

Heart-to-Heart



Note from the President

We all love bikes, but who could have guessed at the beginning of the year that bike repair in 2020 would be deemed an “essential business” or that demand for bicycles would surge and bike shops would run out of inventory at the beginning of summer? More people cycling could bode well for increased awareness among the general public of bicycles and cyclists, with improvements in bicycle infrastructure and traffic safety to follow. In a year when my plans to do several bike tours, here and abroad, have been scuttled due to a global pandemic, I have been looking for a silver lining – anywhere. And I’m just talking bikes, not politics.

Covid-19 has had quite an impact on the club. Here’s what’s going on at HeartCycle:

1. Cancellation of remaining 2020 tours: The Board has cancelled the last two tours of the 2020 season, Black Hills and Southern Ohio. In retrospect, we were fortunate to have one tour completed before things closed down. While quite a few club members are still itching to do a tour, particularly one within a reasonable drive of their home, Covid-19 has made many reluctant to travel or to do anything which might risk infection.
2. 2021 Tour Schedule: While no one knows what the future holds, we remain optimistic about 2021 and that our club members will want to do bike tours. Riding a bike in the great outdoors is still a salubrious and rewarding activity. And I believe people still want to travel and see the world by bike. Tour Director Judy Siel and tour leaders have been working hard to assemble an attractive menu of tour offerings for 2021 as well as developing protocols for safe conduct of tours. We anticipate that there may be more demand than in the past for single rooms. Look for announcements of these tours in upcoming newsletters.
3. Annual meeting: Sadly, we will not have an annual meeting at the Mount Vernon Country Club this year. The Board decided that it is not a good idea to plan an event of 100+ people for an indoor space in late October. However, we still need to transact a bit of business: viz., board elections for expiring terms. Therefore, we are working on conducting an election via our website. More details to follow.

Keep your legs turning and don’t lose your bicycle conditioning. Bike touring will return.

Fred Yu
President
Colorado HeartCycle

The Board of Directors

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Newsletter Editor

Bike Tour Dreamin'

This is turning out to be an unusual year in HeartCycle history. So we would love to have a story or photo essay of a bike tour that you participated in that might not have been published in Heart-to-Heart before. Maybe it was not a HeartCycle tour, but some of the participants were Heartcycle members, like this months' story about a Tulip Tour by Nancy Arehart. There is nothing like a magical location to get you dreaming about future places to cycle. Remember there will always be scenic places to visit and see from your bike, so while it might not be in 2020; those places will still be there in 2021 or 2022... but only if you are healthy and ready to ride in the future. Keep dreaming and soon we will be on tours together again.

Newsletter Editor

Tulip Tour

By Nancy Arehart

I recently retired from a 38-yr long career in Information Technology (yes, I started with punch cards). It was a great career, but it is now time to take my travel and hobbies more seriously!



I live in Raleigh, North Carolina with my husband Kurt and part-time son, Coleman (he just finished his freshman year William Peace University and is home for the summer). Our older son, Tyler, lives and works in Seattle. As a family, we love to take vacations together that involve some kind of physical activity ... Skiing, Hiking, Kayaking etc. We have hiked the West Highland Way in Scotland, the Narrows in Zion National Park, and Grandfather Mountain in North Carolina, just to name a few of our favorites.

About 5 years ago, I bought a nice Nikon camera and, although I didn't know much at all about photography, it was love at first sight. I joined a local photography club and I began marching up the learning curve. I still have a lot to learn, but my hobby was born. Now I take my camera with me wherever I go, near and far.

My travels have taken me to some really fabulous places. It is too hard to pick a favorite, as they have all been so very different. For instance ... Namibia ... who wouldn't love to see the lions, zebras, and elephants at Etosha National Park, or climb the towering sand dunes of Nauklift National Park? Or ... Vietnam ... who wouldn't want to trek through terraced rice fields in Lao Chai, visit the Black H'mong hill tribe people, and eat lunch in one of their modest homes? There are so many cultures to experience in this world. One is more fascinating than the next.

A few years ago Kurt and I did our first Tripsite Bike & Barge tour of Holland with our good friends, Cliff and Wendy. Bicycling is a favorite activity for all of us, so when this trip opportunity came up, we wasted no time booking it. The thought of cycling among the tulips, canals, and polders was very intriguing to us. We arrived in Amsterdam and made our way to the dock to find the MPS Zwaantje. We were greeted by the owners, Martijn and Marjorie, and their wonderful dog Gaston. The smiles on our faces broadened as soon as we stepped foot on the Zwaantje. This barge was just perfect ... so clean and newly appointed. As we climbed the steps to the top deck, we saw a brand new fleet of bicycles. Those favorite saddles we brought with us ... no need. These bicycles were perfect. Those smiles on our faces never left for the 8 days we were on board.

This trip was the perfect mix of activities for us. On average, we bicycled 25 miles per day with interesting stops along the way ... Keukenhof Gardens, working Windmills, endless fields of flowers, oh, and chocolate shops. On two different occasions, our bicycling guide, Felix, put together a special route for Kurt and Cliff (and a new friend, Jeff) so they could get some more miles in while the rest of us sailed during breakfast. We had hoped that bicycling every day would give us the freedom to eat without gaining weight. Well, not with Chris as our chef! The family style dinners he turned out were so delicious, we had a hard time controlling ourselves.

