



# Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club  
March 2007

## *HeartCycle March 2007 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.*

DATE	TIME	MI.	START LOCATION	RIDE DESCRIPTION	LEADER(S)
Sat 3/3	10:30	41	Country Store, SE corner of Santa Fe & Town Center Dr. in Highlands Ranch	Littleton/Highlands Ranch/Parker	Luanne Ralph 303-798-6622
Sun 3/4	10:30	43	Hygiene Elementary School on east side of 75th St. in Hygiene	Hygeine/Loveland	<i>Ride leader needed. Please contact Susan Loftus at 303-758-5472 or Lee Cryer at 303-778-2305</i>
Sat 3/10	10:30	46	Parfet Park, 10th & Jackson Streets in Golden	Golden/Morgul Bismarck	Mike Case 303-744-0229
Sun 3/11	10:30	51	Sedalia Elementary School on Rio Grande Ave. west of SH-67 in Sedalia	Sedalia/Larkspur/Palmer Lake	Lee Cryer 303-778-2305
Sat 3/17	10:30	40	Mineral park & ride, NW corner of Santa Fe & Mineral, Littleton	Littleton/Roxborough	<i>Ride leader needed. Please contact Susan Loftus at 303-758-5472 or Lee Cryer at 303-778-2305</i>
Sun 3/18	10:30	67	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Carter Lake	Bob & Leslie Cutler 303-786-9927
Sat 3/24	10:30	44	Garden Center on Midway Blvd., 2 blocks east of Wadsworth, in Broomfield	Broomfield/Longmont	<i>Ride leader needed. Please contact Susan Loftus at 303-758-5472 or Lee Cryer at 303-778-2305</i>
Sun 3/25	10:30	62	Village Inn, NE corner of Chambers & Colfax, Aurora	Aurora/Bennett Strasburg	Dennis Fitzpatrick 303-322-0290
Sat 3/31	10:30	61	Superior park & ride, SW corner of US 36 and McCaslin Blvd., Superior	Outskirts of Boulder	Debbie Finn & John Mills, 303-651-3898
Sun 4/1	10:30	37	Superior Metal Products in Louviers - 6.5 mi. south of C-470 on Santa Fe, west on Kelly Ave, south on Cora Rd.	Louviers/Sedalia/Rampart Range	Kathy Stahl 303-932-0376
Sat 4/7	10:00	51	NW parking lot behind King Soopers, off Main St. & 23rd Ave. in Longmont	Longmont/Jamestown	Joanne Spiers 303-665-0167
Sun 4/8	10:00	53	Safeway in Castle Rock. I-25 exit 181, east on Plum Creek Pkwy, south on Perry St.	Castle Rock/Palmer Lake	Glenn DeRussy 303-986-8724

[www.heartcycle.org](http://www.heartcycle.org)  
[info@heartcycle.org](mailto:info@heartcycle.org)

web discussion list:  
[www.topica.com/lists/heartcycle](http://www.topica.com/lists/heartcycle)

# ABC

## Quick Check

**a** is for air

✓ Inflate tires to rated pressure as listed on the sidewall of the tire ✓ Use a pressure gauge to insure proper pressure ✓ Check for damage to tire tread and sidewall; replace if damaged

**b** is for brakes

✓ Inspect pads for wear; replace if there is less than an inch of pad left ✓ Check pad adjustment; make sure they do not rub tire or dive into spokes ✓ Check brake lever travel; at least 1 inch between bar and lever when applied

**C** is for cranks, chain & cassette

✓ Make sure that your crank bolts are tight; lube the threads only, nothing else ✓ Check your chain for wear; 12 links should measure no more than 12 1/8 inches ✓ If your chain skips on your cassette, you might need a new one or just an adjustment

**quick** is for quick releases

✓ Hubs need to be tight in the frame; your quick release should engage at 90° ✓ Your hub quick release should point back to insure that nothing catches on it ✓ Inspect brake quick releases to insure that they have been re-engaged

**check** is for check over

✓ Take a quick ride to check if derailleurs and brakes are working properly ✓ Inspect the bike for loose or broken parts; tighten, replace or fix them ✓ Pay extra attention to your bike during the first few miles of the ride



TrueMind Center for Traditional Chinese Medicine  
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*25% off all orders, at all locations*

**USE OUR  
SUPPORTERS/  
SPONSORS,  
AND THANK  
THEM!**

***If you haven't yet renewed your membership for 2007, the March newsletter will be your last!***

**RENEW NOW!**

*(fill out form on back page and mail to club's PO Box)*

*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).*

### **2007 Board of Directors**

President, Ken Cogger  
president@heartcycle.org  
303-816-4781

Vice President (& Insurance)  
Myra Jans, 303-337-9210  
VP@heartcycle.org

Registrar (& Treasurer),  
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Registrar@heartcycle.org

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TourDirector@heartcycle.org

Training Rides Co-Director  
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Secretary (& Marketing)  
Larry Sampson, 303-733-5038  
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303-733-5038

Director at Large (& SAG vehicles)  
Jerry Bakke, 303-738-9861  
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### **Annual Directors (Working Members)**

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Maps2@heartcycle.org  
303-561-4817

