

Heart-to-Heart



My Wishes for Cyclists in 2020

By Mara Abbott, Olympian and CTS Contributing Editor

Each year since 2008, when I began working with my CTS Coach Dean Golich, I consider myself fortunate to be a part of this community. As we head through the holiday season and into 2020, these are my wishes for the rest of my CTS family in the new year:

May you breathe fresh air and move your body every day. May you have enough intervals to challenge you, enough coffee-shop rides to keep your friendships strong, and at least one brilliant sunrise. May every crash and injury come with a lesson, and may you have the patience and insight to learn that lesson the first time around. And, may your bouts of road rash not exceed your current stash of Tegaderm. May you find someone with whom you can share your dreams and goals, and may you take the risk of getting very honest about those with yourself. May you reach the summit of at least one mountain. May your flat tires come on days when it is above zero degrees, when you have a wide shoulder, and when you are not desperately late for a meeting. If you don't already, may you try bike commuting. And yoga. May you ride through falling snow, but avoid unfortunately-placed patches of ice. May you coast every once in a while. May your broken chains and snapped derailleur cables happen within coasting distance of a bike shop, and may you exercise better bike maintenance habits than I do. May you get permanent mud splatters across at least one jersey. May you wear short socks, because those tall ones are going to give you genuinely terrible tan lines. Or else wear your sunscreen. May you try something that might just be impossible. May you always be able to find two gloves and your sunglasses when you are ready to head out on a ride. May you eat more real food on the bike, but may you always have a gel nearby when you need it. Or else a Snickers. May your power numbers grow, but not so large that they consume you. May all of your bib shorts stay sufficiently opaque, and may your wind jackets stay clear of your rear wheel. May you find equal time and capacity to indulge yourself with an exquisitely long ride and an exquisitely lazy rest day. May you find the value in both of those. May you be willing to want something deeply, commit to it fully, and take the all-in risk of falling short. Finally, may you have at least one ride this year in which you find yourself with a tailwind in both directions.

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Barry Siel (303) 434-1947
Newsletter Editor

Message from the President

HeartCycle, as a bicycle touring club, benefits from the efforts of various other organizations which promote bicycle safety, infrastructure, and broader awareness of cycling, in all its forms in this country. To this end, the Board has identified several nonprofit organizations whose purposes and activities we believe are consistent with ours and which benefit our club and its members. The Board has decided that becoming a corporate sponsor not only provides financial benefit to these organizations, but offers HeartCycle a bit of visibility. For 2020, HeartCycle is a corporate sponsor for Bicycle Colorado (legislative advocacy), Adventure Cycling Association (development of continental touring routes) and Rails-to-Trails (promotes conversion of former railroad rights of way to cycling and recreational paths). We hope that you are pleased that your club has taken these steps.

“Be the Distraction”

Light Pilot Update by Jim Bethell, Safety Coordinator

Participants on the two final Heartcycle tours of 2019, Coast to Coast and Land of Oz, piloted the use of front and rear lights on their bikes to serve as a “distraction” to drivers, and to keep riders safe. Thanks to excellent feedback provided by riders who completed their follow up surveys, results can now be reported. Of all tour participants in the pilot, 46 members filled out the survey. Of these, 33 gave additional written feedback. Most respondents expressed that the rear light was very effective but that the front light was insufficient. Half of the 46 indicated that they preferred to use their own lights vs the lights provided. Half agreed that lights were preferable to the safety triangles currently provided.

The Board discussed these results at its meeting in January and decided to **strongly recommend** that riders use both a front and rear light on tours, beginning with the upcoming 2020 tour season. SAGs will have a limited supply of lights available to loan riders who do not bring their own. HeartCycle will continue to supply triangles for those who want them.

Online Tour Evaluation

Jim Bethell, Webmaster

Tour evaluations will be available online beginning with the 2020 HeartCycle season. There will be two ways to get to the online form. Tour participants may either click on the “Tour Evaluation” link on the “My Tour” page, after logging in; or, they can click on a link which tour leaders will send in an email, after the tour is completed. If individuals prefer to fill out a paper version, they can request a copy from their tour leaders.

Tour evaluations are an important way for HeartCycle to determine how tours went, and what can be improved upon. The club benefits and Board members appreciate when tour participants provide feedback by taking the time to complete them.

OZ: Bicycling In The Ozarks - November 2019

By Kurt Arehart

The Ozark tour was yet another newly designed creation of ride leader Jimmy Schroeder, aided first by Tom Biggi and then Scott MacCormack, who stepped up to co-lead when Tom took an injury.

Jimmy is not one to travel the well worn path, instead doing the hard work to open new roads and vistas to us. We made a counter-clockwise loop, starting in Fayetteville, Arkansas, riding southeast to the small town of Ozark, then northeast up to Harrison, then northwest to Eureka Springs and finally southwest back to Fayetteville.

