

# Heart-to-Heart



## Governor Polis signed SB 175 into law

Governor Polis [signed Senate Bill 175](#), the vulnerable road user bill that Bicycle Colorado championed this legislative session, into law. The policy team—and all the Bicycle Colorado staff—worked hard this session to bring the bill to this point, and we're incredibly proud of having it enacted into law.

With the governor's signature, careless drivers who cause serious bodily injury to vulnerable road users like people who bike, walk, work construction and more can be taken off the road. The court may also require violators of the law to attend a driver improvement course and perform useful public service.

Many thanks to Senator Mike Foote and Representative Dylan Roberts, the bill's primary sponsors, whose leadership is making our roads safer, and to all those who testified in favor of the bill and shared the impact that careless driving has had on their lives.

For press coverage of the bill signing, click below:

- [9News](#)
- [Channel 7](#)
- [Colorado Politics](#)
- [Denverite](#)
- [Denver Post](#)
- [Streetsblog](#)
- [Telemundo](#)

## **The Board of Directors**

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**Barry Siel** (303) 470-8431  
Newsletter Editor

## **Notes from the Board**

We anticipate at least a couple of vacancies on the Board of Directors this October, as a couple of people step down after completing their terms. In particular, we are actively seeking someone to be a co-tour director; the tour director role is currently held and shared jointly by Bob Rowe and Rich Crocker. In general, the tour directors are principally responsible for (1) arranging an annual portfolio of tours and (2) oversight and management of the annual portfolio. In general, planning for a tour year begins one to two years in advance with most work during the late summer and fall in anticipation of the tour schedule release. Tour planning includes working with the Board and the officers to determine the overall structure and pricing of the tour portfolio, the number and types of tours, including the number of participants anticipated; maintaining a list of potential tour leaders and SAGs; recruiting new tour leaders and SAGs; providing guidance and assistance to tour leaders to develop their tours consistent with Club policies, guidelines and good judgment..

Tour oversight continues throughout the year. Further information about the tour director role as well as the benefits from being a working member and Board member can be provided to those expressing a serious interest in joining the board.

The role of tour director is obviously integral to the Club, as bicycle tours for our members is our principal activity. It will be helpful to have not only an interest in bicycle touring and a desire to help keep the Club moving ahead, but also prior experience on Club tours, whether as a tour participant, SAG or tour leader, to be organized, conscientious, and to have an equanimous disposition.

If you are interested in serving on the Board, please send me an email at [president@heartcycle.org](mailto:president@heartcycle.org).

# Big Bend Heartcycle Tour Report

May 4 - 12, 2019

By Barry Hannigan

You could be forgiven for thinking “Marfa, Texas? Really?” upon reading the description of the starting point of the HeartCycle Big Bend tour. And when you check, the pictures of the flat, parched plain around the town are most definitely not flattering.

But on a closer look, Marfa becomes much more interesting. There is a major art museum, The Chinati Foundation, which has extraordinary displays of, well, huge art! There are interesting houses and architecture and some historic buildings—such as Hotel El Paisano, where we stayed--along with some restaurants that would do a much bigger city proud.



The riders left there on a cloudless morning, remarking about an ICE checkpoint four miles out of town. Sixty miles of riding into a headwind yielded complaints, but the light traffic, Wyoming-like vistas (complete with antelope), and pickup truck that flew off the road into the arroyo after passing us at 95-100 mph—entertained all until the arrival at the first overnight stop, Presidio. The thermometer in the shade in Presidio read a hair under 100 °F as the tour members arrived at the motel, cementing the region’s reputation as the warmest area in the entire United States. Arriving at Presidio means almost arriving at Mexico, because only the Rio Grande separates Presidio from the Mexican town of Ojinaga.



Day-Two of the tour was an exhausting 50-mile ride. There was gorgeous scenery as the ride traveled along the Rio Grande between Texas and Mexico.....and the route followed down the river, so how hard could that be? But the ride had about 35 rollers and perhaps 25 of those rollers had an ascent—short but wicked—that had to have been an 11- 13% grade. And after riding half of these, your legs say “um....can we stop this now? We’re tired!”

And then at mile 37 the kicker: a one-mile ascent that had two sections of 15%. That’s steep on any legs, much less tired ones. With 13 or 14 more hard rollers to go before arriving in Lajitas....sigh. But the Lajitas Golf Resort made up for it--the rooms were lovely, beautifully decorated, and very comfortable. The scenery from the day’s ride offered a preview of the centerpiece of the tour, Big Bend National Park, because the day was spent riding many miles through Big Bend Ranch State Park.



