

Heart-to-Heart



Tough Act to Follow

Hi Everyone,

As announced at the Annual Luncheon in October, Fred Yu was stepping down as President and I am stepping up to succeed him. I cannot do so without first acknowledging the many contributions that Fred has made during the past 5 years as President. His steady hand lead us through the headwinds of the pandemic and we are a stronger club as a result. The club benefited from his steady cadence in countless ways, perhaps most notably from a new website built on a platform for the future. In addition, he has assembled a great team of volunteers to manage the club and move it forward for all members to enjoy. It has been a pleasure serving under Fred. With the help and input of every member, I will strive to move us in the direction that Fred set for us.

A very long time ago, January of 1991 to be exact, I sent away for information about bicycle tours in Colorado. Little did I know at the time that I would become part of an amazing community called Colorado Heartcycle. I've always thought that you meet the nicest people on two wheels and this club proves that to me practically every day and every time I hop on my bike.

Jim
President

The Board of Directors

Jim Bethell (518) 466-8490 President - president@heartcycle.org	(2022)
Mark Lestikow (303) 919-0426 Vice President, Events, Souvenirs	(2022)
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Doug Moll (386) 547-6144	(2023)
Judy Siel (720) 519-9401 Tour Director - tourdiretor@heartcycle.org	(2022)
Janet Slate (303) 683-6128 Asst. Tour Dir. - tourdiretor@heartcycle.org	(2023)

Working Members

Richard Crocker (520) 539-8019 Asst. Registrar - registrar@heartcycle.org
Jeff Messerschmidt (303) 904-0573 Sag Supply Manager
Dan Palmquist (303) 638-2535 Sag Vehicles
Jimmy Schroeder (260) 450-2007 Ride with GPS Coordinator
Barry Siel (303) 434-1947 Newsletter Editor

Tour Director Musings

Predicting the year ahead is a tough job at the best of times, but in the current world it's challenging. I am certain that 2022 is ready for some incredible and overdue adventures for our club. HeartCycle has some wonderful tours planned for our members next year. There are 8 domestic tours with space for you to sign up and join the fun. As in 2021, we will continue to require vaccinations for 100% of our leaders, SAGs and riders on tours and follow COVID precautions to continue keeping you healthy and on your bike. As Steve Parker stated at the Annual Meeting in October, "It is all about having FUN on HeartCycle tours". Recruit your friends who like to bike to join HeartCycle and register for a tour this next year.

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

Judy Siel Tour Director

A Letter from Carol Nies to the Members of HeartCycle

Dear HeartCycle Family,

As I reflect back on the last 13 years of knowing many of you, my heart is full of wonderful memories and life lessons along this journey we call life.

It is my belief that we are all on two journeys in this life, an inward and outward. Our inward journey is our relationships with God, others and ourselves. Our outward journey is the work we do in the world, sometimes called our mission, call, or vocation. To quote one of my favorite authors, Elizabeth O'Connor, "The work we do in the world when it is true vocation will always correspond in some mysterious way to the work that goes on within us." In other words, the inward and outward journeys are always going on at the same time.

What does me saying that have to do with HeartCycle? As I traveled all over this beautiful land and Canada with you, I want to thank you for developing my outward journey work, which was to serve you to the best of my ability. You have assisted me in developing some of the following skills in my journey:

1. organizing the Sprinter efficiently;
2. semi-mastering the reading of maps, (especially the Adventure Cycle maps) Thank God for Ride with GPS!;
3. setting up the sag stops in a timely manner;
4. being a good steward of not over or under buying at Costco;
5. packing clothes for all weather conditions;
6. learning to sleep in a new bed every night;
7. rolling with the punches to realize every tour is different and so are their wants and needs (some prefer coke and some pepsi!);
8. many others like communication, problem solving, and decision making.

The above are all accomplishments I would have never experienced without being a part of the HeartCycle family. Thank you for your support and patience with this southern gal.

The following is my belief statement as part of my inward journey process of which has evolved, expanded, and matured thanks to the love and grace from y'all.

With all my weakness and shortcomings, I'm a bundle of paradoxes:

I believe and I doubt

I love and I hate

I get excited and get bored

I get enchanted and disillusioned

I'm bad and I'm good, and I feel bad about feeling good

I'm afraid of my joy, and feel guilty if I don't feel guilty

I trust and am suspicious

I'm selfless and selfish

Wide open and locked in

Know so much and then again know so little

Am honest and still play games.

