

Tracy and Peter Flucke

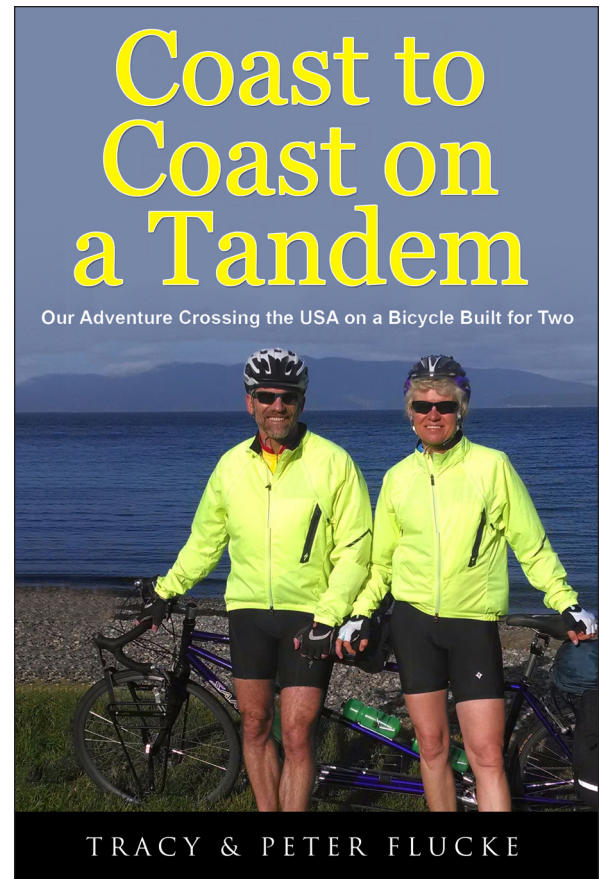
Authors, Bicycle and Pedestrian Safety Consultants

Tracy and Peter Flucke (*pronounced FLU-key*) are president and vice president of WE BIKE, etc., LLC, a Green Bay, Wisconsin, consulting firm that specializes in the areas of engineering, education, enforcement, and encouragement for walking, bicycling, and healthy communities.

The Fluckes are enthusiastic bicyclists, runners, and outdoorsmen. They bring passion to their work in helping communities and citizens improve pedestrian and bicycle safety and access by looking at the world through bicyclist and pedestrian eyes. Both are experienced and well-respected presenters.

Tracy and Peter have completed three unsupported cross-country bicycle trips on their tandem: Northern Tier – 2014 (4,362 miles); Mississippi River – 2015 (3,052 miles); Historic Route 66 – 2016 (2,603 miles).

Tracy and Peter's books include *Coast to Coast on a Tandem*, which chronicles their Northern Tier trip, and *Bicycling Historic Route 66*.



Contact Information

Tracy and Peter Flucke

tracy@webike.org, peter@webike.org
(920) 497-3196

Corporate website: <https://www.webike.org/>

Separate image files and a complete PDF copy of the book are available in advance of interviews/reviews. See the following pages for a sample chapter from *Coast to Coast on a Tandem*.

Coast to Coast description

In many respects, Tracy and Peter Flucke are like many other active couples. They work a business together, they enjoy long-distance bicycling for exercise and fun, and their shared interests play a key role in building a strong and loving family. What sets them apart is the length to which they will go in the name of scratching their adventuresome itch – 4,362 miles to be exact.

Climb aboard and join the Fluckes on their tandem bicycle for their 2014 unsupported trip across the Northern Tier of the United States. Somehow, these determined personalities were able to endure the better part of seventy-two days within six inches of each other, surviving physical, logistical, and interpersonal challenges that made this an adventure of a lifetime.

Excerpt from *Coast to Coast on a Tandem*

by Tracy and Peter Flucke

Day 6

June 6 – Colville to Newport, Washington
96 miles (total miles - 457)

Weather beautiful, but cooler - 50-70 degrees,
tailwind most of the day

Tracy

Today we are up early because we potentially have a long ride ahead. We are not sure where we will end today, but we would like to get as far as Newport, which is almost 100 miles away. We will meet up with Ruth and Rod several times during the day, so we can adjust accordingly depending on how we feel.

We leave the campground by 7:00 a.m. It typically takes about an hour of riding for our legs to warm up and be ready to pedal all day. It is difficult when we hit an uphill climb first thing in the morning, because our legs are just not ready for it. Unfortunately, the first part of our ride today is over some small mountains just outside of Colville.

Several years ago on a bicycle trip in the San Juan Islands (located off Washington State in Puget Sound), we had a tough climb on Orcas Island. Our lodging for the night was a resort at sea level and we had a very steep climb to continue our journey the next day. We actually rode around for about fifteen minutes in the parking lots to wake up our legs before we took on the hill. I am proud to say we made it up the hill without having to push the bicycle. The funny thing was someone had glued a bunch of change to the side of the road where we were riding. Peter and I wondered if they thought it would distract a struggling bicyclist and help them keep going. It worked for us with Peter yelling out “dime,” “quarter,” “penny,” etc., as we climbed the hill.

