



Windy City Publishers

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## FULL BIOGRAPHY

For Heather Andersen, bicycling is a lifestyle. It's her recreation, transportation, vacation, and sometimes her work. A traveler at heart, Heather has bike toured on five continents, cycled on a sixth, and ridden in all of the 50 U.S. states. She's also led three tours across the U.S. and biked over 100,000 lifetime miles. She plans to one day get an ice bike and head to Antarctica to make it to all seven continents.

Heather has worked for the League of American Bicyclists and the Washington Area Bicyclist Association, and she has led or worked on bicycle tours for the Adventure Cycling Association, Woman Tours, and Cycle America. A certified yoga teacher, she volunteers at the Kripalu Center for Yoga and Health.

She served as a Peace Corps volunteer in Lesotho, a small southern African country. Heather studied memoir writing with Gotham Writers' Workshop, working through to the master level, and has had a story published in the anthology *Cycling's Greatest Misadventures*. Prior to going to Africa, she wrote the award-winning Metropolitan Branch Trail Concept Plan and had several articles published in the League of American Bicyclists magazine and the Washington Area Bicyclist Association newsletter.

Heather has lived in Germany, Poland, and Africa. She currently resides in upstate New York, though she prefers to think of herself as a nomad.