

Heart-to-Heart



Annual Meeting and Luncheon

Saturday – October 26, 2019

Mt. Vernon Country Club

24933 Clubhouse Circle

Golden, Colorado

Cash bar opens @ 11:30 AM; Buffet starts @ 12 noon

\$25.00 per person



Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 26th, at Mt. Vernon Country Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours.

Once again, we will have a continuous slideshow with photos from this year's tours. If you have 5 or 6 (or up to 10) photos that really capture the spirit of a tour that you rode, please email them to Barry Siel at bjsiel@msn.com and he will include them in the photo slideshow at the meeting.

Every fall, anticipation begins to build as we wait to find out what's in store for next year, and HeartCycle has an exciting schedule planned. HeartCycle's Tour Director, Bob Rowe, will announce the 2020 tours and provide brief descriptions of each. Many of next year's tour leaders will be present to answer your questions about their 2020 tour(s). You won't want to miss this year's luncheon and meeting.

You can register now for the luncheon on the HeartCycle website, www.heartcycle.org. The luncheon is listed under a separate tab, "2019 Annual Luncheon". Please register and pay online.

Registration closes once we reach 125 attendees or Saturday, October 19th, whichever is earlier. All payments must be made online and there will be no payments accepted at the door.

Attendance at the Annual Meeting has grown substantially the past several years, so sign up early to reserve your place. For further information regarding the luncheon email Pat Van Deman at pat.vandeman@gmail.com.

The 22.1 mile ride before the luncheon will start at 9:30 AM.

<https://ridewithgps.com/routes/15728860>

Shows the route, and you can Export a GPX or TCX file to your Garmin

<https://drive.google.com/open?id=0B1guTfOt26w-U0taUVIQRnRrREE>

Provides a printable more detailed map and cue sheet.

The Board of Directors

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Dan Palmquist (303) 638-2535
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Barry Siel (303) 470-8431
Newsletter Editor

Notes from the Board

Are you doing a HeartCycle tour this year? That's great! Consider writing an article for the Heart-to-Heart newsletter with photos of the things you saw and did, and the wonderful people on your tour. There are no strict guidelines for a newsletter article, just send your story in a Word (.doc or .docx) file to the editor along with as many photos (.jpg) as you want, maybe with captions for the photos, to the newsletter editor (bjsiel@msn.com) and the editor will do the rest. It's easy, it's fun, and you get to tell your story.

Central Oregon High Desert

June 10 - 17

By Anita Herman

The Central Oregon High Desert Tour started in the small community of Sisters, OR. We entered town with the annual rodeo winding down but still lots of cowboys and cowgirls roaming around. The Ponderosa Lodge was a perfect place to stay for the first portion of our tour but one had to be careful not to park next to the truck with the longhorns mounted on the roof. For those who arrived early, they had an opportunity to ride up McKenzie Pass over the weekend when road construction was suspended.

The sun was shining, skies were clear blue each morning we rode out of the lodge's parking lot. I don't think anyone tired of the beautiful views of the snow covered mountains greeting us on every ride in Central Oregon. Pedaling through the countryside allowed us to admire the snow covered peaks of the Three Sisters, Mt. Washington, Mt. Jefferson, Mt. Bachelor, Three-Fingered Jack and more.



Smith Rock State Park, Oregon's best rock climbing area, was our first destination. The sheer cliffs of tuff and basalt made for breathtaking views from our SAG's break stop. We also experienced a "Where's Waldo moment" looking for the climbers high up on their route. The park contains the first U.S. route rated 5.14!



A farm that began with 6 alpacas in 2006 (is now home to 1000 alpacas) was a rest stop in the morning and lunch stop in the afternoon. Rich Crocker probably got a free pair of alpaca socks after his sales presentation about the comfort and warmth the socks provide! Looking forward to wearing my new pair this winter!! And a lucky few were greeted with a shower at the end of lunch when the irrigation automatically gave many of us a cold shower!



The McKenzie Pass route was replaced with the Metolius River and Fish Hatchery route. Easy climbs through forested terrain with a lovely river and lots of wildflowers provided shade and beauty. In celebration of National Peanut Butter Cookie Day, I caught Bill Buckley enjoying a cookie at lunch. There was time to explore the hatchery before lunch was served and stop to see the headwaters of the river pour out of the side of Black Butte.



The longest route of the tour took us from our first base in Sisters to our second fixed location of Sunriver. We rode up and up and up some more before we were rewarded with a beautiful descent to our next location. Sunriver has 35 miles of bike paths in the community and we were thankful the Garmin took us directly to the Lodge for check-in. Seemed like a fantasy world because 90-95% of the bikes on the property were not locked up!



After chatting with everyone after the rest day, I found that many folks went hiking to various waterfalls in the area, others enjoyed the High Desert Museum and the Lava Lands Visitor Center. Some found pool time was necessary and not too many pedaled far.



The Crane Prairie route took us past beautiful lakes without much effort so we could save our legs for the Mt. Bachelor loop the following day. Crane Prairie Reservoir is a man-made lake that was once know for trophy trout fishing until bass were introduced to the lake.



A great finish to the trip was climbing up to the Mt. Bachelor Ski Area and enjoying a long descent to lunch. Mt. Bachelor was named such because it “stands apart” from the nearby Three Sisters. The mountain reaches an elevation of 9068 feet. The descent we enjoyed into Sunriver earlier in the week was our ascent first thing in the morning on our last day.



Our leaders Ann Werner and Bill Buckley were organized and executed a beautiful week of cycling. Polly Page and Gail Buckley provided us with a variety of delicious foods to get us through each day. Their' planning, preparation and timeliness made for a special time on our vacation.



