

# Heart-to-Heart



Joanne Speirs & Hank Shaw lost their home in Louisville, CO during the Marshall Fire late December, 2021.

They are coping as best as possible, after escaping with just their dogs and cars. They have found a small house to rent in the metro area and are working through the insurance application and replacing absolutely everything. One of their friends is helping them to set up a GO FUND ME PAGE. As soon as we have that information, we will share it with you.

Joanne has been a member of HeartCycle since the 1980's and remembers her first tour was to the Grand Canyon, where she met Jim Bethell (our current club president). She was a working member volunteer long ago when they met to assemble the paper newsletter and get it mailed out to members. Joanne was on the Board of Directors for 8 years. She also led several tours over the years from Aspen Highlights to several Bike & Barge adventures in Europe. Joanne & Hank have biked on many HeartCycle tours through the years.



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## The Board of Directors

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President - [president@heartcycle.org](mailto:president@heartcycle.org)

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**Doug Moll** (386) 547-6144 (2023)

**Judy Siel** (720) 519-9401 (2022)  
Tour Director - [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

**Janet Slate** (303) 683-6128 (2023)  
Asst. Tour Dir. - [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

## Working Members

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Asst. Registrar - [registrar@heartcycle.org](mailto: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

Did you shout “Good Riddance” to 2020 & 2021? It was an unusual time of cancelled vacations and postponed events, or maybe you threw caution to the wind and went on some trips. Let’s hope that 2022 has its share of joy, laughter and frenzied activities with friends. HeartCycle has put together a fun list of bike tours throughout 2022. Unfortunately, we have already cancelled two tours due to low registrations. We have other tours with space for you.

We want your feedback for future tour planning. Take our 5 minute survey - <https://www.surveymonkey.com/r/F2FRZVQ> by 2/1/22. If you have more to say email [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

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

Judy Siel, Tour Director

# Paso Robles 2021

November 7–13

**By Cassie Klumpp and Janet Slate,  
with appreciation to Kevin Schmidt and Roger Sass**

Surprise! Paso Robles in November! For those of us who had been waiting a year and a half to take this tour which is usually run in April when the hills are verdant green and poppies are blooming, we didn't care. Let's ride—and away we went! Lightly traveled roads in every direction made for an outstanding experience on this fixed-base tour in the rolling wine country of west-central California. Benefitting from a bit of rain beforehand, slightly green hillslopes accented the route.

Experienced and organized leaders that they are, Ken Condray and Becky Bottino immediately rearranged our tour schedule to take our day off coincident with forecast inclement weather. Good call! Sadly, Becky announced her retirement as a tour leader—but not as a rider—expect to see her on more HeartCycle tours! The tour was expertly sagged by Cindy Alvarez and Melissa Collins. Can you say homemade biscotti? Yum!

Our accommodations at the Oxford Suites were ideal: made-to-order eggs in the morning and complimentary beverages in the afternoon; walking distance to downtown with numerous restaurant choices; and convenient access for our bicycle routes.



**Day 1:** Tobin James Winery Loop—50 miles, 2700 feet. A rolling ride in the terrain east of Paso Robles made for a great start to our tour with winery stops for lunch and our afternoon sag stop. All judiciously waited till the afternoon sag stop before beginning their wine tasting. Some breezed by the family-owned and operated Riverstar Vineyards to return to Paso Robles earlier than the rest of us who had the additional excitement of escorting a tarantula off the road.



**Day 2:** Adelaida & Peachy Canyon—48 miles, 4400 feet. One of the favorite routes on this popular tour, this day's route ventured west into the Coast Ranges. A nearly 9-mile climb warmed us up in the 50-degree morning temps. Surrounded by olive trees, we lunched at the picnic tables of Pasolivo Ranch. Several of us wandered inside to sample (and purchase!) their olive oils. Vineyards and wineries beckoned along the route, but more rolling miles awaited.



**Day 3** was off due to inclement weather. Sightseeing, shopping, and wine/beer tasting were among the activities enjoyed.

**Day 4:** Cowboy Loop—42 miles, 2900 feet. Bikes and people packed up for the remote start loop ride out of Santa Margarita. Lunch at the Vintage Cowboy Winery made for another opportune midday wine tasting—not to worry, only an hour’s ride back to the vehicles. A bald eagle flying overhead provided encouragement to hop back on the saddle.



**Day 5:** Parkfield (astride the San Andreas Fault)—riders had choices: 67 miles, 3800 feet; 56 miles, 3700 feet; or 42 miles, 2700 feet. During our group dinner the night before this day’s ride, we were fortunate to have U.S. Geological Survey geologists Rob Wesson and Kevin Schmidt on our tour who taught us about the San Andreas Fault and the significance of Parkfield.



