

Heart-to-Heart



HeartCycle.org Moves to Digital Online Waiver and Cargo Forms

In order to help our tour leaders better manage paperwork while on the road, recent enhancements to the website will go into effect on Monday May 3rd, 2021. A digital record of the Heartcycle Standard Waiver, the new COVID-19 waiver and Luggage and Bicycle Values will be stored with the participants registration file within the Tour Participant List and can be viewed on the My Tours page once you login to the website.

The Luggage and Bicycle value form as well as the Standard Waiver form can be filled out and electronically signed any time after the participant is confirmed on a tour and must be completed prior to the orientation meeting. A link will be provided in the tour confirmation email that comes from our registrar. Ensure that no-reply@heartcycle.org is in your address book so these are not missed.

The new COVID-19 waiver can only be completed and electronically signed within 72 hours of the first day of the tour you are confirmed on. Seventy-two hours prior, all confirmed participants on a tour will received an email with a link asking you to log onto the website to complete and sign this COVID-19 waiver form.

Login, Sign and Ride!

Jim Bethell

Colorado HeartCycle Webmaster

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Tour Director Musings

Our 2021 Tours are about to startup for domestic tours. All of the European tours we hoped to offer in 2021 have been delayed until 2022. As the ever evolving science of the COVID virus changes, the Board of Directors is adjusting the club guidelines and policies based on the latest science. We are all in this boat (club) together and appreciate the support of our members. We have enacted revised procedures for running our tours this year and adopted a new vaccine policy. These may seem burdensome, new or challenging but these protocols are designed to help us both feel and stay safe while on tour. Please review both of these policies in this newsletter. One of the best ideas I have read is the suggestion to *“act at all times as if you are carrying the virus and are doing your very best not to spread it to others”*.

This season your sag stops may look different and especially the lunch stops, but we will still be able to meet new friends and enjoy visiting with fellow cyclists while eating a sack lunch carefully prepared by our wonderful SAGS. Happy hours will still occur, but might be more socially distanced. Our goal is helping our participants feel safe and cared for while on tour. We continue to assess the current trends and to operate safely in the outdoor environments in which we travel. Riding your bike is an important way to stay healthy in both body and mind.

Stay safe out there and keep pedaling!

Judy Siel

HeartCycle Vaccine Policy for 2021

HeartCycle is actively monitoring and implementing guidelines recommended by health officials, including the Center for Disease Control and Prevention and the World Health Organization.

For 2021 Tours Prior to August 1, 2021:

The Board of Directors for HeartCycle strongly encourages all tour participants be vaccinated for Covid-19 before participating on these HeartCycle tour. Please have a copy of your CDC vaccination card available on your phone, or your tour leader may request a copy be sent prior to the tour. Non-vaccinated participants **are required** to provide documentation, at the Orientation Meeting, of a negative Covid-19 test taken 72 hours or less prior to the Orientation Meeting.

For 2021 Tours after August 1, 2021 (and the Annual Meeting):

A full Covid-19 vaccination **will be required** for all participants. Please have a copy of your CDC vaccination card available on your phone, or your tour leader may request a copy be sent prior to the tour.

For ALL 2021 Tours and Meetings:

All participants will have their temperature taken each day of the trip. If a participant has a fever over 100 degrees or other COVID symptoms, they will be asked to depart the tour (or meeting) at their own expense. All participants will be required to wear face masks in vans, indoors, and any time social distancing cannot be maintained.



Become a Bicycle-Friendly Driver

Join Bicycle Colorado the evening of [Wednesday, May 12](#) to become certified as a Bicycle-Friendly Driver! Bicycle Colorado launched their [Bicycle-Friendly Driver](#) program in 2018 and have since certified more than 2,000 drivers through grants and partnerships with the National Safety Council, Boulder County and the Denver Regional Council of Governments.

Bicyclist fatalities have doubled in Colorado over the past 10 years. Meanwhile, laws and infrastructure on our roads are evolving and there are few opportunities for drivers to learn about these new responsibilities and environments. Through this 75-minute interactive webinar, drivers will learn how to help make our roads safer for everyone as we cover laws and safe practices for motorists and bicyclists, how to navigate on-street bicycle infrastructure and how to avoid the most common crashes with people on bikes. Following the course, participants will be given a link to an exam to pass before receiving their certificate.

All ages and levels of motorists and bicyclists (and motorcyclists!) have shared that they benefited from the course. Ninety-five percent of participants gained a better understanding of laws, infrastructure and crash avoidance behaviors and 97% felt they will be a safer, more aware and more confident driver alongside bicyclists as a result of this course.

Register [here](#) for Bicycle Colorado's Bicycle-Friendly Driver course on Wednesday, May 12 at 6 p.m.!



STRUGGLING WITH PANDEMIC CANCELLATIONS? THIS MIGHT HELP:

What do Fredricksburg, San Diego, and Limoux have in common?
Yep, they're canceled. Postponed. Deferred.