I was asked to include a recipe for one of the kinds of cookies I baked for the break and lunch stops. The Mookie Cookie recipe follows:

MOOKIE COOKIE

Prep and cook time: Approximately 40 minutes

Make 16 giant cookie when using ½ cup measure or 4 oz scoop. I make mine with a heaping 3 oz scoop and it makes 18 cookies

1 cup (1/2 lb) butter, at room temperature (softening is important)

1-1/2 cups firmly packed brown sugar

2 large eggs, room temperature

1 teaspoon vanilla

3 cups of regular rolled oats (do not use quick-cooking)

1 cup all-purpose flour

1 teaspoon salt

½ teaspoon baking powder

1 cup chopped, toasted walnuts

½ cup each sweetened shredded dried coconut and raisins (Trader Joe's has fun jumbo mixed medley which I use)

- **Mix butter and brown sugar until thoroughly blended. Add eggs and vanilla; beat well. Combine oats, flour, salt and baking powder in large bowl. Blend oat mixture with butter mixture. Combine walnuts, coconut and raisins. Stir this mixture into dough.**
- **Pack cookie dough into an ice cream scoop or ½ cup measure, scrape dough level with rim, and empty onto lightly oiled baking sheets, spacing dough about 3 inches apart. (I use a heaped 3 oz scoop and only put 6 on each of my 14"X15-1/2" cookie sheets and then press dough down a little so it will spread out more for a flatter cookie)**
- **Bake in a 350 degree oven until cookie edges are golden brown, about 20 minutes. (I turn pans halfway through baking to make sure they cook evenly) Cool cookies on a rack; serve, or store airtight up to 2 days. (I am a snob when it comes to bakery items and don't usually like day-old stuff but these hold quality and freshness longer).**
- **This cookie recipe is from Backroads Cafe in Sutter Creek and was published in Sunset Magazine several years ago.**



Colorado HeartCycle 2019 Tours

Bicycling in Paradise: Maui

Maui, Hawaii

Jan. 26 - Feb. 1, 2019 Status: Complete
 6 days, Int./Exp. \$2,280.00
 John Aslanian, 22flatrock@gmail.com
 Bob Rowe, browe49@comcast.net

Tucson Town & Country

Tucson, Arizona

March 2 - 10 Status: Complete
 8 days, Intermediate \$1,470.00
 Rich Crocker, richcrocker@hotmail.com
 Tina Vessels,

Paso Robles Wine Country

Paso Robles, California

April 6 - 13 Status: Complete
 7 days, Int./Adv. \$1,390.00
 Becky Bottino, bbottino@gmail.com
 Ken Condray, condray3@gmail.com

Big Bend - The Forgotten Park

Marfa, Texas

May 4 - 12 Status: Complete
 8 days, Int./Adv. \$1,950.00
 Nate Dick, npdick@gmail.com
 Larry Harris, thepedalers@aol.com

The Island of Mallorca

Palma, Mallorca, Spain

May 4 - 18 Status: Complete
 14 days, Intermediate \$2,750.00
 Rich Crocker, richcrocker@hotmail.com
 Polly Page, mspollypage@gmail.com

The Moab Area Tour

Moab, Utah

May 11 - 16 Status: Complete
 5 days, Int./Adv. \$1,130.00
 Doug Moll, doug@aaplus.com
 Richard Loeffler, richardtloeffler@gmail.com

Bourbon & Bluegrass

Louisville, Kentucky

May 22 - 30 Status: Complete
 8 days, Int./Adv. \$1,520.00
 Jimmy Schroeder, jimmyschweb@gmail.com
 Helayn Storch, helaynstorch@hotmail.com

Central Oregon High Desert

Sisters, Oregon

June 10 - 17 Status: Complete
 7 days, Int./Adv. \$1,695.00
 Ann Werner, acwerner@comcast.net
 Bill Buckley, william.buckley87@gmail.com

England - Magical History Tour

Oxford, England

June 16 - 26 Status: Complete
 10 days, Intermediate \$3,340.00
 Graham Hollis, gramhollis@comcast.net
 Fred Yu, frederickyu@comcast.net

Rediscover Colorado - Central Rocky

Mountains and Passes

Gunnison, Colorado

June 22 - 29 Status: Complete
 7 days, Advanced \$1,420.00
 John Penick, jdpenic@gmail.com
 Rosemarie Lueke, ree22@msn.com

Colorado HeartCycle 2019 Tours

Italy's Dolomites

Alta Badia, Italy

Part 1 Base Tour

June 23 - 30

7 days, Adv./Exp.

Status: Complete

\$1,650.00

Bormio, Italy

Part 2 Option

June 30 - July 4

4 Days, Expert

Clare Bena, cbvamoots@gmail.com

Status: Complete

\$650.00

Le Monastere: Session 1

Lemoux, France

June 29 - July 6

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Complete

\$2,350.00

Le Monastere: Session 2

Lemoux, France

July 6 - 13

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Complete

\$2,350.00

Women's Weekend with Love, Sweat and Gears

Colorado Springs, Colorado

September 4 - 8

4 days, Easy +

Maryann Loeffler,

Julie Lyons,

Status: Cancelled

\$700.00

Coast-to-Coast Northern Tier Year 4

Grand Rapids, Michigan

September 7 - 21

14 days, Int./Adv.

Rich Crocker, richcrocker@hotmail.com

Richard Williamson, richard6a@gmail.com

Status: Wait List

\$2,450.00

Bicycling in OZ: The Ozarks

Fayetteville, Arkansas

Oct. 29 - Nov. 6

8 days, Int./Adv.

Jimmy Schroeder, jimmyschweb@gmail.com

Tom Biggi, biggi@awdboost.com

Status: Open

\$1,540.00