Dinner was at a special place in Terlingua, a small town to the east of Lajitas. The Starlight Theater was once a movie palace and other things, but is presently an offbeat eatery serving a Texas menu, strong on BBQ, with live music and a very entertaining atmosphere. There is also a store that has anything a tourist might conceivably want.



Terlingua likes to bill itself as a “ghost town,” but in addition to many abandoned structures there are some quite healthy-looking businesses. And Terlingua is the home of not just one but two international chili cook-offs.

After Lajitas the group finally entered Big Bend National Park, headed for the famous Chisos Mountain Lodge, which is the only accommodation at the center of Big Bend National Park. A beautiful but very difficult day....62 miles with 6100 feet of vertical. Lunch was at the top of a nine-mile out-and-back climb to a spectacular viewpoint overlooking the eastern portion of Big Bend.



The final climb of the day was five miles that averaged 9-10%. In 90+ °F heat and after a big climb earlier, that translates as really tough. Many riders got in the truck and van, but many survived.

On the rest day almost all of the group went on the “Lost Mine” hike. The trail ascends several miles to a ridge above the Chisos Basin. The views were spectacular, and a stark reminder that “Texas ain’t flat!” or, at least, that portion certainly isn’t. Beautiful wildflowers, blooming century plants....the hike had it all. The sunsets from Chisos were spectacular!



Some rides seem to have an evil wind genie attached to them, and this ride surely did, as the wind shifted to provide a head wind for all or a significant portion of EVERY day except the last one! For example, the “marathon to Marathon” was 20 lovely miles downhill out of the Chisos Basin, then 57 miles of headwind north to Marathon.

It was a tiring day where riders were grateful for reasons to stop and rest, such as being “processed” by Immigrations at an ICE checkpoint on the road outside of Marathon. Besides lovely scenery, there were a few memorable things from the day: among these, sightings of javelinas, a rabbit, and even TWO mountain lions (well, OK, they were roadkill...but they WERE mountain lions!).

The riders, for the most part, had a problem-free tour. There were a few things, though: flats, a ruined tire, and a bike damaged by a fall that bent its derailleur. There was one serious injury, a tumble on gravel that produced an extremely sore (but thankfully not broken!) hip. The rider made a miraculous recovery from the accident and managed to ride most of the rest of the way, even though he had to use crutches when he was off the bike.



The group dinner at the Gage Hotel—the only nice hotel in Marathon—was excellent. It had a menu that you might have found at a good place in Dallas, and the service was pretty good as well. After dining, we all modeled our new HeartCycle vests for the group picture.

What a difference a day makes! After toasting in “nineties” temperatures for four days, the thermometer dropped 50+ °F. It was 52 °F and raining very lightly when the HeartCyclers left from Marathon for Fort Davis. The temperature dropped from there, and some riders were unfortunate to be hit by a very hard rain—at a temperature of about 40 °F with accompanying winds. As you might imagine, the sag truck filled rapidly.

Some riders toughed it out, and some fled to a museum in Alpine, TX. Others sat in McDonald’s and then dried their clothes at a laundromat. At the worst, the day brought near-hypothermia to some, but all finally made it to the historic Hotel Limpia in Fort Davis.

The final tour day made up for the wet and frozen previous day, as it was cool and lovely. The riders crested the major climb of the day at the McDonald Observatory, a place that many riders were returning to for the evening program, Star Party. Star Party included a chance to look through 12 telescopes of different sizes, including some enormous ones that showed views of distant galaxies and other phenomena. And as if to tease, the evil wind genie relented and sent a wonderful tail wind for the very final portion of the final day.

The tour leaders were Nate Dick and Larry Harris, along with the Heartcycle favorite sag-team of Carol Nies and Kathleen Schindler. They did a superb job for the group!!



# Bourbon & Bluegrass Kentucky Tour

May 2019

By Guy Kelley

The Bourbon & Bluegrass Tour was another newly designed creation of ride leader Jimmy Schroeder and an instant classic, taking us on a big clockwise loop from our Louisville start east to Georgetown and the massive Horsey Hundred ride festival and then south and west through Lebanon and Elizabethtown before turning north back to Louisville. We rolled through beautiful farmland and classic horse country and visited quite a few bourbon distilleries along the way. Most hills were short, and sometimes steep, and often presented great opportunities to carry speed and ride the rollers. Gorgeous stuff.

We had a few hot afternoons and several super-soaker rains, making some days challenging for our leadership/SAG team, and they won every round.

