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Get Out & Go Tours' Fall 2011 Newsletter

Welcome to Get Out & Go Tours' Fall newsletter. The weather is cooling off, and our favorite season is here. We've been out on the GAP and C&O Canal several times, most recently completing the Hemophilia Federation of America Gears for Good charity tour. In this newsletter, you'll find an interesting article about that tour, and an update on planned 2012 tours.

-- Tom Knoerzer, Tour Director

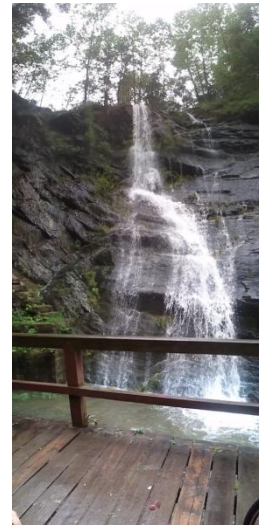


Hemophilia Federation of America's Gears for Good Charity Bike Tour

Three Days of Moving Education – in more ways than one

I don't often cry. Recently, I did.

The Chesapeake and Ohio Canal National Historical Park served as the backdrop for one of the most interesting and moving educations I have received in many years, and perhaps the most meaningful education I've ever received from a human perspective...and it happened on a bike ride.



Rainwater falls off the eastern face of the Paw Paw tunnel in spectacular and rare form.



Photo by Drew Xeron

In the Winter of 2011, Paul, the President of the Hemophilia Federation of America asked me to support a charity bike ride for bleeding disorders, introducing me for the first time to the HFA. While I had heard of hemophilia, I didn't really know anything about it. In research, I learned that hemophilia is a rare blood disorder that affects about 20,000 americans, and that the key issue

for hemophiliacs is that they are missing a blood part called factor. While there are others, there are two common factor deficiencies, factor 8 (hemophilia A) and factor 9 (hemophilia B). I knew that Gears for Good was conceived to benefit the Helping Hands fund, a fund that helps hemophiliacs and their families pay bills like their mortgage during extreme financial hardship due to the cost of treating the disease, but it wasn't until riding along with tour participants, that I learned the shocking truth – prophylactic factor medications, cost between \$2,000 and \$3,000 *per dose*, with some hemophiliacs requiring doses *every other day!*

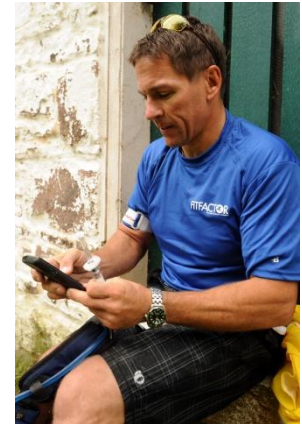


Shocking, but I wasn't done learning. Tour participants included hemophiliacs from around the country – Texas, Maryland, Virginia, and family members from Wisconsin, and DC. The Executive Director of HFA, Kimberly Haugstad rode along with us. Each person taught me a little bit more each day we rode, and by the end of the trip, in a moment of private reflection, I was overwhelmed with emotion from the experience, and I cried.

I couldn't imagine facing the **financial** burdon that hemophiliacs face. I asked, "how do you do it?" For many, the importance of professional employment with group health insurance is key. But not everyone has that luxury. I now understood what we were riding for...the ability for hemophiliacs to live a little less encumbered.

Andy challenged me, “how many hemophiliacs do you think there are in the U.S.?” Stumped, I guessed “a million?” “Twenty thousand,” he answered. “And,” he went on, “more than 10,000 died from **tainted blood** transfusions from the pre-1992 era, when they contracted AIDS and/or Hepatitis B or C.” Later, I learned that blood part factor treatments, popular between the 1970’s and 1990’s (and even today) took thousands of donor’s blood in order to create just one treatment, and with just one bad donation in 50,000, the likelihood of contracting these added diseases became astronomical. And the blood supply was tainted for decades. The guys I was riding with are miraculous **survivors**, each of whom had a remarkable story of struggle and triumph. Each of whom shared freely. I initially thought hemophilia was a tough disease to contend with, but this seemed just plain unfair! Kimberly gave me a copy of the documentary video, *Bad Blood*, Marilyn Hess, Necessary Films LLC, 2010, which tells that sad medical story.

Andy rode along with me for a long time on our third day. Casually, he said, “Tom, I’m having a bleed.” “How do you know,” I responded, with curiosity? “Because I can feel the **pain** in my left ankle.” He explained that for most of us, we bleed internally when we strain a joint or something, but our clotting factor stops that bleeding quickly and we never even know it happened. No pain, no worries. For hemophiliacs, when that bleeding begins, the absence of clotting factor means it doesn’t stop. It causes swelling, pain, and joint deterioration. For some, like Barry, this deterioration led to the need for joint replacement, and he was riding the tour on an artificial right knee. Andy told me he wanted to stop and inject prophylactic factor, to cause clotting. “Do you have it with you,” I asked? “Yes, always when I’m riding,” he answered. If a hemophiliac has a traumatic injury and doesn’t have factor, he could die. We stopped at Lockhouse 27, so he could inject. A slight mishap and the small vial of factor squirted out. All lost. A \$2,000+ loss. And, no more in the backpack. Andy would need to ride another 3.5 miles, in pain, to reach the support vehicle and another *need* dose of factor. Lucky for us he had more, because it’s not something one can pick up at the pharmacy, or while on travel. It is specially formulated in type and volume for each individual.



