

# Heart-to-Heart



## A FEW AFFORDABLE UPGRADES AND MAINTENANCE NEEDS CAN MAKE A BIG DIFFERENCE IN RIDE QUALITY

If the bike is seeing a bit more attention than it has in the last few months, or maybe it has taken a bit of a beating with some winter riding, here are a few important and affordable things to upgrade your bike. Guaranteed to make an immediate and positive impact!

- 1 **A New Chain** – This can be met with skepticism when the fine folk at the shop tell you that it's time for a new chain. Worse still when the cassette is worn along with it to the point that needs replacing, too. We all know the feeling of issues shifting in the mid-range that can't be resolved with adjusting the range on the derailleur. And despite the care and cleanliness you maintain, chain stretch is inevitable.
- 2 **Bar Tape** – Bar tape is another tool in the kit of instant gratification! I love how much difference this simple and affordable change can bring. This is one of those things that I resolve to do myself and almost always regret. Considering how often I do it versus a wrench at the shop, I should know that the crisp, consistent wrap I'm looking for is worth paying to have done.
- 3 **Saddle** – A few people that buy a bike frequently enough that this isn't a concern, but even after the initial upgrade that is often needed here, saddles, too, have a lifetime. This can be a challenging one to research and with the price of some in consideration, the faith required in the purchase can be tough, too. If you're happy with the one you've ridden – or maybe there's a saddle on another bike that you love – play it safe. But if you're noticing wear on the saddle itself or in the seat of your shorts sooner than you should, this may be a consideration for the season.
- 4 **Tires** – Getting a few more flats than you should? Noticing that the nicks and cuts are starting to add up? Or maybe you even let it go until the threads are showing? There are some great resources for finding the best tire for your road, 'cross, or MTB. Durability, puncture resistance, tubeless ready, rolling resistance and many more considerations can be researched for your next pair. This is an investment, that should be scheduled like you would an oil change...
- 5 **Cables and Housing** – For the tried and true love in your quiver, new cables and housing can be a whole new lease on life. Shifting and braking both improve immediately. And you can even change it up a bit with a variety of housing colors available to match the bar tape, stem, pedals, frame or saddle. Live a little!

A few affordable upgrades and maintenance needs can make a big difference in ride quality. Affirm your commitment to the season, your health and the bike this year with a couple changes to improve and reward your efforts.

## **The Board of Directors**

**Fred Yu** (303) 264-7373 (2018)

President - [president@heartcycle.org](mailto:president@heartcycle.org)

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Vice President - [vp@heartcycle.org](mailto:vp@heartcycle.org)

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**Pat Van Deman** (303) 885-1076 (2017)

Events and Souvenirs

[peeveedee5292@msn.com](mailto:peeveedee5292@msn.com)

**Bob Rowe** (303) 910-7230 (2017)

Tour Director - [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

**Alan Scott** (303) 329-6050 (2018)

[ascott999@comcast.net](mailto:ascott999@comcast.net)

## **Working Members**

**Andy Anderson** (404) 395-1491

Map Maker - [maps3@heartcycle.org](mailto:maps3@heartcycle.org)

**Ron Barton** (303) 798-2755

Co-Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Bob Racier**

Web Master - [webmaster@heartcycle.org](mailto:webmaster@heartcycle.org)

**Richard Loeffler** 303-981-2963

Med. Equip. - [MedEquipMgr@heartcycle.org](mailto:MedEquipMgr@heartcycle.org)

**Jeff Messerschmidt** (303) 904-0573

Sag Supply Manager -

[sagmgr@heartcycle.org](mailto:sagmgr@heartcycle.org)

**Barry Siel** (303) 470-8431

Newsletter Ed. - [newseditor@heartcycle.org](mailto:newseditor@heartcycle.org)

## **Notes from the Editor**

### **CYCLING HYDRATION GUIDELINES:**

**Rides less than 1 hour:** Drink at least 16 ounces of plain water before your ride. Carry and consume 16-24 ounces of plain water (or an energy drink) during your ride. Drink at least 16 ounces of plain water (or a recovery drink) after your ride. [If you drink an energy drink during your ride, you may not want to drink a recovery drink after, and vice versa. Only one energy or nutrition beverage is necessary for a ride less than one hour.]

