantly clear from our inaugural meeting that a great deal of care, attention to detail and experience had gone into the planning of this tour by leaders Ralph Nussbaum and Mike Parent, and that we would be exceptionally well taken care of by two of the best SAG's around, Carol Nies and Kathleen Schindler, both of whom spoke pretty good English, for Texans anyway. The meeting adjourned with everyone feeling confident that this tour would end up being as wonderful as it eventually proved to be.

First on the agenda was cycling across the border into Canada on a lightly used route over the Columbia River. With no forgotten passports, there were only two incidents of note at the border, both involving our leaders. Unlike last year, Ralph made it through the border without having to yet again account for the crimes and misdemeanors of his youth (go ahead, ask him). Mike, our token Canadian on the trip, was apparently grilled by the Canadian border police about how he ever allowed himself to get tangled up with this motley crew of stateside denizens. From the border, we continued to follow the Columbia River upstream to Trail, BC. It was our first taste of the well-paved roads, virtually untouched by traffic, that we would continue to enjoy for most of the coming week.

Our second day took us from Trail to Nelson, with a beautiful lunch stop in the tiny hamlet of Ymir, BC (hotel, fire department, general store, skate park), where we debated at length the correct pronunciation of our host village. It remained unresolved when one of the kids in the skate park was asked how he pronounced his home town, to which he replied, with a look of utter astonishment "Nelson" (our destination further up the road). Further research with the shopkeeper across the street proved more productive: WHY'-mer, named after a nordic god (pronounced ee-MEER' in Scandinavian tongues, oh well), formerly known as Quartz Creek. Incidentally, Nelson is apparently renowned for being the Cannabis Capital of Canada, making those of us from Colorado and Washington feel right at home.



### BEAUTIFUL DOWNTOWN YMIR

At that evening's meeting, with Kootenay Pass, the highest paved highway in British Columbia (5,823') on the menu for the following day, we witnessed the emergence of one of the great unsung hero[ine]s present in most if not all HeartCycle tours in the particular incarnation of Gen McCue. I think we would all agree that she raised the art form of whining (whinging?) to a level never

before witnessed, keeping all of us very entertained as we quietly contemplated our own mettle before attacking the morrow's high point of the tour, which closes only for avalanches and rockfalls. To our universal delight, this was a theme Gen sustained for the remainder of the tour, never mind that all of her protestations were completely contradicted by Gen's obvious facility in finding her way to the far side of this and every other obstacle during the week. Perhaps she should receive the sandbagging award as well?! Complementing Gen was Steve Ireland, who frequently rode ahead to chalk motivational tracts on the pavement for those following, a practice that also continued to inspire throughout the week.



BOB FOUNTAIN AND RALPH NUSSBAUM CRUISING UP KOOTENAY PASS

A SAMPLE OF STEVE IRELAND'S HANDIWORK





OH, YEAH?

SO WHERE ARE THEY?

On our way to Kootenay Pass, pedaling again through Ymir, we encountered the only drenching rain of the tour. Happily, it cleared off well before the top of the pass, and the exhilarating descent was on dry pavement. On the far side of Kootenay Pass, we spent the night in Creston, BC before heading out for Kaslo, BC enjoying another spectacular ride along Kootenay Lake, an elongated, glimmering glacial basin, magnificently framed by towering mountains. Along the way, we took bikes and SAG vehicles on-board the longest free ferry crossing in North America to reach the continuing highway on the western shore. A mere ten miles further to the north, many stopped to soak in the Ainsworth Hot Springs and Caves before pedaling into Kaslo.

