

Heart-to-Heart



Steamboat Springs Scrambler

Come ride 5 scenic routes around Steamboat Springs in late June. During our days of touring, we will pass high country ranches, mountain lakes, and experience rural roadways. Hopefully we will see the sandhill cranes that summer in the Yampa Valley. Small town charm and great amenities make Steamboat Springs the perfect place for our fixed-base tour. We will enjoy a 5-night stay at the Nordic Lodge Inn which is downtown close to the bike trail, restaurants and shops. If you need a break from all that cycling then try a steamy soak at one of the valley's natural mineral hot springs or stroll through downtown for some retail therapy after enjoying dinner. There is room for female to share a room and 2 rooms for either roommates or couple or single supplement. Summertime in the "Boat" is fantastic, come join us!!

CO Front Range Bike & Brews

Welcome to some of the best places to cycle in the US! And don't take our word for it. The Denver-Boulder-Fort Collins Front Range bikeway systems are continually rated in the top 10 places to cycle by several publications (Bicycling, Travel Channel, CNBC, REI, to name a few). Colorado is, of course, known for its trophy rides like Ride The Rockies, the Triple Bypass, and others. But what is not known, except to us locals, is how much fun and challenging the Front Range is for cyclists. Oh, one more thing, as advertised, this is a bike and brewery tour. We will see and tour some of the best breweries around for you to experience (and taste on your own) as well!

Last 2 tours with space just waiting for you! Register today!

The Board of Directors

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Asst. Registrar - registrar@heartcycle.org

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Sag Supply Manager

Dan Palmquist (303) 638-2535
Sag Vehicles

Jimmy Schroeder (260) 450-2007
Ride with GPS Coordinator

Barry Siel (303) 434-1947
Newsletter Editor

Tour Director Musings

In my mind the COVID craziness is in the rear view mirror and it is time to get back to having fun on bike tours. We will be looking at relaxing the mask mandate on a tour-by-tour basis depending on how the infection rate is at the time & the location of each tour. HeartCycle just has two 2022 tours that still have available openings and it is time for you to get training and sign up for one or both of these two fantastic bike tours, both in CO: Steamboat Springs Scrambler and CO Front Range Bike & Brews.

Thank you to the 185 members who completed our member survey, we are taking all the feedback and already drafting the 2023 bike tours with these suggestions. If you have an idea for a future tour...please contact your local tour director at TourDirector@Heartcycle.org

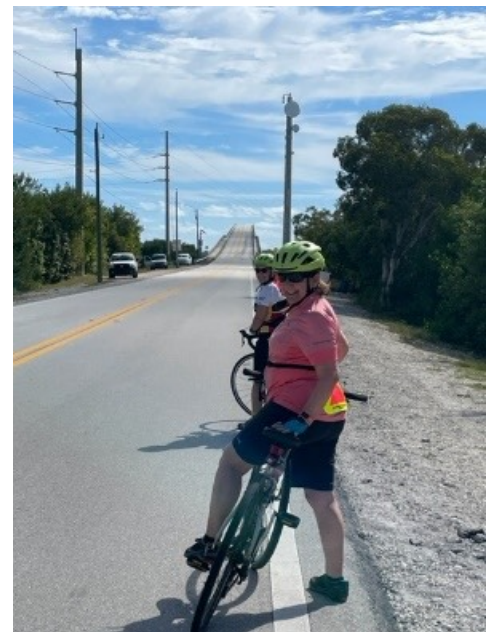
Let's get out there and HAVE SOME FUN together in 2022!!

Judy Siel, Tour Director

Heartcycle Does the Florida Keys

By Joanne Holden and Bev Louie

The sunshine state did not disappoint the riders on the Florida Keys trip from February 2-10, 2022. The weather was excellent for the 17 cyclists on the ride, and we missed a big



We enjoyed the sites of Miami on the first day. Starting on the Miami Beach Boardwalk just outside our hotel, we wound our way through various Miami neighborhoods for 36 miles.



The second day was 59 miles of riding through Miami, Key Biscayne, Coral Gables traffic, and over the steep-looking Card Sound Bridge, to ultimately end in the farmland of Homestead. In addition to lounging on giant chairs and passing by waterfront mansions, a highlight was riding on unique bike paths that were being uprooted by the roots of mangrove trees.



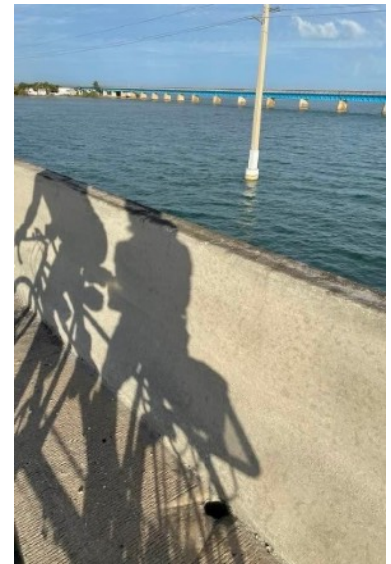
We utilized our National Park passes to explore Everglades National Park either by foot, bike or van. The elevation gain on the ride through the park was staggering! Lots of wildlife, closeups of the water environment, complete with alligators, mahogany hammocks, and a look at an old Nike missile site accompanied our explorations.



