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to Heart

2005 Reverse Colorado Border-to-Border Tour, July 12-19

Written by tour leader Vernon Smith
(edited)

This year we did it in reverse. The 2005 Reverse Colorado Border-to-Border tour did a counter-clockwise direction 1,200 mile loop through some genuinely classic riding territory in Colorado all the way from the Wyoming Medicine Bow mountains to the New Mexico mountains of Carson National Forest and back. We traveled the mountains, high plains, and river valleys of Colorado. One altimeter recorded 67,072 feet of climbing (and descending). The elevation gains I list for each day are taken from this single altimeter (Eric's).

We crossed the continental divide six times, four of these crossings in the "shorter" last two days. Our highest and lowest elevations both occurred on Day 8 where, after departing from Winter Park, we climbed to 12,183' on Trail Ridge Road in Rocky Mountain National Park and then descended to our finish in Loveland at 4,900'. That was a well deserved descent of 7,283' for our last day. During the past two times this tour was run there were days of rain, but this year there wasn't a single drop for some of us and very little for others. Some days started cold. It was literally freezing when we went through Fraser – but it always got hot - probably in the nineties almost every day.

There were nine riders: Greg Mikalik, Darrell Carlson (from Minnesota), Ann Crossland, Rick Ashabranner (from California), Robin Favreau, Carol Chaffee, Eric Hallam, and Steve Carrol, and leader Vernon Smith. Our most excellent sag driver was Terry Leeper. Six participants had done this tour once (or twice) before. Gluttons for punishment, everyone of us – including Terry. Oh, by the way, it's all Darrell's fault! He contacted me in the fall of 2004 saying he thought we should do Border-to-Border again.

Day 1 Tuesday July 12: Loveland to Encampment (178 mi., 9,032') – Most riders started out when it was light enough to see. Rick's bike came sometime in the wee hours of the morning but the hotel didn't notify Rick at that time. He was still putting it together when six riders had departed. Eric and I waited for Rick so he wouldn't start out alone. We made our way through **Loveland** and into the **Masonville** area. From there we climbed up the Buckhorn to the old school house at **Stove Prairie**. Rick, one of the two riders from low elevation (the other was Darrell) said he didn't have his climbing legs yet. I certainly wasn't worried that he would find them. Next we did a steep 5 mile descent to **Poudre Canyon**, went over **Cameron Pass (10,276')**, and found our way to **Encampment, Wyoming** for our steak and chicken dinner.

Day 2 Wednesday July 13: Encampment to Meeker (144 mi., 6,700') – From **Encampment** we immediately climbed through the **Medicine Bow** mountains to the summit of **Battle Pass (9,955')** for a crossing of the continental divide. Then we descended to **Baggs WY**, pedaled through **Craig, CO**, then over **Nine Mile Gap** to **Meeker**.

Day 3 Thursday July 14: Meeker to Redstone (99 miles, 3,920') – It was a cold start on this morning. Some of us less hearty folks even wore a jacket at the beginning! This was our lazy day of only 99 miles through **Rifle, Glenwood Springs, and Carbondale**, ending up in Redstone. We had five miles of interstate riding but it was another perfect weather day, although plenty warm for me. They were paving on C-133. - hot sticky tar on a hot day. Our cabins were right up against the Crystal River. It felt good to sit in the cold river and cool down the legs.

continued on page

HeartCycle Contacts

Below are the names, responsibilities, phone numbers and email addresses of key HeartCycle volunteers. Please contact the individuals for questions about their assigned areas. Send any regular mail to the HeartCycle PO Box with attention to the desired person. For questions about specific tours, please contact the tour leader(s).