All of this endless hardship was further rewarded by our layover day in Kaslo, a very charming and historical village. In addition to being a modern, though fairly subdued tourist destination, there is a rich history of logging and steamshipping, the latter exemplified by the restored sternwheeler Moyie on the south edge of town. Also, there is a moving memorial museum at the former Langham Hotel to the Canadian citizens of Japanese descent who were interned in Kaslo and other nearby camps during WWII. For those who craved more physical activity, they were able to avail themselves of kayaking, swimming, or even riding their bikes up towards the north end of the lake and back, all beneath the crenelated peaks rising from all shores. When all this heavy lifting was finally accomplished, we could retire to our room balconies in the Kaslo Hotel to contemplate the exceptional beauty of the lake and mountains, perhaps even with libation in hand. It was only in Kaslo that we could briefly smell the smoke from the summer wildfires, which fortunately dissipated by mid-morning.



LISA DOANE'S AND DEB  
MATTELIANO'S EXCELLENT  
KAYAKING ADVENTURE

It was probably the following morning on our way out of Kaslo to Castlegar, BC that most of us finally figured out that many of our days commenced with the steepest climbs immediately from the first pedal stroke. The tour leaders are certainly to be praised for their unswerving dedication to this lofty goal, as well as for their consistency in attaining it! This day's climbing took us across a scenic watershed to yet another glacial rill, Slocan Lake, where we began to make our way back to the south.



SLOCAN LAKE VISTA



Along the way, in New Denver, riders stopped at another memorial museum for the Canadians of Japanese descent who were interned on the site during WWII, and where many buildings and artifacts have been preserved for posterity. Further down the road we rolled through Silverton, an old mining village with a good museum depicting its hard rock mining heritage. Once again, the scenery just would not quit!



RICH ABRAHAM AT THE NIKKEI  
INTERMENT CAMP MEMORIAL

At 93+ miles, this was our longest day in the saddle, and some spoke of making it into a century by adding a handful of bonus miles. However, to my knowledge the only rig to answer that call was the tandem, ably captained by Lynn Lester and stoked by Ron Barton. It was Lynn's first century ever, and Ron's first with a woman captain. It is a further testament to their tremendous team strength that the first few days of the tour saw them beating up their drivetrain and snapping spokes on their rear wheel!



LYNN LESTER & RON BARTON  
JAMMIN' ON THEIR TANDEM



From Castlegar, the largest town on our itinerary, we crossed another beautiful watershed to Christina Lake where we enjoyed a lakeside lunch not far from the Ice Creamery, then flirted with the US border before ending the day's ride in Grand Forks, BC. Grand Forks, an otherwise unremarkable village, has now become famous for many of us for providing the

l--o--n--g--e--s--t d--i--n--n--e--r

[n]ever served, over three hours from start to finish (did it ever really end?), the majority of that span just waiting for any food to grace our table. No, sorry, it's too long a tale to relate in the confines of this newsletter! Suffice it to say that this restaurant failed to open the next morning for breakfast, even though (or perhaps because) it was adjacent to our hotel.

Re-crossing the border the next day on our way to Republic, WA was uneventful. Although serious rain threatened, and there was a more direct shortcut available into Republic, the group opted to take the more circuitous, much more scenic, and much less heavily trafficked route as originally envisioned, and we were generously rewarded with clearing skies as the day progressed, descending from Wauconda Pass into the charming town of Republic bathed in sunshine. Along the way, there were opportunities to visit the remnants of an old Civilian Conservation Corps camp from the Great Depression and a crumbling ghost town. We stayed at the Prospector Hotel, an old-timey hostelry favored by HeartCycle and other cycling tours for many years, operated by very gracious innkeepers. And it was in Republic when stalwart powerhouse Tom Bradley (no, not that Tom Bradley) finally declared that he wanted a cycling jersey emblazoned with "WILL PULL FOR ICE CREAM" after selflessly fulfilling that role for several days, apparently without proper acknowledgement or compensation.



SO, LISA FOSS &  
ROSSANO  
PASSARELLA, HOW DO  
YOU LIKE THE TOUR  
SO FAR?