**Rides of 1-2 hours:** Drink at least 16 ounces of plain water or a pre-ride energy drink before you ride. Carry and consume one 16-24 ounce bottle of plain water, plus an extra 16-24 ounce bottle of an energy drink. Drink at least 16 ounces of water or a recovery drink after your ride, and more if it's a hot day.

**Rides over 2 hours:** Drink at least 16 ounces of plain water or a pre-ride energy drink before you ride. Carry and consume one 16-24 ounce bottle of plain water, plus one extra 16-24 ounce bottle of an energy drink for each hour on the bike. Try to plan a route that allows you to stop for water along the way. You may need to take some money along with you so you can purchase bottled water or energy drinks if potable water is not going to be available. Drink one 16 ounce recovery drink in the first 20-40 minutes after the ride followed by at least 16 ounces of water.

**Weather:** Riding in cold weather is no different than riding in warm weather. The same guidelines apply. Treat extreme cold weather rides the same as extremely warm weather rides—drink more water at the conclusion than on a regular day.

## Carolina's Blue Ridge Mountains and Parkway

Submitted by **Alan Church**

Additional credits: Lindsey Graham, Dorothy Gale, Johnny Castle, George Vanderbilt, and George Hincapie

Some of what follows is factual...

### Day-0

The tour started with a text from Lindsey Graham, Republican Senator from South Carolina...

"Welcome to the great state of South Carolina conveniently located just south of North Carolina. #HeartCycle"

With this inspiring message, our tour began...



For those of you from the southwest, a little bit about the Carolinas. It's green. It's wet. And it's really hard to get lost. Did you know the roads are conveniently marked at each turn indicating which way to turn. No kidding... the roads were literally marked at each turn... both before and after! Moreover, the traffic... the few cars we did see patiently wait until you wave them forward. As Dorothy Gale said, "Toto, I've a feeling we're not in Kansas anymore!"



**Day-1** – We rode to Lake Lure in South Carolina or maybe it was North. We crossed the state line so many times I lost track.

Miles: 100... km that is.

Elevation: Both up and down



Lake Lure is home to the famous Lake Lure Inn and Spa. This inn was built in 1927 and was magically transported to the Catskills in New York for the filming of the movie Dirty Dancing. You remember... Patrick Swayze, Jennifer Grey, dance lessons, love story... but I digress. Given that it was only Day-1 of the tour and our legs were still fresh, the group had enough free time in the evening to take advantage of the free dance lessons provided by Johnny Castle and "Baby" Houseman. We overheard Johnny commenting on how

much better we would be if we would just "lose those silly shoes".

**Day-2** – Assault on Mount Mitchell

Miles: A lot. A whole lot!

Elevation: A whole lot more!



For those of you who like numbers, try 95 and 10,250. By "Colorado Standards", this was a "Triple By-Pass" day.

This day started with hills, followed by more hills, then one big long hill, and eventually a really long downhill. We were fortunate enough to have Mitchell Bitter on this tour. He attacked today's climbs with such ferocity that they named a mountain after him!

We were promised “breathtaking views of the Blue Ridge Mountains”... see for yourself...



Fog horn anybody?!?



See... it is green!



**Day-3 – Rest Day**

Miles: Too few

Elevation: Whatever Asheville sits at

Our tour leaders arranged for transportation in and around Asheville. Apparently, North Carolina has solved their transportation issues with gas guzzling 1950's era trolleys. Rumor has it that HeartCycle will follow suit and no longer use the outdated Mercedes Sprinter Van but instead use these same trolleys for all future tours. An entire fleet! Our super SAG Mayoma was thrilled exclaiming, "Finally... a vehicle with class!"



With trolley in tow, a number of folks took a tour of the "The Biltmore". George Vanderbilt built this famous house in Asheville North or South Carolina. The house is 178,926 square feet. It has 250 rooms, 43 non-functioning bathrooms, and sits on 6950 acres. Seems a bit over the top, even by Trump standards. But before George died, he was quoted as saying, "I should have made it smaller and called it something else... perhaps "Built less."