BoardMembers

President president@heartcycle.org	Myra Jans 303-337-9210
Vice-President VP@heartcycle.org	Ken Cogger 303-816-4781
Registrar (& Treasurer) Registrar@heartcycle.org	Steve Richards 303-321-5922
Tour Director TourDirector@heartcycle.org	Gordon Tewell 720-304-9572
Development Development@heartcycle.org	Mike Case 303-744-0229
Training Rides Co-Director	Homer Fritz 303-477-6446
Newsletter Editor newseditor@heartcycle.org	Ann Nordstrom 303-366-2716
Secretary Secretary@heartcycle.org	Larry Sampson 303-733-5038
Training Rides Director (&Maps) maps@heartcycle.org	Lee Cryer 303-778-2305
Marketing Marketing@heartcycle.org	Bob Hoffman 303-942-1779
<u>Working Members</u>	
Newsletter Mailing Group Newsmailer@heartcycle.org	Sue Hoogstrate 303-755-9362
Sag Supply Manager sagmgr@heartcycle.org	Jeff Messerschmidt 303-904-0573
Web Site Manager Webmaster@heartcycle.org	Debbie Finn 303-651-3898
Social Events Social@heartcycle.org	Melodye Turek 303-320-1430
Assistant Registrar & Web Registration WebReg@heartcycle.org	Harvey Hoogstrate 303-755-9362
Mapping Assistant Maps2@heartcycle.org	Ira Goldschmidt 303-561-4817
Training Rides Assistant rides@heartcycle.org	Susan Loftus 303-758-5472

For letters, articles or comments, send email to newseditor@heartcycle.org by the 15th of the month
To receive this newsletter by email please indicate your preference on the membership registration form, or contact the Registrar.

Support our Sponsors

TrueMind Center for Traditional Chinese Medicine
5 Cook Street
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303-466-2454
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Handle Bar & Grill
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Denver, CO 80209
303-778-6761
25% off a 2-person ticket



Upcoming 2006 Cycling Events

- May 20 8th Annual Buena Vista Bike Fest, century ride with shorter options
719-528-6834 www.bvbf.org
- May 21 Santa Fe (NM) Century, century ride with shorter options www.santafecentury.com
- May 27-29 HeartCycle's Memorial Day weekend ride in Taos, NM
- June 4 Elephant Rock, Castle Rock, CO, century ride w/shorter options, www.elephantrockride.com
- June 24-30 Boulder Bike Week www.ci.boulder.co.us
- June 28 Denver Bike to Work Day
- July 8 Triple Bypass - Evergreen-Vail, Colorado, 120 mi., www.teamevergreen.org
- July 8 & 9 2006 MS 150, route: Highlands Ranch Colorado Springs-Royal Gorge, Canon City, 1-800-344-4867
www.nationalmssociety.org/MSBike-Colorado.asp
- July 22-24 Childrens Hospital Courage Classic: day 1 – Leadville to Copper Mountain, day 2 - out and back rides from Copper Mountain, day 3 – Copper Mountain to Leadville (Fremont Pass) www.couragetours.com
- Aug 19 Stonewall Century, LaVeta, CO, century ride with shorter options www.spcycling.org
- Aug 26 Tour de Cure, Boulder County Fairgrounds, Longmont 1-888-diabetes
http://main.diabetes.org
- Sept 9 3rd Annual Aspen Ride for the Cure, fundraiser for breast cancer. Century ride w/26 mi. option www.aspenrideforcure100.com
- Sept 10 Boulder Buffalo Classic, century ride w/ 35, 50, 70 mi. options; fundraiser for state student scholarships; www.buffalobicycleclassic.com

note: if you are unable to access the internet, contact newsletter editor Ann Nordstrom, 303-366-2716, for address and/or phone information of the cycling event you are interested in

also: if you know of other cycling events that would be of interest to the membership, please let the newsletter editor know (by the 15th of the month).

RIDE OF SILENCE

A 10 mile ride to commemorate all cyclists killed or injured while cycling on the road. Cyclists should wear black arm bands to remember those who have died and red arm bands if they have been injured. No one will ride faster than 12 mph. There will be no talking on this ride. This is a procession to state our presence on the road.