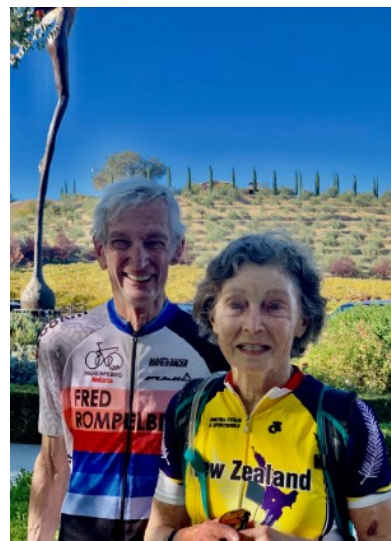
The San Andreas separates the North American Plate from the Pacific Plate. Because Parkfield has a record of regular earthquakes (since the 19<sup>th</sup> century) of 22 years on average, the USGS and academic colleagues heavily instrumented the area to better understand earthquakes. In case you're interested, more info may be found at <https://earthquake.usgs.gov/learn/parkfield/>. For such a famous place (geologically), riders were surprised to arrive in the tiny outpost (population 18). Getting there was no small feat climbing 1900 feet over the Cholame Hills. Our delicious lunch at the Parkfield Café—including a not-to-be-missed dessert—made for a slower ride back over the range.







**Day 6:** Sculpterra Loop—52 miles, 2700 feet. Headed south, we began on roads familiar from Day 1, but because of the numerous well-executed routes on this tour, we were soon in unfamiliar territory. The southern extent of the day's route—though not many of us may have even noticed—skirted the east edge of Santa Margarita where we started and ended our Day 4 ride. Another winding climb through an oak forest with virtually no traffic—how spoiled we were getting!—and we landed in a rural valley for lunch. Some of us could not resist the draw of vineyards en route back, particularly when we'd been tipped by fellow tour member, Alan Scott. Sculpterra Winery, a mere 6 miles from the end of the day's route, was worth seeing for the sculptures and garden on the grounds.



**Day 7: San Miguel Loop**—46 miles, 1900 feet. Our final day's ride took us north and east on roads with so little traffic we could ride three abreast and carry on a conversation while taking in the scenery and ushering more tarantulas off the road. We celebrated Alan Scott's birthday with cake at our morning sag stop and devoured locally made burritos for lunch, which was at the Mission San Miguel Arcángel. An 11.5-mile ride back to the hotel, bikes bound for Colorado were loaded into the Sprinter, rooms for showers were made available, and goodbyes were said to new and old friends until our next HeartCycle adventure.





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## HEARTCYCLE COVID PROCEDURES TO REDUCE EXPOSURE RISKS

Procedures below, and other tour specific procedures, should be evaluated and implemented as feasible on a tour by tour basis. Tour Leaders and SAG will support and encourage exposure risk reduction, but cannot remove all risks and are not expected to serve as “enforcers.” Tour participants must take an active role in reducing risks to themselves and to other participants. Participants who do not comply with requests from Tour Leaders and SAGs may be removed from the tour at the sole discretion of the Tour Leaders. A key factor to all procedures is for riders to maintain social distancing and sanitation on and off the bike.

**Affirmation, Waiver, and Ongoing Screening.** 72 hours or less prior to orientation meeting, all participants will sign the Affirmation and Waiver. Thereafter up to and during the tour: riders, Tour Leaders, and SAGs will continue to screen their symptoms (see affirmation) and if any symptoms arise that may be related to COVID-19, they will immediately inform the Tour Leaders/SAGs and remove themselves from contact with the group. **Participants should have available a rapid self COVID test kit, if negative x2 tests that are >12 hours apart, they may rejoin the group. If quick test is positive isolate from group and obtain a PCR test from any local testing site and arrange to depart tour.**

**Meetings** (orientation, evening meetings, other). Hold meetings outdoors in an area with ample space for social distancing and air dispersal. Participants will wear masks if meeting indoors.

### **SAG stops:**

1. Participants should be dispersed for social distancing. All participants remove bike gloves, sanitize hands, wear mask.
2. Only SAG will prepare food. SAGs will wear gloves, wash frequently, sanitize frequently. Buffet lines for distribution of food.
3. When not eating/drinking, participants will wear masks.
4. Water jug on bumper with Saniwipes next to nozzle. Each rider will wipe off any touched places before and after filling water bottle.

### **Riding**

1. Disperse on the road. Riding closely only with household members and/or roommate. This includes avoiding bunching at intersections, lights, and stop signs.
  2. Refrain from expelling bodily fluids (mucus, spit, etc.) while on a ride. If necessary, carry and use tissue or handkerchief.
  3. Carry a face mask/handkerchief and wear it where other recreationists (walkers, hikers, bikers...) may be in reasonable close proximity (recreation paths are a good example) so as not to endanger, or annoy, local residents. Wear it at any store or other location visited with other people around.
  4. See other items in the Certification/Waiver.
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## HeartCycle Covid-19 Vaccine Policy for 2022

HeartCycle is actively monitoring and implementing guidelines recommended by health officials, including the Center for Disease Control and Prevention and the World Health Organization.

