

## Annual Meeting and Luncheon

Saturday - October 28, 2017

Mt. Vernon Country Club

24933 Clubhouse Circle

Golden, Colorado

Cash bar opens @ 11:30 AM; Buffet starts @ 12 noon

Members: \$25.00; Guests: \$35.00 (Guests will receive a \$10.00 credit toward their 2018 annual membership fee.)

Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 28<sup>th</sup>, at Mt. Vernon Country Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours.

Once again, we will have a continuous slideshow with photos from this year's tours. If you have 5 or 6 (or up to 10) photos that really capture the spirit of a tour that you rode, please email them to Barry Siel at [bjsiel@msn.com](mailto:bjsiel@msn.com) and he will include them in the photo slideshow at the meeting.

Every fall, anticipation begins to build as we wait to find out what's in store for next year, and HeartCycle has an exciting schedule planned. HeartCycle's Tour Director, Bob Rowe, will announce the 2018 tours and provide brief descriptions of each. Many of next year's tour leaders will be present to answer your questions about their 2018 tour(s). You won't want to miss this year's luncheon and meeting.

You can register now for the luncheon on the HeartCycle website, [www.heartcycle.org](http://www.heartcycle.org). The luncheon is listed under "Tours". Please register and pay online. Guests are encouraged to attend and will receive a \$10 credit toward a 2018 membership if they choose to join.

**Registration closes once we reach 125 and must be made by Saturday, October 21. All payments must be made online and there will be no payments accepted at the door.**

Attendance at the Annual Meeting has grown substantially the past several years, so sign up early to reserve your place. For further information regarding the luncheon email Pat Van Deman at [pat.vandeman@gmail.com](mailto:pat.vandeman@gmail.com).

The 22.1 mile ride before the luncheon will start at 9:30 AM.

<https://ridewithgps.com/routes/15728860> Shows the route and with both GPX and TCX files for download to your Garmin.

<https://drive.google.com/open?id=0B1guTfOt26w-U0taUVlQRnRrREE> Provides a printable more detailed map and cue sheet.

## **The Board of Directors**

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**Steve Parker** (970) 382-9551 (2017)

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## **Notes from the Board**

### **Become a 2018 HeartCycle Tour Leader and SAG**

Have you considered leading a HeartCycle tour, or providing SAG support? Do you have ideas for new tours? Offering new tours in new locations, and repeating old favorites, is important to sustaining a vibrant club that appeals to our variety of riders. Now is the time to act. We are finalizing the tour schedule for 2018, but would like to consider a few more tours and we are already starting to plan for 2019. If you are interested in leading tours, but are not sure where, we have a library of past rides that may be of interest. We are particularly seeking leaders from areas we have not toured before to provide our members with new cycling experiences. It is wonderful to have a leader with local knowledge for designing tours. As a new leader, often we can help to pair you with another leader or have a seasoned leader mentor you through the process. We are also interested in developing new SAGs for 2018 and beyond. Yes, being a Tour Leader or SAG will take some time but the benefits are many. To volunteer to be a Tour Leader, serve as a SAG, or to just learn more, contact our Co-Tour Directors: **Bob Rowe** at [browe49comcast.net](mailto:browe49comcast.net) or **Rich Crocker** at [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

**Preview of 2018 Tours**  
**Bob Rowe and Rich Crocker, Co-Tour Directors**

The 2018 tour schedule is shaping up, with more International tours than ever. Please come to the October 28<sup>th</sup> Annual Meeting to hear the 2018 tour leaders discuss their tours. If you can't come, the tours will be posted on our web site around November 1. Remember, you must be a 2017 member to qualify for the first wave of tour registration in November. While some tours are not fully set, here what we are working on:

**Texas Hill Country**, March 18-25. A fixed base tour in Fredericksburg, including the LBJ ride.

**Solvang in Style (California)**, April 14-21. A fixed base tour with a variety of rides and wine tasting.

**Provence Explorer (France)**, April 22-May 1. A new HeartCycle easy tour (see article in this newsletter).

**Mallorca**, May 5-19. Two weeks throughout the island (see article in this newsletter).

**Tennessee Trek**, May 12-19. A new tour in the hills and horse country of the mid-south.

**Four Corners**, June 9-16. A new tour that visits National Monuments and Indian Reservations, starting and ending in Durango, CO.