This ride is taking place on Wednesday, May 17 from Scott Carpenter Park in Boulder. (30th & Arapahoe Sts.) We will meet at 6 pm and start the ride at 6:30 pm.

www.rideofsilence.org Bonnie Bucher (organizer)

NOTICE OF TRAIL CLOSURE

CDOT is scheduled to commence April 24th (weather permitting) for maintenance dredging of the Massey Draw streambed for the 2 structures on the C-470 bike path in the vicinity of SH 121 (Wadsworth). This will involve a fair amount of equipment on the path at these two structures. In the interest of safety it will be necessary to close the path on a daily basis. CDOT will start on the structure at Wadsworth first with an estimated time of 1 week for operations there and then move to the structure under C-470 and hopefully wrap that up within approximately a week. All of this does hinge on the weather, as a small amount of precipitation can cause the water level in the stream to rise significantly.

Day 4 Friday July 15: Redstone to Ouray (177 miles, 11,600')

– This was one of our longer days at 177 miles. Most people started out at 6:00 AM or earlier. We never got much over higher than **Hermit's Rest (9,000')**, but twice we went below 6,000' (**Hotchkiss** and **Montrose**). There was a lot of up-and-down terrain which helped make it one of the largest elevation-gain days. We began with a nice 1,500' climb to **McClure Pass** which worked well to warm you up in the cold morning air. Then, thinking I was tougher than I really was, I removed my leg/arm warmers and jacket and started the long valley descent in the early morning shade down to **Hotchkiss** with Eric. After 10 minutes or so of shivering body and chattering teeth I had to have Eric stop so I could don the only extra protection I had – a white plastic garbage bag with precut neck and arm holes. With that, I was able to make it down to the warmer temperatures. After **Crawford**, Robin, Eric and I started riding parallel along the south rim of the **Black Canyon of the Gunnison** – always a beautiful route with very little traffic. After some **US-50** it got really hot. Combine this with paving operations and we were toast rolling into **Montrose**. It stayed hot the rest of the day to Ouray.

Day 5 Saturday July 16: Ouray CO to Chama NM (184 miles, 13,260')

– Today we began climbing immediately from the hotel parking lot. First we ascended **Red Mountain Pass** then **Molas Divide**, and finally **Coal Bank Hill**. All three passes were very special and had very little traffic during the early hours of the day. There were some incredible drop-offs and some steep descents along the way. We skirted Durango and took a maze of county roads to get to **Bayfield**. Then it was on to **Pagosa Springs** where we lost all traffic and made our way into “the land of enchantment” ending the day in **Chama, New Mexico**.

Day 6 Sunday July 17: Chama NM to Buena Vista CO (175 miles, 6,150')

– This was another fairly long day but the terrain was easier. Heat and wind were the issues. Once again we started climbing right out of town over **Cumbres** and **La Manga Passes** - a pair of 10,000 foot passes that were exceptionally beautiful in the early morning. Between **Antonito** and **Villa Grove** we had the longest stretch of straight and flat roads on the entire tour. There was more of a pace-line in this section than anywhere else on the tour. The joking between Eric and Carol was entertaining to say the least and helped pass the long miles. The pace-line worked until people got tired of it and split up to pairs or individuals. At **Poncha Pass** some of Greg's friend were there to photograph each of us as we crested the gentle summit. Many of us battled a major head or side-wind all the way from Poncha Pass to **Buena Vista**. Another hot and dry day done.

Day 7 Monday July 18: Buena Vista to Winter Park (131 miles, 10,250')

