

Heart-to-Heart



My New Helmet

Every few years it seems like it is time to buy a new bike helmet and my newest one was recommended by Consumer Reports. While I could not find one in my local bike shop to try on for sizing, I took a leap of faith and ordered it up online. **Sena R2** is a smart bluetooth



communication road cycling helmet that is the bomb! On our recent HeartCycle tour in Fredericksburg, it was put to the test: the built-in speakers just over my ears allowed easy to hear Ride with GPS instructions, while allowing both ears to be free to hear other cyclists or traffic. The integrated LED taillight is not as bright as I hoped on the roadway (but great for the tunnels in the CO National Monument back on the home front). I have not had the opportunity to use the built in

microphone/bluetooth intercom for contacting my other-half who has the same new helmet. Someday if I suffer a mechanical, I could alert him to my location just down the road and my predicament. The helmet has many fit adjustments, is comfortable and was easy to pair with my phone. It was great to put the phone away securely in a pocket and to be able to hear the Ride with GPS lady talking in my ear before any corner. One day she wasn't there, but only because I had the volume on my phone turned off. Oops! Yes by just touching a button on the helmet, I could take a phone call hands free although not recommended while riding. Is a bluetooth helmet in your future?

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Tour Director Musings

Some of my best friends today were made on HeartCycle tours 20 years ago. What a joy to meet someone who loves to ride a bike, cycle tour and enjoy a glass of wine or beer with at happy hour. Post tour they turn into "Hey let's get together for dinner" or "Want to bike with me today?" or "Let's do another HeartCycle tour together!!" type of friends that goes the distance and years later you are still meeting up in Fredericksburg, TX or Steamboat, CO or Glens Falls, NY for another tour. I encourage you to make a dinner reservation for 4 on your next HeartCycle tour and invite somebody you don't know to join you for dinner. You may be turning another acquaintance into a great friend.

Let's get out there and HAVE SOME FUN together in 2022!!

Judy Siel, Tour Director

Frederick's Ride

By Tim Davis

It could be generally accepted that heading to the Texas Hill Country to get a jump start on the upcoming cycling season is not a bad idea. Fredericksburg must be one of the better home bases with plenty of Texas charm, vineyards galore, side streets as wide as boulevards and where more millionaires live per capita than any place in Texas. Home to Admiral Chester Nimitz and the Pacific War Museum. For our week of riding, the Fredericksburg Inn brought together a country kitchen feel to resort style ground's infrastructure. Our co- leaders, Janet and Clare cared and communicated for any and all conceivable outcomes and conditions. As riders we were left with the more serious concern of sampling the enormous buffet laid out on rest stops hosted by Mayona and Kathleen (Team Penske).



Day 1 . Easy as pie. The day starts with cool temps in the mid-40s and levels out in the 70s. Ideal. If you blink on the way to our rest stop, you might miss the community of Bankersmith. Population 0. Home to the Cowboy Church... on Facebook. Held in the saloon... or outside on Sunday mornings, drinks to follow and then miracles begin to happen. A relic of an old railroad tunnel... Bat Cave, comes up shortly afterwards and makes for an ideal rest stop in the overlook. Home to countless bats that assemble and inhabit the Cave starting in late March. We ride along meandering open range roads next to free ranging goats, black angus cattle and an occasional armadillo. Down the road a piece, we've put behind us 38 miles and pedaled 1,800 plus feet.. to gently touch down back at the ranch.