This is a good news story too. Nine of the twelve tour participants were affected by hemophilia. Several were living with it. Faith’s brother was a hemophiliac, Kimberly’s son is. Each shared openly, and each had a **voraciously positive** attitude, personality, and spirit. Fortunately for us, Ryder was filming the ride and a number of participant interviews for a cycling with hemophilia video, and another promotional video for HFA. I don’t know how much money this small group raised in the end, but I know this: it wasn’t enough.

The ride was a great success, and HFA and Get Out & Go Tours are recording lessons learned and planning for a larger, even more successful ride in 2012. I would like to challenge our clients and friends to strongly consider joining us for *this* 2012 tour, which will allow participants to sign up for 30 or 60 miles per day, and for one or three days (it may even become a four day ride). Hemophiliacs need more than a dozen people working for this cause. A hundred sounds like a nice target. What do you think?

To help now and turn my tears into cheers, you can visit www.hemophiliafed.org, and donate to the Gears for Good Bike Ride fund. **Why not join us for the fall 2012 ride, where you can ride along and learn first-hand like I did?**



Scheduled 2012 Tours

Summer Smell the Raspberries GAP and C&O Tour – June 9-17 (9 days), \$1,600

An early summer through-ride with blooming wildflowers, raspberries, and plenty of side-tours

- **GAP Only - Pittsburgh, PA to Cumberland, MD (4 days) – June 9-12, 2012, \$700**
Crushed limestone trail, blooming wildflowers, Fallingwater Tour, and three trail town overnights
- **C&O Only – Deal, PA to Washington, DC (5.5 days), June 12-17, 2012, \$950**
Charm of the C&O Canal, Antietam Battlefield, Charlestown Races, and four trail town overnights



The **ultimate** Great Allegheny Passage – C&O Canal through tour, with new overnight towns, new, shorter daily mileages, and plenty of side tours to satiate your interests. Ride 30-60 miles per day, averaging 40, and see Fallingwater, a Frank Lloyd Wright architected home, Ohiopele Falls, Paw Paw tunnel, optional spa treatments in Berkley Springs, WV, Antietam Battlefield, Harpers Ferry, Leesburg, Great Falls, and Washington, DC. A mix of B&B and hotel lodging pamper to your needs, while hearty picnic-style lunches and sumptuous dinners satisfy your appetite. If you've wanted a more relaxed through tour, this is it! Contact us for details.

Can't go for 9 days? Join us for either the 4-day GAP tour, or the 5.5 day C&O Canal tour. We'll start each tour from Cumberland, MD, where we can leave cars, and return to Cumberland afterward. Options exist to fly into Pittsburgh/Washington and be transported to the tour starts, and out of Washington after tour. Prices are based on double-occupancy. Single occupancy available for additional charge. Ask about details.



Gears for Good 2 – HFA C&O Canal Charity Tour *Join the Hemophilia Federation of America and Get Out & Go Tours, as we ride for a cause and raise money for Helping Hands* **September or October (TBD) 2012**



We'll meet near the end of the C&O Canal in Georgetown early the first morning to shuttle to the Paw Paw tunnel on the C&O Canal, where we'll eat lunch and start using our gears for good, raising funds for the Hemophilia Federation of America's Helping Hands fund. The Helping Hands fund assists people with serious blood disorders to get care, and be cared for. We'll spend the next three days together, enjoying the C&O Canal, the small towns that border it, and perhaps taking an optional side-trip to Antietam Battlefield. Our typical full support, gear shuttle, lodging, meals, cue cards, and mechanical assistance are all included. Ride the whole daily distance, or just a portion of it, without worry. Daily mileages are 32 (Paw Paw to Hancock), 35 or 64 (Hancock to Harpers Ferry, WV), 35, 48 or 61 (Harpers Ferry, WV to Washington, DC). Minimum sponsor pledge (which is tax deductible and which you and your sponsors can make via the website) is \$750.00. Details, sign-up, and sponsor pledging can be found on the [HFA's website](#). Register early, space is limited. Hybrid bicycle rental available for \$75.00.