### For 2022 Tours and the Annual Meeting:

A full Covid-19 vaccination, **will be required** for all participants. **This includes any recommended booster shots.** Please, have a copy of your CDC vaccination card available on your phone or your original CDC issued vaccine card. All participants must e-sign a COVID waiver form 72 hours prior to orientation meeting on their HeartCycle account: My Tours, Name of Tour, COVID waiver.

For ALL 2022 Tours: Please have COVID rapid test kit available to test if you have any symptoms. If rapid test is positive, participant will be asked to depart the tour at their own expense. If a participant has a fever over 100 degrees or other COVID symptoms, they will be asked to depart the tour (or meeting) at their own expense. If rapid test negative x2 tests run > 12 hours apart, they may rejoin the group.

All participants will be required to wear face masks in SAG stop food lines or happy hour snack table, vans, indoors, and any time social distancing cannot be maintained.

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# Colorado HeartCycle 2022 Tours

## **South Florida**

### **Miami, Florida**

February 2 - 10                      Status: Open  
7 days, Intermediate              \$2,400.00  
Ron Finch, [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)  
Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

## **Jewels of Portugal**

### **Lisbon, Portugal**

May 8 - 20                          Status: Wait List  
13 days, Int./Adv.                  \$5,200.00  
Janet Slate, [jslate@ultrasys.net](mailto:jslate@ultrasys.net)

## **Springtime in Fredericksburg**

### **Fredericksburg, Texas**

March 19 - 25                      Status: Open  
6 days, Intermediate              \$1,480.00  
Clare Bena, [cbvamoots@gmail.com](mailto:cbvamoots@gmail.com)  
Janet Slate, [jslate@ultrasys.net](mailto:jslate@ultrasys.net)

## **LELOG**

### **Cornwall, England**

May 22 - June 11                Status: Wait List  
20 days, Advanced                \$6,000.00  
Graham Hollis, [gramhollis@comcast.net](mailto:gramhollis@comcast.net)

## **Paso Robles**

### **Paso Robles, California**

April 9 - 16                        Status: Wait List  
7 days, Int./Adv.                  \$1,690.00  
Cindy Alvarez, [sindelou@cox.net](mailto:sindelou@cox.net)  
Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)

## **Le Monastere**

### **Limoux, France**

June 17 - 25                      Status: Wait List  
7 days, Int./Adv.                  \$2,350.00  
Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## **Shenandoah Valley**

### **Staunton, Virginia**

April 23 - May 1                Status: Cancelled  
7 days, Advanced                \$1,700.00  
Kurt Arehart, [klarehart@gmail.com](mailto:klarehart@gmail.com)  
Jim Bethell, [bethell.jim@verizon.net](mailto:bethell.jim@verizon.net)

## **Champagne Bike & Barge**

### **Epernay, France**

June 18 - 25                      Status: Wait List  
7 days, Easy/Int.                \$1,950.00  
Laura Davis, [davpete@frii.com](mailto: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](mailto:samaccormack@gmail.com)  
Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

## **Steamboat Springs Scrambler**

### **Steamboat Springs, Colorado**

June 26 - July 1                Status: Open  
5 days, Int./Adv.                \$1,180.00  
Judy Siel, [bsiel@msn.com](mailto:bsiel@msn.com)  
Barry Siel, [bsiel03@gmail.com](mailto:bsiel03@gmail.com)

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# 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](mailto:bethell.jim@verizon.net)  
Gail Golderman [goldermg@union.edu](mailto:goldermg@union.edu)

## Oregon Wine & Surf

### **Eugene, Oregon**

September 7 - 14                      Status: Wait List  
7 days, Int./Adv.                      \$1,880.00  
Cindy Alvarez, [sindelou@cox.net](mailto:sindelou@cox.net)  
Helayn Storch, [helaynstorch@hotmail.com](mailto:helaynstorch@hotmail.com)

## Southern Albania

### **Tirana, Albania**

Sept. 26 - Oct. 6                      Status: Wait List  
11 days, Int./Adv.                      \$1,600.00  
Lisa Evans, [lceskidive@gmail.com](mailto:lceskidive@gmail.com)

## Front Range Bike & Brews

### **Denver, Colorado**

Sept. 30 - Oct. 8                      Status: Open  
8 days, Int./Adv.                      \$1,850.00  
Scott MacCormack,  
[samaccormack@gmail.com](mailto:samaccormack@gmail.com)  
Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.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](mailto:samaccormack@gmail.com)  
Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)