

Heart-to-Heart



Annual Meeting and Luncheon

Saturday – October 22, 2022

Mt. Vernon Canyon Club

24933 Club House Circle

Golden, Colorado

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

\$35.00 per person

It's time to sign up for the Annual Meeting and luncheon will be on Saturday, October 22nd, at Mt. Vernon Canyon Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours. All attendees will be required to be fully vaccinated for COVID-19.

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 your jpeg files to Barry Siel at bsiel03@gmail.com to be included in the slideshow.

HeartCycle's Tour Director, Judy Siel, will announce the 2023 tours. Many of next year's tour leaders will describe their tours and answer your questions. 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. Click on the "2022 Annual Luncheon" icon in the green toolbar on the homepage, then click on the "register" icon. Please register and pay online.

Registration closes once we reach 125 attendees or Saturday, October 15th, whichever is earlier. All payments must be made online, 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 Polly Lestikow at pollyb.lestikow@closetfactory.com

Roger Sass will lead a 22-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.

We look forward to seeing you at the Luncheon!!!

The Board of Directors

Jim Bethell (518) 466-8490	(2022)
President - president@heartcycle.org	
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Jimmy Schroeder (260) 450-2007
Ride with GPS Coordinator
Barry Siel (303) 434-1947
Newsletter Editor

Tour Director Musings

Did you know HeartCycle is 44 years young? We have been offering tours in North America and overseas since 1979. Our Tour Leaders are volunteers who are not paid for the tours they lead. They find a great location for a bicycle tour, organize the route, plan the hotel stays and round up two fantastic SAGs to meet your hydration and food needs throughout each day. HeartCycle tours are made up of a small group of participants (~20-30) who love to bike miles with like minded riders over a week or two. HeartCycle considers our tour leaders and SAGs our greatest asset. HeartCycle tours are operated at cost, since we are a non-profit club. Occasionally on tours in foreign countries, we subcontract with a commercial bike tour company to lead our tours and we have a "Tour Coordinator" who works with the third party bike company who actually runs the tours. The Board of Directors is also made up of 10 HeartCycle members who volunteer their time to guide the logistics of running this club. Thank goodness for all our volunteers!!

I am looking forward to letting you know about our 2023 tours at the October Annual Meeting and luncheon.

Hope to see you on tour soon, Judy Siel, Tour Director

Steamboat Springs Scrambler

By Bill Scanlon (Assisted by Kay Rice)



This beautiful, verdant tour lived up to its name. Whether scrambling up a serpentine road or scrambling to grab a bite and throw on a raincoat, the 27 riders in the 2022 Steamboat Scrambler lived large, rode hard and (on occasion) were put up wet.

Steamboat Springs in northwestern Colorado is at about 6,700 feet, with hills, mesas and mountains surrounding it, and the Yampa River flowing through it. Inflation has hit the restaurants, but there weren't many complaints, what with the large assortment of outdoor cafes along the river bank, the setting sun sparkling the fast-running waters.



Co-tour leader Judy Siel, one of about a half-dozen riders on e-bikes, led the group each morning along the Yampa Trail to the first major turn. From there, the route undulated, mostly upward it seemed, past ranches and deer, wildflowers and picaresque barns.

Our first ride took us west out of Steamboat and then south through beautiful green rolling hills. After some grinders and glorious descents, we grabbed our first lunch in the shade of the Penske truck at a spot where the local cycling club had set up Porta-Potties. On the other days, most of the climbing was before lunch, but not on the first day — so we ate heartily.



The next day, we saw more magnificent scenery riding through tiny Phippsburg and stopping for lunch at the city park in Yampa. The clouds got a bit dark and daunting. On the way back, we got a little bit wet, but just enough to cool things off and reinvigorate us, not enough to spark any second thoughts.



On the third day, we headed north toward Steamboat Lake, following the river past wildflowers, country school houses and tall prairie grasses. We made it to the Visitors Center at the lake just in time to grab lunch, throw on some rain gear and head downhill. The steady rain and threatening thunder prompted several riders to opt for the shuttle. The speedsters mostly outran the worst of the rain; a few got somewhat drenched.



Happy Hour was inside that day. We drank and munched as we mused on the next day's ride, the daunting "Three Witches," named, presumably, for the three sharp climbs on the profile map, resembling the hats of the Wicked Witch of the West.

Alas, morning brought steady rain and the forecast was for it to get worse. For safety's sake, the ride was canceled. While we found diversions, Judy and Barry Siel found a protected pavilion for the group dinner at a nice park within walking distance.