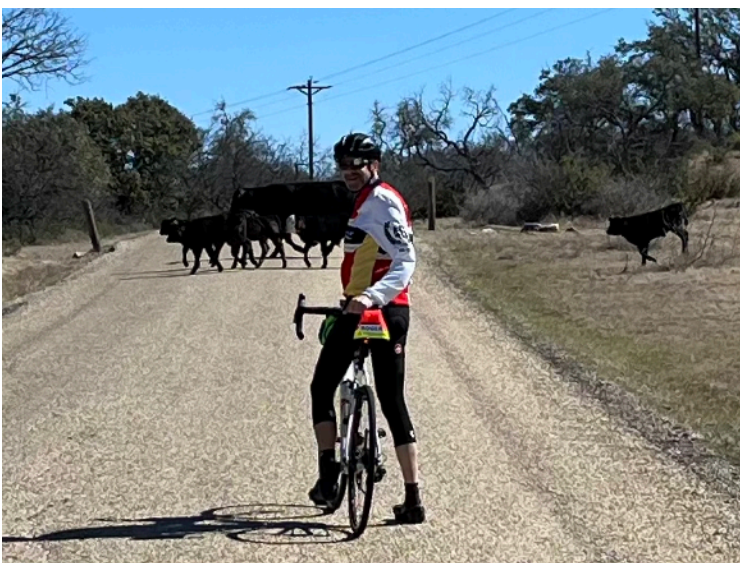
Day 2. Rest days don't always come when you want them to, but the wind wasn't going to be to our backsides. A good day to take in the Nimitz Museum, a vineyard, and local establishments.



Day 3. Luckenbach. By now we were starting to become familiar with the rhythm of turkey vultures and hawks flying overhead, cattle guards as plentiful as the Texas Lone Star emblem on entrances to property. On any given weekend in Luckenbach, the place might be ripping with an event, Texas style performances, the venue for the likes of Willie, Waylon Jennings and Lyle Lovett, barbecues and chili cook offs. Some wind to our backs, but not much. A tougher ride than the actual 45 miles, and 1,580 feet of climbing would indicate, dealing with up to 25 mph plus headwinds.



Day 4. Hump Day. Appropriately named on our handout, Gypsum Mine. Not a super big day. 60 miles and 3,200 vertical feet... but no matter what direction the road turned somehow, you'd be facing a head wind.. a serious headwind in spots, so call it 80 miles and 4,000 vert or at least it felt that way. Fortunate for us, this was only confined to the morning. After another mighty fine rest stop, we virtually had the place to ourselves. Louden Road was the best! Much of the riding felt like an oversized bike path, riding by places like Rancho Soberano and Farm Springs, you wonder what's out there on these vast stretches of land.



Day 5. Easily the day we could all call on some reserves. Some wind, a riding distance of 61 miles and nearly 4,000 vertical of climbing. If you had some gas left in the tank at midday you could scamper up (on foot) Enchanted Rock, a geologic granite formation.. equivalent in height to a 40-story building. Off to our lunch spread at the Crabapple Community Center and School for some historic building ambiance. An afternoon of riding by picturesque ridgelines and bluebonnets appearing on the roadside. An evening of revelry was well deserved.



Day 6. If you were lucky enough, you could hear morning larks on a short stop to make your first riding adjustment. On any other given morning start, you may have heard a rooster crowing while saddling up at the Inn. Our last day or better described as our no wind day, 80-degree temps, not exactly hotter than blue blazes, was near perfection. The ride included an amazing panoramic ridge that generated a feeling of remoteness. The small stream crossings were behind us, plenty of blue bonnets which start up this time of year appeared more frequently. We passed a whole heap of rancheros, idyllic spreads like the Willow Sky Ranch. About as perfect a ride for the week ending at about 55 miles in 2,700 feet of uphill.



How to cancel your Tour Registration

In most cases a club member decides to sign up for a tour, they get confirmed, go on the tour and enjoy it so much that they sign up for another, and another, and another etc.

However, in some cases something comes up that causes the club member to have to cancel their registration on a tour.

For HeartCycle to have a proper paper trail on this process we ask all club members to follow these easy steps when cancelling from a tour.

1. Login to the website—>Tours—>My Tours and scroll down to the tour you need to cancel from.
2. Click the box that says, “My Registration” then, under Action? Select Cancel and then Update.
3. The registrar will take care of it from there.