**Sardinia**, June 18-27. 10 days riding the entire island, a boat tour, cooking classes, and more.

**Carbondale Weekend (Colorado)**, June 22-26. You've ridden around Aspen, now do the other great area rides on this new fixed base 4 day tour.

**Dordogne (France)**, July 10-20. This tour has picturesque scenery, prehistoric sites, medieval towns and chateaux, and great food and wine.

**San Juan Islands (Washington)**, (Dates TBD/August). We ride three of the islands from an island base, as well as riding beautiful inland routes, such as the Chuckanut Drive Scenic Byway  
**Coast-to-Coast Northern Tier Year 3**, Sept 9-23. The adventure series works its way east from Rapid City, ND to the central states.

**Bike and Barge, Germany**, Sept 15-22. An easy tour with sightseeing along the Rhine from Koblenz to Merzig, Germany.

**Fingerlakes, (New York)**, Sept 29-Oct 7. Starting and ending in Rochester, a moving tour along the Fingerlakes with fall colors.

**SARDINIA, Italy. June 18-28**

Sardinia is like heaven to any keen road cyclist: the roads are perfectly paved with minimal traffic. This beautiful trip will put you in the heart of the most ancient land in Europe. Among mountains sculpted by wind and sun, with its deep canyons, white sand beaches, and unspoiled forests, we discover nature, archaeological remains which are unique in the world, gastronomic treats, and traditions with their roots lost in the dawn of history. Our journey will be supported with a SAG vehicle and leaders as we traverse Sardinia from north to south. Daily rides are 50 to 70 miles, with climbing on most days around 5,000 feet and on two days about 3,000 feet.. But life is not all riding, so we will have a boat tour of beaches on our rest day, a visit to local shepherds to see cheese production, and a cooking class option instead of riding on day 4. The trip will include all breakfasts, dinners and six picnic lunches. Quality carbon bikes are available for rent, or bring your own bike. Space will be limited to 20 riders. If you are interested, contact our Tour Leader so we can judge how many may want to go: John Aslanian at [22flatrock@gmail.com](mailto:22flatrock@gmail.com)

**Provence - April 22- 30**

Heart Cycle Tours are typically too difficult for me and for years I have wanted to offer a bicycle tour for people like me. In April 2018 it will happen! Last May, Rich and I rode two self-guided bike tours around Avignon in Provence. I combined what I enjoyed from those two tours and added extra nights in my favorite places.

Here are the BASICS:

Begins and ends in Avignon, France

Dates are April 22 - 30, 2018

8 days of riding and 9 nights of lodging in 3 and 4 star hotels

Bikes included: Hybrid Scott Sub Sport 20 or Road Bike Synapse Carbon 105-6

Overnights in Avignon, Uzes, St. Remy de Provence, and Fontaine de Vaucluse

Cue sheets and Ride with GPS routes (HeartCycle style)

Daily Mileage: 24 - 35 miles    Daily Elevation Gain: 500 - 1700 feet

Opportunities to Visit: Palais des Papes (UNESCO World Heritage Site); Pont du Gard (UNESCO World Heritage Site); Les Baux de Provence; Carrieres de Lumieres; Site Archeologique de Glanum (Gallic city); Cloitre Saint Paul de Mausole (Van Gogh's stay at the asylum); Theatre Antique d'Orange (UNESCO World Heritage Site).

I envision a slower, easier, more relaxed type of tour than the usual HeartCycle one, however there will be a few short steep sections. Remember, older town sites were often chosen for their defensive positions!

*Polly Page (Crocker)*

[mspollypage@gmail.com](mailto:mspollypage@gmail.com)

**Mallorca - May 2018**

HeartCycle will be returning to Mallorca May 5-19, 2018. Rich and Polly Crocker will be leading a reprise of this tour (see the June 2016 and 2014 newsletters) and hope they have 28 members join them on this wonderful tour. They have planned this tour to accommodate couples with mixed cycling abilities and members who may like to relax and take days off to enjoy the amenities and surroundings. Advanced riders are also welcome and will have the opportunity to do three world class rides: Cap Formentor, Sa Colorbra, and the North Coast Classic.