Training Rides Assistant,  
Susan Loftus, 303-758-5472  
rides@heartcycle.org

## **COLORADO HEARTCYCLE 2007 TOURS**

### **Death Valley Spring Break Training Ride**

cancelled

### **Desert Recon**

**May 12-20**, NV-CA-AZ-UT, 875 mi., 9 days, \$1225, leader: Mike Case, info: 303-744-0229 or mikecase16@juno.com

**Steamboat Spgs CO Memorial Day Weekend, May 26-28**, 120-160 mi., 3 days, \$210, leader: Diane Short, info: 303-763-9874 or dianbike@eazy.net

### **Utah, Wyoming, Idaho**

**June 4-10**, UT-WY-ID, 425 mi., 7 days, \$875, leaders: Jerry Bakke, 303-738-9861, jerrybakke@msn.com, and Larry Harris, 817-457-6502, thepedalers@aol.com

### **Idaho Adventure**

**June 17-25**, Idaho, 560 mi., 9 days, \$1050, leaders: Gordon and Deb Tewell, info: 720-304-9572 or gtewell@worldnet.att.net

### **Crater Lake Oregon Cascades Loop**

**July 15-21**, Oregon, 450 mi., 7 days, \$850, leaders: Ken Cogger, 303-816-4781, cogger@peakconsulting.com, and Larry Augenstein, 719-598-4124, bikenuts@juno.com (Larry)

### **Colorado San Juan Mountains**

**July 21-28**, Colorado, 508 mi., 8 days, \$900, leader: John McQueen, 303-419-6723, mcqueenj@yahoo.com

### **Michigan Shoreline**

**August 5-12**, Michigan, 500 mi., 8 days, \$1175, leaders: John Crankshaw and Jacki Solon info: crankshaw@att.net (John), or 616-897-6802 or jacki.solon@yahoo.com (Jacki)

### **The White Squirrel Scurry**

**August 12-19**, Western North Carolina, 425 mi., 8 days, \$1150, leaders: Jim Bethell & Janet Reilly, info: 518-446-1766 or jim@bikes5.com

### **Tour the Passes of Summit County, Colorado**

**August 19-25**, Colorado, 430 mi., 7 days, \$600, leaders: Jerry Bakke, 303-738-9861, jerrybakke@msn.com, and Sy Katz, 303-789-5268, SKSKatz@comcast.net

### **Dinosaur Droppings**

**Sept. 1-3**, Colorado, 160-270 miles, 3 days (Labor Day weekend), \$275, leader: Mike Case, 303-744-0229, mikecase16@juno.com

### **Glacier-Waterton National Parks**

**Sept. 2-9**, Montana/Canada 350 mi., 8 days, \$1175, leaders: Karen Ishibashi, 303-444-5082, ishibashi@comcast.net and Cyndi Ortman, 970-385-4388, cortman@frontier.net (Cyndi)

### **September in Spain**

**FULL**

**Sept. 2-15**, Girona, Spain, 587 mi., 14 days, \$1550, leaders: Warren Barta, 719-632-3602, warrenb@pcisys.net, and Steve Richards, 303-321-5922, registrar@heartcycle.org

### **Barge Cycling - Amsterdam to Brussels**

**Sept. 8-15**, The Netherlands, 315 mi., 8 days, \$1075, leaders: Myra Jans, 303-337-9210, mcjans@comcast.net, and Dan Clark, 303-973-8803

### **Texas Hill Country**

**Sept. 16-22**, Texas, 430 mi., 7 days, \$775, leaders: Larry and Sherry Harris, info: 817-457-6502 or thepedalers@aol.com

### **Lake Champlain with a French Connection**

**Oct. 7-13**, VT-NY-Quebec, 450 mi., 7 days, \$1025, leaders: Ken Cogger, 303-816-4781, cogger@peakconsulting.com, and Harvey Hoogstrate, 303-755-9362, harv@pcisys.net

### **Vietnam**

**Feb. 14-28, 2008**, Vietnam, \$2175, leader: Roger Stoub, 708-597-8517, vollvel@comcast.net

*More details and difficulty ratings of these tours can be viewed on the HeartCycle web site, [www.heartcycle.org](http://www.heartcycle.org), where you can also download a registration form*

*notable dates this month:*

*March 11th - Daylight Savings Time begins*

*March 17th - St. Patrick's Day*

*March 21st - First Day of Spring !!!*



### **Classified:**

Wanted: Used touring bike in good condition. 56 cm. please contact Ann at 303-366-2716

Wanted: Used Burley Flatbed or Bob Trailer. Contact Larry at bikenuts@juno.com or 719-598-4124.

*From the editor:*

*Did you go on a memorable bike trip last year? Would like to share it with the membership? Email me an article (one page) and one or two snapshots and I will publish it. If you are unable to email, call me and I will give you an address to mail it. Also welcome would be any type of article you think the membership would be interested in. This is your newsletter, contributions welcome! - Ann Nordstrom, NewsEditor@heartcycle.org, 303-366-2716*



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



*Printed on Recycled Paper - Please Recycle*

**please print legibly!**

**2007 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 \_\_\_\_\_ Cell \_\_\_\_\_

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**