

Heart-to-Heart



As Cyclists, We Need to “Be The Distraction”

Jim Bethell - Safety Coordinator, Colorado HeartCycle

We are living in a new dawn of distracted drivers. Everything from baby’s crying to cell phone conversations, music blaring to sleep deprivation, self-driving cars, text messages and more, behind the wheel of the car coming toward us while we are on the road enjoying a bike ride.

Providing that the driver sees you at all, it takes roughly 1.25 to 2 seconds for someone to react to an unexpected occurrence while at the wheel. A car traveling 30 mph will travel 55 feet in those 2 seconds. Bump that speed up to 50 mph and that car has now traveled 1/3 the length of a football field before the driver moves his foot from the gas to the brake, and, it’s imperative that action happens in those 2 seconds! These figures are scary and what’s worse is that they are for undistracted drivers. Consider that it takes roughly 4 seconds to unlock an iPhone. At 30 mph that equates to 100 yards of that drivers’ eyes being off the road and not seeing or reacting to you.

What can you do to protect yourself out on the road? There are many opinions on what makes you the most visible. Bright clothing is a good start. In a recent study by the POC Helmet company they noted that a combination of Orange and White are most visible in daylight situations. Unfortunately, unless those colors are also reflective, they won’t do you any good once it turns to dusk and then the dark of night. There are jerseys and jackets available in the marketplace that offer a 360-degree reflection off of them from lights because the material has thousands of tiny pixels woven through it. They also use a type of pixel coating on shoes.

One of the most effective of ways of being seen in any type of lighting is having a set of front and rear lights. A front light that flashes back and forth will catch the eye of the driver approaching you. Whereas a flashing tail light will do that same for the car coming up behind you. A front flashing light of 40 lumens is an effective tool and a rear light of 100-200 lumens will allow a car to see you up to a ¼ mile away. The drivers of vehicles will also recognize you as a cyclist and now you have not only “Become the Distraction” but you have also given them ample time to react to your being there.

In the interest of rider safety, the HeartCycle Board has agreed run a pilot test of lights on the last 2 tours of this year, Coast to Coast and Land of OZ. The Board will be interested in feedback from not only our members that are riding these tours, but from our SAG support as well. If you are signed up for one or both of these tours I would like to thank you in advance for your participation in this pilot test.

In the meantime, **Stay Safe, Stay Visible and Be the Distraction.**

The Board of Directors

Fred Yu (303) 264-7373 (2020)
President - president@heartcycle.org

Pat Van Deman (303) 885-1076 (2019)
Vice President

John Penick (203) 232-8946 (2020)
Treasurer

Graham Hollis (720) 323-6479 (2019)
Assistant Treasurer

Joanne Speirs (303) 589-2877 (2019)
Secretary

Jim Bethell (518) 466-8490 (2020)
Web-Master

Richard Crocker (520) 539-8019 (2019)
Co-Tour Director - tourdirector@heartcycle.org

Bob Rowe (303) 910-7230 (2019)
Co-Tour Director - tourdirector@heartcycle.org

Judy Siel (303) 470-8431 (2020)

Mark Lestikow (303) 919-0426 (2020)

Working Members

Ron Barton (303) 798-2755
Registrar - registrar@heartcycle.org

Richard Loeffler 303-981-2963
Medical Equipment

Jeff Messerschmidt (303) 904-0573
Sag Supply Manager

Dan Palmquist (303) 638-2535
Sag Vehicles

Barry Siel (303) 470-8431
Newsletter Editor

Notes from the Board

Are you doing a HeartCycle tour this year? That's great! Consider writing an article for the Heart-to-Heart newsletter with photos of the things you saw and did, and the wonderful people on your tour. There are no strict guidelines for a newsletter article, just send your story in a Word (.doc or .docx) file to the editor along with as many photos (.jpg) as you want, maybe with captions for the photos, to the newsletter editor (bjsiel@msn.com) and the editor will do the rest. It's easy, it's fun, and you get to tell your story.

Bicycling in Paradise: Maui

January 26 - February 2, 2019

By Sylvia Schroeder

Maui, also known as “The Valley Isle”, is gorgeous!

