

# Heart-to-Heart



## Note from the President

Nov/Dec 2020

Have we rounded the corner yet? Cyclists know about corners. We know that they must be taken with care, that they can be dangerous, and that after a corner the road doesn't always get easier. Sometimes it gets steeper and more demanding. Well, at least the election is behind us and we are down to the last few weeks of 2020 and can look forward to 2021. As we round the corner into 2021, here's what to expect:

Current predictions are that Covid-19 will still be with us in 2021. While I wish for a simple, inexpensive safe vaccine with no side effects that will prevent Covid-19 infection, I expect that reality will be more complicated. Vaccine or no, we at HeartCycle are optimistic about the new tour season and have planned a full and attractive menu of tours. Registration for the earliest tours will begin in January 2021. Mini descriptions of the tours planned for 2021 appeared in earlier editions of this newsletter. Tour descriptions with full details will be posted shortly on the website. The timing of tour registration and the payment of deposits and final payments has changed a bit from past years due to the desire to avoid a repeat of cancellations and repayments. Please note carefully the instructions when you sign up. A lot of planning effort goes into each tour offering, and the tour directors, tour leaders and SAGs are excited about the upcoming season and the resumption of bike touring.

We have developed new Covid-specific protocols for our tour operations so that club members will be able to enjoy bike touring again in reasonable safety. These protocols are designed to maintain appropriate distancing and sanitation measures while on tour. You will notice these protocols particularly for baggage handling, food handling during sag and lunch stops and during happy hour. When you are on tour, cooperation and courtesy by club members will go a long way in making these protocols effective for all of us. With any luck we will be able to retire these protocols after 2021. (continued on page 3)

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**Still Bike Tour Dreamin'**

The HeartCycle editor would love to have a story or photo essay of a bike tour that you participated in that might not have been published in Heart-to-Heart before. Maybe it was not a HeartCycle tour, but some of the participants were HeartCycle members. There is nothing like a magical location to get you dreaming about future places to cycle. Remember there will always be scenic places to visit and see from your bike, so while it might not be in 2020; those places will still be there in 2021 or 2022... but only if you are healthy and ready to ride in the future. Keep dreaming and soon we will be on tours together again.

Newsletter Editor

Another change for 2021 will be the regularization of members' dues payments. In the past, not all members paid dues regularly or annually, with some paying dues only when they signed up for a tour, often late in the calendar year. Since the dues cycle is on a calendar year, it makes sense for the club to ask members to renew their memberships on that basis as well. Thus, in December we will send an email to everyone asking for renewal of membership and payment of dues (still only \$25) for 2021.

It bears reminding that while bike tours are typically scheduled for spring, summer and fall, the club is active year-round. Not only does tour planning go on throughout the year, the club's expenses do, too. Insurance premiums, website maintenance, Sprinter maintenance, are just a few examples of ongoing expenses that the club incurs throughout the year, regardless of whether a tour runs or not. Also, the club seeks to have a year-round impact on promoting and improving bicycling infrastructure and acceptance through its partnership with Bicycle Colorado and similar organizations. Although tour operations provide the bulk of our operating revenues, regular dues payments are an important element of support for the club as well. Thanks to all of our members in advance for your support of HeartCycle.

**Fred Yu, HeartCycle President**

## **HeartCycle's Plan for 2021 to Keep You Safe on Bike Tours**

While we have not had a HeartCycle bike tour since March 2020, the Tour Directors have been busy proposing changes to how we run HeartCycle bike tours to increase safety for our members. Your comfort and safety, along with the safety of other members, leaders and SAGs and the towns we visit are our priority. We are taking steps to enhance our tried and true protocols and are continuing to evaluate each tour as we get closer to posting registration for 2021. The SAG teams did some brainstorming via email with myself to bring some changes to our lunch and sag stops. The Board of Directors has worked on a COVID-19 waiver in addition to the standard tour waiver. HeartCycle tour registration fee will be decreased to \$200 in most cases, cancellation fee increased to \$75 and final payments not allowed till ~100 days before tour starts to reduce loss of PayPal fees. The spirit of a HeartCycle tour is to enjoy each ride and your fellow members and togetherness.

We ask that you do NOT travel to or attend a tour if your temperature is above 100°F, if you have any COVID-19 symptoms or if you have been exposed to someone who has tested positive for the virus within two weeks of your tour. We are relying on each other to make your tour a healthy and safe possibility for all.

A COVID-19 Waiver and Release of liability form has been developed and you will receive one from your Tour Leader prior to each tour. Please bring your signed waiver to the first meeting.

When we gather as a group, we'll practice physical distancing, and we will ask everyone to wear a face mask. Social distancing when packing the luggage, riding on your bike, sag stops or meetings is one of the keys to keeping each other safe.

Some of the changes you will see on a 2021 HeartCycle tour evolve around our sag stops, lunch and happy hours. We understand a well-fed cyclist is a happy HeartCycle cyclist and having nutritious food on your tour is important.