If your motivation went out the window and you're struggling to put a leg over the top tube - join the club. It's hard to slide into a sausage casing without a goal in mind. It's what got you up in the morning to sweat your brains out. And POOF! It's gone.

Yes, it's disappointing.

Yep, it sucks.

Sigh. Life may never be the same again.

BUT - it's an opportunity.

How often do you get a chance to work on YOU? When's the last time you looked in the mirror, squished up your face and said: TODAY IS THE DAY!!!

Bike throws; sticking a gnarly descent; bleeding out of your eyeballs cresting a hill as fast as you can; perfecting your bike nutrition; hiring a coach. What's one skill YOU can work on? What's held you back from winning?

Use stop ahead signs to practice bike throws. Chase down someone Flagstaff Mountain. Session that tricky technical trail. Fine tune that energy ball recipe. Heck, you could even brush up on your mental skills. "Thinking Body, Dancing Mind," by Jerry Lynch will CHANGE YOUR LIFE!

A well timed bike throw lands you on the podium.

Champions take EVERY opportunity to better themselves. Every day! Regardless if they have an upcoming event or not.

Take a 30,000 foot view of the big picture. What CAN you do with this time? What IS possible? What skills do you want to show off at HeartCycle Annual Meeting pre-ride?

HEARTCYCLE PROCEDURES TO REDUCE EXPOSURE RISKS

Updated per CDC guidelines (5/5/2021 Siel)

Procedures below, and other tour specific procedures, should be evaluated and implemented as feasible on a tour by tour basis. Tour Leaders and SAG will support and encourage exposure risk reduction, but cannot remove all risks and are not expected to serve as “enforcers.” Tour participants must take an active role in reducing risks to themselves and to other participants. Participants who do not comply with requests from Tour Leaders and SAGs may be removed from the tour at the sole discretion of the Tour Leaders. A key factor to all procedures is for riders to maintain social distancing and sanitation on and off the bike.

In the case of an extreme weather event, or other emergency (ie: severely low temperatures, high winds, exceptionally intense snow, rain or fire) the tour leader may prioritize the immediate safety and sheltering needs of participants when in conflict with these COVID-19 guidelines. During an emergency requiring sheltering of participants, COVID-19 guideline for distancing, masks and hand washing should be followed to the greatest extent possible.

Affirmation, Waiver, and Ongoing Screening: Seventy-two hours prior to the start of a tour, all participants will e-sign the Affirmation and Waiver on the HeartCycle website. Thereafter up to and during the tour, riders, Tour Leaders, and SAGs will continue to screen their symptoms (see affirmation) and if any symptoms arise that may be related to COVID-19, they will immediately inform the Tour Leaders/SAGs and remove themselves from contact with the group. Each morning the tour leaders will take every participants temperature before they checkout of the hotel with luggage.

Meetings (orientation, evening meetings, other): Hold meetings outdoors in an area with ample space for social distancing and air dispersal. Participants will wear masks if indoors.

Group dinner(s): Group dinners may be outdoors in an area with ample space and air dispersal, or eliminated from the tour.

SAG Stops:

1. Participants should be dispersed for social distancing.
2. Only SAG will handle food: SAGs will wear gloves, wash frequently, sanitize frequently.
3. Each participant is encourage to bring their own supply of Tylenol or Advil, sunblock and tissues in their HC issued daybag. The SAG vehicle will have limited supply of these items, you must sanitize before use and clean off bottle when finished before returning to the SAG door.
4. Daybags will be placed into one of three totes before each day and these totes will be set out at each sag and lunch stop by the SAG driver, please do NOT go into the support vehicle to fetch your day bag.

MORNING SAG STOP

Set sanitizer station up on separate area or table- riders remove gloves at bike.

1. Supply **individual wrapped items:** bars, cheese bites, hummus with small bags of pretzels or crackers, fresh fruit that can be peeled, small bags of nuts. These items are spread out across table for rider to grab a few items and then step away to safe distance (remove mask and eat/drink)
2. Beverage cooler will have Sani-wipes next to it, each person reaching into cooler must first sanitize their hands and clean the lift handle of the cooler.
3. Water jug on bumper with Sani-wipes next to nozzle. Each rider will wipe off any touched places before and after filling water bottle. Eliminate community powdered gatorade. Please bring your own supply of electrolytes in your day bag and or water bottle.

HEARTCYCLE PROCEDURES TO REDUCE EXPOSURE RISKS**LUNCH SAG STOP**

Set sanitizer station up on separate area or table- riders remove gloves at bike. Chairs will not be set up by sags. Rider retrieves a chair and sets up 6' away from others and also packs and puts away chair at end of lunch.

1. **Eliminate buffet style lunch** and open or self serve foods in bowls or plates.
2. Supply bagged lunch. Lunch choices/ requests is made via internet or paper "menu" form day before at map meeting. Sags will assemble requested items into a lunch sack with riders name on it evening before ride. Could be wraps or sandwiches (made to order) or just chips, fruit, cookies, veggies.
3. Eliminate large jars of community condiments. Supply individual condiments as requested for sandwiches or wraps in the sacked lunch along with napkin and fork.
4. When morning SAG vehicle arrives at lunch the day bags in the totes will be set out for access.