Along the way we enjoyed some great roads, beautiful scenes and some highly memorable climbs. Lovely stuff, all.

We started and ended in light, chilly rain, making for challenging SAG support, but enjoyed fine, clear and cool riding weather otherwise.

Jimmy and Scott did a great job with the logistics and daily ride guidance while the SAG team of Kathleen Schindler and Mayoma Pendergast brought their excellent food and snacks, skillful caring, creative problem solving and deep patience to the aid of all. Well done team!



Day 1, Fayetteville to Ozark (town of). 65 miles, 3,300 ft climbing.

The weather forecast was grim: low 40's, recurring rain. Only folks with good rain gear even considered it, the rest opting to jump in a shuttle vehicle rather than push against the elements. Those who rode were rewarded with some fine moments, if a bit wet and cold at times.



Good roads rolled through low hills as we left Fayetteville



After a long climb some downhill fun is on tap



Rolling along a high ridge among low clouds



Seen from a switch-back climb late in the day

Day 2, day loop out of Ozark. 72 miles, 4,200 ft climbing.

Mountain bike trail designers will often place something very difficult immediately at the start of a trail, just so folks understand what they are getting into. This ride start felt like that. Clear but cold and windy, and a nasty climb on a busy commercial strip, right off the couch. If that is not enough to turn you around, you are gonna be alright. And so it was.



Cold and clear, if a bit breezy. Rolling through fine lands



Wendy shows us that even in the afternoon the day kept its chill



A sweet sweeping downhill, with the pay-for soon at hand on the other side of the hollow

Day 3, St. Paul to Harrison. 68 miles, 4,500 ft climbing.
This one featured some tough climbs and great beauty. These often come together.



A lovely curving bridge marks the start of a tough climb out of a river-bottom



Cassie tackles one of the day's many tough climbs



The spirit of John Steinbeck is near



Jimmy and Bob flash club colors late in the day



Riding a high ridgeline before the descent into Harrison



Group dinner in Harrison

Day 5, day loop out of Harrison. 64 miles, 5,100 ft climbing.
After a welcome day off in Harrison, we rode south to Jasper and then seriously up to some great views of the “Grand Canyon of Arkansas”.



Early in our day loop south, Bev cracks a short climb



We took our morning break along the Buffalo River, milky with manganese



Top of the big climb, and the Arkansas Grand Canyon view. Nice!



Late in the day, one last look over the shoulder at the highlands just descended

Day 6, from Harrison west to Eureka Springs. 66 miles, 4,700 ft climbing.
This 66 mile romp was a favorite: gorgeous rolling farmland with dramatic climbs, sweeping views and screamer descents.



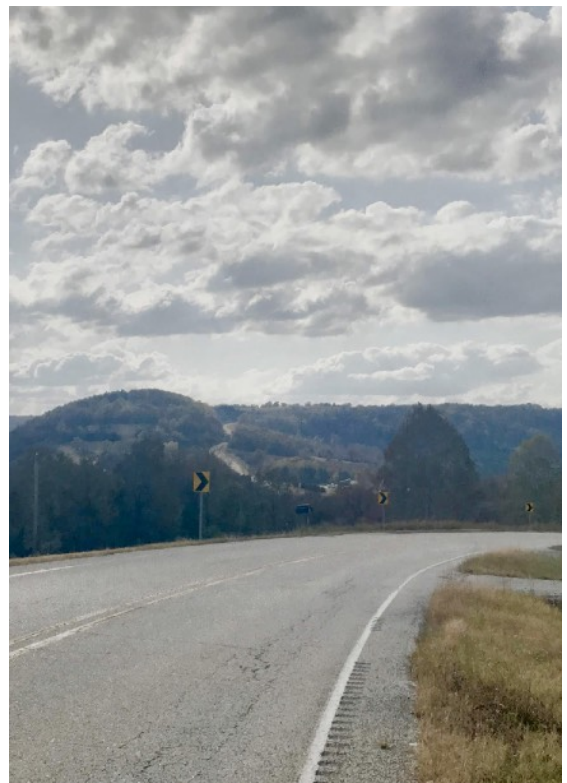
Bob finishes a climb, readying for a nice descent



Low afternoon sun lights this barn against the gathering clouds



A riot of late day clouds in a beautiful land



Late in the day, poised for a screaming descent, rocketing across a river bridge, and then the long climb in the distance

Day 7, a day loop to the west and north of Eureka Springs. 36 miles, 3,400 ft climbing. This loop was relatively short at 36 miles, but featured the most brutally steep climbs of the week. Your faithful correspondent cut out that section and arrived back in town with 24 miles



This sign promises a bridge, but none is visible. Careful!



Ah, there it is. This old beauty was decked in thick old planks, laid lengthwise. Drop a wheel into a gap and your tour is done. Not the time for gazing about.



The dynamic duo of Kathleen and Mayoma, turned out in Halloween finery

Day 8, Eureka Springs back to our starting point in Fayetteville. 65 miles, 3,500 ft climbing. This day promised rain, and we did get some, but a good day on the bike anyhow. And so ends a great HeartCycle bike tour.