The island is a lush green, with beautiful flowers, trees, and beaches.

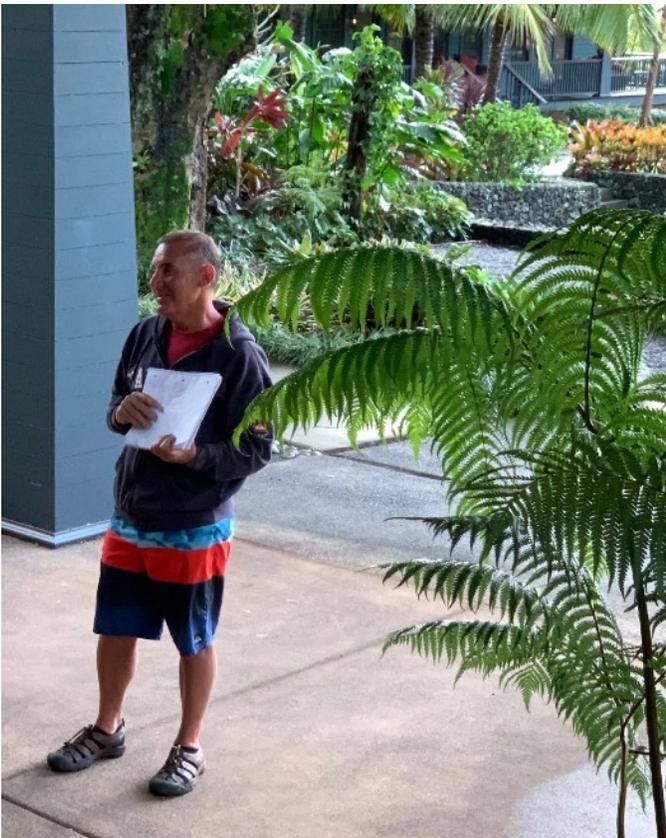


At our first meeting Deb presented the girls with an orchid lei and a Kuku nut lei for the guys.

We experienced spectacular rainbows, sunrises and sunsets.

John Aslanian was a super host and a fantastic leader. Bob Rowe helped John provide route information and conducted our evening meetings. John advised us where caution was needed on our routes. He was always concerned with our safety and went above and beyond to ensure we had a wonderful experience.

Our Saguettes, Deb and Robin, took very good care of us. Every morning they set out protein bars and fruit to take with us. They served us yummy snacks and lunches.



The Lumeria was our home for the week. It had old world charm. It was landscaped with an abundance of beautiful flowers.

Some of our riders took advantage of the yoga classes and massages they offered.

The chef served us a delicious breakfast each day. We had a wonderful group dinner prepared by the Lumeria chef, beautiful presentation and delicious!

The routes were awesome. We rode on less traveled roads with lots of very large hills, some might say small mountains.

Some of our riders rode up Haleakala, a dormant volcano. Many were rained on and got extremely cold. A few reached the top.

One of my favorite sag stops was Lorraine's. She makes the best banana bread I have ever eaten.

We had rain on many nights. There was some rain and mist for a short time during a couple of days of riding but it didn't stop us from riding. The rain keeps Maui so lush, green, and beautiful.



John arranged transportation to restaurants on most evenings and the Lumeria also had a Restaurant. We had the opportunity to go to a Magic Show or Luau. I was told the Magic Show was great. I went to the Luau, definitely a repeat for me. Awesome show and delicious dinner.

Mama's Fish Place was also enjoyed by many. John didn't miss a beat, he thought of everything!



I encourage Everyone to go bicycling in Maui!

I apologize for the delay in sharing our experience.

*Aloha,
Willow*

Mallorca Magic - 2019

By Mark Hanson

On May 4, 2019, 33 capable cyclists gathered at the Gruphotel Taurus Park in S'Arenal, Mallorca, Espana. S'arenal is a beach town about eight miles down the coast from Palma, the principal city of Mallorca, an island in the beautiful Balearic chain in the Mediterranean Sea. The cyclists represented seven states and Canada. Trip Leaders were HeartCycle veterans and experienced Mallorca Masters, Polly Page and Rich Crocker. Five of the riders were on their first HeartCycle adventure. One crusty veteran had been on "forty or fifty trips, including every foreign trip offered". There were all levels of HeartCycle experience in between those extremes. Many members knew each other from previous trips.