Jimmy and co-leader Helayn Storch did a great job with the planning, logistics and daily ride guidance while the SAG team of Kathleen Schindler and Mayoma Pendergast brought their excellent food and snacks, skillful caring and creative problem solving to the aid of all.



### Day-1: Louisville to Shelbyville

We started this one with the hope the rain clouds would not open up on us. They did. But then it got really nice and then pretty hot. A bit of everything.



The Big Four Bridge, formerly rail, now for pedestrians and cyclists, connects Louisville to Indiana. Wait. Are those rain clouds?



Yes, serious rain clouds. The view of Louisville from the Big Four Bridge. Rain virtually guaranteed.



So we got wet. Then this happened. Gorgeous miles on the Louisville Loop, an extensive greenway system we got to enjoy.



The Louisville Loop had lush shady hills...



.... and lovely farmland...



... and a nice mix of vistas.



This repurposed grain silo is now a lookout tower, so we went up to get our bearings...



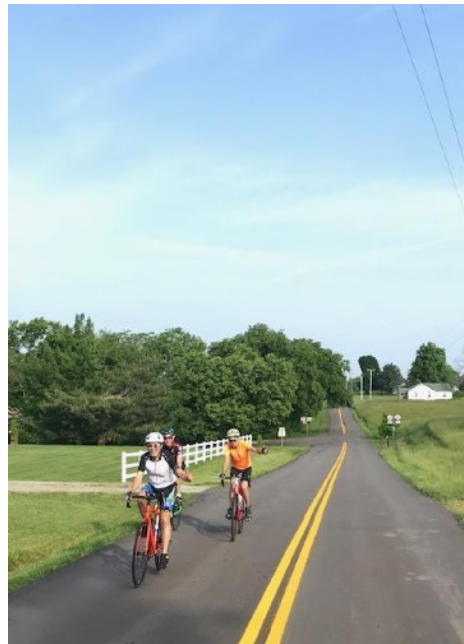
...and we're saved! The lunch encampment clearly visible!

**Day-2: Shelbyville to Georgetown**

This was a warm one, and one of our longer days. Great weather throughout as we made our way to Georgetown, site of the Horsey Hundred, a big two-day festival featuring lots of route options and nearly 3,000 riders.



Lori, Kat and Connie power up a climb under perfect skies.



Hamid, Steve and Daniel are close behind.

**Day-3: Horsey Hundred (Day-1)**

Settled into our Georgetown hotel for a four night stay, our members chose among routes ranging from 25 to 100 miles, all looping the the east.



Doug and Tina early in the 50 mile loop on a beautiful morning.



Post ride, a room party breaks out.

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**Day-4: Horsey Hundred (Day-2)**

Again many route choices were on offer, all looping to the west of Georgetown. Again our members dispersed among the many, choosing among mileages ranging from 25 to 75.



Horsey Hundred participants ride a classic lane.



Lisa simply cannot conform with these club jersey sorts, Daniel, Helayn and Hamid.

**Day-5: Scheduled Day Off**

The Horsey Hundred is over, and the HeartCycle squad has a day to tour the Kentucky Horse Park or cycle some more,



Rather a large horse at the horse farm tour.



Tina's bike as art.

**Day-6: Georgetown to Lebanon**

This was our long day, and it got steamy, with smart hydration more important than ever. Another day in horse country, we rolled past fantastically posh horse barns and Keeneland Race Track before returning to lands more dominated by farms.



Hex signs, now known as barn quilts, are much in fashion.

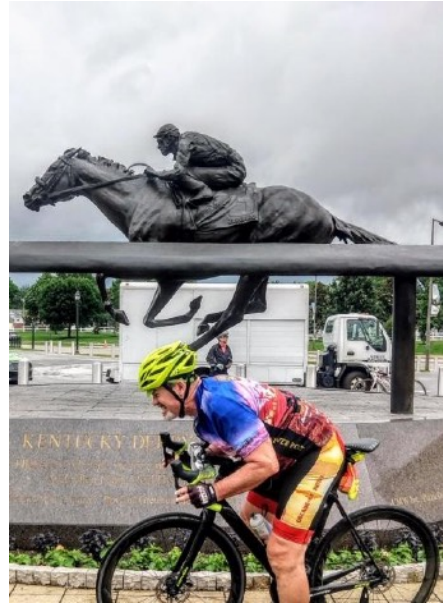


Where the stone wall bends.