AFTERNOON SAG STOP (IF NEEDED)

Set sanitizer station up on separate area or table, riders remove gloves at bike.

1. Just water and individual wrapped bars. Sani-wipes by water jug.
2. Day bags in totes set out for access.

Happy Hour:

Hand sanitizer available, utilize outdoor space.

1. "Happy hour box" of **individually wrapped** chips, guacamole, hummus, nuts, fun size candy bars that can be set out on table for easy grab and go, social distant. No buffet with open plates of cheese, crackers, chips, dips...
2. Beverage coolers may be available on either the truck or Happy Hour patio, please sanitize before reaching into the cooler.

Sprinter Use:

1. Participants will not enter the Vehicles at SAG stops, or otherwise without explicit coordination with a SAG or Tour Leader. SAGS will only transport participants (not non-riding companions), and only in the case of injury or emergency. All riders will be required to wear masks in the vehicle. Occupancy will be limited to the driver + 2 roommates maximum at any time (except in extreme conditions). Thus, for example, in the event of bad weather, leaders and participants must be prepared to find shelter and limit numbers in the vehicles at a time.
2. After each participant exits a vehicle, SAGs will wipe down the area used and handles.

Riding:

1. Disperse on the road. Riding closely only with household members and/or roommate. This includes avoiding bunching at intersections, lights, and stop signs.
2. Refrain from expelling bodily fluids (mucus, spit, etc.) while on a ride. If necessary, carry and use tissue or handkerchief.
3. Carry a face mask/handkerchief and wear it where other recreationists (walkers, hikers, bikers...) may be in close proximity (recreation paths are a good example) so as not to endanger, or annoy, local residents. Wear it at any store or other location visited with other people around.
4. See other items in the Certification/Waiver.

Colorado HeartCycle 2021 Tours

Springtime in Fredericksburg, TX

Fredericksburg, Texas

March 27 - April 3 Status: Cancelled
7 days, Intermediate \$1,490.00

Tina Vessels, tina.vessels@gmail.com
Kurt Arehart, klarehart@gmail.com

San Diego County

San Diego, California

April 18 - 27 Status: Cancelled
9 days, Advanced \$1,650.00

Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Trek to the Tetons

Logan, Utah

June 12 - 20 Status: Wait list
8 days, Int./Adv. \$1,680.00

Jim Schroeder, jimmyschweb@gmail.com
Scott MacCormack,
samaccormack@gmail.com

Le Monastere

Limoux, France

June 18 - 26 Status: Cancelled
8 days, Int./Adv. \$2,350.00

Bob Rowe, browe49@comcast.net

Tour de Sawtooth

Ketchum, Idaho

June 20 - 29 Status: Wait List
9 days, Int./Adv. \$1,550.00

Joan Spilka, ljspilka@hotmail.com
Fred Yu, frederickyu@comcast.net

Basalt Groad Four Day Weekend

Basalt, Colorado

July 7 - 11 Status: Wait list
4 days, Int./Adv. \$775.00

Ron Finch, blouie-rfinch@comcast.net
Robin Heil, rjsheil@bresnan.net

North Puget Sound Favorites

Anacortes, Washington

July 24 - 30 Status: Wait List
6 days, Int./Adv. \$1,600.00

Richard Williamson at: richard6a@gmail.com
Dave Olausen at: d.olausen@comcast.net

Oregon Wine & Surf Loop

Eugene, Oregon

August 21 - 29 Status: Full
8 days, Int./Adv. \$1,750.00

Cindy Alvarez, sindelou@cox.net
Judy Siel, bjsiel@msn.com

Black Hills of South Dakota

Custer, South Dakota

September 6 - 10 Status: Wait List
4 days, Int./Adv. \$800.00

Judy Siel, bjsiel@msn.com
Barry Siel, bsiel03@gmail.com

Colorado HeartCycle 2021 Tours

Coast-to-Coast Northern Tier - Year 5

Rochester, New York

September 11 - 25 Status: Wait List
14 days, Int./Adv. \$3,390.00
Rich Crocker, richcrocker@hotmail.com
Patty Menz, pattymenz1@verizon.net

Southern Albania

Tirana, Albania

Sept. 28 - Oct. 9 Status: Cancelled
11 days, Int./Adv. \$1,700.00
Tina Vessels, tina.vessels@gmail.com

Ohio Appalachian Country

Columbus, Ohio

Oct. 6 - 14 Status: Wait List
8 days, Int./Adv. \$1,590.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Paso Robles

Paso Robles, California

November 6 - 13 Status: Full
7 days, Int./Adv. \$1,450.00
Becky Bottino bbottino7@gmail.com
Ken Condray condray3@gmail.com