Early in the ride, topping a rise, and the day's first rain just starting



After crossing the river at War Eagle Mills, we climbed up to this view



After a necessary 8 miles on the shoulder of the busy 4-lane Route 412, this quiet lane was all the more beautiful



Another early high point, looking west

Colorado HeartCycle 2020 Tours

Las Vegas & Death Valley Spring Training

Las Vegas, Nevada

March 11 - 20 Status: Wait List
 9 days, Advanced \$1,750.00
 Jimmy Schroeder, jimmyschweb@gmail.com
 Richard Williamson, richard6a@gmail.com

Paso Robles Wine Country

Paso Robles, California

April 18 - 25 Status: Full
 7 days, Int./Adv. \$1,390.00
 Becky Bottino, bbottino@gmail.com
 Ken Condray, condray3@gmail.com

Shenandoah Valley

Staunton, VA

April 25 - May 2 Status: Wait List
 7 days, Advanced \$1,650.00
 Kurt Arehart, klarehart@gmail.com
 Jim Bethell, bethell.jim@verizon.net

Relaxed in Provence

Avignon, France

May 14 - 23 Status: Closed
 9 days, Intermediate \$2,675.00
 Polly Page, mspollypage@gmail.com
 Rich Crocker, richcrocker@hotmail.com

Durango Weekend

Durango, Colorado

May 16 - 19 Status: Open
 3 days, Int./Adv. \$670.00
 Denise Weaver, dweaver1200@hotmail.com
 Rob Weaver, Robert_r_weaver_iii@hotmail.com

Bruges-Paris, Bike and Barge

Bruges, Belgium

May 16 - 29 Status: Open
 14 days, Easy/Int. \$3,660.00
 Joanne Speirs, jcspeirs1@gmail.com

Traverse Bay

Traverse City, Michigan

May 30 - June 7 Status: Full
 8 days, Int./Adv. \$1,570.00
 Lynn Driver ldriver@med.umich.edu
 Bob Rowe browe49@comcast.net

Beyond Dordogne

Bordeaux, France

June 19 - 28 Status: Wait List
 9 days, Advanced \$2,750.00
 Fred Yu, frederickyu@comcast.net
 Graham Hollis, gramhollis@icloud.com

Roaring Fork Road & Groad Weekend

Basalt, Colorado

July 15 - 19 Status: Open
 4 days, Int./Adv. \$760.00
 Ron Finch, blouie-rfinch@comcast.net
 Robin Heil, rjsheil@bresnan.net

Oregon Wine & Surf Loop

Eugene, Oregon

July 25 - August 2 Status: Full
 7 days, Int./Adv. \$1,680.00
 Cindy Alvarez, sindelou@cox.net
 Bob McIntyre, dcx12@aol.com

Colorado HeartCycle 2020 Tours

Glacier & Waterton National Parks

Whitefish, Montana

August 8 - 16 Status: Open
 7 days, Int./Adv. \$2,100.00
 Jim Schroeder, jimmyschweb@gmail.com
 Scott MacCormack, samaccormack@gmail.com

Southern Albania - Session 1

Tirana, Albania

Sept. 23 - Oct. 4 Status: Open
 11 days, Int./Adv. \$1,660.00
 Tina Vessels, tina.vessels@gmail.com

Fernie to Olney Groat Tour

Fernie, BC, Canada

August 16 - 21 Status: Open
 4 days, Int./Exp. \$1,100.00
 Jim Schroeder, jimmyschweb@gmail.com

Southern Albania - Session 2

Tirana, Albania

Sept. 28 - Oct. 9 Status: Open
 11 days, Int./Adv. \$1,660.00
 Denise Weaver, dweaver1200@hotmail.com

Black Hills of South Dakota

Custer, South Dakota

September 9 - 11 Status: Open
 4 days, Int./Adv. \$760.00
 Judy Siel, bjsiel@msn.com
 Barry Siel, bsiel03@gmail.com

Ohio Appalachian Country

Columbus, Ohio

Oct. 11 - 19 Status: Open
 8 days, Int./Adv. \$1,600.00
 Scott MacCormack,
samaccormack@gmail.com
 Jim Schroeder, jimmyschweb@gmail.com

Coast-to-Coast Northern Tier, Year 5

Rochester, New York

September 7 - 21 Status: Wait List
 14 days, Int./Adv. \$3,150.00
 Rich Crocker, richcrocker@hotmail.com
 Patty Menz, pattymenz1@verizon.net

Last page thoughts -

Has your new year started a little cold, snowy, or even dreary?
 Then look forward to your 2020 bike season by adding a
 HeartCycle bike tour to your schedule. We have many great
 tours with space available just for you! I am looking forward
 to seeing you on tours this year, sign up today.

Judy Siel Co-Tour Director