

Heart-to-Heart



Update on Covid-19 and 2020 Colorado HeartCycle Tours

April 17, 2020 The Covid-19 situation is still evolving daily.

The Board has made several interim decisions while seeing how the situation evolves.

We have cancelled all of our domestic tours through June, and all international tours except the Albania tours. We are evaluating other near-term tours in July and beyond and expect board decisions soon. For the cancelled tours, full refunds have been issued to confirmed participants and the Board will continue to meet to address all remaining/un-refunded deposits for all remaining tours.

We understand all your concerns; we have them as well. For tours that are in the future, the Board has also relaxed the penalty dates to 30 days to lose full fees if the tour continues.

The Board has chosen to wait on decisions regarding our July and beyond tours. Generally, we expect to make decisions with the Tour Leaders at least 45 days out. Perhaps more information will arise in the near term, that will revise our country's public policy recommendations and we will feel more comfortable proceeding with these tours.

We will continue to communicate with our Tour Leaders on this. You may anticipate updates from Tour Leaders specific to your tour.

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Colorado HeartCycle

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Looking forward

While the daily news is challenging to read, let's start looking forward to getting outside, warm days of summer and biking along those quiet roads or trails! I am working with many of our Tour Leaders for future tours. We hope that the next time we see each other, we can share hugs and laughter as we cycle along a scenic road. Included in your April newsletter are two Teasers for several trips in 2021! Yes, future trips are on the drawing board and we want you to start dreaming of HeartCycle tours for 2021. Details on these 2 tours will follow this summer, but **Land's End to John o'Groats** and **Le Monastere** are epic foreign bike tours, so to get you locking forward to 2021, see pages 3-5.

Judy Siel, Co-Tour Director

Land's End to John o'Groats LEJOG - without the boring bits

Dates: May 26 - June 13, 2021. Orientation meeting: May 26. Riding: May 27 - June 12 (with two rest days).

Leaders: Graham Hollis/Active England

Distance: Approximately 1,000 miles over 15 riding days

Rating: Advanced.

Riders: 15 (maximum)

OVERVIEW

The LEJOG cycle ride is the grand daddy of all cycling challenges in the UK, starting at Land's End in Cornwall (the extreme southwestward point in mainland Britain) and ending at John o'Groats in northern Scotland - very close to the most northerly point of mainland Britain. You will have rolling hills, stone villages, thatched houses, moors, dales, lochs, mountains, rivers and seas. Like all iconic routes it has boring bits, we plan to take a van around those and spend time on the more scenic parts. Average daily distances are around 65 miles no day with more than 4,000 ft of climbing. It's just shy of 1,000 miles with about 50,000 ft of climbing accomplished in 15 days of riding with an additional 2-rest days.

The terrain is not flat, and riders will encounter some challenging grades, although short by Colorado standards. Roads in the UK are generally high standard, but narrow compared to the U.S. UK motorists are typically fast, but patient and courteous toward cyclists.

Although it is unlikely to be cold - be well prepared for variable weather (e.g., rain).

What's included:

Hotels based on twin rooms for 18 nights (May 26 - June 12) with breakfast. Two dinners - first and last nights. All daily van snacks and water top-ups. Daily planning, taking into account all weather and/or route changes which may need to be made. We will have a nightly planning meeting. Two vehicles (2 guides), one 9-seater and one 15-seater in order to be able to transport everyone, their bikes and luggage. All bikes, equipment and spares. eBikes are an option at no additional cost. There is a discount of \$350 if you bring your own bike. Because of the configuration of the bike racks we cannot accommodate tandems.

What's Not included:

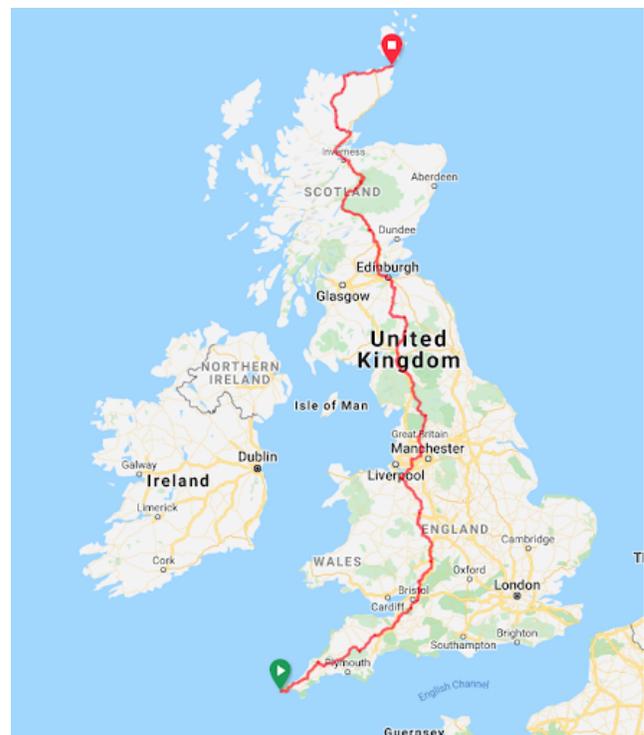
Dinners, apart from night 1 and night 18. Hotels are near restaurants. Lunches, there are plenty of cafes and pubs. Side trips to Whisky distilleries / Castles / Attractions in Liverpool, Edinburgh, etc. Train travel down to Cornwall. It's best to travel from London Paddington to Bodmin Parkway. Train/plane travel from Edinburgh back to London. Transfers from London to Cornwall, should guests want to be transferred by bus to Cornwall, and potentially their bikes.

For more information, contact

Graham Hollis 720-323-6479

gramhollis@comcast.net

(See photos on next page)



Some of the sights of LEJOG



Le Monastere (Limoux, France). June 18 – 26, 2021

Fixed-base, fully supported riding in the south of France. Rides vary daily and include destinations to historic villages, forests, vineyards, Cathar castles, gorges, and Tour de France climbs in the Pyrenees mountains. All breakfasts and 6 dinners included. Bikes/e-bikes included. There is one off-bike day (or you may ride unsupported), when many visit the nearby Cité de Carcassonne, a UNESCO World Heritage Site. Nearby Toulouse is also interesting to visit pre or post tour.



Col de Pailheres, an HC category climb in the Pyrenees; 9+ mi, average grade of 8.1%



Cité de Carcassonne



Gorge de Gallamus



Group dinner at Le Monastere



Historic Minerve, in the Central Massif

Las Vegas & Death Valley Spring Training 2020

March 11–20

By Debra Higley-Feldman and Janet Slate

Keeping everyone healthy—using tour leader (Dr) Richard Williamson’s homemade sanitizer and wearing nitrile gloves at sag and lunch stops (and even our group buffet dinner!)—facing the growing response to the coronavirus, the Las Vegas-Death Valley tour won’t soon be forgotten by those of us who were lucky enough to experience it. We had the sense that the carpet was getting rolled up behind us—when we left Las Vegas, we heard that the Strip was closing; the park visitor center closed the day after we visited; and we ate the last meal that was served in Shoshone before California’s stay-at-home order went into effect. By the time we returned to Las Vegas, restaurants were only serving takeout. We flew out (on full airplanes) but four of us from the Denver metro area decided to rent a car and drive back.

Like the changing circumstances due to the coronavirus, as the tour start date got closer, we watched the weather forecast change from typical sunny highs in the 70s and 80s to predictions of clouds—and even rain!—with highs in the 50s and 60s. Brr, for those of us who were looking forward to more desert-like conditions. With unseasonable weather conditions in the desert comes wind. Tucking in behind Don and Nancy Olsson on their tandem provided welcome relief—if you could hold their wheel! Wind aside, the scenery did not disappoint—especially for us geologists who admired the colorful and twisted-up rocks and tried to tell anyone who was nearby all about it.



Tour leaders, Jimmy Schroeder and Richard Williamson, aptly managed the changing circumstances—from the coronavirus to the weather. Mayoma Pendergast and Kathleen Schindler always cheerfully fed us—and only had to scold Gordon Revey once when he put nitrile gloves over his bike gloves. Thanks to all who sent photos!