– This was an up-and-down 131 mile complicat-

ed day through ski country Colorado with three crossings of the continental divide. We cycled past Copper Mountain, Keystone, Arapahoe Basin, Loveland Pass and Winter Park ski areas. First we went up the Arkansas river-valley to **Leadville**, the self-proclaimed highest incorporated city in the U.S. at 10,152' (Alma Colorado says they are the highest - the debate continues). After Leadville we climbed **Fremont Pass (11,318')**, then descended to **Copper Mountain** and picked up the bike path to **Frisco** and over to the junction with highway 9. Then we climbed up **Swan Mountain** road where Eric tried challenging me a bit. After **Keystone** we started up toward **Loveland Pass (11,992')**. Eric seemed to fade rather quickly – I was surprised, but not wanting to leave him too far behind I soft pedaled. I mean why hurry if I was just going to wait later on? I wanted to be a nice guy. Tour leaders have to be friendly, right? Little did I know he was gaining on me. Later, he even admitted accelerating when he would be out of my sight (as though I would be looking for him so far behind me). He even admitted trying to spit quietly so I wouldn't hear him approaching. I was in my own little world. THEN out of nowhere he sped past me with only 300 feet to the summit of Loveland Pass. I reacted as fast as I could but had no time to get my heart rate up gradually. I let up and Eric beat me to the top. Later he told me he was half a stroke from letting up himself! If only I had tried a little harder! Well, stewing in my defeat I rolled over the top and down to **I-70, Bakerville, Silver Plume** and **Georgetown** waiting in **Empire** for those behind me to catch up. On the way down I rationalized my defeat with the knowledge that Eric was twenty years younger. Surely that should count for something! My redemption would come on Berthoud Pass. I would put the same distance on him during the lower parts of the climb and then be attentive to his whereabouts on the upper part of the climb. He wouldn't fool me twice.

But where was everybody? In the pre-ride letter I admonished people to follow the queue sheet carefully from Loveland Ski area to Empire, but Rick (and who knows how many more) still got lost. Eventually Eric, Carol, Robin, Rick and Terry (with the van) showed up (maybe others too) and we got things underway. My plan was working. Rick and I had put quite a bit of distance on Eric. Then wouldn't you know it there was road construction and they were stopping traffic. Steve was there waiting. Eventually they let us go and Steve, Eric and I pretty much marked each other all the way up. Then Eric did it again. He kicked it into high gear and came from behind me with no warning. And once again my reaction wasn't good enough. Twice in one day I had been defeated. Youth triumphed over age. Again I rationalized my defeat – blaming it on the road construction stop. Maybe tomorrow.

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**full page photo collage may be
viewed on the HeartCycle web page**

Colorado HeartCycle 2006 Tours

Status at time of printing, end of April

open	Desert Ruins, CO,NM	May 20-28	\$1375	Mike Case, 303-744-0229, mikecase16@juno.com
open*	Taos, New Mexico Memorial Day weekend	May 27-29	\$275	Dan Clark, 303-973-8803 Ken Cogger, 303-816-4781, cogger@peakconsulting.com
open	Colorado Rky Mtn High	June 18-24	\$ 950	Harvey Hoogstrate, 303-755-9362, harv@pcisys.net Ken Cogger, 303-816-4781, cogger@peakconsulting.com
open	Texas Hill Country Fredericksburg, Texas	June 18-23	\$775	Larry & Sherry Harris, 817-457-6502, thepedalers@aol.com
full*	Holland Barge Cycling The Netherlands	July 15-22	\$1150	Myra Jans, 303-337-9210, mcjans@comcast.net Dan Clark, 303-973-8803
	Bridger-Teton	cancelled		
open	Shoreline L.P. to U.P. Michigan	July 30-August 6	\$1075	Kevin & Jacki Solon, 616-897-6802 jacki_solon@yahoo.com
full*	N. Cascades Sasquatch Loop Washington	August 6-13	\$1175	Harvey Hoogstrate, 303-755-9362, harv@pcisys.net Ken Cogger, 303-816-4781, cogger@peakconsulting.com
open	Go For the Gold weekend Colorado	September 23-25	\$225	Diane Short, 303-763-9874
open	Grand Canyon Arizona, Utah	October 1-8	\$1000	Jerry Bakke, 303-738-9861 jerrybakke@msn.com
open	Fireworks of Fall Finger Lakes, New York	October 8-15	\$1100	Jim Bethell & Janet Reilly, 518-446-1766 jim@bikes5.com
open	Mallorca, Spain (tentative)	March, 2007	\$1725 (tentative)	Don Leet, 541-389-2782 donoso@bendnet.com

* wait list available

CLASSIFIED:

Shimano Wheel Set with Hubs for Sale: Brand new in original box. Product: WH-R550 (700c), black spokes with silver rims, Lot# 04091699, Code: 4BE02000-09. Retail: 289.99 w/o tax. Will sell: 250.00 (cash and carry), Call: Astrid @ 303.674.6143 Leave message