**Day-4 – Brevard North or South Carolina**

Miles: Some wet ones

Elevation: Up and down... again

Brevard is home to the bottom a great decent off the Blue Ridge Parkway and a fun brewery. There are probably some other redeeming qualities, but these are the important ones.



The ride snaked its way up the Blue Ridge Parkway through tunnels, where the rain momentarily stopped, all the way up to Mount Pisgah. Unlike Mount Mitchell, I'm not sure where this mountain got its name since no one named "Pisgah" was on this tour.



**Day-5 – Loop Ride**

Miles: Lots of up and down, again.

Elevation: Overall... zero (it was a loop!)

It rains in the Carolinas... both North and South. Sometimes, it rains a lot. Today was one of those days.



The well-marked route J followed the “Assault on the Carolinas”... what is it with all of these “assaults”?!? At the top of today’s climb was Caesar’s Head State Park and a lot less rain. We were actually above the clouds! Although disputed, the park’s namesake originates from the name of an early mountaineers dog! No kidding. (I’ll bet our fearless local leaders John and Kathy didn’t know that!)

And although we were in Transylvania County, we did not see a single vampire or werewolf.





**Day-6 – On to George's Place**

Miles: Short Hop

Elevation: Pretty Flat

Day 6 was a treat. Reasonably flat, reasonably short, and it didn't rain!

Not to burst anyone's bubble, but none of us on this tour are "GC contenders" for the Tour de France. I think our tour leaders knew this in advance, thus, we were all relegated to be domestiques. So it was only appropriate that we spend the next two nights at the "Hotel Domestique" owned by the legendary George Hincapie. On a scale of 1 to 10, this place was a 12! Complimentary wine, complimentary overnight laundry service, bike caddies, salt water swimming pool, and did I mention, complimentary wine! All that was missing was a really nice room with a balcony and fireplace... oh, and a cool fountain.



When I chatted with George... or better stated... when I chatted with the hotel receptionist who once chatted with George, I discovered he rode in 17 editions of the Tour de France. Didn't win a single one! Just goes to show you don't have to win to be a legend and a success. Just check out the prices on his kits!



**Day-7 – Hincapie’s Gran Fondo**

Two options today... 44 or 60. The distance wasn't the discriminator... the pitches were. The longer route boasted pitches in excess of 10 to 14%... for miles! Evidently, this is where George trains. The group split about 50/50... half going short, half going long. When the long half ran into George near the top, his only comment was, "Nice triangles".

**Day-7 1/2 – Group Celebration**

Before heading back to Greenville, we celebrated the conclusion of an awesome trip. Did I mention the well-marked roads J, great SAG support, and stellar leadership!



Locals Kathy and John... not their real bikes, but just as fast.



Of course, we all posed for the obligatory group photo...



And one final parting shot... and yes... those are our tour leaders!



### Day-8 – Final numbers

For those keeping track...

- 7 Days of riding
- 26 riders
- 413 Miles
- 34,600 feet elevation
- 1,274,390,849 raindrops

## Normandy-Calvados, Camembert

June 3 - 13, 2017

By Rita Kurelja

The Normandy-Calvados, Camembert, Cuisine and History tour, co-led by Fred Yu and Graham Hollis was a bit of an experiment for HeartCycle. With limited support during the day and no set route for the day's destination, riders were encouraged to explore, see the sights and stop as they wished. This tour might have had less sag support than the typical HC tour but never lacked for adventure and new experiences.

On June 3<sup>rd</sup> 16 riders, including two leaders, 14 of whom were from Colorado and 2 from the Seattle area, met in St. Malo in the Brittany region of Northern France. St. Malo is an ancient walled city in on the Atlantic Ocean that overlooks the Bay of St. Michel. We received our bicycles and a briefing for the next day's ride and were ready to roll.