The Mediterranean Island of Mallorca is known as the Mecca of European spring cycling for good reasons. It has a sunny climate in May (55-73 degrees F) and a wide variety of routes on excellent roads with extremely low automobile traffic. The cycling routes vary from flat terrain to rolling hills to long climbs as we'll ride along the coast, through the plains and foothills into the mountains. The beautiful landscape includes secluded pine forests, citrus groves, spectacular sea cliffs and Spanish architecture. On days you may not want to ride there are many options for other tourist or sport activities including staying on the beach, winery tours, spa visits, golf, pearl shopping, visit the Palma cathedral, etc.

This tour is a complete package including lodging, half pension (breakfast and dinner) and bicycle rental. We'll stay for a week at each of two different hotels to allow us to take advantage of all the varied landscapes and roads. The daily group rides will be 40-50 intermediate miles with shorter and longer options. There will not be a SAG vehicle as we will stop in the small villages for group rally points and to purchase food and beverages.

The final price is expected to be \$2300-\$2700 and the registration will be opened in early November.

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## Aspen Highlights - 2017

By Doug Moll

From September 7th to the 11th, the town of the famous and wealthy... Aspen, Colorado played host to 29 HeartCycle members. We quickly found that we didn't need to be rich nor famous to experience and enjoy the spectacular weather and scenery that was provided for us during our four days there. Mostly sunny with moderate temps each day. Perfect cycling weather! We got lucky or were blessed....or both.

This was my first HeartCycle Tour as a co-leader and I quickly found out that pulling off a successful tour is like arranging a wedding. It requires an incredible amount of preliminary work with tons of details. Thankfully, I had a co-leader, Joanne Speirs who was up to the task. Her attention to the details and managing them from beginning to end, is truly what made this tour successful. Polly Page, our lead SAG, who along with Terra Anderson, made their very difficult job look easy.



The Tour was fix based in Aspen, so all rides were out and back. The trail systems, like most in Colorado, were very biker friendly and gave us easy access to the main roads.

**Day One: Maroon Bells/Ashcroft**

Distance: 42.0 Miles

Elevation Gain: 3656 Feet

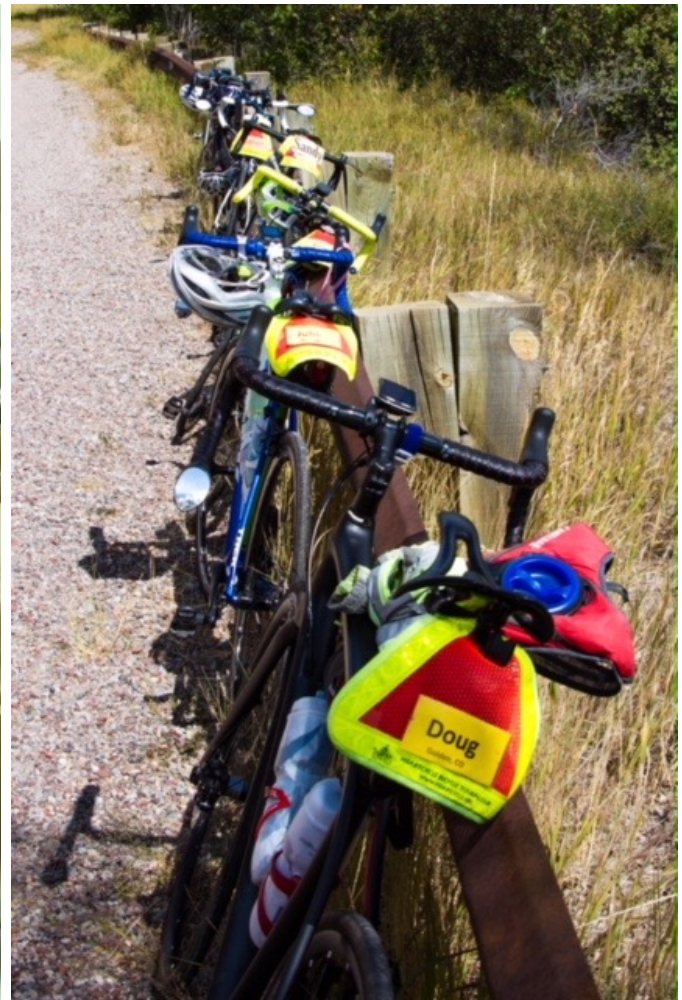
Leaving the motel at 8:30am put us on the Maroon Creek road for a leisurely, slightly uphill ride to Maroon Lake. If there is a more photographed lake in the world...I'd like to hear about it. This iconic area is gorgeous anytime of the year but in the fall with the changing colors, it is amazing! A stop by all the riders afforded them plenty of time to take photos and take in the scenery.