Bike for Sale: 53 cm Eddy Merckx, Cro/Moly frame, Dura Ace, 54/39 chainring, 11/34 cassette, low miles, great condition. \$1,200.00 or best offer. Contact Joe Halbeisen at 303-450-9013

Carpool: Going to RAGBRAI? Me, too - I'm looking for someone to share the drive to and from Sergeant Bluff. Contact Ann at 303-366-2716 or annn@estreet.com

NEW HOME ADDRESS? NEW EMAIL ADDRESS?

If you are not getting your monthly issues of the HeartCycle newsletter, it may be because of an incorrect mailing or email address.

PLEASE inform the REGISTRAR of all changes to keep your newsletters coming!!

HeartCycle May 2006 Training Rides

Rides will go if the temperature is at least 40 degrees and the roads are dry. Call the leader if the weather is questionable.

This list of training rides is tentative. Please check the web site at <http://www.heartcycle.org> or the most current newsletter for up to date information, including start location, distances, and ride leader(s) name and phone number.

All training ride participants, whether members of HeartCycle or not, are required to wear an approved bicycle helmet, obey all traffic signs and signals, ride single file when

there is automobile traffic within 100 yards, and practice courtesy with other cyclists and motorists. Your cooperation is appreciated.

An asterisk (*) indicates that there will be a carpool from the metro Denver area leaving at the first time point and the ride will start at the second time point. Please call the ride leader to confirm your participation. These rides will go only if at least three people call by the Thursday before the ride.

mileages are approximate, and shorter options are available on most routes.

DAY	DATE	TIME	MI.	START LOCATION	RIDE DESCRIPTION	LEADER(S)
Sat	Apr 29	9:00	80	West Gravel Lakes Park, 88th & Colorado, Thornton	Thornton/Platteville	Kevin Brady 720-870-1259
Sun	Apr 30	9:00	43	King Soopers, NW corner of Wadsworth & Chatfield, Littleton	Turkey Creek Run	Luanne Ralph 303-798-6622
Sat	May 6	9:00	54	Big Thompson School, US 34 and County Rd 27 west of Loveland	Masonville/Rist Canyon	Ride leader needed. Please call Susan Loftus or Lee Cryer
Sun	May 7	9:00	44	Mineral park & ride, NW corner of Santa Fe and Mineral, Littleton	Littleton/Conifer	John McQueen 303-794-2623
Sat	May 13	9:00	83	Bus stop, SW corner of US 36 and Broadway in Boulder	Boulder/Left Hand Canyon/Brainard Lake	Frank Moyes 303-786-9142
Sun	May 14	10:00	43	Bergen Park park & ride, SE corner of Evergreen Pkwy and CR 65 in Bergen Park	Bergen Park, Idaho Springs/Echo Lake	Jack Zivic 303-795-6687
Sat	May 20	8:30	81	Colony Square Theater, NW corner of US 36 and McCaslin Blvd, in Louisville	Superior/Carter Lake	Ride leader needed. Please call Susan Loftus or Lee Cryer
Sun	May 21	8:30	49	Superior Metal Products in Louviers - 6.5 mi. south of C-470 on Santa Fe, west on Kelly Ave, south on Cora Road	Louviers/Larkspur	Jeannie Clayton 303-964-3364
Sat	May 27	8:00	63	Parfet Park, 10th & Jackson St, Golden	Golden/Golden Gate Canyon/Wondervu	Ride leader needed. Please call Susan Loftus or Lee Cryer
Sat	Jun 3	8:00	89	Safeway west of exit 241 off I-70 in Idaho Springs	Idaho Springs/Loveland Pass/Dillon	John Steele 303-300-3573
Sun	Jun 4	8:00	?	TBD	Boulder/Masonville	Ride leader needed. Please call Susan Loftus or Lee Cryer



PRESIDENT'S MESSAGE

So you thought HeartCycle was strict about helmets?

