

**PRESS RELEASE**  
**June 5, 2007**

**Tariffville Resident to Bicycle Across America**  
**(Raising Money and Awareness of Veterans with Post Traumatic Stress Syndrome)**

In mid June, Tariffville resident Wayne Coste will begin a 4,200 mile, coast-to-coast bicycle trip across America. In 64 days, he will traverse 13 states and a Canadian province, averaging 65 miles per day, under his own power.

Wayne will be part of a group of about 30 cyclists from all walks of life who will set off from Seattle on June 16. Their grand trip, arranged through Cycle America ([www.cycleamerica.com](http://www.cycleamerica.com)), will take them across Idaho, Montana, Wyoming, South Dakota, Minnesota, Wisconsin, Michigan, Ontario, New York, Vermont, New Hampshire, and Maine, before finally arriving in Boston in mid-August. The cyclists will crash at campsites, schools, churches, and other prearranged sites. Cycle America will carry the cyclists' gear, prepare meals to keep everyone well-fed and hydrated, fix flat tires, and tend to other mechanical problems.

Besides the joy of riding his bicycle, Wayne is trying to draw attention to the problems of former military men and women suffering from Post Traumatic Stress Syndrome, a disability inadequately addressed by an under-funded Veterans Administration, and made worse by a culture that downplays the struggles of many veterans trying to overcome the effect of their enduring memories from their service related days. He is raising money from people pledging a tax deductible penny a mile (or more or even less) for "Soldier's Heart," a veterans' return and healing project addressing the emotional and spiritual needs of veterans, their families and communities (<http://mentorthesoul.com/soldiersheart.htm>). These former soldiers are men and women who wanted to make the world a better place, and thought that the armed services would be the best place to satisfy their needs to serve. When you talk to people about this, you hear heartbreaking stories from Vietnam Vets, and now very similar stories from Iraq and Afghanistan veterans and their families.

Wayne is really excited about this once-in-a-lifetime adventure that promises to be both physically and mentally demanding. Not knowing quite what to expect – from the terrain, to the weather, to his conditioning, the adventure will be challenging as well as exhilarating; the unforgettable memories will make the challenge well worth the effort.

Wayne has begun a blog for his adventures at <http://www.waynegoesycling.com/>