**Day-7: Lebanon to Elizabethtown**

Now we are clearly out of horse country with the land given over to growing hay rather than raising hay burners. And this day we visited iconic Maker's Mark distillery, among others. With powerful and alarmingly close electrical storms after lunch, all but a few worthies got in the van and called it a day.

Tough climb immediately rewarded by this screamer descent.



Scott loses to an iron Barbaro by a nose.

**Day-8: Elizabethtown to Louisville**

Again, the weather looked dicey. Maybe 3 hours of riding before the first heavy rain rolled through. In fact, we were out just over an hour when the first drencher hit us. Then another and another. But no lightning. So, many more of us stayed out and rode through. At some point you just cannot get any wetter. In some odd way, it was a lot of fun. Kind of like playing in a mud puddle as a child, I suppose.

In the Churchill Downs museum lobby



Lisa, Betsy and Michelle brave the rain .

We all got in, started hosing off the bikes, and the late afternoon turned fine. So it goes. Another really great HeartCycle tour in the books!

## MOAB, UTAH TOUR

May 12 - 16, 2019

By John O'Donnell

Moab, Utah's spectacular scenery set the stage for a terrific tour in May. Tour Leaders Doug Moll and Rich Loeffler (with special thanks to Joanne Speirs, who did much of the route planning, but couldn't join the tour) led a wonderful 4-day fixed base tour. SAG leaders Maryann Loeffler and Melissa Collins were amazing as always, they kept us on target and well-fed with wonderful homemade specialties and all.

We all know that the epic grandeur of the Grand Canyon was carved by the Colorado River over millions of years to a depth of 6,000 feet. But a few hundred miles north in Moab we experienced the "start" of the Grand Canyon by riding roads where the cliffs are much more moderate. Most of the Colorado River is not crossable, given its deep canyon walls, except in Moab, which has a beautiful pedestrian bridge across the Colorado River - we crossed it many times.

The spring weather was lovely, cool in the morning, occasionally hitting 90 °F during the day, but mostly temperate and pleasant. Many of us relaxed in the Comfort Suites' pool and hot tub each day upon returning, before our 5:00 happy hour and 5:30 group meeting.



**Day-1** (Sunday) was a 48-mile round trip ride into Arches National Park, including a stop at Balanced Rock.



**Balancing under Balanced Rock**



**Polly and Val in Arches National Park**



**Day-2's (Monday) 68-mile round trip to Dead Horse State Park, the longest, rewarded us with a panoramic view at the top - Shafer Ridge here, the gooseneck path of the Colorado there, and the LaSal Mountains over there.**



**Dead Horse Overlook**



**On the way to Dead Horse Overlook**



**Polly and Mark Lestikow**



**Julie with LaSal Mountains in the background**



**Doug and Cindi on edge of Dead Horse Overlook**

Tuesday was free - some hiked Fiery Furnace, others sauntered around town or read a book poolside. We enjoyed our al fresco group dinner that evening at the Sunset Grill overlooking the town. Owner John Clayton gave the group a short history of the town and the restaurant, which was originally built by local legend, Charlie Steen, a central character in Moab's uranium mining history, as his private home. The rest day and group dinner prepared us well for Day-3.



Beautiful pedestrian bridge  
across the Colorado River



Rich and Maryann Loeffler, near Dead Horse  
Overlook



Melissa Collins



Sunset Grill

**Day-3** (Wednesday), the LaSal Loop, 62 miles round trip, 5600 feet of climbing, the final ascent of which is called “the big nasty” -- for obvious reasons! Leader Doug Moll chose to drive his truck instead of his bike, to track all the riders closely, circling back and forth to offer a bump-up if needed, crank motivational rock songs from his truck, and act as a supportive cheerleader with an eye on safety and good spirits.



**John O'D making the big climb**



**Anne O'D, and her fellow biker on a Harley, climbing the LaSal Loop**



**Climbing the Big Nasty on the LaSal Loop**



**Climbing on the LaSal Loop**

**Day-4** (Thursday) was a 28-mile round trip ride along the Colorado River, passing petroglyphs and rock climbers, to Potash. We were back by 10 am, and shared a final delicious group lunch at the hotel (thanks again, Maryann and Melissa!), before all returning home, satisfied by the cycling, nourished by the good company, with memories of gorgeous, striking Utah to treasure. Til next time, thanks, HeartCycle!



