

Heart to Heart



2011 Tony's to Tony's Bike Ride

Last fall was the inaugural “Tony’s to Tony’s” ride and it was such a great success that it is back for 2011, bigger and better than before. The route will be the same as last year with stops at each of Tony’s stores for sampling many of the delicious treats that Tony has to offer and ending back at the main store for a great Italian lunch. Sponsors will include Bike Denver, Cliff Bar, Bing Cherry Drink, Shamrock Foods and of course HeartCycle, which will again be providing sag support. The Honorary Ride Leader will be Suzie Wargin, sports reporter with 9News.



were wearing that commemorated the inaugural ride. This year a commemorative jersey will be available for purchase by all riders when they register for the ride.



The rider limit will be increased from last year to 150 riders, and the registration fee will go up too, from \$25 to \$40. That is still a bargain when you consider that the proceeds will go to purchase bicycles for Denver’s inner-city kids through the Boy’s and Girl’s Club of Denver.



Folks that enjoyed last year’s “Tony’s to Tony’s” ride were impressed with the great looking jerseys that several Tony’s employees and others

The date for opening registration has not been set but when it is, HeartCycle will send out an email blast to alert members. Watch your email for the blast alert and sign up early as last year the ride filled up in only a few days.

HeartCycle Contacts

The Board

Richard Crocker (719) 481-2313 (2011)
 President - president@heartcycle.org
 Tour Director - tourdirector@heartcycle.org

Mickey Berry (303) 779-3607 (2011)
 Vice President - vp@heartcycle.org
 Social Events - social@heartcycle.org
 Tour Souvenirs

John Steele (303) 300-3573 (2012)
 Treasurer - treasurer@heartcycle.org
 Website Contact - webmaster@heartcycle.org

Barry Siel (303) 470-8431 (2011)
 Secretary - secretary@heartcycle.org
 Newsletter Editor - newseditor@heartcycle.org

Harvey Hoogstrate (303) 755-9362 (2012)
 Registrar - registrar@heartcycle.org

Jeff Messerschmidt (303) 904-0573 (2012)
 Supply Director - sagmgr@heartcycle.org

Jay Wuchner (720) 840-6467 (2012)
 Sag Director - jaywuchner@comcast.net

Sheridan Garcia (303) 638-0330 (2011)
 Training Rides Dir. - rides@heartcycle.org

Alan Feiger (303) 765-0706 (2011)
 Marketing - alanfeiger@gmail.com

Chris Matthews (303) 618-4789 (2012)
 Recruitment & Leader Development Director

Working Members

Lee Cryer (303) 778-2305
 Map Maker - maps@heartcycle.org

Ira Goldschmidt (303) 561-4817
 Map Maker - maps2@heartcycle.org

Andy Anderson (404) 395-1491
 Map Maker - aanderson@tensarcorp.com

Ron Barton (303) 798-2755
 Co-Registrar - ron.barton@comcast.net

Notes From the Board

At 2:46pm, March 11, a magnitude 9.0 earthquake shook the seabed just northeast of Japan, hurling a devastating wall of water into the heavily populated island, shattering millions of lives forever. Over 12,000 are known dead and at least another 15,000 are missing. Half a million are homeless. An entire nation lives under the daily threat of poisonous radiation levels.

Two of the owners of Pactimo lived in Japan for a combined 25 years among family and friends. In response to this disaster – and in keeping with Pactimo’s mission to impact society through supporting programs aimed at children, education and health – we are launching the first Pactimo Jersey For A Cause. All profits will be donated to the establishment of supervised child-friendly spaces throughout northwest Japan. These centers will create safe places of healing for children as adults strive to rebuild their lives. See the Pactimo website for more information: www.pactimo.com/about