Mallorca is a world hub of road cycling. There were cyclists EVERYWHERE. Some serious training by some serious cyclists. Germans and Dutchmen and Danes. Oh My! Riders in full kit, in tight formation, and going very fast. Without the courtesy of "passing on your left" in any language...

The first six days were spent cycling around the south part of the island. On day seven, we boarded a bus and went to Port d'Alcudia, and the five star Hotel Zafiro Palace. Both hotels chosen by our trip leaders catered to cycling tourist, with bike shops and experienced mechanics on site. The bicycles we rented were capable late model road bikes. A handful of riders opted for eBikes, which got good reviews.

Both hotels featured the standard extensive Euro breakfast buffet, as well as an over-the-top dinner buffet, with abundant and tasty choices. Mussel salad! Tapas night! So many kinds of fish! And the dessert bars... yum!



Tour Leader Rich Crocker

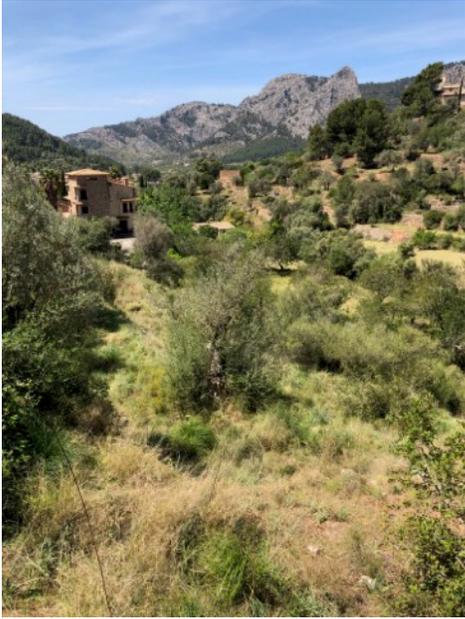


Bicycle Garage



Mallorca May

Polly and Rich had kept us informed and excited since registration with all manner of tour details and as needed updates and refinements. Impeccable preparation! The pre-tour paraphernalia included directions on how to get to the hotel from the airport, location of liquor stores, suggestions for activities on non-cycling days, where to buy a Euro SIM card, and printed route sheets. It was suggested we familiarize ourselves with either a Garmin navigation system or the Ride With GPS app. I chose Ride with GPS and found the route instructions to be perfect. It was always encouraging to hear the sound produced by the app when we got back on course!

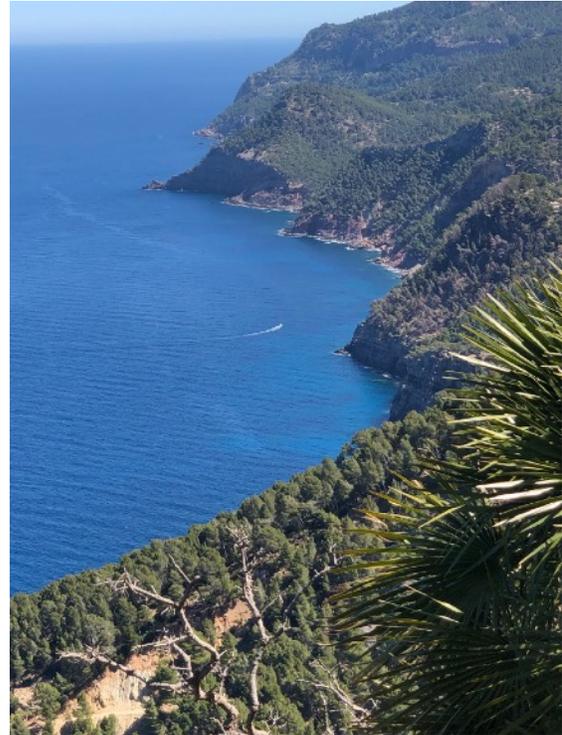
**Bunyola****Bunyola Lunch****Torres Cami****Canopied Cami Climb**

There were twelve actual organized cycling days. To accommodate the disparate skills and desires of the group, Polly and Rich put together plans each day for a “Long Route” and a “Relaxed Route”. Both routes capitalized on the beautiful Mallorca countryside and scenery, often utilizing the extensive “cami” system throughout the island: paved roads about one and a quarter lanes wide, which spiderweb the island.