A downhill run from the lake back to the Highlands ski area was fast and fun. A quick snack SAG by Terra got us fueled up for the next portion of the route to historic Ashcroft. This uphill and rolling route took us past the Aspen School of Music, a private home that can only be described as insanely gigantic (Jeff Messerschmidt said he would have to tap out two of his credit cards to buy it) and beautiful scenery with each turn of the pedal.





Polly and Terra prepared an impeccable lunch in Ashcroft for us all. Watching the weather, we all decided it was time to head down before we got wet. Most didn't, some did. I was in the latter group....



For dinner, my wife Cindi and I joined our good friends Ben and Julie Pope at the White House in downtown Aspen. I was told by a good friend that their fish sandwich was "the best you've ever had". Guess what? It WAS the best I've ever had.....

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## Day Two: Independence Pass

Distance: 41.1 Miles

Elevation Gain: 4448 Feet

Independence Pass is on the Bucket List of many cyclists for many reasons. When raging, the Roaring Fork river that parallels the ride is awesome. The colors in the fall are beautiful. The climb is difficult but doable. The summit, at 12,095 feet will literally take your breath away.



Starting at 7:30am to beat the anticipated traffic turned out to be unnecessary. Heavy traffic never materialized, which was a good thing as the road is winding and narrow. The traffic that we did experience were all very cyclist courteous drivers. Our sprint SAG, Terra Anderson was waiting for us 5 miles from the summit with her usual big smile and an equally big cow bell, welcoming us all to her little piece of paradise overlooking the historic town of Independence.







Our plan was to have this be a stopping off place to fuel up for a run to the summit or to simply use it as a stopover U-turn if the summit was not in your plans. In all, 17 of 25 riders made it to the summit of Independence Pass! 20 miles of technical downhill riding then lay ahead for all the riders heading back for lunch in Aspen.



Have any of you ever experienced an “Oh s\_\_t” moment?? Well, unbeknownst to me on the descent, I was about to have mine....literally. In scouting the park where we were going to have lunch, I didn't notice that the waste canister for dogs was right next to where the SAG vehicle would have to park. My apologies to Polly and the entire group for this. Drinks are on me!

### Day Three: Basalt/Reudi Reservoir

Distance: 65.1 Miles

Elevation Gain: 3781 Feet

This route provides riders with a little bit of everything that Aspen has to offer in the way of scenery. The steep climb out of Aspen brought us to the base of Starwood...as in John Denver's former neighborhood. Once we reached this plateau area, the road becomes slightly downhill and you could motor to your hearts content through lush ranch land. We picked up the trail system approximately 5 miles from Basalt giving us a leisurely ride into town where Terra was again waiting for us to fuel up prior to the climb to Reudi Reservoir.



The climb to the reservoir parallels the Frying Pan River. For whatever reason, today was the day that God was going to be showing off. The weather was absolutely perfect. The Frying Pan was rocking. The riders were smiling. Life was good.....

We all sat and basked in the sunshine overlooking the reservoir after Polly and a local constable of the peace discussed where the van could or could not be parked at the top of the reservoir.



The ride down was a terrific time to take in the panoramic sites of the Frying Pan River area. After Basalt, we took the Rio Grande Trail to the famous Woody Creek Tavern and then back to Aspen. A long but really, really good day!



**Day Four: Snowmass**

Distance: 20.0 Miles

Elevation Gain: 2031 Feet

As usual, we left the motel and headed out of Aspen via the trail system. Ducking under Highway 82 we arrived at the east end of the famous Aspen airport. I have flown into this airport countless times and I am always amazed at the way it has evolved. It was once said that this is where Learjets come to mingle and mate. Times have changed. They are now parked in the south 40. A spot up front now requires a Gulfstream or equivalent. There were at least 20 of them in the front row and at \$50-60 million per, well, you do the math.....

The ride then entered The most difficult section of our Tour. The trail up from the airport had a corkscrew section that was extremely tight and steep. When my wife Cindi, who is an excellent climber says “that was really tough”, that means it was....well....really tough.



During the course of our Tour, Snowmass played host to its annual Balloon Fest. I'll let the following photos speak for themselves. This is a gorgeous area anyway but the balloons highlighted the area in a spectacular way! Thank You Gladys Nieto for taking such incredible photos at the balloon fest and throughout the Tour.



