

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
July 2010



Dream Bike Vacation in Dordogne, France

By Judy Siel

We just returned from spending two weeks biking around the Dordogne area of SW France. It was an amazing tour of quaint French villages, beautiful green countryside, historic castles dating from the Hundred Years War and caves with paintings done by pre-historic man ~17,000 years ago. This was an organized tour run by Erickson Cycle Tours out of Seattle, WA and there were 17 of us along for this adventure. Our total miles were less than 600, but we took advantage of sightseeing at the man places along the way each day. It was one of our easier European tours with only 37,000 vertical feet of climbing, but once in a while the 13-14% grade hills would present themselves along our chosen route for that day. It was great having several routes to choose from each day to get from one lovely chateau to the next and knowing that our luggage would arrive before us.

Of course one of the best things about taking a French biking vacation was being able to enjoying all the French pastries, dinners, & desserts every day. We had some amazing dinners at our hotels every evening; 5-7 courses lasting 2-3 hours. Since we were biking around the “foie gras” capitol of France, we had the almost nightly opportunity to try this delicacy. Of course lunch and mid-morning pastries stops only added to our delight each day. Catching market day in several villages is a great way to get the freshest produce along the way and to see the French people in action. Sure we should have been biking more miles for all the food we consumed, but one needs to enjoy some wine/beer time in the afternoons too!

We must have seen a least 2-4 castles/day in the Dordogne region and toured one: Castelnaud-Bretenoux one afternoon. We didn't catch very much of what our tour guide was telling us about the castle since she only spoke French, but we enjoyed seeing the inside of a restored 13th century castle.



Belcastel on the Aveyron

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The biking down lovely roads that only have 1-2 cars/hour is icing on the cake for any cyclist. Day after day of biking with so little traffic on small back roads is such a delight that one doesn't get in America. It is amazing to see one after another beautiful medieval villages with their stone building, slate roofs, and cobblestone streets. We had a baker come out of the back of a pastry shop after seeing 2 tandem bikes and give us a hearty load of fruit bread to "power our legs" for the ride one afternoon. I had a half French/half English (and lots of hand waving) 20 minute conversation with the lady who made wonderful wool hats in her small hat shop in a village of ~120 folks that I will not forget. Of course, I had to bring one of those beautiful hats home to wear this next winter.



Cordes sur Ciel, France

If you ever have the opportunity to bicycle in a foreign country-jump at the chance!! It will be a week or two or three that you will remember many years from now. Next year our goal is go biking in SE Asia-Vietnam. Come with us & HeartCycle and experience the pleasures of cycling outside of the USA!!



Heart to Heart

July 2010

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Notes from the Board

HeartCycle WebSite www.heartcycle.org

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

1. Tour Information
2. Training Ride Information
3. Newsletters
4. Registration for tours
5. Membership renewal
6. General information and club news

Take a look at it and see what many others are seeing.

If you are a current 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 log in 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.

Should you choose to look at the site and have suggestions, please send them to registrar@heartcycle.org



