

Heart-to-Heart



Note from the President

2020 is turning out to be a tour season like no other. We were fortunate that the Death Valley tour was able to finish successfully before Covid19 began to restrict activities. The effects of Covid19 have now forced the board to cancel 14 tours. In light of the extraordinary circumstances, the board has decided that the proper thing to do for club members has been to temporarily suspend the usual tour refund policy and, instead, to issue full refunds to members whose tours were cancelled due to Covid19. We know that many of you may have made other travel plans which were cancelled and have experienced challenges in getting even partial refunds. We are fortunate that the club has the financial strength to absorb the financial blows of Covid19 this year and to not ask its members to bear this burden. We have heard from a number of club members following the cancellation of their tour plans, and the comments reflect that you have understood the difficulty of the cancellation decisions and believe that they are the right choices. Two remain on the schedule, and (fingers crossed) we hope that these will be able to go. The tour directors, along with the tour leaders, are monitoring developments closely. Any decision to cancel will be communicated to tour participants as quickly as possible and refunds will be processed as expeditiously as possible. We appreciate your understanding on these situations.

The closure of hotels and restaurants and the varying lockdown requirements around the globe have made the logistics of many tours difficult to impossible so far this year. Even if these are lifted, Covid19 uncertainty hangs over the future: e.g., will there be a vaccine? And if so, how effective will it be? Will social distancing become the norm for the foreseeable future? Will people be willing to do group bicycle tours? How will we handle lodging, sag stops, and group tour activities if Covid19 restrictions (or fears) continue to affect how people interact? We don't have ready answers to such questions yet. But the board is committed to continuing the club's mission of offering great bike tours under conditions as safe as we can reasonably make them. We are planning for a terrific 2021 tour season, even as we are in the midst of 2020. We hope that if and as we have to adjust, you will continue not only your understanding, but your support of bicycle touring and the club.

Fred Yu
President
Colorado HeartCycle

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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 Italy. 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

Ken Condray has uploaded 3 videos to youtube with photos from past HeartCycle tours. You can access them at the following links. Ken is willing to create other videos using your photos from past HeartCycle tours, just send your photos (jpeg) to Ken at condray3@gmail.com.

Heartcycle – the early years – https://youtu.be/zuS-xls_4fU



Paso Robles 2016 – <https://youtu.be/dlXyGiigREY>



Paso Robles 2019 – <https://youtu.be/sl7V4p-Dj6g>



Magical Memories of Tuscany

By Judy Siel

When did you fall in love with bike touring? I remember our first bike tour in Europe over 20 years ago, because every day seemed magical.

Waking the first morning in Val de Arno hearing Italian conversation drifting up from the street. Opening the shutters in our room to see our hotelier chatting with the woman in the second story of the house across the narrow street.



Steep grade into a hill town at the end of a long day

Our second day we climbed into the village of Volterra. There were many tiny shops selling alabaster products. Thinking I could buy some alabaster souvenir in 2 weeks, I passed on purchasing, but never saw alabaster again. Each village in Tuscany was unique and the goods for sale were different each day, lesson learned.

Day-three we detoured into a town looking for lunch. When we stopped 5 Italian guys surrounded our tandem and began asking many questions, including how much it would cost in Italian lira. It was a fun conversation since only one person spoke English.

A tour of an olive oil factory where the press was 2 huge granite stones crushing the olives and pits into a paste to be pressed. Sadly, years later on a return visit the granite stone press had been retired for a modern stainless steel one.



The fabled towers of San Gimignano

What would a day of touring in a foreign country be if you did not take a wrong turn and end up in a village not on your paper map/cue sheet? (Long before GPS.) So we approached a group of cyclists on the edge of town and realized we got directions from Andy Hampsten. He put us on a windy, scenic road through a cork tree forrest near the western coast of Tuscany, it was stunning.

The wine cellar at Hotel Archimedes



Catching the last ferry to the island of Elba just in the nick of time, and cycling around the islands' coastal roads near sunset was picturesque.

Our tour was in the fall during the grape harvest, so many days we biked behind the tiniest 3 wheeled pickups loaded with just picked grapes headed to the local wine enoteca. The smell of the grapes was so fresh. Seeing a small field filled with elderly locals clipping the grapes and putting the cuttings into large plastic cans in the back of the tiny pickup, I stopped for a photo and ended up with a bunch of grapes from a lady in a dress and rubber muck boots.



**Local farmer
harvesting the grapes**

**Then off to the wine
presses**



Gelato! there are so many gelaterias to try, 10 miles from our hotel near Sienna we found the best gelato and found ways to ride by it for the next 3 days.