Day 1, Thursday, March 12th, River Mountains Loop to Lake Mead, 71.9 mi, ~4100 ft of elevation gain. Some local friends of Daniel Goldschmidt joined us on our ride through Las Vegas out to the River Mountains Loop. They were helpful negotiating some of the trickier road crossings that even flummoxed Jimmy. We learned that LV has 500 mi of bike infrastructure! With that infrastructure comes courteous motorists. Surprise doesn't begin to describe our reaction to the number of motorists who stopped and waited for us to cross—more like blown away! Way to go, people of Las Vegas!

Day 2, Friday, March 13th, was a rainy day. The day's ride was supposed to be a shuttle to the [Valley of Fire State Park](#), but Jimmy called ahead and learned the park was closed because of flooding. Not knowing of the closure, some went to the park in their own vehicles, found that it had opened, and hiked (when their bikes didn't show up). Others hopped in a van captained by Tour Leader, Richard, drove to [Red Rock Canyon National Conservation Area](#), west of Las Vegas, and hiked. The rest stayed behind to enjoy Las Vegas; David Glickerman accompanied Scott Slaymaker to ride Day 1 again because Scott missed out due to a Di2 malfunction. At our evening meeting at the Baymont Hotel, four people decided to leave the tour—our Canadian participants (Cheryl Leskiw and Mike Thompson) because of concerns about the possibility of the U.S.-Canadian border closing, and Gary Angerhofer and Mike Petrizzi because of concerns related to the coronavirus. We missed them!



Ann, Janet, Cheryl, and Debra

Fran, Janet, Kevin, Susan, Roger, Debra, Richard (kneeling), Cheryl, and Ann

Day 3, Saturday, March 14th, Pahrump to Amargosa Valley, 62 mi, ~1700 ft of elevation gain. Because of road construction, we shuttled to Pahrump, a little more than an hour west of LV. Pedaling the pass between the Nopah and Resting Springs Ranges, we cheered the geology students on a field trip examining rock outcrops. Just on the NV side of the border, some of us were amazed to find that cigarette smoking is still allowed inside the Longstreet Bar and Casino! A live band played, but most of us were too tired to enjoy the music.



Jimmy



Clare, Mayoma, and Denise



Day 4, Sunday, March 15th, Amargosa Valley to Furnace Creek (Death Valley National Park) with a 27-mi, out-and-back option to Dante's View for a grand total of 65 mi, ~4500 ft of elevation gain. A stiff headwind made the day's ride challenging. The side trip to Dante's View—straight into the headwind with a 13% kicker near the top—was tackled by about a third of the group. A hearty **Cheers!** to them. The rest of us made our way to Furnace Creek for a headstart on happy hour, stopping to admire the view from Zabriskie Point.



Don, Nancy, Clare, and Alan



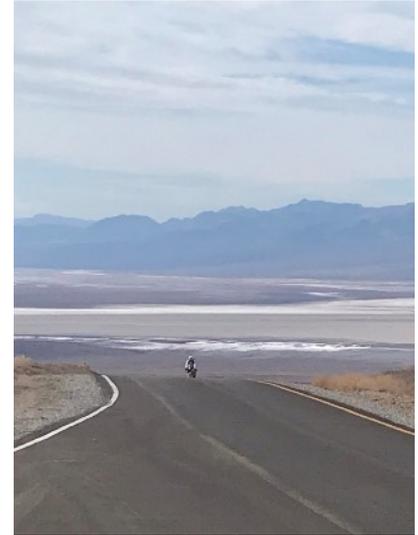
Fran, Kevin, Janet, Roger, Ann, and Susan



Kevin, Janet, Richard, Fran, and Roger



Day 5, Monday, March 16th, Artists Drive (an optional unsupported “rest day” ride, which it seemed like everyone did), 24.8 mi, ~2500 ft of elevation gain. A 9-mi, one-way road, most of the elevation gain is in the first 7 mi. Hydrothermal fluids created the myriad of colors in the rocks. Beautiful, fun, and challenging! After the ride, Richard drove a group to Dante’s View, and we got to marvel at the thought of the strong people who had ridden up there the day before—Richard among them. The day ended with our group dinner at The Inn at Death Valley, a delicious buffet with vegetarian and gluten-free choices along with beef, chicken, and salmon.



Nancy and Don - Go Tandem!