Heart to Heart

July 2010

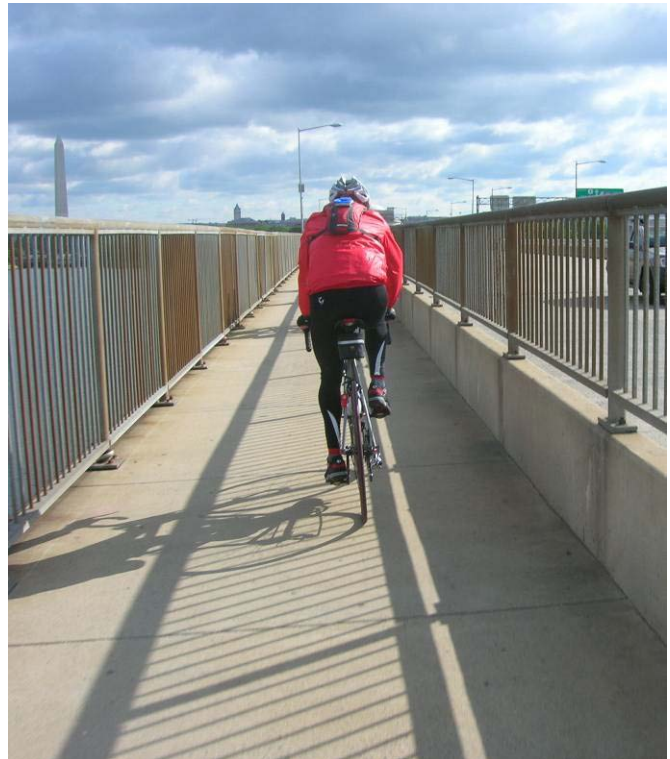
East Coast Easy - May 9-15, 2010

By Trina Mace Learned

Seems self-evident, right? “East Coast Easy.” If you signed up for this CHC tour, you knew exactly what you were getting. First, cycling on the East – not West – coast of the US. Sounds lovely. Then the “easy” part. Check Webster’s. Easy means effortless, uncomplicated, undemanding, and - wait, one more definition - painless. Now I am not a true veteran Colorado Heart Cyclist – my one previous tour was Nova Scotia when I was younger and fitter. But my husband David has been on half-a-dozen or more CHC rides, each with serious elevation challenges and distance measured in centuries (metric or miles). Did he and I agree on “easy?” (See below). Orientation, Saturday, May 8, Alexandria, VA: Our fabulous tour leaders, Deb and Jay Wuchner, started off with group introductions revealing 20 riders, 14 of whom are happily married (to each other), 10 of whom are riding tandems (and would prove to still be happily married at the end of the trip!). One tandem-riding couple was doing their first CHC trip. We came from all across the country: California, Connecticut, Rhode Island, New York, Texas, and, of course, Colorado. Our sag drivers, Carol and Kathleen, are both former school teachers, which would prove to be great qualifications for sagging. Orientation continued over a fun group dinner at King Street Blues Diner in Old Town Alexandria.

Day 1, Sunday, May 9 (Mother’s Day):

Bright sunny day but cool; wind gusts up to 25 mph. An early morning group departure takes us on the bike path, around beautiful Alexandria town homes, through some quiet streets, and up past Reagan National airport. So far, so easy. Then we progress into Washington DC, past the Lincoln Memorial (no time to stop for sightseeing, this is CHC!) and onto the National Mall. Road closures for a charity walk kept the area almost traffic-free. We felt pretty special having all the Washington monument-bordering streets to ourselves! Made our way to the Capitol where we took a group photo (in the background, someone was scaling the capitol dome!) Now up behind the capitol to the steps of the Supreme Court, onto Pennsylvania Avenue in front of the White House then back through the