Join HeartCyclists at The Denver Century Ride

On Sunday June 12, 2011 the second annual Denver Century Ride will take place, www.denvercenturyride.com. HeartCycle member Chris Matthews conceived the idea of a century bicycle ride based out of Denver and his employer, Coldwell Banker, brought the idea to fruition. Last year's inaugural event was a huge success and this year's should be even better. The ride will start and end at Invesco Field and the route covers a nice blend of urban, suburban, foothills and mountain terrain on roads and trail systems throughout the Denver Metro area. Throughout the ride, cyclists will enjoy touring dozens of Colorado's most impressive neighborhoods, bike trail systems, notable sites and breathtaking views including Red Rocks Park, Chatfield Reservoir, Cherry Creek State Park, the Platte River and Lookout Mountain. This professionally organized and carefully planned event is a wonderful opportunity for HeartCycle members to increase their training regimen and enjoy a group ride.

Join Jerry Bakke and Chris Matthews for a day of riding on a challenging loop around Metro Denver with other HeartCyclists. If you are interested in joining us please let Chris or Jerry know before you register because they have arranged for a discount price of \$60.00 for HeartCycle members.

Following the ride, HeartCycle riders will gather in the parking lot at Invesco Field for a post-ride social gathering.

Contact Chris at chriswmatthews@msn.com or Jerry at jerrybakke@msn.com if you would like to participate. Let's get together and have a great ride!



Healing Wheels Tour 2011

Looking for a new and challenging ride that starts and finishes in the mountains but is easy to get to? The **3rd Annual Healing Wheels Tour** is the perfect early season training ride where you'll experience a challenging elevation gain and a unique ride through historic Colorado towns. Get off the city bike paths and join us for this European-style scenic ride, all while helping a great cause.

The Cause

Support a great local charity that provides health care to uninsured Denver families by riding in the 2011 Healing Wheels Tour.

Inner City Health Center (IHC) is a full range health care facility committed to improving the health of low-income and medically uninsured families. Their quality patient care includes adult, pediatric, and prenatal care, spiritual guidance, patient advocacy, and dental services. Patients are charged on a sliding fee basis depending on income.

Pediatric

IHC provides well child exams and immunizations for children from birth to 18 years of age, caring for each child along the way. School and sports physicals are also available.

Dental

Inner City Health Center provides comprehensive dental care including routine cleanings, fillings, crowns, bridges, dentures and extractions at two locations. They stress the importance of regular care and emphasize improving oral hygiene and overall oral health for all ages. Emergency dental services are also available.

Adult Medical Care

IHC's emphasis is on providing personal, long-term care. They offer basic health care to treat sudden illnesses or long-term diseases such as diabetes and high blood pressure. Physicals, screenings, and immunizations are available to prevent illnesses and detect dangerous diseases.

Prenatal Care

Quality prenatal care can assure delivery of a healthy baby. Inner City Health Center provides monthly checkups and vital information on how to care for mother and child from conception to delivery. They also offer a variety of classes and a complete follow up program.

All Rides Start at Bandimere Speedway

The 2011 ride will have four route options. Due to the challenging nature of the longer three rides – cyclists must be at least 14 years of age.

For more information: <http://healingwheelstour.com/>

Colorado Northern Rockies HeartCycle Tour

July 16 - 24

DAY 1 - ARRIVE JULY 16 – IDAHO SPRINGS, COLORADO

Welcome to Idaho Springs, Colorado, located at an elevation of 7,524' and the site of Colorado's first major gold strike, in 1859. This beautiful high mountain town has numerous shops and the Buffalo Bar & Grill, which features great food and beer. Our lodging tonight will be at the Columbine Inn which is centrally located, with many great choices for dinner within easy walking distance.