Even with all these contradictions when I accept the truth about myself and know, really know and accept that all my contradictions are OK. That nothing can ever separate me from the greatest Love of all, Jesus. This Love frees me to rest and be, knowing its part of my journey. The resting, listening, and growing during the process will influence my heart (inward journey) and be a reflection in my life (outward journey).

I will truly miss serving you and continuing to develop our friendships.

Please come visit me in Texas. I have a great guest room that is waiting for your visit anytime, even at the last minute. Just as I know I could call you for a pop-in visit.

I can't close without thanking Kathleen and Mayoma who have been my sidekicks most of the way. I love you both and it was an honor to serve with you.

Hugs,

Carol Cole Nies

AKA: Queenie

Shenandoah Valley April, 2022

The Shenandoah Valley tour offers unusually beautiful cycling with quiet roads traversing the rolling terrain of the valley floor past well kept farms. Often a short climb is rewarded by spectacular farmland vistas framed by the Blue Ridge Mountains to the east and more of the Appalachians to the west. This tour features 32 miles on the Blue Ridge Parkway and the climbs and views that come with it. Logistics are made easier by a semi-fixed base design for the tour, with multi-night stays: 3 nights in Staunton, then 4 nights in Lexington, and finally a last night back in Staunton. Shenandoah Valley is new to the HeartCycle lineup and promises memorable beauty along with advanced challenges as we climb and enjoy the iconic Blue Ridge Parkway. Why not join us?

San Diego County May, 2022

We will revisit San Diego County in May 2022 for a ride that HeartCycle did over 10 years ago. And like then, we'll ride some of the top climbs of Southern California, with a few of the routes changed so that now we get to descend some of these hills! We also changed some of the overnights and destinations to include vineyards, the old town of Temecula, and an overnight at Oceanside on the north end of San Diego. With the routes now optimized and with some great places to stay and visit along the way, we think this early May 2022 San Diego County tour will be even better than before! This epic ride in San Diego County will take us through an amazing and diverse array of terrains and vistas of mountains, deserts and oceanside. You will ride through beautiful countryside and national forests with small charming towns, as well as through the big city shoreline of San Diego. Your awe-inspiring experience riding through this amazing and ever changing scenery will help distract you as you get your bike legs in shape for 2022 with this early season ride of over 450 miles and nearly 39,000' of vertical climb! This advanced rider tour is definitely not for the inexperienced cyclist. Or as our Co-leader for this tour, Jimmy Schroder said at the end of our scouting trip for this ride, "Three letters, not words, to describe this tour: W-O-W!"

Steamboat Springs Scrambler June, 2022

Come ride 5 scenic routes around Steamboat Springs in late June. During our days of touring, we will pass high country ranches, mountain lakes, hopefully sight the sandhill cranes that summer in the Yampa Valley and experience rural roadways. Small town charm and great amenities make Steamboat Springs the perfect place for our fixed base tour. We will enjoy a 5-night stay at the Inn At Steamboat, a small boutique hotel that has a quick descent to the Yampa River Core Trail which we will use at the start and end of each day's loop ride and a short drive or bus ride to downtown restaurants and shops. If you need a break from all that cycling then try a steamy soak at one of the valley's natural mineral hot springs or stroll through downtown for some retail therapy after enjoying dinner.

CO Front Range Bike & Brews October, 2022

Welcome to some of the best places to cycle in the US! And don't take our word for it. The Denver–Boulder–Fort Collins Front Range bikeway systems are continually rated in the top 10 places to cycle by several publications (Bicycling, Travel Channel, CNBC, REI, to name a few). Colorado is, of course, known for its trophy rides like Ride The Rockies, the Triple Bypass, and others. But what is not known, except to us locals, is how much fun and challenging the Front Range is for cyclists. Oh, one more thing, as advertised, this is a bike and brewery tour. We will see and tour some of the best breweries around for you to experience (and taste on your own) as well! Here are a few on the list: Blue Moon, Epic, and Mockery in the RiNo Art District; Avery and Finkel & Garf in Boulder; Left Hand Brewery in Longmont, and Odell and New Belgium breweries in Fort Collins.

Check the HeartCycle website for all of our tours
in 2022 and full tour descriptions.

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: Open
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: Wait List
11 days, Int./Adv. \$1,600.00
Lisa Evans, lceskidive@gmail.com