The final day back to Colville took us over the lovely Sherman Pass, allowing us time to contemplate what a delightful week we had just spent with exceptional company, superb leaders and SAG's, spectacular scenery and challenging, low volume roads. I only wish I had seen some of those beasts which were frequently portrayed on the roadside warning signs. I'm sorry, but deer just don't count when caribou and bear are on offer. Coming quickly down the backside of Sherman Pass towards Colville, I think most of us were figuring out how to quickly shower and find our way to transportation home or wherever was our next destination, so sometimes goodbyes were brief or even missed altogether. We'll just have to pick up where we left off on some future tour!



REAR: Gary Moogk, Tom Bradley, Jeff Grider, Rossano Passarella, Carol Nies, Randy Steadman, Bob Fountain, Ralph Nussbaum

MIDDLE: Ron Barton, Lynn Lester, Lisa Doane, Paul Soreff, Diane Bechtold, Gen McCue, Lisa Foss, Deb Matteliano, Kathleen Schindler, Dennis Hatton

FRONT: Sandy Thompson, Fred Yu, Rich Abraham, Mike Parent, Steve Ireland, Sue Gillette

ALSO PARTICIPATING: Ron Guidotti

And, to close on a note of historic proportion: with thanks to Lisa Foss, the verb "to chick" was forever and irrevocably removed from the cyclists' lexicon during this tour. Amen.



## San Juan Mountains Tour

June 19-27, 2015

By Mitchell Bitter

The spectacular scenery of southwestern Colorado was on full display in HeartCycle's San Juan Mountain tour beginning and ending in the college town of Gunnison. It was rated advanced/expert and rightly so. The tour covered 566 miles with nearly 40,000 feet of climbing in 7 days of riding, sometimes in 100-degree heat. We were ably led by Tom Groves and Peter Podore, with expert support provided by Mayoma Pendergast and Jolene Thompson and volunteers Ellie Katz and Ellen Revey. They kept us well fed, hydrated, and looked after us on the road. The majority of the 27 riders were from Colorado with a handful from the Pacific Northwest, California, and Maryland.

Most of us arrived in Gunnison by car. Richard Williamson, Dave Olausen and their bicycles made the trip from Washington state in Richard's experimental aircraft. Upon arrival we readied our bikes for the tour. Rather than easing into the tour, Day 1 was the first of 2 century rides, a 104-mile, 5,500 ft. vertical, trip along the Gunnison river. The morning started out cool as we spun, often dodging rumble strips, past the Blue Mesa Reservoir and the Blue Mesa Dam. The mercury climbed rapidly in the afternoon as we approached the farming town of Delta, our stopping point for the night, located at the junction of the Gunnison and Uncompahgre rivers.





Day 2 took us to Montrose with side trip up to the south rim of the Black Canyon of the Gunnison, a spectacular granite walled gash plunging 2,700 feet to the river below. After lunch and a leisurely ride to the high point of the rim, we returned to Montrose for the night after riding 73 miles and climbing 5,400 feet. Given the 100-degree temperature, there were no takers for the optional gnarly 14-mile round trip from the rim to the base of the canyon. Our 63-mile, 4,700 vertical ride from Montrose to the beautiful mountain town of Ouray included a spur up to the Dallas Divide into stiff headwinds, with views of the snow capped Sneffels range. The mining town of Ouray, surrounded by tall peaks, is billed as the "Switzerland of America" and was the setting of the 1968 John Wayne film "True Grit". Some of us unwound at the town's Hot Springs.



Day 4 was a highlight of the tour. We immediately started climbing through a bowl as we left our hotel on a scenic 76-mile 6,700 ft. ride to Durango along the "Million Dollar Highway" over Red Mountain (11,008 ft.), Molas, and Coal Bank passes. On the way, some of us stopped in the historic town of Silverton. Durango, organized in 1881 by the Denver and Rio Grande Railroad, to serve the San Juan mining district was our home for the next 2 nights.