If it has been less than 180 days since you registered, your refund will show up on the credit / debit card that you used to register, and that transaction will come through PayPal.

If it has been more than 180 days, our bookkeeper will issue you a check and that will be sent to the address we have on record for you.

The amount of refund is subject to the Cancellation Policy that can be found on the website.

Spring Cleaning?

As you do your spring cleaning, please put aside old bike jerseys for Martha MacCormack. Martha has an idea of how to up-cycle the material and hasn't found anywhere that sells that type of material. You can contact her with questions at:

mmaccormack@gmail.com

303-915-0778,

4570 E Yale Ave, #1104, Denver, CO 80222

Colorado HeartCycle 2022 Tours

South Florida

Miami, Florida

February 2 - 10 Status: Complete
 7 days, Intermediate \$2,400.00
 Ron Finch, blouie-rfinch@comcast.net
 Jim Schroeder, jimmyschweb@gmail.com

Springtime in Fredericksburg

Fredericksburg, Texas

March 19 - 25 Status: Complete
 6 days, Intermediate \$1,480.00
 Clare Bena, cbvamoots@gmail.com
 Janet Slate, jslate@ultrasys.net

Paso Robles

Paso Robles, California

April 9 - 16 Status: Complete
 7 days, Int./Adv. \$1,690.00
 Cindy Alvarez, sindelou@cox.net
 Ken Condray, condray3@gmail.com

Shenandoah Valley

Staunton, Virginia

April 23 - May 1 Status: Cancelled
 7 days, Advanced \$1,700.00
 Kurt Arehart, klarehart@gmail.com
 Jim Bethell, bethell.jim@verizon.net

San Diego County

San Diego, California

May 7 - 15 Status: Cancelled
 8 days, Advanced \$2,000.00
 Scott MacCormack, samaccormack@gmail.com
 Jim Schroeder, jimmyschweb@gmail.com

Jewels of Portugal

Lisbon, Portugal

May 8 - 20 Status: Wait List
 13 days, Int./Adv. \$5,200.00
 Janet Slate, jslate@ultrasys.net

LELOG

Cornwall, England

May 22 - June 11 Status: Wait List
 20 days, Advanced \$6,000.00
 Graham Hollis, gramhollis@comcast.net

Le Monastere

Limoux, France

June 17 - 25 Status: Wait List
 7 days, Int./Adv. \$2,350.00
 Bob Rowe, browe49@comcast.net

Champagne Bike & Barge

Epernay, France

June 18 - 25 Status: Wait List
 7 days, Easy/Int. \$1,950.00
 Laura Davis, davpete@frii.com

Steamboat Springs Scrambler

Steamboat Springs, Colorado

June 26 - July 1 Status: Open
 5 days, Int./Adv. \$1,180.00
 Judy Siel, bsiel@msn.com
 Barry Siel, bsiel03@gmail.com

Colorado HeartCycle 2022 Tours

Adirondack Foothills & Green Mnts.

Glens Falls, New York

August 20 - 26 Status: Wait List
6 days, Intermediate \$1,620.00
Jim Bethell bethell.jim@verizon.net
Gail Golderman goldermg@union.edu

Oregon Wine & Surf

Eugene, Oregon

September 7 - 14 Status: Wait List
7 days, Int./Adv. \$1,880.00
Cindy Alvarez, sindelou@cox.net
Helayn Storch, helaynstorch@hotmail.com

Southern Albania

Tirana, Albania

Sept. 26 - Oct. 6 Status: Wait List
11 days, Int./Adv. \$1,600.00
Lisa Evans, Lceskidive@gmail.com

Front Range Bike & Brews

Denver, Colorado

Sept. 30 - Oct. 8 Status: Open
8 days, Int./Adv. \$1,850.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Old Man River, MO/IL/KY

St. Louis, Missouri

October 14 - 22 Status: Cancelled
8 days, Int./Adv. \$1,660.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com