We stayed next door to the African Queen on Key Largo where we started working on our culinary goal – to find the best key lime pie in the Keys. Between the pie, yummy snacks served by Kathleen and Mayoma, and a luscious group dinner in a balmy patio setting (with a chocolate crusted key lime pie!), it was impossible not to gain weight!



The Florida Keys Overseas Heritage Trail (FKOHT) or Highway One provided our oceanside route to Marathon on Day 3. More alligators were seen along the way as well as iguanas who visited while we lounged at the pool of the Faro Blanco Resort and Yacht Club.



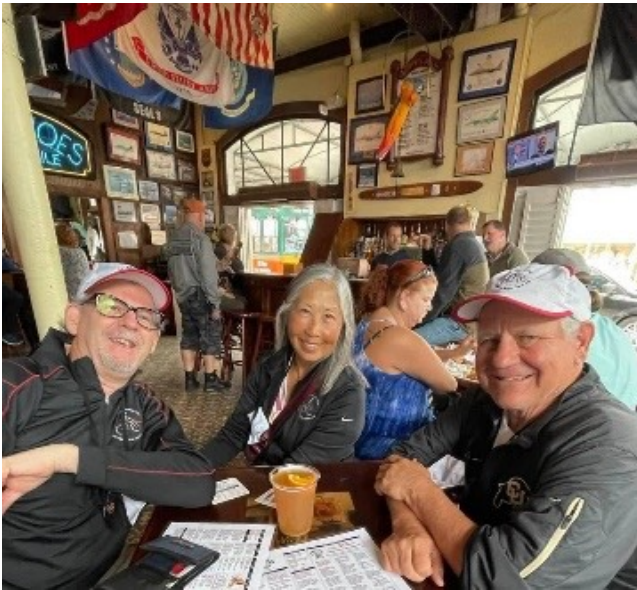
A short 45-mile ride took us over the famous Seven Mile Bridge and to Key West (aka the "Conch Republic") on our last day of riding south. Several crossings over the highway to stay on the bike path required our alertness and patient drivers.



We arrived early and many took time to tour the island via bike. Hordes of golf carts, bikes, cars, buses, mopeds and peds interspersed our meanderings. Some of us observed an engagement proposal at the southernmost buoy marker where there was a huge line to take pictures. Another highlight was touring the Truman Whitehouse. Truman visited this site 11 times for 175 days. Others visited the Key West home of Ernest Hemingway, while some had to have a takeaway drink on their bikes!



When the rain threatened to finally catch up with us on our last day before heading back to Miami, some took in their last sites of Key West on fun golf carts. Others found the famous Sloppy Joe sandwiches favored by Mr. Hemingway and toasted each other on the end of a beautiful, varied and fun ride. We have lasting memories of the expansive, blue ocean views and gorgeous sunsets, while wondering how a flat ride could be simultaneously so entertaining and effortful!



*Thank you, Jimmy, Ron, Mayoma **and** Kathleen, for a great trip!*

HEARTCYCLE 101

A quick refresher class for all those struggling on “How to...” on the website.

Newsletter 101:

Your other half gets the newsletter, but you don't receive an issue in your inbox. Go to heartcycle.org, look for Visitor Dashboard, click on green box “Newsletters & Newsletter Sign-up. Is there are check in the box in front of HeartCycle News? if not, please check. Or sadly you don't want to read our newsletter anymore, then uncheck the box to stop future editions arriving into your mailbox.

Most items on navigating the website are located at the bottom of the front page in a green box. Today we are going to highlight a few of these, since we see members struggling on how to...

Tour Confirmation 101:

Since 2015, Heartcycle has opened most tours for registration in late Oct-November, usually in groups of 4-5 tours/week. Registration is open to members for 4 days, (NOT based on “first come - first onto tour”). We use a lottery system for tours that have more members registering than we have slots available. This lottery and confirmation on any tour occurs after registration has been open for 4 days. When you first register, you receive a confirmation that “you completed the registration”, but NOT confirmation onto that tour. Members will be notified by email from the registrar ~5-7 days after registration opens if they are confirmed onto that tour.

- 1) If the tour is not filled at that time, all members will be confirmed on the tour and registration will continue to be open as “first come, first served”.
- 2) If the tour has more registrations than slots available the Registrar will conduct a lottery to determine which members will be confirmed and the remaining member will be put on the waitlist. The tour will put any later registrations onto the wait list.

Lottery details are posted on the website to read.

Waitlist 101:

At the time a tour has reached its full capacity of riders, either through the initial registration or lottery (as per HeartCycle registration policy) , all potential riders who request, will be placed on a waitlist. When and if a confirmed rider (s) cancels from that tour, those rider spaces will be filled from the waitlist according to the following guidelines.