The climb out of Colville is about eighteen miles long followed by a ten-mile downhill. The downhill is steep, the road is narrow and twisty. It is a technical descent with two fifteen miles-per-hour hairpin turns. Now remember, I have little control over our speed and just need to lean the way Peter does. But, of course, I am able to see the hairpin turn warning signs, and I feel we were going way too fast to make the corner and should slow down. We take the first corner at thirty miles per hour. Peter uses the maneuverability of the bike to negotiate the curve faster than a car can. He sets us up for the left-hand curve on the far right side of our lane, dives to the inside as we enter the corner, then drifts to the right side of the lane again. We make it through just fine.

However, as Peter sets us up for the second turn, again at thirty miles per hour, an RV comes around the

corner in the opposite direction and we have to swing the corner much tighter than expected. My natural impulse is to sit up when I get scared, because I know that will slow us down. But this time I have to override that impulse, and with Peter yelling “Lean! Lean! Lean!” we make it through the corner.

Once we get through the corner, I ask Peter to stop so I can quit shaking and yell at him to never do that again. He apologizes and promises he will not try a fifteen-mile-per-hour hairpin turn at thirty miles per hour again. He’d better not.

Peter

In my defense, I have only crashed us out once in approximately 25,000 miles of riding this tandem. Several years ago, we were riding home at the end of a twenty-mile day ride. As we transitioned from the country to the city, the road widened from two lanes to four, and then narrowed back to two lanes again. When the road widened, I kept us near the curb until a parked car forced me to move left into the main travel lane. I had ridden this particular stretch of road hundreds of times before and knew there is a wide joint line which runs parallel to the curb between the parking lane and the travel lane. To avoid getting the front wheel trapped in the joint, which would almost certainly cause us to crash, I cut left sharply across the joint and we were fine.

Then, for some reason, I decided to move back to the curb lane even though the road was going back to two lanes in about 200 yards. This time the front wheel caught in the joint. We went down so quickly I didn’t realize we were going to crash until our right side was about a foot off the ground. I didn’t even have time to let go of the handle bars. We hit hard and slid about twenty yards. We were both dazed and had road rash on our right sides from head to toe, but were otherwise unharmed.

Within three long weeks, all of our road rash healed. I learned a valuable lesson that day: It is really bad form to crash out the mother of your children. Actually, Tracy was really good about the crash. It was one hundred percent my fault, but she never blamed me. She knows I am a very careful cyclist and accepts that fact that no one is perfect. She loves riding the tandem and accepts the risks that go along with bicycling.

Tracy

We stop briefly a short distance down the road at a rest stop along the Oreille River. As we pull in, we see two other bicyclists and ride over to say hello.

The young men are from Washington State and have just started their trip to Washington, D.C. John is attending Western Washington State University and Grant is a recent graduate from Duke University. Grant has a job starting in September and talked John, after a few beers, into bicycling across the country with him. Grant figured he would probably have to wait a long time to get ten weeks off, so he decided to do it now – a very smart young man. They are stopping at a local campground for the night and John’s mom is planning to bring them dinner. We wish them luck and continue on our way.

After the downhill, we bike a mile off route to the small town of Ione (pop. 447), where we meet Ruth and Rod for lunch. After lunch, we decide to meet up thirty miles down the road to see how we feel and decide how much farther we want to go. We head out, leaving Ruth and Rod in town to pick up more supplies.

We bicycle along the Oreille River for the rest of the ride. It is beautiful, with the wind at our backs, downhill, and amazing views of the river to our right. The thirty miles fly by and before we know it, Ruth and

Rod drive by for our meet-up just down the road. With the wind at our backs and the downhill ride, we decide to continue to Newport, fifty-one miles away, and the Old American Kampground. Once again we set up a meeting point thirty miles down the road, just in case we decide we have had enough or need anything.

We spend about eight and half hours on the road today and finally make it to the campground about 3:30 p.m. after a stop in Newport for an early dinner. The campground is located in two states, Washington and Idaho. Our campsite is actually in Idaho, so we have officially made it to our second state.

We saw our first American Bison (buffalo) today, and Peter was giving me a hard time because a couple of days ago I thought I saw buffalo, but they were only large cows. This time they are the real things. I am sure there will be more to come.

Peter

I’m still laughing. Seriously, Tracy grew up in Wisconsin.

Accolades for *Coast to Coast on a Tandem*

“Tracy and Peter have successfully pulled off two major challenges, bike riding huge distances and writing a book. They achieved success at both efforts. You may not enjoy riding thousands of miles, but you will enjoy reading about those who do.”

- Jeff Pagels, author of “Always Climbing Higher”

“Coast to Coast on a Tandem should be read cover to cover by anyone interested in the details of cross-country bike touring.”

- Seth Portner, Executive Director, Warmshowers.org

“Getting two perspectives on the same sequence of events was both different and quite entertaining. I wanted to keep reading to find out what Tracy thought about Peter and vice versa!”

- Andy Clarke, internationally recognized bicycle policy and planning expert

“A fascinating read for anyone who has ever dreamed big.”

- Jacob VanSickle, Executive Director, Bike Cleveland

“You will find yourselves drawn into their traveling adventure. This is just fun.”

- Tom Huber, former Wisconsin Bicycle and Pedestrian Coordinator

“Peter and Tracy take you on adventure! Along the road, you can’t help but get caught up in the highs and lows of the journey. You anticipate what’s around the corner as they colorfully tell their story as individuals and as a couple. Don’t be surprised if you find yourself longing to explore!”

- Christian Jensen, Executive Director, myTEAM TRIUMPH WI Chapter