- Remove your gloves and put on your mask before approaching fellow riders or the sag.
- There will be a sanitation station set up away from the food.
- Elimination of buffet style food on tables.
- Prepackaged snacks at your sag stop and happy hour: grab & go style.
- Lunch stops will have preassembled "made to order" lunches in bags: filled with individual condiments, service ware, napkin, sandwiches or wraps, bag of chips, fruit or veggies. There may be a fresh salad served by your sag. Your sags may be taking your "order" for your lunch at the nightly map meetings.
- The beverage cooler will have a volunteer dispensing your choice.
- There will not be a club supply powdered electrolite jar in the sag, so pack your own supply of tabs or electrolytes.
- Water jug will have saniwipes next to it to be used before/after you fill your water bottle.
- Happy hours will probably be BYOB.
- The social time at breaks is an important part of our culture, but please place chairs >6 feet apart unless you are in the same household. At the end of lunch, put your chair away.
- Each tour we will refine our food service based on the latest guidelines from the CDC.

For sagging during rides, the Sprinter or rental trucks are to be used for emergency (medical or mechanical) use only. You should come prepared to ride each day's mileage. If you MUST sag everyone will wear a face mask with the A/C or air vents on full blast with rear windows open.

When we gather as a group, we'll practice social distancing and we ask everyone to wear a mask. Our orientation & evening meetings will be outdoors unless foul weather prevents. Group dinners may not occur in 2021, it is up to each Tour Leader. Tours will be limited to 26 riders plus the 2 leaders and 2 sags (exceptions are the Coast to Coast & Paso Robles Tours). If you were confirmed on a 2020 tour that is being rolled over to 2021, you will have priority signup for the same tour. If a 2020 tour had 30 confirmed registrants signup and all 30 want to ride in 2021; that rollover tour will have a lottery to decrease the total to 26 riders. If the rollover tours do not fill; then other club members can signup for the available spaces.

You might want to consider paying for the Single Supplement for 2021 to have your own hotel room. Exception when rooms are limited and single supplement is not available.

I am looking forward to riding with you, when the time is right to ride on HeartCycle tours. I know that we can't rush things and appreciate your support and understanding while we navigate our new way forward. Traveling and exploring by bicycle has been HeartCycle's mojo for many years and we are ready to keep going forward.

Happy holidays!! Looking forward to a better 2021,

**Judy Siel**  
**Co-tour Director**

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See if you can find yourself in any of these group photos from past HeartCycle tours. Can you guess when and where these tours took place? (Answers at the end)

1



2



3



4



5



6



7



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## HeartCycle Tours Photo Quiz Answers:

- 1 - Texas Hill Country, March 2018
- 2 - Discover San Diego, March 2015
- 3 - Notches of New Hampshire, September 2008
- 4 - Bourbon & Bluegrass Kentucky, May 2019
- 5 - Island of Mallorca, May 2016
- 6 - Death Valley, March 2009
- 7 - Normandy, June 2017
- 8 - Border to Border, March 2010



### Tour Director Musings

The board has decided to delay tour registration & pricing until January. There is still uncertainty about our foreign tours for 2021, but I have great hope for the domestic tours and changes made by the support teams (SAG) to keep you safe in 2021. All the potential 2021 tours with details will be available on the website at the end of this week. Please read about all the tours and get excited for our delayed registration starting in January.

On the following page you will find a chart with "Potential 2021 Heartcycle tours". Some of these tours might be pulled before registration is allowed next year. Best to pickout several that sound right up your alley and be ready to throw your name on the registration soon.

I hope to be sharing the road and sags stops with you in 2021!

Judy Siel  
Tour Director

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Dates	Location	Leaders	Sags	Difficulty Level
March 27-April 3	Texas Hill County	Tina Vessels Kurt Arehart	Carol Nies Kathleen Schindler	Int/Adv
April 18-27	San Diego County	Scott MacCormack Jim Schroeder	Cindy Alvarez Kathy Wysoki	Adv/Expert
May 29-June 6	Traverse Bay & Sleeping Bear Dunes	Bob Rowe Lynn Driver	Myoma Pendergast Kathleen Schindler	Int/Adv
May 26-June 13	Lands End, England	Graham Hollis	provided	Expert
June 12-21	Trek to the Tetons	Jim Schroeder Scott MacCormack	MaryAnne Loeffler Richard Loeffler	Advanced
June 18-26	Le Monastere, France	Bob Rowe	provided	Int/Adv
June 20-29	Tour de Sawtooths	Fred Yu Joan Spilka	Cindy Alvarez Melissa Collins	Int/Adv
July 14-18	Roaring Fork Groad	Ron Finch Steve Heil	Bev Louie Robin Heil	Int/Adv
July 24-30	North Puget Sound Favorites	Richard Williamson Dave Olausen	Myoma Pendergast Kathleen Schindler	Int/Adv
August 21-29	Oregon Wine & Surf	Cindy Alvarez Judy Siel	Melissa Collins Kathy Wysoki	Int/Adv
September 6-10	Black Hills of South Dakota	Barry Siel Judy Siel	MaryAnn Loeffler Richard Loeffler	Int/Adv
September 11-25	Coast to Coast Northern Tier #5	Richard Corcker Patty Menz	Carol Nies Kathleen Schindler	Int/Adv
September ???	Southern Albania	Tina Vessels	provided	Int/Adv
October 6-15	Ohio Appalachian County	Jim Schroeder Scott MacCormack	Myoma Pendergast Martha MacCormack	Int/Adv
November 6-13	Paso Robles	Becky Bottino Ken Condray	Cindy Alvarez Melissa Collins	Int/Adv