### St. Malo

### Cancale

**Day-1:** On Sunday June 4 the ride was from St. Malo to Le Mont St. Michel. Approximately 65.2 km and 327 meters in elevation gain. This ride took us through the bustling community of Cancale, a picturesque fishing village known as the 'Oyster Capital' of Brittany. The route continued along the shoreline of the Bay of St Michel to La Caserne. From here we rode through the marshes and 'green space,' making us think we were often on a single track. The GPS reassured us we were on the course. The day's ride ended at the Mercure Hotel in the village of Le Mont Saint Michel. That evening we enjoyed a group dinner at our hotel where tales of the day's adventure were shared.

**Day-2:** The next morning, June 5, the group had a guided tour of the Mont St. Michel Abbey. This historic abbey sits atop a dreamlike island. This iconic structure, built originally in 1000, is the setting the Abbey. After the tour we took off for Granville. A short detour allowed us to visit the Patton Memorial in Avranches. In addition to the memorial there was Patton Pizza!

That afternoon we arrived at Granville. Shortly after our arrival in this bustling harbor town, the rain and wind arrived. Heavy rain and wind continued much of the night.



**Oysters****Green Space****LeMont St. Michel****Tour of the Abbey**

**Day-3:** Cooler temperatures greeted us for the morning's ride as we set off for Carentan. The rains of the previous evening had subsided while the winds persisted. When the route out of Granville took us on a busy highway which few of us were enjoying, Graham and Fred consulted their maps and suggested an alternate route through the quaint little villages of Saint Nicolas de Coutances,, for a warm café , Periers and a visit with a charming donkey and Meautis before we arrived in Carentan. This day's ride held a little bit of everything: a little rain, some wind, some sunshine and beautiful country roads.

Today, June 6, 2017, was the 73rd anniversary of the D-Day invasion. Evidence of this celebration was everywhere, including Carentan where a parade and ceremony were just wrapping up. The emotions of the day were everywhere. Flags of all of the allied forces flew proudly. Small monuments commemorating lives lost could be found in the smallest of villages decorated with flowers. That evening we all dined together at the hotel recounting the day and planning for tomorrow's adventure.



### Rain Break

### Dinner at Carentan

**Day-4: Carentan to Bayeux** With temperatures warming some, Day-4 of our adventure started with a visit to Utah Beach and St. Mere Eglise. Both sites hold historical significance and were very moving to visit.. St. Mere Eglise was the first village liberated in the Normandy invasion. A paratrooper became entangled with the church steeple and trapped by his own parachute. The Germans released him from the entanglement, held him prisoner until he was able to escape. A reenactment of this is present.

The next stop was Utah Beach. On June 6, 1943, 12,000 troops descended upon Utah Beach as part of the Normandy Invasion of German-occupied France. 197 of those troops did not make it. Seeing the flags of the Allied forces fly at Utah Beach was a moving experience. The next stop was Pointe du Hoc, a prominent cliff top German fortification. Still visible are the bomb craters and German bunkers.

Heading east along the English Channel we visited Omaha Beach, another significant D-Day landing site. Heading east from there, we next visited the American Cemetery. Nothing could quite prepare you for the vision of 9000+ white crosses marking the graves of American soldiers killed. Additional landing sites, Gold, Juno and Sword Beaches lay to the east.

From the American cemetery the route was to take us to Bayeux. The Garmin was determined to take us on a dirt and mud track. Some followed the dirt and some did not. A hose to wash off the bikes was available at the Hotel Lion d' Or for those who followed the single track. That evening we enjoyed a wonderful group dinner at the welcoming hotel. Bayeux is a charming French village known for the Bayeux Tapestry and the Cathedrale Notre-Dame.

### American Cemetery





**Omaha Beach****Bayeux**

**Day-5:** Our day started off with a visit to the Bayeux Tapestry. This remarkable 11<sup>th</sup> century embroidery which tells the story of the Battle of Hastings in 1066 and the events leading up to it was a treat to see.

After viewing the Tapestry we took off for Caen. Knowing that a day off awaited us in Caen made the ride that much 'sweeter'. The ride today took us along the coast by the German Battery, Arromanches,, and Juno and Sword Beaches. We enjoyed a wonderful lunch stop in the seaside village of Courseelles sur Mer. At Sword Beach we stopped at the statue of Piper Bill, a Scottish bagpiper who played highland tunes as his fellow commandos landed on a Normandy beach on D-Day . Here they were having a special ceremony honoring the living members of the Scottish brigade that had been among the allied forces landing on Sword Beach on June 6, 1944. It was a very special event that we just happened upon. The bike path along the Orne River took us to the Pegasus bridge and museum. The Pegasus bridge played an important role in limiting the effectiveness of a German counter-attack in the days and weeks following the Normandy invasion.