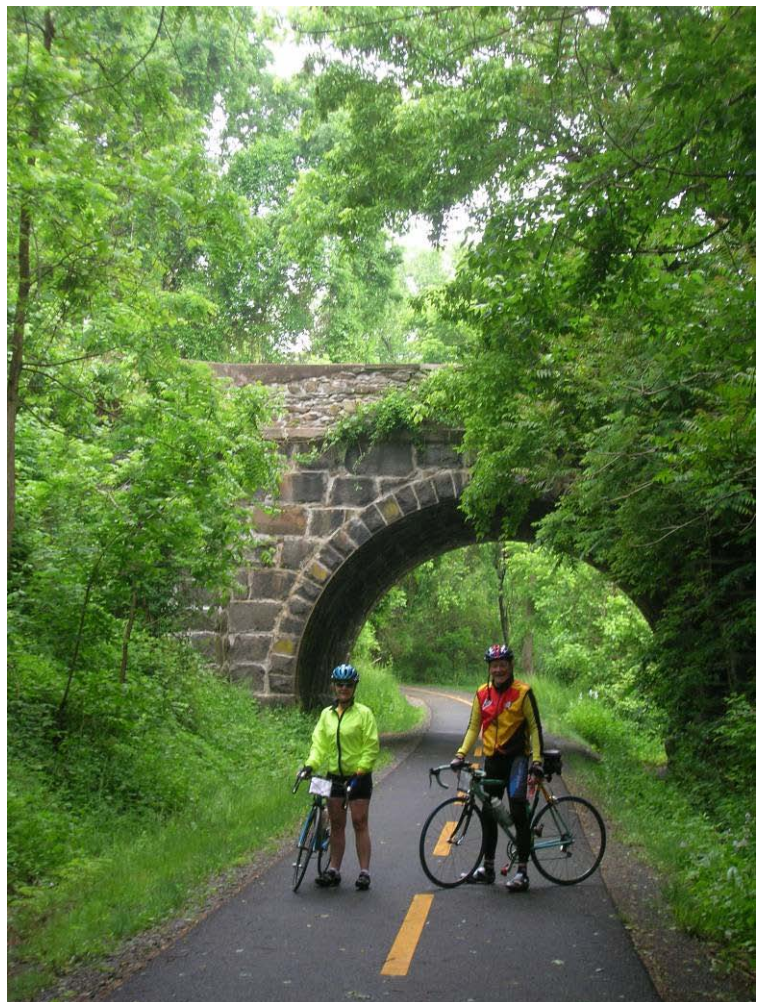


Heart to Heart

July 2010

streets of Washington (more traffic now – yikes!), into Georgetown. From busy M Street we dropped onto the Capital Crescent Trail to Fletcher's Cove for our first sag with the promised of great sag stops to come. We continued on the bike path to lovely antique Pierce Mill where we had lunch (no chocolate cake since its box had flipped in the van), surrounded by others treating their Mom to a nice al fresco meal. Post picnic, our local guides, Kim and Dave led us out on a short venture – the Rock Creek Parkway. Expecting that the navigation for tandems would be better on the road than the path, we braved the traffic. But a few too many inconvenienced impatient Sunday drivers forced us back onto the trail, which was dark, winding and fairly congested. What did we care? We're riders and we were all riding. We crossed the Potomac at the George Mason Bridge and made it to the trail back through Old Town Alexandria where the Mother's Day traffic had now overtaken the previously quiet streets. Once back at our hotel we reflected that the 45 mile ride was indeed easy, as promised, but the persistent wind gusts made us feel a bit more heroic.

Day 2: Monday, May 10, 2010 - Alexandria to Leesburg: Cycling on the Washington Old Dominion Trail (WOD) all the way, this was a great day. Yes, it was unseasonably cool but the sun was shining. At the previous night's ride meeting, we all consulted our maps; the ride was 45 miles; all we had to do was follow the trail due Northwest. Easy (except for the persistent 20 mph NW headwinds the entire ride.) Cary counted 67 stop signs along the trail! (We obeyed every single one!) Morning sag was at West End Park (Falls Church vicinity) at one the many former local rail stops, now turned into lovely parks for respite along the trail. Along the way we passed through Vienna (no one seemed to notice when we all visited the town hall to tour its restrooms). Lunch sag was in the welcome sun at Smiths Switch Rest Stop where Carol and Kathleen's food was fine and we shared chocolate cake. In Leesburg, a few good dining sites captured our culinary dollars: Fireworks Pizza (Deb and





Heart to Heart

July 2010

Jay's favorite), a lovely organic restaurant in a refurbished mill and a small French bistro with a few extraordinary Mother's Day leftover entrees on their specials menu.

Day 3, Tuesday, May 11, 2010: Today was the first of our two loop days, when re-packing was unnecessary and the eco-conscious could re-use their hotel linens. Yes, we got to stay put at the lovely Comfort Suites, which proved an advantage to some of us. The day's weather threatened rain, maybe even thunder showers, and the temps were cold (50 degrees). The intrepid decided to set out regardless, although most had the secret back-up strategy to ride as far as the lunch stop planned for Doukenie Winery. Passing through the tiny town of Waterford (a National Historic Landmark) proved to be an added treat; a local school function gave the riders a fun stop in this idyllic 19th century village. As most rode into the winery, the cold rain started. But, almost as a reward, the sag chefs were invited to bring the lunch repast and chocolate cake indoors and the winery's hostess produced warm just-baked bread to share. I understand that there were several sips of wine somewhere in the process and a few bottles procured as well. Now, with the rain steady, most put bikes and selves into the sags (this is when the wonderful new Sprinter sag-wagon came in very handy!) and drove back to the hotel. (I don't even know if this should be admitted in a CHC newsletter, but some of us slept in that day, walked to historic Leesburg for a nice lunch before the rain, then headed back to the cozy sanctuary of our rooms for a bit of r&r.) Dinner for us and a few others was at the Wine Kitchen, a small bistro with an affordable wine list and fun atmosphere.