On our well-deserved rest day, Mayoma and Jolene went rafting on the swollen Animas river. Others received massages in preparation for the tough rides to come. Sy and Ellie Katz took a ride on the narrow gauge railway connecting Durango and Silverton. The 45.2-mile railway, a National Historic Landmark, has been in continuous operation since 1881 hauling ore and later, tourists. Each Memorial Day weekend since 1972, cyclists descend on Durango to race the train over Molas and Coal Bank passes to Silverton.

The following morning, somewhat rested and refreshed we pedaled 76.6 miles and ascended 4,800 feet through the Ute nation reservation (one of the richest in America due to rich deposits of natural gas), past Chimney Rock to the town of Pagosa Springs. The name is derived from the Native American words for “Healing Waters”. The “mother spring” at 177 degrees feeds 23 soaking pools of varying temperatures situated along the San Juan River. The ride to the tiny mining town of Creede (population 209 in the 2010 census) covered 63 miles and 5,100 feet and featured a 3,000 ft. climb over Wolf Creek pass (10,850 ft.). Afterwards, we battled strong headwinds over the final 20 miles into Creede, where lodging was quaint but somewhat spartan. We rested up in anticipation of the last day of riding. The final day of the tour ended as it began, with a grueling century ride, 105 miles and 7,300 ft. Although temperatures were cooler than on Day 1, we faced a headwind much of the day. The big climb over Spring Creek/Slumgullion passes (11,361 ft.) brought us to Lake City. Later we ascended 2 smaller hills. After 7 days of riding and with the climb up Spring Creek/Slumgullion passes in our legs, they seemed much tougher than their profiles would indicate. We then spun into Gunnison along the river.





After a week of magnificent scenery, long climbs, plunging descents, a number of punctures, tire casing failures, frayed cables, broken spokes, a hub failure, a cracked carbon frame and one minor crash we finished with a strong camaraderie, and sense of accomplishment. Our gratitude goes to Gordon Revey and Peter Podore, who doubled as our expert bike mechanics, our leaders, Peter and Tom Groves, and our Sag support, Mayoma and Jolene for a tough but rewarding experience.





# Colorado HeartCycle 2015 Tours

## Southern Arizona Spring Training

March 15 - 22 Status: Complete  
 7 days, Int. \$1,060.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 237-3350  
 David Durst, [dursteam@gmail.com](mailto:dursteam@gmail.com)

## Fabulous FootHILLS of Colorado

May 9 - 16 Status: Cancelled  
 7 days, Int. + \$950.00  
 Diane Short, [dianbike@eazy.net](mailto:dianbike@eazy.net)  
 303-763-9874

## Discover San Diego

March 21 - 28 Status: Complete  
 7 days, Int. \$980.00  
 Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)  
 (206) 683-9220  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 (425) 334-1444

## Springtime in California Sonoma and Napa

May 15 - 23 Status: Complete  
 8 days, Adv. / Exp. \$1,675.00  
 Alan Scott, [ascott999@comcast.net](mailto:ascott999@comcast.net)  
 (720) 840-6630  
 Bob Rowe, [browe@comcasst.net](mailto:browe@comcasst.net)  
 (303) 910-7230

## Colonial Virginia

April 3 - 12 Status: Complete  
 9 days, Int. / Adv. \$1,695.00  
 Ralph & Carol Nussbaum,  
[renussbaum@outlook.com](mailto:renussbaum@outlook.com) (206) 713-9417

## Eastern Washington 4 day tour

May 28 - June 1 Status: Complete  
 4 days, Int. / Adv. \$460.00  
 Ralph Nussbaum,  
[renussbaum@outlook.com](mailto:renussbaum@outlook.com)  
 (206) 713-9417  
 Pam Austin, [freeandflying@live.com](mailto:freeandflying@live.com)  
 (206) 525-1020