DAY 2 –JULY 17 – IDAHO SPRINGS / ROCKY MT NATL PARK -76 miles, 6400 feet

We will take a 5-mile bike path to Hidden Valley, on Clear Creek. From here, we ascend the Central City Parkway to Central City and Black Hawk and then turn onto the Peak to Peak Scenic and Historic Byway, a road we will follow into Estes Park. Along this road we will get our first view of 14,259-ft. Longs Peak and its often-photographed Diamond Face. Some of you might want to stop along the way at Enos Mills' cabin, built by the early naturalist and father of Rocky Mountain National Park. Once in Estes Park we will stop at the information/visitor center where you can meet the SAG van, lock up your bikes, and walk around town where you will see plenty of galleries and shops. After exploring, we will take a short ride outside of town to Lake Mary's Lodge, our lodging for the night, and where we will have dinner on our own.

DAY 3 –JULY 18 – ROCKY MT NATL PK / GRAND LAKE - 53 miles, 4900 feet

We will begin our ride up Trail Ridge Road, on the highest continuously paved road in North America, to the Town of Grand Lake. This road has been designated as one of America's Byways, and is one of the most spectacular roads in North America. As we ride toward Sheep Lakes we will have a chance to possibly sight big horn sheep. Our climb up to the summit has eight scenic pull-outs, which are all well worth the stop, not just to rest for a moment but for their spectacular views. Just beyond the summit, at 12,183 ft., is the Alpine Visitor Center where we will take a well-deserved rest. This is a great place to look for alpine wildlife, including elk. Leaving the summit, we head to Milner Pass at 10,758 ft. and lunch at Lake Irene. The Kawuneeche Visitor Center and Grand Lake are our next milestones. We will stay at the Western Riviera Lakeside Lodging on beautiful Grand Lake, Colorado's largest natural lake.

DAY 4 –JULY 19 – GRAND LAKE / STEAMBOAT SPRINGS - 115 miles, 3400 feet

After breakfast we will follow the Colorado River Headwaters American Byway along the western shore of Lake Granby to the town of Kremmling. We will also go through the towns of Hot Sulphur Springs, and Parshall before we reach the town of Kremmling and on to highway 134 and Gore Pass at 9,570 ft. Now we head to the town of Yampa, and Oak Creek and on into Steamboat Springs. We will spend the next 2 nights at Steamboat's Rabbit Ears Motel, located in the heart of the old town and within walking distance of everything we'll need for our layover.

DAY 5 –JULY 20 – STEAMBOAT SPRINGS

On our “rest” day there are many activities to keep us entertained: mountain biking, hiking, kayaking, rafting, fishing, golf, or just relaxing and hanging out in this famous ski town. For those who want to add a few miles of riding there is a fabulous ride toward Steamboat Lake, an out-and-back ride with relatively gentle climbs.

DAY 6 –JULY 21 – STEAMBOAT / EAGLE - 83 miles, 3800 feet

After breakfast we will start head into the town of Wolcott. Along the ride, we will see Pyramid Peak at 11,532 ft., Dome Peak at 12,172 ft and Sheep Mountain at 12,241 ft. Once in Wolcott we will pick up a bike path for a few miles into Eagle and the Best Western Eagle Lodge & Suites where we will spend the night.

DAY 7 –JULY 22 – EAGLE / ASPEN - 76 miles, 2800 feet

We will continue on the bike path another 26 miles, following the mighty Colorado River much of the way. This is a spectacular ride though Glenwood Canyon into Glenwood Springs and into the mountain ski town of Aspen. On our last leg we will be traveling through the White River National Forest and the Sawatch Mountains. Our lodging this evening is the Aspen Mountain Lodge, which is just a few minutes’ walk from shops and restaurants.

DAY 8 –JULY 23 – ASPEN / FRISCO - 89 miles, 6700 feet

After the expanded continental breakfast at the Lodge we will start today’s ride on the Top of the Rockies American Byway, which passes Colorado’s two highest peaks – Mount Elbert at 14,433 ft. and Mount Massive at 14,421ft. In fact, this entire route never drops below 9,000 ft. – enjoy the ride! As we leave Aspen we begin our climb to Independence Pass to its 12,095-ft. summit. As we drop down into the famous mining town of Leadville, we will pass the beautiful Twin Lakes. Leaving Leadville for Frisco, we will climb Fremont Pass at 11,320 ft. and pass the Climax Mine, and Copper Mountain Ski Area. In Frisco we will stay at the Snowshoe Motel, which is located within walking distance of numerous restaurants and shops.