# Top 5 Situations to Avoid While Bicycling

Bicycling is a great option for commuters and hobby riders alike. It provides a fast, cost-friendly, and environmentally-conscious mode of transportation without the hassle of maintaining a car or walking long distances.

However, as with all things, bicycling also poses risks to its riders. If you're not careful, you could encounter a variety of dangerous situations while bicycling that can potentially cause you or others harm.

## 1) The Right Hook

### Happens When:

- A car passes you on the left and, not knowing you're close by, turns in front of you
- You try to pass a car on the right, not knowing he's about to turn, and crash into the vehicle

### What You Can Do:

- **Never pass on the right.** Bicyclists are very small and hard to spot compared to the cars and trucks most drivers watch out for. Most large vehicles also have a blind spot on their right side that can make it especially difficult to notice bicyclists. To avoid this altogether, never pass on the right.
- **Wear bright gear.** Cars typically make bad judgements like a "right hook" because they don't see the cyclist in the first place. Try to wear a helmet and riding gear that is vibrant or neon, so you can stand out against your surroundings.

## 2) The Left Cross

### Happens When:

- You're crossing a street and a car coming the other direction makes a left turn into or in front of your bicycle.
- You're cycling on the opposite side of a small road or one-way street when a car turns left, running into your bicycle.

### What You Can Do:

- **Invest in visibility gear.** As mentioned already, [wearing bright gear](#) is a good way to stay more visible. However, left crosses occur more frequently at night, because a car making a left turn is too far away to make out cyclists from afar. Try to invest in a headlight, a helmet light, or reflectors to protect yourself in the evening.
- **Always ride with traffic on the right side of the road.** By law, bicycles are considered to be vehicles. This means it is illegal to ride against the flow of traffic or on the left side of the road in the United States. The main reason it is illegal is to reduce the number of accidents caused by these unfortunate left crosses. On some rare roads, cyclists are forced to get to their destinations by riding on the left, against traffic. If this is the case, try to find an alternate, safer path instead.

## 3) The Car Door

### Happens When:

- You're passing through a parking lot or beside a row of parked cars when a car door flings open unexpectedly, nipping your bike or completely cutting you off.

**What You Can Do:**

- **Ride further to the left.** As a general rule of thumb, if you are in a situation that could prove hazardous, ride further to the left in your lane. While some cyclists believe this puts them at higher risk for car crashes, it is untrue — you are welcome to use the space if you need it. Even around seemingly-harmless parked vehicles, it is important to give at least 4 feet of space, just in case of a car door.
- **Ride slower if you need to.** If giving yourself more room is not an option, try to slow down. This gives others more time to notice you and, if a crash should happen, greatly reduces your chances of getting injured.

## 4) The Sideswipe

**Happens When:**

- A car attempting to pass you on the left cuts it too close, snagging you and/or your bike and causing an injury or crash.

**What You Can Do:**

- **Invest in a side mirror.** Surprisingly, many bicyclists still ride without the ability to see behind them. Investing in side mirrors can help you adjust while on the road, and prevent lazy or inaccurate drivers from [causing sideswipes](#) or other poorly judged accidents.
- **Know when to walk.** If you're riding during a busy time or feel like you've had one too many close calls, know when to take it easy, pull off to the side, and walk/wait out the crowd. The time spent avoiding potential crashes is easily worth it in the long run.

## 5) Rear-End

**Happen When:**

- You notice a pothole, debris, or another road hazard and swerve to the left, putting yourself right in the path of the car behind you.
- You're riding in your lane when, seemingly out of nowhere, you're hit from behind.

**What You Can Do:**

- **Never, ever swerve to the left.** Even in the most dire situations, try to train yourself to always avoid obstacles by stopping or swerving right. Swerving the left will almost certainly put you in harm's way, every time.
- **Reduce distractions and stay aware.** In many ways, surprise rear-ends can feel the most scary and unpredictable. However, staying alert and aware can help you to compensate for another driver who isn't paying attention. Try to leave earbuds at home, and stay focused during your ride to watch out for potential threats in front of, besides, and behind you.

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# 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: Complete  
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**

October 7 - 10                      Status: Complete  
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**

October 9 - 24                      Status: Complete  
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: Complete  
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)