Day 4, Wednesday, May 12, 2010 - Virginia horse country: Cool and cloudy but with the promise of sunshine, we left the Comfort Suites headed through Middleburg to Gainesville, a 46 mile ride. The first 11+ miles were once again along the WOD and were almost the perfect ride (if one was able to ignore the emphatically hurled epithet "nerds" from a group of truants loitering on the trail). The sag stop in Purcellville was fun with restrooms in the old train station (small irony that the station was restored but the "blacks only" waiting room was converted to the toilets). Then onto Snickerville Turnpike – over hill and dale – past one amazing and expansive horse farm after the other, alongside endless beautiful stone walls – and to our lunch and chocolate cake stop in Middleburg (followed by a fun shopping trip for homemade marshmallows). This day's ride totaled of 2860' of climbing (easy, you say?) and ended with a harrowing traffic-clogged intersection of four-lane highways. A few deft turns and lots of chances to hit the "walk light" for safe crossing and we were at our hotel.

Day 5, Thursday, May 13, 2010 - Manassas Battlefield: Our second loop day, (aka no hotel change so no "requirement" to ride) and we opted to sight-see in the morning. The day promised rain so the weather was the now-expected dreary and cool. Early, we all piled into the sags for conveyance to Manassas, the national park and site of the famous Bull Run Civil War battles. Most of us began by watching an orientation film – depicting face-to-face combat with inaccurate but lethal weapons – then



Heart to Heart

July 2010

walking through the battlefields. Even more than six score after the battle, the land evokes the souls of so many soldiers and the bitter legacy of Americans fighting each other. The statue of Jackson – this is where he was dubbed

“Stonewall” for his ability to hold the line – was pretty impressive and seems to keep guard over the hallowed ground. By late morning we were back at the hotel, having our lunch with chocolate cake, in the lobby and deciding on the rest of the day’s activities. Two parties set out on different routes (I’ll forgo the reference to North and South, Confederate and Union) one braving the roads to the town of Manassas to scout restaurants, the other taking the sag out to the planned morning break point, then riding until the lunch stop location. This (as I have been told) was perhaps the loveliest ride: flat, little traffic and beautiful farm-filled vistas. Thanks to the Manassas scouts, we all hopped in the vans for dinner at an authentic Mexican restaurant housed in an old church. Here we discussed the day of “wife-swapping” where some of the tandem stokers relinquished their seats and wives of non-riding captains took their place.



This was also where one of our riders, having no luck with the electronic key in her room door, convinced the front desk to issue her a new one. Apparently, she looked so honest that there was no need to verify her request; she had succeeded in mistakenly getting a key to Carol’s room. She entered, then used the bathroom (hey, it had been a long day!) and was startled when Carol called out from the room. Our rider hurried out, hoping to go unnoticed. Since this story appears here, you have concluded that she was not only noticed as a friendly interloper, she was also the fodder for fun dinner conversation.

That evening’s final ride meeting was particularly poignant. It seems that those who took the sag to this perfect ride needed a challenge. So, to commemorate the trip, teacher/sag driver Carol helped them rehearse a song, which they taught to us at the meeting’s end. Sung to “The Wheels on the Bus go round and round” it included such clever phrases as “the wheels on the bikes go round and round” and “East Coast Easy goes up and down” and ended with the immortal “the choc-o-late cake goes upside down.” As we sang, we passed a prize from one rider to the next. When the song ended, the “winner” of the prize (where it stopped) was Linda now holding the last of the chocolate cake!