DAY 9 –JULY 24 – FRISCO / IDAHO SPRINGS - 50 miles, 3400 feet

Leaving Frisco, we will take the bike path toward Breckenridge. Fantastic views of Lake Dillon and Swan Mountain will be the warm-up for our final big climb over Loveland Pass at 11,990 ft. The road passes two ski areas: Keystone and Arapahoe Basin. It’s all downhill from here, a roughly a five thousand foot descent, as we speed past the third ski area, Loveland Ski Area into Georgetown and our final 13 miles back into Idaho Springs. Congratulations—you’ve made it!

For more information contact Tour Leaders:

Duncan Rollo at (970) 224-2783 or duncanrollo@msn.com

Alan Feiger at (303) 981-7320 or alanfeiger@gmail.com.

Colorado HeartCycle 2011 Tours

Vietnam

February 23 - March 9 Status: Completed
 14 days, E37 - I75 \$2,520.00
 Jim Berry, jimberry@qwest.net
 (303) 779-3607 or (303) 880-4282

California - Springtime in San Diego

April 22 - May 1 Status: Completed
 9 days, A60 - E80 \$1,060.00
 Sy Katz, SKSKATZ@Comcast.net
 (303) 789-5268 or (303) 550-2073 (Cell)
 Bob Rowe browe49@comcast.net
 (303) 762-0494 or (303) 910-7230 (Cell)

Utah Southern Canyonlands

May 20 - 29 Status: Full
 9 days, I59 - A78 \$1,190.00
 Ken Condray, condray3@comcast.net
 Becky Botino, bbottino7@comcast.net
 (425) 745-1159

California's New Wine Country

May 21 - 28 Status: Cancelled

California Middle Kingdom

June 4 - 12 Status: Cancelled

New York Spring into Summer Finger Lakes

June 11 - 19 Status: Open
 8 days, I70 - A75 \$1,195.00
 Jim Bethel & Janet Reilly
jim@bikes5.com (518) 446-1766

Colorado Never Summer Challenge

July 1 - 4 Status: Full
 3 days, I56 - A86 \$425.00
 Sheridan Garcia, sheridangarcia@yahoo.com
 (303) 638-0330

Colorado Northern Rockies

July 16 - 24 Status: Open
 9 days, A115 - E89 \$1235.00
 Duncan Rollo, duncanrollo@msn.com
 (970) 224-2783
 Alan Feiger, alanfeiger@gmail.com
 (303) 981-7320

Colorado Chama Challenge

August 5 - 8 Status: Full
 3 days, I49 - A90 \$395.00
 Sheridan Garcia, sheridangarcia@yahoo.com
 (303) 638-0330

Colorado Western Gems

August 20 - 27 Status: Full
 7 days, I37 - A72 \$1,025.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362
 Ken Condray, condray3@comcast.net
 (425) 745-1159

Wisconsin River Bluffs

September 3 - 9 Status: Open
 6 days, I45 - A80 \$750.00
 Jay DeNovo, jdenovo@tds.net
 (608) 241-2601
 Gary Angerhofer, garyangerhofer@gmail.com
 (303) 919-2818

Pacific Coast Border to Border

September 10 - 24 Status: Full
 14 days, I27 - A78 \$2,190.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551

Wisconsin Explore the Door

September 11 - 18 Status: Full
 7 days, E50 \$1,120.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Deb Wuchner, debwuchner@comcast.net
 (303) 792-2111

Pennsylvania Autumn Harvest

October 8 - 15 Status: Open
 7 days, I63 - A81 \$975.00
 Bob Eaches, bob.eaches@gmail.com
 (201) 384-0740
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313