**Day-6:** A day off in Caen was a welcome break. Sleeping in a little bit, being slightly lazy. Laundry was on everyone's mind as we experienced the French Lavomatique. Many wandered the city of Caen, some went to the Chateau de Caen, the Caen Memorial Museum or the tomb of William the Conqueror. Others wandered the city and had a leisurely lunch.

**Day-7: Caen-Lisieux** Leaving Caen this morning the weather was in our favor with warm temperatures and little to no wind. The ride to Lisieux was truly idyllic through the French countryside in the Calvados department of Normandy. We stopped at the Pierre Huet Calvados Distillery for a sample or two. Calvados is an aged apple brandy that is distilled from apple cider produced in this region of Normandy of the same name. Lunch after the distillery was a charming stop at La Creperie des Jardins in Cambremer in the heart of the Pays d'Auge. After lunch the destination goal of most was the Fromagerie Graindorge (cheese factory) in Livarot. We enjoyed tasting the local cheeses of Normandy and some of us purchased cheese to try later. We arrived in Lisieux at the Grand Hotel de l'Esperance and had another very nice group dinner.

**Day 8:** Today's adventure took us to Evreux. Évreux, one of the oldest towns in France was badly damaged during air raids of World War II when the city burnt for a week and most of its core was rebuilt. Lunch stop /rendezvous point was in Le Bec Hellouin, regarded as one of the most beautiful villages in France. Here we were treated to the charming Normandy style of half timber buildings. The majestic and beautiful Abbey of Notre-Dame-du-Bec stands in the heart of the Bec valley. From Le Bec Hellouin to Evreux the route was entirely on a bike path for approximately 40 kilometers to our hotel.

**Day 9:** Our last day of riding. Seemed hard to believe that the tour was coming to an end. This day's ride was truly enjoyable. Leaving Evreux we traveled through the quaint village of LaCroix Saint Leufroy, headed towards Les Andelys. We were treated to fields of flax, and wild roses on our way to Gaillon, home of the stunning Chateau de Gaillon. Leaving Gaillon we were headed to Les Andelys, a village located on the Seine River. Here we grabbed a quick lunch then climbed the road to the Chateau-Gaillard, a ruined castle and fortress built by Richard the Lion Heart, King of England and Duke of Normandy. The last leg of our trip would take us along the Seine River as we found our way across the river into Vernon and the Hotel Normandy, the final stop on this tour. On our last evening we enjoyed, cocktails, cheese and baguettes in the hotel courtyard followed by a group dinner where we recounted the last 10 days and shared our plans for the remaining of our trip. A bittersweet evening.



**Day 10:** On this final day we were transported by bus to Giverny where we enjoyed a tour of the remarkable Monet Gardens and home of Claude Monet. A pastoral paradise that is an inspiration to garden lovers, complete with a pond and water lilies. From here we were transported to Paris where we said our goodbyes. Time spent with old friends and new ones made.

Every day we said 'It's an adventure!' and it was. A beautiful, enlightening and very special trip this was. A heartfelt thanks to our leaders Fred Yu and Graham Hollis with assistance from Cathy Hollis. Their knowledge of the area, their French speaking skills and their love of adventure enhanced each moment of this tour.