## Great Rivers II: Springtime on the Rivers

April 25 - May 9 Status: Complete  
 14 days, Int. / Adv. \$2,060.00  
 Steve Parker, [bsparker116@gmail.com](mailto:bsparker116@gmail.com)  
 (970) 382-9551  
 Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
 (303) 618-4789

## San Juan Mountains

June 19 - 28 Status: Complete  
 9 days, Adv. / Exp. \$1,345.00  
 Tom Groves, [u4eahnrg@aol.com](mailto:u4eahnrg@aol.com)  
 Peter Podore, [ppodore@gmail.com](mailto:ppodore@gmail.com)

## Omak 4 Day Fixed Base

May 7 - 11 Status: Complete  
 4 days, Int. / Adv. \$460.00  
 Ralph & Carol Nussbaum,  
[renussbaum@outlook.com](mailto:renussbaum@outlook.com) (206) 713-9417

## Central Oregon High Desert

June 21 - June 28 Status: Complete  
 7 days, Int. / Adv. \$1,495.00  
 Ann Werner, [acwerner@comcast.com](mailto:acwerner@comcast.com)  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 237-3350

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# Colorado HeartCycle 2015 Tours

## British Columbia Coast

July 4 - July 12                      Status: Complete  
8 days, Adv. / Exp.                      \$1,600.00  
Dean Karlen, [dean@karlen.email](mailto:dean@karlen.email)  
(250) 595-1371  
Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)  
(303) 910-7230

## The Idaho Panhandle

August 15 - 22                      Status: Complete  
7 days, Int. / Adv.                      \$1,420.00  
Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
(303) 618-4789  
Richard Loeffler,  
[RichardTLoeffler@gmail.com](mailto:RichardTLoeffler@gmail.com)  
(303) 981-2963

## Washington British Columbia Loop

July 17 - 26                      Status: Complete  
9 days, Int. / Adv.                      \$1,325.00  
Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
(206) 783-6450  
Mike Parent, [mrparent@arifleet.ca](mailto:mrparent@arifleet.ca)

## Danube River Passau to Vienna

September 5 - 13                      Status: Wait List  
8 days, Easy                      \$1,465.00  
Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
(720) 840-6467  
Deb Wuchner, [debwuchner@comcast.net](mailto:debwuchner@comcast.net)  
(303) 792-2111

## Upper Hudson River Ramble

July 18 - July 26                      Status: Cancelled  
8 days, Int.                      \$1,420.00  
Jim Bethell, [jim@bikes5.com](mailto:jim@bikes5.com) (518) 446-1766  
Janet Reilly, [janet@bikes5.com](mailto:janet@bikes5.com)

## Black Hills of South Dakota

September 7 - 11                      Status: Wait List  
4 days, Int. / Adv.                      \$665.00  
Barry & Judy Siel, [bjsiel@msn.com](mailto:bjsiel@msn.com)  
(303) 470-8431

## San Juan Islands

August 1 - 9                      Status: Complete  
8 days, Int.                      \$1425.00  
Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
(425) 334-1444  
Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)  
(206) 683-9220

## South Oregon and Crater Lake

Sept. 11 - 19                      Status: Wait List  
8 days, Adv.                      \$1,470.00  
Sy Katz, [skskatz@comcast.net](mailto:skskatz@comcast.net)  
(303) 550-2073  
Rich Handler

## Mothers, Daughters, Sisters with LSG

August 6 - 8                      Status: Complete  
2 days, Easy                      \$390.00  
Julie Lyons, [julie@lovesweatandgears.net](mailto:julie@lovesweatandgears.net)  
Ann Lantz, [ann@lovesweatandgears.net](mailto:ann@lovesweatandgears.net)

## South Utah National Parks

September 23 - October 4                      Status: Wait List  
11 days, Int. / Adv.                      \$1,590.00  
John Penick, [jdpenick@gmail.com](mailto:jdpenick@gmail.com)  
(203) 232-8946  
Bob Racier