Every little village is on top of a hill, so if you want lunch or to see that town, you must go up! The towns have beautiful churches that are always open. Forgetting what day of the week it was we stopped to look inside one church on a Sunday. We were guided by the local priest who was so proud to tell us in Italian about each stained glass window even though mass was in process at the front of the massive church. Maybe a dozen older residents were attending mass and twice as many tourists looking around at the beautiful windows.



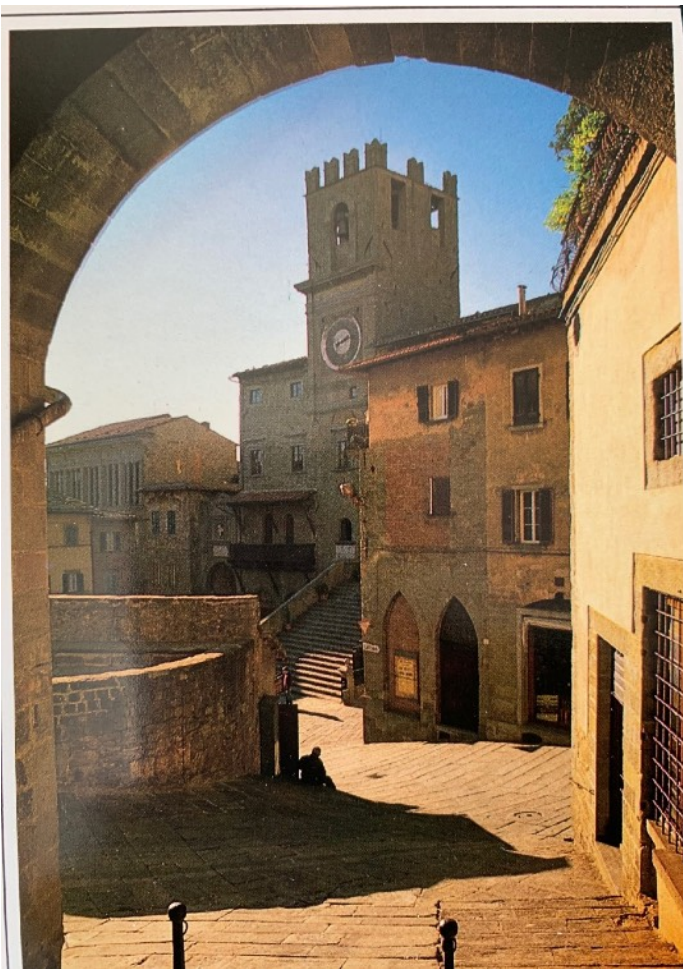
Another leisurely Italian lunch along the road

Where to stop for lunch every day? Pick any cafe with red check table cloths and you will be rewarded with excellent meal. We took a look for our new tandem, but never used it; all the locals just leaned their bikes outside the cafe and went in, so we did too. Would you do that in America?

I appreciated that we were free to bike our choice of several routes each day and arrive whenever we found our hotel and village each afternoon. Everyone was encouraged to explore and enjoy each day whether you were on the route or finding new roads through the country. Nothing better than trying to ask directions without enough language skills to understand the answer, but appreciating that Italians talk with their hands.

One evening we were invited to our hotel & restaurant's personal wine cellar that starts under the driveway and goes forever, in a small county inn miles from any village was memorable. Don't get me started on all the fabulous Italian meals we enjoyed. Yum...

The magic of being a tourist on a bike in a foreign county happens on every road. On our last day a local cyclist join us for several miles after we departed Vinci. He was at least 20 years older, and easily dropped us to head towards his village after a short visit.



The cobble stone streets of Cortona

After 2 weeks and over 600 miles we had crossed through the middle of Tuscany from the coast to Umbria and back, but we never set foot in Florence. The small villages are where we found the magic of touring on our bike.

I hope you too have had the opportunity to cycle in Europe, visit with locals, enjoy the food and wine, appreciate the quiet tiny roads, when it is safe to travel again - book a bike tour in Italy, France, Portugal, Albania, Spain, Switzerland, Austria...and enjoy a magical adventure!

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

Southern Albania - Session 2

Tirana, Albania

Sept. 28 - Oct. 9 **CANCELLED**

11 days, Int./Adv. \$1,660.00

Denise Weaver, dweaver1200@hotmail.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

Black Hills of South Dakota

Custer, South Dakota

September 9 - 11 Status: Wait List

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

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