# Colorado HeartCycle 2017 Tours

## Discover San Diego

### **San Diego, CA**

March 18 - 25                      Status: Complete  
 7 days, Intermediate              \$1,060.00  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 Becky Bottino, [bbottino7@gmail.com](mailto:bbottino7@gmail.com)  
 Sue Matthews, [scmatt2@gmail.com](mailto:scmatt2@gmail.com)

## Bay Area Summits

### **San Francisco, CA**

April 21 - 28                      Status: Complete  
 7 days, Adv./Exp.                  \$1,825.00  
 Bob McIntyre, [dcx12@aol.com](mailto:dcx12@aol.com)  
 Bill Buckley, [williambuckley87@gmail.com](mailto:williambuckley87@gmail.com)

## Springtime in CA: Sonoma and Napa Wine Country

### **Santa Rosa, CA**

May 19 - 28                      Status: Complete  
 9 days, Adv.+ /Exp.              \$2,050.00  
 Janet Slate, [jslate@ultrasys.net](mailto:jslate@ultrasys.net)  
 Alan Scott, [ascott@comcast.net](mailto:ascott@comcast.net)

## Normandy-Calvados, Camembert

### **Western France**

June 3 - 13                      Status: Complete  
 10 days, Int./Adv.                  \$2,500.00  
 Fred Yu, [frederickyu@comcast.net](mailto:frederickyu@comcast.net)  
 Graham Hollis, [gramhollis@comcast.net](mailto:gramhollis@comcast.net)

## Colorado Western Gems

### **Grand Junction, CO**

June 3 - 11                      Status: Complete  
 8 days, Int.+                      \$1,475.00  
 Barry & Judy Siel, [bjsiel@msn.com](mailto:bjsiel@msn.com)

## The Carolina Blue Ridge Mountains and Parkway

### **Greenville, SC**

June 17 - 25                      Status: Complete  
 8 days, Adv./Exp.                  \$1800.00  
 John Aslanian, [22flatrock@gmail.com](mailto:22flatrock@gmail.com)  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## South Central Alaska

### **Anchorage, AK**

June 25 - July 2                  Status: Complete  
 7 days, Int./Adv.                  \$1,950.00  
 Rod Nibbe, [aktour@rknebbe.com](mailto:aktour@rknebbe.com)

## Le Monastere - SESSION I

### **Limoux, France**

July 1 - 8                      Status: Complete  
 7 days, Int.+ /Exp.              \$2,350.00  
 Phil Stoffel, [ptstoffel@gmail.com](mailto:ptstoffel@gmail.com)

## Le Monastere SESSION II

### **Limoux, France**

July 8 - 15                      Status: Complete  
 7 days, Int.+ /Exp.              \$2,350.00  
 Phil Stoffel, [ptstoffel@gmail.com](mailto:ptstoffel@gmail.com)

## Passes of Summit County

### **Frisco, CO**

July 15 - 22                      Status: Complete  
 7 days, Int./Adv.                  \$900.00  
 Sy Katz, [skskatz@comcast.net](mailto:skskatz@comcast.net)  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## Colorado HeartCycle 2017 Tours

### Portandia Plus

#### **Portland, OR**

August 26 - Sept. 2                      Status: Wait List  
7 days, Intermediate                      \$1,420.00  
Stephanie Oliver, [skayoliver@gmail.com](mailto:skayoliver@gmail.com)  
Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)

### Womens Weekend

#### **Colorado Springs, CO**

August 31 - Sept. 3                      Status: Cancelled  
3 days, Easy/Int.                      \$480.00  
Julie Lyons, [julie@lovesweatandgears.net](mailto:julie@lovesweatandgears.net)  
Margie Adams, [margieadams@comcast.com](mailto:margieadams@comcast.com)

### Aspen Highlights

#### **Aspen, CO**

September 7 - 10                      Status: Wait List  
3 days, Int./Adv.                      \$890.00  
Joanne Speirs, [jcspeirs1@gmail.com](mailto:jcspeirs1@gmail.com)  
Doug Moll, [doug@aaplus.com](mailto:doug@aaplus.com)

### Coast-to-Coast Northern Tier, Year 2

#### **Missoula, MT**

September 9 - 24                      Status: Wait List  
15 days, Int./Adv.                      \$2,480.00  
John Penick, [jdpenick@gmail.com](mailto:jdpenick@gmail.com)  
Bob Raicer, [rjr80544@gmail.com](mailto:rjr80544@gmail.com)

### Southern Indiana Hills

#### **Bloomington, IN**

Sept. 30 - Oct. 7                      Status: Open  
7 days, Int./Adv.                      \$1,175.00  
Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
Alan Scott, [ascott999@comcast.net](mailto:ascott999@comcast.net)