Day 6, Tuesday, March 17th, Mesquite Flat Sand Dunes & Daylight Pass (Hells Gate), 60.7 mi, ~3400 ft of elevation gain. We learned that the Park Service was closing the visitor centers because of the coronavirus. So, the ride that included an out-and-back from our rest stop at Mesquite Flat Sand Dunes to Stovepipe Wells seemed pointless. Most of us chose to ride from the rest stop (shortening the day's ride by ~4 mi), straight to Daylight Pass Road up to Hells Gate where we enjoyed lunch with a view of the valley.



Mayoma and Kathleen



Richard, John, Bob, and Alan



Day 7, Wednesday, March 18th, Furnace Creek to Shoshone, 73.8 mi, ~5400 ft of elevation gain. Jimmy called this day's route the Queen stage of the tour; with the climbing really starting in the last third of the route up Jubilee and Salsbury Passes, we'd say he was right! Little traffic and scenery that entertained the geologists definitely made the day a highlight. Dinner was at the café across the street from the inn, and it was the last meal they served before closing due to the coronavirus. They provided a breakfast buffet just for us, but we had to take it to go. Cell phone coverage was nonexistent; a working phone booth was outside the café.



Crowbar Café
will be closing at 9:30 on
3/18/2020. We will then be
closed until further notice.
Thank you.



Day 8, Thursday, March 19th, Shoshone to NV State Highway 160, 44.7 mi, ~2700 ft of elevation gain. Jimmy and Richard made a good decision to cut short our final day's ride and omit the last ~15 mi that was to be on a busy state highway. Lest we forgot how smooth and well maintained the roads were that we traveled on the tour, today's route on the Old Spanish Trail Highway—traversing the pass between the North and South Nopah Range Wilderness Areas—was definitely one that doesn't get a lot of maintenance. Little traffic, however, made up for the bumpiness. Among the coldest days of our tour, folks huddled in blankets until they were needed for padding the bikes as they got loaded in the Penske.



Colorado HeartCycle 2020 Tours

Las Vegas & Death Valley Spring Training

Las Vegas, Nevada

March 11 - 20 Status: Completed
 9 days, Advanced \$1,750.00
 Jimmy Schroeder, jimmyschweb@gmail.com
 Richard Williamson, richard6a@gmail.com

Paso Robles Wine Country

Paso Robles, California

April 18 - 25 CANCELLED
 7 days, Int./Adv. \$1,390.00
 Becky Bottino, bbottino@gmail.com
 Ken Condray, condray3@gmail.com

Shenandoah Valley

Staunton, VA

April 25 - May 2 CANCELLED
 7 days, Advanced \$1,650.00
 Kurt Arehart, klarehart@gmail.com
 Jim Bethell, bethell.jim@verizon.net

Relaxed in Provence

Avignon, France

May 14 - 23 CANCELLED
 9 days, Intermediate \$2,675.00
 Polly Page, mspollypage@gmail.com
 Rich Crocker, richcrocker@hotmail.com

Durango Weekend

Durango, Colorado

May 16 - 19 CANCELLED
 3 days, Int./Adv. \$670.00
 Denise Weaver, dweaver1200@hotmail.com
 Rob Weaver, Robert_r_weaver_iii@hotmail.com

Bruges-Paris, Bike and Barge

Bruges, Belgium

May 16 - 29 CANCELLED
 14 days, Easy/Int. \$3200.00
 Joanne Speirs, jcspeirs1@gmail.com

Traverse Bay

Traverse City, Michigan

May 30 - June 7 CANCELLED
 8 days, Int./Adv. \$1,570.00
 Lynn Driver ldriver@med.umich.edu
 Bob Rowe browe49@comcast.net

Beyond Dordogne

Bordeaux, France

June 19 - 28 CANCELLED
 9 days, Advanced \$2,750.00
 Fred Yu, frederickyu@comcast.net
 Graham Hollis, gramhollis@icloud.com

Roaring Fork Road & Groad Weekend

Basalt, Colorado

July 15 - 19 Status: Wait List
 4 days, Int./Adv. \$760.00
 Ron Finch, blouie-rfinch@comcast.net
 Robin Heil, rjsheil@bresnan.net

Oregon Wine & Surf Loop

Eugene, Oregon

July 25 - August 2 Status: Full
 7 days, Int./Adv. \$1,680.00
 Cindy Alvarez, sindelou@cox.net
 Bob McIntyre, dcx12@aol.com