As soon as we came home from this trip, we immediately began talking about where we wanted to go next. Hmmm ... Bruges to Paris ... that sounds good! Done. See you back on the Zwaantje in 2017! The smiles are already on our faces.

**Gaston's Welcome Kiss:**

This is my friend Cliff accepting Gaston's greeting before we even stepped foot on the Zwaantje.



Amsterdam Canal: This is just one of MANY beautiful canals to be seen on this trip. We had dropped off our bags at the Zwaantje in the morning and then took some time to stroll around the city before our tour officially started.



Haarlem: The Zwaantje set off from Amsterdam and we were on our way to our first stop, Haarlem. Before arriving, we disembarked with our bicycles for an introductory/short ride. This was a good chance to make adjustments so that the bicycle fit was just right for the rest of the tour. As we rode into Haarlem, I took note of this windmill as we crossed a bridge. So, after dinner, Kurt and I walked back to this bridge to see if the windmill was lit. Yes, it was 😊



Fields of Hyacinths: For a week or so before our trip, we were watching the weather forecast for Amsterdam with great interest. As a result, we were sure to pack our best rain gear and lots of warm layers ... the forecast looked grim. But then this happened!



Tulips of Keukenhof: Although the open fields of tulips were not yet in bloom, we found a huge variety of tulips in the greenhouse at Keukenhof Gardens. We spent 3 hours at this beautiful park giving us plenty of time to walk around the gardens, eat our lunch, and well, take a few pictures.



“How-da”: We learned that this is how you pronounce the name of this city. Proper spelling, Gouda. Our post dinner walk took us to this lovely market square with its gothic City Hall standing proudly in the middle. The next morning we found the Chocoladeatelier PUUR and packed us a box of goodies for the road. Can't be without chocolate!



Leap Frog: We had some fun on our ride from Alphen to Kudelstaart as we continually played leap frog with the Zwaantje. Yes, we cheered like children and made Martijn blow the horn every time he passed us.



Sunrise Walkabout: Too excited to sleep, I went for a walkabout before breakfast in Zaanse Schans.



Morning Light: Not a bad place to have spent the night on a barge!



Ready to Go: Someone parked their bicycle out here as we were getting ready for the day's adventure. At the moment, the weather was looking OK, but by the time we had a demonstration of wooden shoe making, the clouds started dumping rain. No problem ... we piled into a restaurant for a long cup of coffee and waited until Felix's new departure time. How did he know that the rain would stop right at that moment?! Beautiful weather the rest of the day.



Beemster Polder: The Netherlands is frequently associated with polders (land reclaimed from the sea), as its engineers became noted for developing techniques to drain wetlands and make them usable for agriculture and other development. We cycled through the Beemster Polder and were amazed at how beautiful and rich this land is. I finally decided that I needed to stop and take out my camera. You can see, though, that most of the group is cycling on.



Fritillaria Imperialis Aureomarginata 1665: The rainy weather caught up to us on our last day of cycling, but that didn't stop us. We cycled to the Hortus Bulborum museum garden and were amazed at the many varieties of ancient tulip, hyacinth, daffodil and other bulbous cultivars. Fundamental to this garden is the preservation of heirloom bulbs, some dating back to 1595. The aim is to maintain these cultivars and safeguard them for future generations. This image is not of a tulip, but it was my favorite specimen in the garden.

Colorado HeartCycle 2020 Tours

Las Vegas & Death Valley Spring Training

Las Vegas, Nevada

March 11 - 20 Status: Completed
 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 CANCELLED
 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 CANCELLED
 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 CANCELLED
 9 days, Intermediate \$2,675.00
 Polly Page, mspollypage@gmail.com
 Rich Crocker, richcrocker@hotmail.com

Durango Weekend

Durango, Colorado

May 16 - 19 CANCELLED
 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 CANCELLED
 14 days, Easy/Int. \$3200.00
 Joanne Speirs, jcspeirs1@gmail.com

Traverse Bay

Traverse City, Michigan

May 30 - June 7 CANCELLED
 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 CANCELLED
 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 CANCELLED
 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 CANCELLED
 7 days, Int./Adv. \$1,680.00
 Cindy Alvarez, sindelou@cox.net

Colorado HeartCycle 2020 Tours

Glacier & Waterton National Parks

Whitefish, Montana

August 8 - 16 **CANCELLED**
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 **CANCELLED**
11 days, Int./Adv. \$1,660.00
Tina Vessels, tina.vessels@gmail.com

Fernie to Olney Groat Tour

Fernie, BC, Canada

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

Southern Albania - Session 2

Tirana, Albania

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

Black Hills of South Dakota

Custer, South Dakota

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

Ohio Appalachian Country

Columbus, Ohio

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

Coast-to-Coast Northern Tier, Year 5

Rochester, New York

September 12 - 27 **CANCELLED**
14 days, Int./Adv. \$3,150.00
Rich Crocker, richcrocker@hotmail.com
Patty Menz, pattymenz1@verizon.net