The final day was a shorter ride, but perhaps the most beautiful, to Catamount Lake.





For the whole tour, the cheerfulness quotient was about a nine on a ten-point scale — that included the riders, the leaders and the hard-working sag drivers and lunch-preparers, Melissa Collins and Mary Ann Loeffler. All-in-all, an affable, easy-going tour, with plenty of elevation gain to challenge all but the youngest legs.



Loss of a Long Time HeartCycle Member

On July 28, we lost a long time participant of HeartCycle, Steve Naftilan. Steve experienced acute cardiac dysfunction while riding along a scenic highway near his home in southern California. Other riders and responding professionals were unable to revive him.

Steve began riding with HeartCycle on a 1995 tour that featured numerous Colorado mountain passes, and then did the the Gems of Colorado tour in 2001. Dozens of HC tours followed.

When Steve was considering an HC tour, he would always invite others to join him including his classmate from the University of Chicago, Randy Sim. They shared bike tours for more than 30 years including most recently, the HC Steamboat Springs fixed-based tour. And while he was pleased when any of his old friends joined him on a HC tour, he certainly enjoyed meeting new folks. New folks meant a new audience for his well crafted stories and repertoire of jokes - an essential ingredient of any tour, particularly during “happy hour”.

Steve just loved to ride. In the early 90s, he was one of the top double-century riders in California. He preferred routes with very few turns, or letting others lead the way so that he didn't have to look at his cue sheet. He never used a cycle computer. He said his favorite cue sheet consisted of “Take a right out of the hotel. Ride 85 miles. Turn left into the next hotel.” Steve was legendary for unintentionally going off the ride route - During an HC tour in Oregon, he started following a group of riders. Only when they rode onto a ferry, and he remembered that there was no ferry on the HC route, did he realize that those riders were from a different group and he had gone off route. Another time he missed the lunch stop near Grand Mesa, which forced him to ride well over a 100 miles including several miles on a freeway. Whenever a tour leader became concerned because Steve had not shown up at lunch or SAG stop, those who knew Steve would explain, don't worry, Steve always shows up sooner or later. Steve usually said that he did not mind if he went off route, because it gave him the opportunity to ride some extra miles.

Because he spoke of it fondly, we strongly suspect that Steve's favorite HC tour was the one in Sardinia in 2018. Here Steve, with several of his friends, rode along quiet roads through forests and along the shore, to “agrotourismos” or to spectacular Mediterranean coastal towns. Each day ended with good conversation, delicious food and buono vino, Steve's number one choice of beverage.

Steve's enjoyment of biking was so infectious that nearly every winter, he would organize his own January bike tour in California. For nearly 15 years, folks, many of whom he had met on HC tours, joined his fixed base tours in locations such as Paso Robles, Solvang, Anza Borrego, Death Valley and more. Steve's preparation for these fun events included which delicious homemade salads (he was primarily a vegetarian) and, assortment of really excellent California wines, and, ironically, detailed cue sheets.

Although Steve's career as a physics professor at The Claremont Colleges was much different than the majority of the other participants of HC tours, a lack of familiarity with the Jet Propulsion Laboratory never mattered when conversing with fellow riders. This may be an outcome of the many years Steve taught Astronomy for non-science majors, the single most popular non-required course at the colleges, and his mentorship of undergraduates conducting publishable research in the field of observational astronomy.

Steve is survived by his wife Lee, with whom he enjoyed many hiking vacations over the years and shared a love of cats.

We all felt our world was expanded through his friendship, and he will always be a part of the lives of so many folks. We take solace in knowing that Steve died, in his HeartCycle jersey, while doing the activity he loved most - cycling.



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

Jewels of Portugal

Lisbon, Portugal

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

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

LELOG

Cornwall, England

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

Le Monastere

Limoux, France

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

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

Champagne Bike & Barge

Epernay, France

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

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

Steamboat Springs Scrambler

Steamboat Springs, Colorado

June 26 - July 1 Status: Complete
 5 days, Int./Adv. \$1,180.00
 Judy Siel, bjsiel@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

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

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

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

Southern Albania

Tirana, Albania

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

**There are openings on two
remaining tours for 2022:**

**S. Albania (contact Lisa Evans for info)
and**

**CO Front Range Bike & Brews
(contact Scott MacCormack for info)**

**Don't miss out on having fun with
HeartCycle this year.**