

HeartCycle Bicycle Touring Club Coast to Coast Year 4 -2019

- Dates:** Arrive-Saturday, Sept 7; Ride-Sunday, Sept 8 - Friday, Sept 20; Depart Saturday Sep 21
- Leaders:** Rich Crocker and Richard Williamson; SAGs Carol Nies and Kathleen Schindler
- Miles:** 660 miles with 13,000 vertical feet.
- Rating:** Intermediate/Advanced. See daily schedule below
- Riders:** 30
- Price:** \$2450 (double occupancy) \$800 at registration, Balance due by June 1, 2019. Single supplement fee is \$1250. Standard cancellation policy applies. *Travel Insurance is strongly recommended.*

Overview

Year 4 of HeartCycle's Coast-to-Coast continues through BIG 10 country and begins in Grand Rapids, MI and finishes in Rochester, NY. We will go through rural countryside, small towns, some big cities and see a lot of water! Generally we will see less corn, more people and have better dining options than our 2018 adventure. The distances are a little shorter, but the flat terrain and shorter climbs are about the same.

We depart Michigan south through rural Indiana farmland and small towns. The farms are smaller and there are more folks than we saw in 2018, and finish up the first day in downtown Battle Creek along the Kalamazoo River. Next, we continue south on a short ride to the historic Potawatomi Inn on Lake James for lunch and some afternoon time in Potawan State Park. From the Potawatomi Inn we begin our 99 mile day southeast (past the John Penick homestead) and then eastward into Ohio to the college town of Bowling Green. where we take our first rest day.

Refreshed, we continue east, then north to Huron on the shore of Lake Erie. We leave the rural farmland and continue a short ride along the shoreline to downtown Cleveland. We'll have this afternoon, and our second rest day here to explore the center of town including the Rock and Roll Hall of Fame, and maybe, an Indians baseball game.

From Cleveland we continue the next three days east in the vicinity of the Lake Erie shoreline to Conneaut, OH . We then enter the Keystone State, go through Erie, PA, and into the Empire State to Dunkirk, NY. We head onward through Buffalo, NY (mostly on bike paths) and arrive at Niagara Falls. We take another rest day right on the Pointe by the falls. Some folks (our international Canadian riders?) may organize a loop ride through their homeland, so bring you passport.

After Niagara Falls, we have two short days in rural New York. We stop over in Batavia, then continue to finish along a section of the Erie Canal before arriving in Rochester, NY.

Planned Route

<u>Date</u>	<u>Day of Week</u>	<u>City</u>	<u>Miles</u>	<u>Elevation Gain</u>
9/7	Sat	Grand Rapids, MI	Initial Meeting	
9/8	Sun	Battle Creek, MI	63	1900
9/9	Mon	Angola, IN	51	1200
9/10	Tues	Bowling Green , OH	99	1150
9/11	Weds	Bowling Green , OH	Rest Day	
9/12	Thurs	Huron, OH	70	700
9/13	Fri	Cleveland, OH	54	1150
9/14	Sat	Cleveland, OH	Rest Day	
9/15	Sun	Conneaut, OH	80	1600
9/16	Mon	Dunkirk, OH	82	1900
9/17	Tues	Niagara Falls, NY	70	1400
9/18	Weds	Niagara Falls, NY	Rest Day	
9/19	Thurs	Batavia, NY	57	1000
9/20	Fri	Rochester, NY	52	700
9/21	Sat	Departure		
Total			690	12500

Members who have participated in the 2018 tour have first priority during initial registration, then the previous 2017 and 2016 participants will have priority for registration.

Contact Rich Crocker at richcrocker@hotmail.com or Richard Williamson at richard6a@gmail.com for further information