The “Relaxed Routes” averaged 30 to 40 miles riding per day. Highlights included coastal riding, a visit to a winery, a visit to an aristocratic mansion from the 1800s, and sampling cafes, pueblos and sights along the way.



Cape Formentor Lighthouse



Coast Near Port Andratx



Relaxed Route Wine Tasting



S'Arenal Sand Artist

The “Long Routes” averaged 50 to 65 miles per day, with a number of days featuring some serious climbing. Highlights included: the Orient-Bunyola climbs; views of the coast from Cala Pi; climbing along the coast from Port Andratz to Valdemossa; and the lighthouse at Cape Formentor. Long Route Leader Rich Crocker had suggestions for bakeries and cafes on each route. A number of the long route riders shared Rich’s fondness for pasta and almond cake. I actually heard the utterance “Is it too early for a beer”?



Summit!



Ubiquitous Windmill

The cycling, routes, accommodations, camaraderie and experiences were all extraordinary. Literally too many to list. Polly and Rich were gracious and helpful Tour Leaders. The riders got on with each other well.

What a GREAT TRIP!!!

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
 Bob Rowe, browe49@comcast.net

Tucson Town & Country

Tucson, Arizona

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

Paso Robles Wine Country

Paso Robles, California

April 6 - 13 Status: Complete
 7 days, Int./Adv. \$1,390.00
 Becky Bottino, bbottino@gmail.com
 Ken Condray, condray3@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
 Larry Harris, thepedalers@aol.com

The Island of Mallorca

Palma, Mallorca, Spain

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

The Moab Area Tour

Moab, Utah

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

Bourbon & Bluegrass

Louisville, Kentucky

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

Central Oregon High Desert

Sisters, Oregon

June 10 - 17 Status: Wait List
 7 days, Int./Adv. \$1,695.00
 Ann Werner, acwerner@comcast.net
 Bill Buckley, william.buckley87@gmail.com

England - Magical History Tour

Oxford, England

June 16 - 26 Status: Wait List
 10 days, Intermediate \$3,340.00
 Graham Hollis, gramhollis@comcast.net
 Fred Yu, fredericky@comcast.net

Rediscover Colorado - Central Rocky

Mountains and Passes

Gunnison, Colorado

June 22 - 29 Status: Open
 7 days, Advanced \$1,420.00
 John Penick, jdpenic@gmail.com
 Rosemarie Lueke, ree22@msn.com

Colorado HeartCycle 2019 Tours

Italy's Dolomites

Alta Badia, Italy

Part 1 Base Tour

June 23 - 30

7 days, Adv./Exp.

Status: Closed

\$1,650.00

Bormio, Italy

Part 2 Option

June 30 - July 4

4 Days, Expert

Clare Bena, cbvamoots@gmail.com

Status: Closed

\$650.00

Le Monastere: Session 1

Lemoux, France

June 29 - July 6

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Open

\$2,350.00

Le Monastere: Session 2

Lemoux, France

July 6 - 13

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Open

\$2,350.00

Women's Weekend with Love, Sweat and Gears

Colorado Springs, Colorado

September 4 - 8

4 days, Easy +

Maryann Loeffler,

Julie Lyons,

Status: Cancelled

\$700.00

Coast-to-Coast Northern Tier Year 4

Grand Rapids, Michigan

September 7 - 21

14 days, Int./Adv.

Rich Crocker, richcrocker@hotmail.com

Richard Williamson, richard6a@gmail.com

Status: Wait List

\$2,450.00

Bicycling in OZ: The Ozarks

Fayetteville, Arkansas

Oct. 29 - Nov. 6

8 days, Int./Adv.

Jimmy Schroeder, jimmyschweb@gmail.com

Tom Biggi, biggi@awdboost.com

Status: Open

\$1,540.00