October Fall Foliage Festival – 6-day GAP-C&O Canal Tour, October 6-11, 2012

**** 4-day C&O Canal with GAP Highlights Option Available, October 8-11, 2012 ****



The Great Allegheny Passage-C&O Canal fall foliage tour is historically our most popular trip. Our 2012 GAP through trip will return to its original format of 6 days, with the first day being a shuttle day from DC, and offering afternoon sight-seeing Pittsburgh on your own, and overnight in the Waterfront area, then we spend five days riding over the mountains and along the winding Potomac River to Washington, DC, in what is typically the most vibrant week for fall leaves along this corridor. The tour features 60-65 mile days, with the option to shuttle sections for shorter daily mileage, indoor lodging, hearty meals, daily Snack GOs with snacks and drinks, map and cue cards, an optional side-tour of Antietam Battlefield, and time to explore Harpers Ferry, WV, on your way to our Nation's Capital. This tour already has a committed group, but if you are planning ahead, you can mark these dates and join in before it's full. Tour description is at http://www.getoutandgo.biz/gap_canal_we.html. Register with your \$100 deposit in 2011 and get \$100 off the 2012 price. 2011 price: \$900.00 (plus \$75 optional bike rental). Price after 12/31/11 will be \$1,000.00 and \$100 optional bike rental.



Can't make the full tour? Join us for the **4-day C&O Canal Tour portion October 8-11, 2012**, starting with shuttle from DC and a 23 mile downhill ride on the Great Allegheny Passage into Cumberland, MD the afternoon of shuttle day, where we join the Pittsburgh to DC group for 3 days riding to Hancock, MD (60 miles), Harpers Ferry, WV (64 miles), and Georgetown, DC (60 miles). Cost, \$600. Optional hybrid bike rental, \$75.00.

More 2012 tours to be added and published in our winter newsletter. We expect to offer:

- A two-day C&O Canal tour with lockhouse overnight, Williamsport, MD to Washington, DC – 50 miles per day, Spring and Summer 2012.
- A family friendly one-day C&O Canal sampler tour in the White's Ferry area, 16 or 32 mile options, Spring, 2012
- A W&OD Family Ride, with support – 12, 32 mile options – Ashburn - Purcellville, VA, Spring, Summer 2012
- Loudoun County Wineries Tour – one day tour with 30 or 60 mile ride options, winery visits, super-scenery, and a wine tasting dinner
- Skyline Drive, Shenandoah National Park road bike ride with camping overnight and full support – two days, 50 miles per day, Front Royal, VA to Waynesboro, VA with return shuttle

Rent a Bike and Ride!

Road, Mountain, kids, trail-a-bikes and trailers all available!



Friends in town? Don't have a bike? Wrong type for the event you're doing? Rent from Get Out & Go Tours!



People ask us all the time, "can I rent a bike without going on a tour?" Sure. We love it when people get out on their own, then tell us about their experience.

For the past few years, we have rented Trek 7200 hybrid bikes, and rental popularity is now stronger than ever, with many people experiencing the W&OD Trail, staying fit while on business to Virginia, or getting out on the C&O Canal on their own. So, we've expanded our offering to include road and mountain bikes. Our Trek 1.5C road bikes will support your paved surface needs for fun and fitness, while our mountain bikes can get you off-road for exciting exploration of area trails and woods. Here is our 2012 pricing schedule:

Hybrid	\$25/day, \$100/week
Road	\$50/day, \$75/2 days, \$100/3 days, \$150/week
Mountain	\$30/day, \$120/week
Kids, trailers, trail-a-bikes	\$10/day, \$40/week

Mention this newsletter article and get **20% off any rental in November and December**. Call for details, or visit www.getoutandgo.biz/rentals.html.

Corporate Entity? In September, we signed with Cassidy Tully Washington, LLC, to provide 5 bikes for a corporate bike share program in Reston, VA. If you would like to offer your employees the opportunity to bike at lunch time or during the day, contact us for information on the bike share program, where we provide bikes, helmets, locks, and bicycle maintenance at your business location, for an affordable monthly fee, with a one year renewable lease.

Your tour here...

Interested in a custom group tour? We can help. We have provided private and corporate groups with bike rentals and tour services ranging from one day to a week. We've supported corporate and civic outings for SAIC Corporation, Schiff Hardin Law firm, Fairfax County Community Outreach – Wounded Warriors of Fairfax County. Drop-off and pick-up available. Contact us to take your company out for a day tour on the C&O Canal or W&OD Trail, or for a multi-day through tour. Our typical full support will be provided. Minimum group size is eight. References and tour suggestions available.

In our next newsletter...

In our next newsletter, we'll discuss a little history of the Canal and the bordering B&O Railroad from the Civil War days, when Harpers Ferry, where we stay on tours, was occupied by Union or Confederate troops and interfered with commercial transportation. We didn't include it in this newsletter, since we spotlighted the Hemophilia Charity Ride.

What else would you like to see?

This newsletter was sent to Get Out & Go Tours customers and our mailing list. We do not intend to spam our customers or contacts. To be removed from the mailing list, or totally from our address book, simply reply to our email and ask to be removed. We appreciate hearing if you enjoyed the newsletter.



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