The mayor of a New Zealand town wanted a nude cycling race to be called off because the participants didn't want to wear their helmets.

Approximately 100 people were expected to take part in the "clothing optional" race around the Golden Bay on the Southern tip of New Zealand's South Island.

John Hurley is the mayor of the Tasman District on New Zealand's South Island. He made a complaint to the local police on behalf of the residents. He said the ride has been divisive and the community expects something to be done to ensure general standards of decency, and that the police would look like fools if they allowed the race to go ahead for the third straight year in spite of the objection of local residents. The police found they could take to legal action. The mayor thought that the police should enforce the laws which require all cyclists to wear safety helmets.

An owner of a clothes-free Bed & Breakfast in Lake Tekapo said the mayor needs to lighten up a bit, and said the ride is part of a world wide movement against oil dependency and a fun way to express freedom of choice.

I don't remember going through this town when we did our bike tour in New Zealand.

We are looking for a leader to lead HeartCycles new 2007 Bridge Ride!

see bridge photo on the HeartCycle web page

On another note – Trips for Kids is looking for volunteers to help with their 2006 season. There are over 50 rides where support is needed. If you have the time and would like to help, call: 303.919.4259 or email twowheelfunman@yahoo.com



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Day 8 Tuesday July 19: Winter Park to Loveland (118 miles, 6,160') – After Monday's complicated route, Tuesday was a piece of cake but it sure was cold going through Fraser. I think it was less than 32 (F). Greg, Eric and I were together as we took US-40 to **Granby** then turned on US-34 to **Grand Lake** and **Rocky Mountain National Park**. When the climbing started I never saw Eric until we found Terry and the van at the visitor center on **Trail Ridge Road**, just prior to the 12,183' high point. I planned that if Eric said he wasn't trying to ride fast today, that I would say the same thing. Once again I would justify the situation – but I never had to. We were both just enjoying the last day of a magnificent Colorado tour from Wyoming into New Mexico and back. It was a good week of riding in Colorado.

The switchbacks down **Devils Gulch** road down to **Glen Haven** have always been fun. Then we went down **Big Thompson Canyon**, following the lead vehicle through the chip seal area, nicking up my new bike as we headed to **Loveland**. We finished with watermelon and snacks. We re-hydrated, took showers, talked about the ride, disassembled bikes (Rick that is) and enjoyed (for a bit) not sitting on a narrow saddle. Then it ended as quickly as it started and everyone went back to reality.

Thanks for coming.

**There's still time to sign up for the upcoming tour in Michigan!
July 30-August 6, 8 days, 60-80 miles/day, \$1075, Rating I60-80**

**Travel from the Lower Peninsula to and through the Upper Peninsula along
three shorelines of Michigan's Great Lakes.**

**Traverse City - Petosky - Mackinac Island (can you say fudge and no cars?) -
Paradise - Munising - Manistique - Traverse City**

**Tour leaders: Kevin and Jacki Solon (616) 897-6802
jacki_solon@yahoo.com**



Colorado HeartCycle Association
P. O. Box 100743
Denver, CO 80250-0743



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2006 Colorado HeartCycle Membership Form

please print legibly!

Membership (Jan. 1 - Dec. 31) application only. Must be filled out even if you are not signing up for a tour.

New _____ Renewing _____ Email address _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Fax _____

Individual Membership \$20.00

Family Membership \$25.00

Name of family members _____ email address _____

I prefer to have the monthly newsletter delivered: electronically (email) _____ or paper (USPS) _____

As a member, I am willing to contribute to Colorado HeartCycle in the following ways:

Starting training rides _____ Leading Tours _____ SAG driving _____ Web Site team _____ Making maps _____ Event helper _____

Signature _____ Date _____

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and I hereby agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other parties connected with club-sponsored rides in any way whatsoever, individually and collectively from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage suffered or sustained as a result of participation in said club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that HeartCycle Association, Inc., requires the use of helmets when participating in all club rides.

Send this form with check payable to HeartCycle. Mail to: HeartCycle, PO Box 100743, Denver, CO 80250-0743