Heart to Heart

July 2010

Day 6, Friday, May 14 - Manassas to Alexandria, via Mount Vernon: The final day of riding was great! Slight fog in the morning quickly gave way to bright warm sun (87 by mid-afternoon). The ride was on some quiet, some not so quiet roads (a fortunately-brief stint on the Richmond Highway was pretty scary!). Our sag stop was not until mile 26 (marathon distance!) which seemed too far to wait for our first chocolate fix of the day. So, Carol kindly meet us at 12 miles out for a quick “pick-me-up” then back on the road. This was another day of gentle rollers (by now I was feeling better about describing a 10+ degree hill as “gentle”) and by the mid-twenties we had rolled into a park for the sag stop. Tandem riders Lynda and Paul had spotted a lost cell-phone at one of the “wait before you cross” points where we traversed a busy VA highway. By the time our sag was done, Lynda had called the cell provider, tracked the owner and the grateful person, reward-filled hand outstretched, retrieved her phone before we hit the road again. Lynda was quite gracious in refusing the reward, suggesting to the now reunited owner and phone to “pay it forward.” Not long after the sag, at yet another busy road crossing, Tony acted fast by averting an SUV-driving over-eager driver who had more important things to do than wait for the light to turn green. Tony’s quick evasive maneuver landed his tire on a sharp object, puncturing both the tube and the tire. Luckily, Lynda and Paul had a spare same-sized tire with them. The sags both circled back around to guard our flanks, Tony got his bike up and rolling in no time, and we headed off. The sag lunch at Mt. Vernon was in a lovely picnic stop, right on the grounds. After a quick bite, we all went to tour the site, some waiting to see the inside of the George’s restored mansion, but most of us – exhausted by the heat, the 46 miles and the exuberance of 5000+ middle-schoolers on their final school field trips – opted for the stroll around the grounds. Janet and Tony strolled a bit out of bounds, an act that was remedied (and rewarded) with a trip on the security vehicle to their rightful place. The final 10 miles back to the hotel was entirely on the Mt. Vernon trail, a lovely Potomac-hugging shaded trail with few obstructions and gentle downhills. Back at our hotel in Alexandria, many of us sat on the curbs of the parking lot, toasting our victory of completion. That night, we all dined together back in Old Alexandria, parting the next morning on conveyances less satisfying but more expeditious than bicycles.

So, was the trip easy? Certainly, in the CHC dictionary, this trip now defines easy. It was very well-organized, the group was fabulous (not a whiner among us), the terrain was challenging enough for us to claim virtue at day’s end but not so hard that it couldn’t be done, and we had no injuries or serious mishaps. Of course, our tour leaders did much morale boosting and shepherding. Our sag drivers made amazing meals, day after day, and plied us with the never fully consumed chocolate cake. And the brand new Sprinter sag wagon was elegant and perfect! So, both David and I felt that this ride was just right. We urge CHC to offer a ride like this each season. This level of ride gives many of us the chance to keep riding and for couples, to keep riding together. Who knows, maybe next time we’ll be on a tandem!



Heart to Heart

July 2010

2011 Tour Schedule Developing!

After nine weeks of bicycle touring this year, I finally have to begin working on the 2011 tour schedule, and need YOUR help before I present the schedule to the board of directors for approval in September. HeartCycle would like to offer 15 tours in 2011 that will meet the goals for the 2011 tour program listed below:

1. Variety of locations - tours throughout the United States and one or two international tours.
2. A long, even season - at least one tour a month from March to October
3. Different levels of effort - at least one easy and one expert level tour
4. Three Colorado tours - we are, after all, Colorado HeartCycle!
5. Two new tours - a chance to explore new areas for club members
6. Two weekend tours - short vacations, not necessarily on holiday weekends
7. New tour leaders - recruit new tour leaders or veteran leaders who haven't led in the last three years

All of the above will hopefully attract new members to HeartCycle and revive interest in members that haven't been on a tour in a while. Also, I am hoping to convince YOU to be a tour leader.

2011 Schedule status – listed below are the suggested tours as of July 1, 2010

February

Vietnam Jim Berry/NZ Pedal Tours

March and April

None

May

Utah, National Parks Ken Condray/Becky Bottino

June

New York, Finger Lakes Jim Bethell/Janet Reilly
California, Central Coast Duncan Rollo/Dan Pappone

July and August

None

September

Wisconsin Door County Easy Jay Wuchner/Deb Wuchner
Wisconsin Anywhere Jay DeNovo/Gary Angerhofer
Pacific Coast -Border to Border Jerry Bakke/Steve Parker
Switzerland/France/Germany Jo Kuhlmann/Rich Crocker

