

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
September 2010



HeartCycle Annual Meeting and Luncheon Saturday October 16th, 2010

Mt. Vernon Country Club
24933 Country Club Circle
Golden, Colorado

Cash bar opens at 11:30 am and lunch will start at 12:00 noon

Members: \$10.00 Guests: \$20.00

Guests joining HeartCycle at the luncheon will receive \$10.00 credited to their membership! Good for the remainder of 2010 as well as all of 2011.

The speaker will be Dan Grunig, Executive Director of Bicycle Colorado. He will be talking about Bicycle Colorado's "bring bikes to schools program" and other timely road issues.

You can now register for the luncheon at the Heartcycle website. Pay by credit card online or send a check to the club Registrar at: HeartCycle Registrar
PO Box 100743
Denver, CO 80250-0743

There will be a 25 to 30 mile ride before the luncheon starting at 9:30 AM, meeting in front of the Mt. Vernon Clubhouse.

Any questions, call Mickey Berry, Social Events Director at (303) 779-3607



HeartCycle Contacts

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Notes from the Board

Travel Insurance

Colorado HeartCycle has long advocated purchase of trip cancellation insurance in our tour cancellation policy description. Yet the HeartCycle Board receives several refund requests every year for tour cancellations within the sixty-day no-refund period before tours. These requests are for good cause, such as illness, accident, or death in the family – unforeseen situations such as these is what trip cancellation insurance is meant for. To encourage purchase of trip cancellation insurance (see www.insuremytrip.com), the Board has elected to limit refund or credit to not more than 50% of the tour cost for only one family member beginning in 2011.

Tony's Ride

Tony's Meat Market, in conjunction with HeartCycle (www.heartcycle.org) are excited to announce a 70 mile bike ride. If you are a Tony's Fan and love to ride, come and join us for this fantastic and delicious event. Riders will start at the downtown store location. At each market along the route, riders will be provided with food and rest breaks culminating in a fantastic dinner spread and drink specials at the final location at our downtown store. Along the way, HeartCycle will be providing van support in the event of any needs on the road. Space is limited to 50 riders and this ride is full. This will be an annual event so watch for the opportunity to do this ride next year. Pictures and a report of this ride will be in a future HeartCycle newsletter.

There are no tour stories/pictures in this newsletter because none were submitted. If you had a great time on a HeartCycle tour and have a few photos, consider writing a short description and submitting it to the newsletter editor.



2011 Tour Schedule Developing!

After nine weeks of bicycle touring this year, I finally have to begin working on the 2011 tour schedule, and need YOUR help before I present the schedule to the board of directors for approval in September. HeartCycle would like to offer 15 tours in 2011 that will meet the goals for the 2011 tour program listed below:

1. Variety of locations - tours throughout the United States and one or two international tours.
2. A long, even season - at least one tour a month from March to October
3. Different levels of effort - at least one easy and one expert level tour
4. Three Colorado tours - we are, after all, Colorado HeartCycle!
5. Two new tours - a chance to explore new areas for club members
6. Two weekend tours - short vacations, not necessarily on holiday weekends
7. New tour leaders - recruit new tour leaders or veteran leaders who haven't led in the last three years

All of the above will hopefully attract new members to HeartCycle and revive interest in members that haven't been on a tour in a while. Also, I am hoping to convince YOU to be a tour leader.

2011 Schedule status – listed below are the suggested tours as of July 1, 2010

February

Vietnam Jim Berry/NZ Pedal Tours

May

Utah, National Parks Ken Condray/Becky Bottino

June

New York, Finger Lakes Jim Bethell/Janet Reilly
California, Central Coast Duncan Rollo/Dan Pappone

July and August

None

September

Wisconsin Door County Easy Jay Wuchner/Deb Wuchner
Wisconsin Anywhere Jay DeNovo/Gary Angerhofer
Pacific Coast -Border to Border Jerry Bakke/Steve Parker
Switzerland/France/Germany Jo Kuhlmann/Rich Crocker

October

Pennsylvania Amish Country Bob Eaches/Rich Crocker



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As you can see, there are lots of opportunities for anyone interested in leading a tour! The process basically begins with a communication to the Tour Director (that's me) with your suggestion for a tour. Obviously, if it aligns well with the goals for the program, there is a good chance it will be approved for you to develop and design a new tour, or use one of the HeartCycle tours on file. Any suggestion is welcome, even if it seems to overlap with some of the tours listed above. I will work with all tour leaders to see about adjusting dates to allow all tours to go. We'll discuss the location, level of effort, time of year, SAG requirements and price and I will lead you through the process. If you are a new tour leader, I'll try to find an experienced leader to do the tour with you. Detailed directions, advice and all the paperwork are available in the tour leadership manual which is available on request. We also have mapping and cue sheet support available from our three map making working members.

What can you expect as a HeartCycle tour leader? For developing and designing a tour you can use existing HeartCycle tour files as a starting point or an entirely new idea of your own based on something you have ridden or read about on your own. The basic things to determine is the location, the time of year, the level of effort and the amount of sight seeing you want to have. Once we discuss the basics and agree the trip is a good possibility for HeartCycle, you need to determine the basic routes and availability of lodging and the methods of transportation to the start and finish of the tour and do a basic written description of the tour.