**Rock-climbing wall on the way to Potash**



**Bob Rowe and Ann Cox on the road**



**Enjoying the petroglyphs**



**Kate and Alan Scott**

# Colorado HeartCycle 2019 Tours

## Bicycling in Paradise: Maui

### **Maui, Hawaii**

Jan. 26 - Feb. 1, 2019      Status: Complete  
 6 days, Int./Exp.      \$2,280.00  
 John Aslanian, [22flatrock@gmail.com](mailto:22flatrock@gmail.com)  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## The Moab Area Tour

### **Moab, Utah**

May 11 - 16      Status: Complete  
 5 days, Int./Adv.      \$1,130.00  
 Doug Moll, [doug@aaplus.com](mailto:doug@aaplus.com)  
 Richard Loeffler, [richardtloeffler@gmail.com](mailto:richardtloeffler@gmail.com)

## Tucson Town & Country

### **Tucson, Arizona**

March 2 - 10      Status: Complete  
 8 days, Intermediate      \$1,470.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 Tina Vessels,

## Bourbon & Bluegrass

### **Louisville, Kentucky**

May 22 - 30      Status: Complete  
 8 days, Int./Adv.      \$1,520.00  
 Jimmy Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
 Helayn Storch, [helaynstorch@hotmail.com](mailto:helaynstorch@hotmail.com)

## Paso Robles Wine Country

### **Paso Robles, California**

April 6 - 13      Status: Complete  
 7 days, Int./Adv.      \$1,390.00  
 Becky Bottino, [bbottino@gmail.com](mailto:bbottino@gmail.com)  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)

## Central Oregon High Desert

### **Sisters, Oregon**

June 10 - 17      Status: Complete  
 7 days, Int./Adv.      \$1,695.00  
 Ann Werner, [acwerner@comcast.net](mailto:acwerner@comcast.net)  
 Bill Buckley, [william.buckley87@gmail.com](mailto:william.buckley87@gmail.com)

## Big Bend - The Forgotten Park

### **Marfa, Texas**

May 4 - 12      Status: Complete  
 8 days, Int./Adv.      \$1,950.00  
 Nate Dick, [npdick@gmail.com](mailto:npdick@gmail.com)  
 Larry Harris, [thepedalers@aol.com](mailto:thepedalers@aol.com)

## England - Magical History Tour

### **Oxford, England**

June 16 - 26      Status: Complete  
 10 days, Intermediate      \$3,340.00  
 Graham Hollis, [gramhollis@comcast.net](mailto:gramhollis@comcast.net)  
 Fred Yu, [fredericky@comcast.net](mailto:fredericky@comcast.net)

## The Island of Mallorca

### **Palma, Mallorca, Spain**

May 4 - 18      Status: Complete  
 14 days, Intermediate      \$2,750.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 Polly Page, [mspollypage@gmail.com](mailto:mspollypage@gmail.com)

## Rediscover Colorado - Central Rocky Mountains and Passes

### **Gunnison, Colorado**

June 22 - 29      Status: Complete  
 7 days, Advanced      \$1,420.00  
 John Penick, [jdpenick@gmail.com](mailto:jdpenick@gmail.com)  
 Rosemarie Lueke, [ree22@msn.com](mailto:ree22@msn.com)

# Colorado HeartCycle 2019 Tours

## Italy's Dolomites

### **Alta Badia, Italy**

Part 1 Base Tour

June 23 - 30

Status: Complete

7 days, Adv./Exp.

\$1,650.00

## Bormio, Italy

Part 2 Option

June 30 - July 4

Status: Complete

4 Days, Expert

\$650.00

Clare Bena, [cbvamoots@gmail.com](mailto:cbvamoots@gmail.com)

## Le Monastere: Session 1

### **Lemoux, France**

June 29 - July 6

Status: Closed

7 days, Int./Exp.

\$2,350.00

Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## Le Monastere: Session 2

### **Lemoux, France**

July 6 - 13

Status: Closed

7 days, Int./Exp.

\$2,350.00

Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## Women's Weekend with Love, Sweat and Gears

### **Colorado Springs, Colorado**

September 4 - 8

Status: Cancelled

4 days, Easy +

\$700.00

Maryann Loeffler,

Julie Lyons,

## Coast-to-Coast Northern Tier Year 4

### **Grand Rapids, Michigan**

September 7 - 21

Status: Wait List

14 days, Int./Adv.

\$2,450.00

Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

Richard Williamson, [richard6a@gmail.com](mailto:richard6a@gmail.com)

## Bicycling in OZ: The Ozarks

### **Fayetteville, Arkansas**

Oct. 29 - Nov. 6

Status: Open

8 days, Int./Adv.

\$1,540.00

Jimmy Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

Tom Biggi, [biggi@awdboost.com](mailto:biggi@awdboost.com)