

Heart-to-Heart



Note from the President

March 5, 2021

All 2021 Club tours have now been opened for registration. Ten of them are full or with wait lists and only one left with openings. That response indicates, among other things, that club members have found the tour concepts and plans attractive and that many of you are ready to resume bike touring. Many thanks to our Tour Directors, Judy Siel and Bob Rowe, for their organizational work in getting these tours ready to go. Thanks to the tour leaders for their inspiration and tour planning and anticipatory thanks to the SAG drivers who will make these tours a reality on the road. Finally, I would like to thank all the Club members who have responded with alacrity to the menu of tours this year. And even if you could not sign up for a tour this year, thanks for your continued support of the Club. HeartCycle exists to reflect and further the interests of its members in bicycles and bicycle touring. Your interest and participation are critical to the Club's rebound from last year's Covid interruptions and continued vitality and success in the future.

That said, travel abroad remains a bit of a challenge and has become more complicated. The latest wrinkle is a CDC order that requires all passengers returning to the U.S. to have a negative result from a Covid test administered not more than 72 hours prior to the return flight. This means arranging a timely test abroad, which may not always be convenient. Notwithstanding the enthusiasm and rapid fill-up of the Albania tour (a new, exciting destination), the ambitious two-week England tour, Land's End to John O'Groats, has been rescheduled to 2022 due to Covid concerns. But Le Monastere in southern France still has vacancies. Cassoulet, anyone?

Relentlessly optimistic and looking ahead, we are scheduling our annual meeting – in person – for 2021. Save the date: Saturday, October 23, 2021, at the Mt. Vernon Canyon Club. I trust that by then, all of us who want vaccines will have had them, our Covid alert status will be much more relaxed and that we will all feel comfortable meeting with old friends again.

Less than a month of winter remains. Soon buds will appear on the trees, shoots will green up the ground, and spring will beckon us to longer, more ambitious rides. I can't wait!!!

Fred Yu
President

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Filled with Hope

Greetings from sunny western Colorado. The weather this week feels like spring has sprung here in the Grand Valley a few weeks early, along with a feeling of hope and joy.

I am volunteering two mornings a week at the Mesa County Vaccine Clinic (months long) event. Each day around 1,000 hopeful folks arrive for their first or second dose of the Covid-19 vaccine and the entire convention center has hope radiating from it. It is such an uplifting feeling to be part of over 650 volunteers getting these doses into arms and seeing such happy people coming to get their shots.

I am thrilled that HeartCycle will be hosting bike tours again this summer and thankful to see so many tours sell out and have waiting lists. Although our first two spring tours had low registration and were cancelled, both will be back on the schedule for 2022. I am looking for more tour ideas and tour leaders for 2022 and now is the time to throw your hat into the ring and get your planning started.

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There has been heaps of good news recently with vaccines getting into American arms, decreasing infection rates and a promise that vaccines will be widely available by May. I am hopeful that **all of our members** will be completely vaccinated for Covid before our first tour kicks off in June. We will be safest on HeartCycle tours when we follow CDC guidance, practice social distancing, wear masks when appropriate and have those vaccines in our arms. As we say in the health field, the best practice of standard of care is: "Of course we are going to get the vaccine. That's what everyone is going to do, because that's how we are going to stop this. This is what we have all been waiting for." So when it is your turn to get an appointment sign up and join the rest of us who have already gotten our vaccine and are radiating the joy that life can get back to normal.

Wookoo!! back in the saddle again and back to work.

Judy Siel

Co-Tour Director



**On the Road with HeartCycle
...over the years (part 2)**









Colorado HeartCycle 2021 Tours

Springtime in Fredericksburg, TX

Fredericksburg, Texas

March 27 - April 3 Status: Cancelled
7 days, Intermediate \$1,490.00

Tina Vessels, tina.vessels@gmail.com
Kurt Arehart, klarehart@gmail.com

San Diego County

San Diego, California

April 18 - 27 Status: Cancelled
9 days, Advanced \$1,650.00

Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Trek to the Tetons

Logan, Utah

June 12 - 20 Status: Wait list
8 days, Int./Adv. \$1,680.00

Jim Schroeder, jimmyschweb@gmail.com
Scott MacCormack,
samaccormack@gmail.com

Le Monastere

Limoux, France

June 18 - 26 Status: Open
8 days, Int./Adv. \$2,350.00

Bob Rowe, browe49@comcast.net

Tour de Sawtooth

Ketchum, Idaho

June 20 - 29 Status: Wait List
9 days, Int./Adv. \$1,550.00

Joan Spilka, ljspilka@hotmail.com
Fred Yu, frederickyu@comcast.net

Basalt Groad Four Day Weekend

Basalt, Colorado

July 7 - 11 Status: Wait list
4 days, Int./Adv. \$775.00

Ron Finch, blouie-rfinch@comcast.net
Robin Heil, rjsheil@bresnan.net

North Puget Sound Favorites

Anacortes, Washington

July 24 - 30 Status: Wait List
6 days, Int./Adv. \$1,600.00

Richard Williamson at: richard6a@gmail.com
Dave Olausen at: d.olausen@comcast.net

Oregon Wine & Surf Loop

Eugene, Oregon

August 21 - 29 Status: Full
8 days, Int./Adv. \$1,750.00

Cindy Alvarez, sindelou@cox.net
Judy Siel, bjsiel@msn.com

Black Hills of South Dakota

Custer, South Dakota

September 6 - 10 Status: Wait List
4 days, Int./Adv. \$800.00

Judy Siel, bjsiel@msn.com
Barry Siel, bsiel03@gmail.com

Colorado HeartCycle 2021 Tours

Coast-to-Coast Northern Tier - Year 5

Rochester, New York

September 11 - 25 Status: Wait List
14 days, Int./Adv. \$3,390.00
Rich Crocker, richcrocker@hotmail.com
Patty Menz, pattymenz1@verizon.net

Southern Albania

Tirana, Albania

Sept. 28 - Oct. 9 Status: Wait List
11 days, Int./Adv. \$1,700.00
Tina Vessels, tina.vessels@gmail.com

Ohio Appalachian Country

Columbus, Ohio

Oct. 6 - 14 Status: Wait List
8 days, Int./Adv. \$1,590.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Paso Robles

Paso Robles, California

November 6 - 13 Status: Full
7 days, Int./Adv. \$1,450.00
Becky Bottino bbottino7@gmail.com
Ken Condray condray3@gmail.com