If the tour is approved for the annual schedule, you will have to begin the detailed "nuts and bolts" work of putting a great tour together. You can expect to do 40 – 60 hours of work determining routes, finding lodging, making and confirming reservations. Next, the tour must be scouted to verify the route, check the lodging, find good SAG locations, restaurants, laundry facilities, bike shops, etc. HeartCycle provides \$200 per day for a tour leader to scout a tour and you should plan to spend one day of scouting for every 2 ½ days of the tour.

On the actual tour, travel expenses to and from a tour that exceed a day's drive from your home may be paid for by HeartCycle. Tour leaders are not reimbursed for their meals and other miscellaneous personal expenses during the tour. During the tour, you will be working hard, even though you are on your bicycle. You will have to take charge of any situation, resolve problems and make decisions. Tour leaders need to be certified in First Aid /CPR and HeartCycle will pay for training expenses. Additionally, for each tour completed, the leader receives a 20% discount off of any other single HeartCycle tour in the year that they lead or the following year.

I enjoyed my experience leading the Arizona tour this year. It was challenging and I got to meet new cyclists and renew friendships from past HeartCycle tours. I would like to thank two outstanding members of HeartCycle who helped me put the tour together and keep it on the road. First, Andy Anderson, who made my maps and cue sheets without a single error. Andy also did at least three other weeks of mapping for HeartCycle this year. Second, Carol Nies for her superb SAG work, especially the lunches and sweeping up the riders. Carol will SAG for HeartCycle for a total of five weeks this year!

I hope to hear from some of you soon!

Rich Crocker

richcrocker@hotmail.com or (719) 481 2313

Colorado HeartCycle 2010 Tours

Arizona- Missions, Mines and Missiles



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February 21, **22-28** Arizona
Status: completed
300 miles/7 days (6 riding, 1
rest day) \$1030 Leaders: Rich Crocker ,
richcrocker@hotmail.com
Bill Stone, 719-598-6329, bill.stone@q.com

Ride Across America – Part 3

March 12, **13-29**, TX to FL Status: completed
1129 Miles/ (13 days riding, 2 days off) \$2075
Leaders: Jerry Bakke, (303) 738-9861
Steve Parker, (970) 382-9551

Springtime in San Diego County

April 22, **April 23-May 1** California Status: completed
415 miles/8 days (1 rest day) \$1095
Leaders: Sy Katz, 303-789-5268, 303-550-2073 (Cell),
SKSKATZ@Comcast.net
Bob Rowe, 303-762-0494, 303-910-7230 (Cell),
browe49@comcast.net

East Coast Easy

May 8, **May 9-15** Virginia Status: completed
270 miles/6 days \$1100
Leaders: Jay Wuchner, (720) 840-6467,
jaywuchner@comcast.net
Deb Wuchner, (303) 792-2111, debwuchner@comcast.net

Crater Lake National Park to Lava Beds National Monument

June 25, **June 26-July 3** Oregon Status: completed
400 miles/8 days (2 rest days) \$1,355
Leaders: Duncan Rollo, (970) 224-2783,
duncanrollo@msn.com
Dan Pappone, (408) 316-1667, danpappone@att.net

Rocky Mountain Ramble

June 26, **27 June-3 July**, Colorado Status: completed
300 miles/7 days (6 riding, 1 rest day) \$875
Leader: Sheridan Garcia at (303) 638-0330 or
sheridangarcia@yahoo.com

Colorado's San Juan Mountains

July 16, **July 17 – 24**, Colorado Status: completed
506 miles/ (8 days, 1 rest day) \$1,050
Leader: Gary Angerhofer, 303-989-2015,
garyangerhofer@gmail.com

San Juan Islands & Western Washington

August 7, **August 8 – 14**, Washington Status: completed
420 miles; 7 days (6 riding, 1 rest/ride) \$850
Leaders: Ken Condray & Becky Bottino,
425-745-1159, condray3@comcast.net or
bbottino7@comcast.net

Idaho Panhandle, Lakes, Rivers & Silver Mining

Aug 21, **22 – 28 Aug**, WA, ID, MT Status: completed
400 miles/7 days (1 day off) \$950
Leaders: Harvey Hoogstrate, (303) 755-9362,
harvhoog@gmail.com
Ken Condray, (425) 745-1159, condray3@comcast.net

Fireworks of Fall - The Notches of New Hampshire

Sept 11, **12-19**, New Hampshire Status: open
425 miles/8 days (1 day off/ride) \$1055
Leaders: Jim Bethell and Janet Reilly
518-446-1766, jim@bikes5.com

Volcanic Skylines: Lassen to Mount Shasta

Sept 24, Sept 25 – Oct 2, California Status: cancelled
468 miles/ 8 days (1 rest day) \$1,180
Leaders: Duncan Rollo, (970) 224-2783,
duncanrollo@msn.com
Dan Pappone, (408) 316-1667, danpappone@att.net

Moab Skinny Tire Ride

October 8, **9 - 11**, Utah Status: open
148 miles/3 days \$410
Leaders: Mark Berenson & Charlotte Patterson,
(970) 626-5649 or racemark@aol.com

Vietnam in 2011

February 23 – March 9 Status: full
500 miles/14 days \$2520
Leaders: Jim & Mickey Berry
(303)779-3607 or (303)880-4282 or jimberry@qwest.net

For more information on, and to register for, all the 2010 HeartCycle tours go to the website at www.heartcycleregistration.org or contact the tour leaders listed. Email addresses for tour leaders available on the website.