

# Heart-to-Heart



## **Note from the President**

January 29, 2021

2021 is finally here. Happy New Year to all. Winter is one third gone, the sun no longer rises in the south edge of my living room window, and each day is a little longer than the last. Can the real cycling season be far off? I confess that I find riding in the cold quite unpleasant, so I avoid it. Call me a wuss. When the sun is out and the outside temperature reaches 50, I pull on my winter kit and go out and ride. In my mind's eye, I am on a past tour or an anticipated tour. I tell myself that every mile ridden now will ease the springtime challenge of getting into real tour shape – i.e., can I ride comfortably on varied terrain for four to six hours a day (with refreshment breaks, of course)? I don't fret when I get passed on the road; those whizzing by are almost always a lot younger than I am. At this age (72), there's nothing to prove on the bike, and most days it can bring on a kind of euphoria to find that all my parts are working painlessly and I can enjoy moving through the world on two wheels. Whatever your situation in life, I hope that you are not only finding time to get out and ride, but also dreaming about bike touring.

Tour registrations have opened and I am pleased to see that the response of club members has been strong. Thank you. We are all tired of the Covid life. I am optimistic that with increased availability of tests and vaccines, focused federal support, and broad citizen compliance with safety and distancing measures, this country will be able to close the book on the pandemic later this year. A bicycle tour would be a good way to regain some sense of those things that make life worthwhile. As long as Covid is with us, many decisions about what to do involve a risk assessment. If you can get the vaccine, your risk will be lower and that should make those decisions easier. One hopes that the numbers of infections, hospitalizations and deaths will begin to decline for good across the country and around the world.

A good number of the Club's tours are full or close to it. There are still openings for San Diego, Fredericksburg and Le Monastere in Limoux, France, all terrific places to ride. A lot of effort goes into the planning of each tour by the tour leaders and the Tour Directors. Life would be easier if we did the same tours year in and year out. But we try not to do that, understanding that Club members enjoy not only cycling in new places, but experiencing what else there is to see or do in those places. We try not only to explore new areas, but to keep abreast of trends. For example, at least a couple of tours appeal to the gravel enthusiasts. We are not ready yet to try an all e-bike tour, but maybe that is in the Club's future(?) An enthusiastic response by members to the Club's tour offerings is always gratifying. As a tour leader, I have found that it is an especially meaningful reward to hear that people enjoyed themselves on your tour. So the board is always open to new tour ideas and concepts. If you have an idea for a tour you would like to lead, please let our Tour Director, Judy Siel, know.

## The Board of Directors

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## Notes From the Board

We are all hoping for COVID vaccine availability and “shots in the arm” before we embark on our tours this year. You will receive a copy of the COVID procedures, COVID waiver and general HeartCycle waiver from your tour leader after you are confirmed onto the tour.

The Board developed and published the new COVID procedures in the Nov/Dec Heart-to-Heart newsletter. This year the tour directors and tour leaders are staying flexible and several potential tours have been removed from the 2021 tour schedule already. They may appear on our 2022 tour schedule next fall. Yes, already starting to think about future tours for our club, if you would like to lead a tour in 2022, please contact Judy Siel, Co-Tour Director.

Hope to see you on the road this year!!



## Was your last bike tour a remarkable journey?

It has been over a year since my last bike tour, my passport is gathering dust and the accompanying suitcase has remained on a closet shelf for far too long. Thinking back to past travel with our tandem in the car or in a suitcase ready to be reassembled-brings back all those little things that make your trip rememberable many years later. Was it the half pantomime conversation in Italian with a vineyard owner waiting at a bus stop to pickup her grandson so he could help harvest the fall grapes for the first time? Or the rainy day when you slipped out on the train tracks and slid across the smoothest pavement ever-no tears or holes in your rain gear or kit? (Thank you Swiss road engineers.) Were you lost in a village because your cue sheet with the much needed directions & name of your hotel is missing, but thinking “hey there can’t be that many hotels”, only to find the Swiss Alps equivalent of Estes Park ~50 delightful inns but where-o-where is your group and much needed suitcases? Taking a wrong turn and ending up in a town not on your cue sheet? Well there must be a shortcut from here to there, but geez there was this 20% descent followed by a 20% climb. As you can see these adventures were long before, I owned a Garmin or smart phone to bail me out of a sticky place, but I sure remember those bike tours.

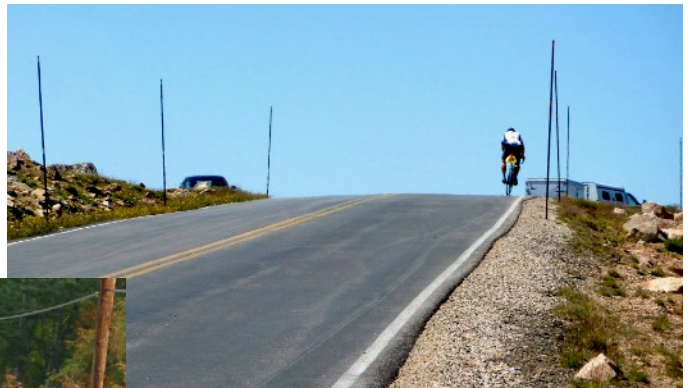
Time for you to take a leap of faith and hope that your 2 doses of vaccine will be on board before your first HeartCycle tour starts in 2021. I am thrilled so many of our tours have filled for this coming season, but we have space available on Springtime in Fredericksburg, San Diego County, Le Monastere in Limoux, and just a few spots remaining on Roaring Fork and Trek to the Tetons. Maybe you are planning a killer solo tour for 2021 and will use it to organize/lead for tour for Heartcycle in 2022.

This past year has seen the unwelcome pandemic of disappointments: canceled trips, family zoom-reunions, bike tours planned but not taken, maybe a lazy beach vacation just on paper. Poof! Gone! All due to a tiny virus and long list of places closed. Hopefully we are an adaptive club and can tolerate a brief period of sedentariness. Nope! Not if you have your trusty bicycle-your neighborhood trails, scenic canyon climbs, mountaintop finishes are still out there. I believe that hope lies in the very nature of travel. It demands a leap of faith and imagination. Travel is one of the few activities we engage in not fully knowing the outcome and reveling in that uncertainty.

Nothing is more forgettable than the trip that goes exactly as planned. Let me get back to that list of misadventures that I remember making so many of my bike tours remarkable...see you soon.

Judy Siel  
Co-Tour Director

**On the Road with HeartCycle  
...over the years**









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# 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](mailto:richcrocker@hotmail.com)  
Patty Menz, [pattymenz1@verizon.net](mailto:pattymenz1@verizon.net)

## Southern Albania

### **Tirana, Albania**

Sept. 28 - Oct. 9                      Status: Wait List  
11 days, Int./Adv.                      \$1,700.00  
Tina Vessels, [tina.vessels@gmail.com](mailto: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](mailto:samaccormack@gmail.com)  
Jim Schroeder, [jimmyschweb@gmail.com](mailto: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](mailto:bbottino7@gmail.com)  
Ken Condray [condray3@gmail.com](mailto:condray3@gmail.com)