October

Pennsylvania Amish Country Bob Eaches/Rich Crocker



Heart to Heart

July 2010

As you can see, there are lots of opportunities for anyone interested in leading a tour! The process basically begins with a communication to the Tour Director (that's me) with your suggestion for a tour. Obviously, if it aligns well with the goals for the program, there is a good chance it will be approved for you to develop and design a new tour, or use one of the HeartCycle tours on file. Any suggestion is welcome, even if it seems to overlap with some of the tours listed above. I will work with all tour leaders to see about adjusting dates to allow all tours to go. We'll discuss the location, level of effort, time of year, SAG requirements and price and I will lead you through the process. If you are a new tour leader, I'll try to find an experienced leader to do the tour with you. Detailed directions, advice and all the paperwork are available in the tour leadership manual which is available on request. We also have mapping and cue sheet support available from our three map making working members.

What can you expect as a HeartCycle tour leader? For developing and designing a tour you can use existing HeartCycle tour files as a starting point or an entirely new idea of your own based on something you have ridden or read about on your own. The basic things to determine is the location, the time of year, the level of effort and the amount of sight seeing you want to have. Once we discuss the basics and agree the trip is a good possibility for HeartCycle, you need to determine the basic routes and availability of lodging and the methods of transportation to the start and finish of the tour and do a basic written description of the tour.

If the tour is approved for the annual schedule, you will have to begin the detailed "nuts and bolts" work of putting a great tour together. You can expect to do 40 – 60 hours of work determining routes, finding lodging, making and confirming reservations. Next, the tour must be scouted to verify the route, check the lodging, find good SAG locations, restaurants, laundry facilities, bike shops, etc. HeartCycle provides \$200 per day for a tour leader to scout a tour and you should plan to spend one day of scouting for every 2 ½ days of the tour.

On the actual tour, travel expenses to and from a tour that exceed a day's drive from your home may be paid for by HeartCycle. Tour leaders are not reimbursed for their meals and other miscellaneous personal expenses during the tour. During the tour, you will be working hard, even though you are on your bicycle. You will have to take charge of any situation, resolve problems and make decisions. Tour leaders need to be certified in First Aid /CPR and HeartCycle will pay for training expenses. Additionally, for each tour completed, the leader receives a 20% discount off of any other single HeartCycle tour in the year that they lead or the following year.

I enjoyed my experience leading the Arizona tour this year. It was challenging and I got to meet new cyclists and renew friendships from past HeartCycle tours. I would like to thank two outstanding members of HeartCycle who helped me put the tour together and keep it on the road. First, Andy Anderson, who made my maps and cue sheets without a single error. Andy also did at least three other weeks of mapping for HeartCycle this year. Second, Carol Nies for her superb SAG work, especially the lunches and sweeping up the riders. Carol will SAG for HeartCycle for a total of five weeks this year!

I hope to hear from some of you soon!

Rich Crocker
richcrocker@hotmail.com or (719) 481 2313



Heart to Heart

July 2010

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
Bill Stone, 719-598-6329, 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: completed
415 miles/8 days (1 rest day) \$1095
Leaders: Sy Katz, 303-789-5268, 303-550-2073 (Cell),
SKSKATZ@Comcast.net
Bob Rowe, 303-762-0494, 303-910-7230 (Cell),
browe49@comcast.net

East Coast Easy

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

Crater Lake National Park to Lava Beds National Monument

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

Rocky Mountain Ramble

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

Colorado's San Juan Mountains

July 16, **July 17 – 24**, Colorado Status: 8 slots open
506 miles/ (8 days, 1 rest day) \$1,050
Leader: Gary Angerhofer, 303-989-2015,
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 or
bbottino7@comcast.net

Idaho Panhandle, Lakes, Rivers & Silver Mining

Aug 21, **22 – 28 Aug**, WA, ID, MT Status: 5 slots open
400 miles/7 days (1 day off) \$950
Leaders: Harvey Hoogstrate, (303) 755-9362,
harvhoog@gmail.com
Ken Condray, (425) 745-1159, condray3@comcast.net

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

Volcanic Skylines: Lassen to Mount Shasta

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

Moab Skinny Tire Ride

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

Vietnam in 2011

February 23 – March 9 Status: open
500 miles/14 days \$2520
Leaders: Jim & Mickey Berry
(303)779-3607 or (303)880-4282 or jimberry@qwest.net

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