1. The waitlists will be administered on a first come first serve basis whenever possible and feasible.
 2. If a rider who has been confirmed on a tour as a single supplement subsequently cancels from the tour and the next person (s) on the waitlist is a couple sharing a room, the couple would then be confirmed on the tour.
 3. If a confirmed couple (one or two beds) cancels and the first on the waitlist is a single supplement, the single is confirmed provided there is availability for the single supplement.
 4. All waitlists for HeartCycle tours will be managed by the registrar and the tour leaders.
 5. There will undoubtedly be times when exceptions will be necessary such as room configuration and/or availability (room or beds), maximum # of riders, or other unforeseen circumstances. The registrar and tour leaders will make every effort to follow this policy, understanding there may be circumstances that will necessitate exceptions.
 6. Occasionally space will be available for one individual (male or female) in a shared room. A rider either on the waitlist or new registration will be given the option to fill that space.
 7. Riders will be considered to have entered the waitlist when their initial registration is completed and deposit paid during the initial open registration period of 4 or 5 days. If more than one eligible rider has entered the waitlist during the initial registration period then a lottery of those riders will be conducted when and if a cancelation occurs to determine their number in the lottery. After the initial registration period, riders placed on the waitlist will be based on date and time of registration.
 8. You will be notified by the Registrar if an opening on the tour becomes available. If you prefer not to stay on the waitlist at anytime, you can sign into your account and cancel the tour/ removing yourself from the waitlist (or notify the registrar) and a full refund of your deposit will be refunded. If the tour starts and you are still on the waitlist, you will be refunded your entire deposit.
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Tour Cancellation 101:

ARGGG... you had a bike accident and broke your collar bone and your Dr. won't permit you to ride a bike for 6 weeks and you need to cancel your HeartCycle bike tour. The best & easiest way is to sign into your HeartCycle account, top green box "Tours", My Tours, Name of your HeartCycle bike tour, My Registration, Registration Status-Action?, select Cancel. This notifies both the Registrar and your Tour Leader. Cancellation and refund requests must be made in writing and directed to the Registrar. Email is acceptable. Your Tour Leader can NOT cancel your registration and you will continue to receive emails about payments and waivers.

If you cancel:

- 1) 90 days+ before your tour starts you will receive a full refund less a \$75 handling fee.
- 2) 60-89 days prior to tour, you will receive all monies paid for the tour, EXCEPT for 50% of the tour deposit.
- 3) 59 days or less before the tour, no refund will be granted for a cancellation and the full tour fee is payable.

Some tours may have more restrictive cancellation policies and the member should review them on the website tour description. If HeartCycle is able to replace you with someone on the waiting list, you may receive a full refund minus the \$75 handling fee.

Single Supplement 101:

What is "Single Supplement"? A registering member may request a private room at the Single Supplement fee. If desired, the registered rider is allowed to share the hotel room with a non-riding spouse/companion. The non-riding companion must provide their own transportation to each tour destination throughout the tour and is not considered to be an official tour participant. Thus, the SAG services are not intended for the non-riding companion. Participation of a non-rider in non-riding events (group dinner, special events) is at the discretion of tour leader and must be paid for by the non-riding companion.

Other items such as Tipping Policy and E-Bikes are detailed on the website. Ready to move onto more advanced items???

Now for your advanced course-

Waivers 201:

If you have been a member of HeartCycle since days of old, you know that for every tour you are **required** you to sign a Liability Waiver at the orientation meeting. Well, our plastic bins are full of these paper waivers and no one on the Board of Directors wants to store them anymore. Imagine that!!

Heartcycle has come into the current online age with "On-Line Signature" for both the Liability Waiver and COVID Waiver. When you register for a tour you can sign the Liability Waiver and Complete your Declared Bicycle Value and Luggage Value after confirmed onto the tour or any day before arriving to the tour. Click on "Tours", My Tours, Name of your Tour, blue link [Liability Waiver](#), click on Sign waiver. After Reading the PDF file you scroll below the waiver (you can not sign the pdf form) and click on box that you read the waiver and then you must type your name into the signature line twice.

Seventy-two hours before Orientation day of your tour, you will receive an email with a link to sign your COVID Waiver. Exactly like the Liability Waiver you are **required** to sign this form. It is also a PDF form, read the PDF form, scroll below the form and Click that you have read this form and then type your name twice into the 2 signature lines.

You can see your completed forms in your tour name. You will not be allowed to ride the tour unless these Waivers are completed!

Extra Credit:

You completed both your luggage values and bike values 3 months before your tour, but you got a wild hair and bought a new bicycle for this HeartCycle tour and need to update the value from \$2,000 to \$5,000. Sign into your account, Tours, My Tours, select name of your tour, Click on the blue "[Update Insurance Values](#)". Both your luggage value and bicycle value boxes are shown and you simply put in the correct amount.

Spring Cleaning?

As you do your spring cleaning, please put aside old bike jerseys for Martha MacCormack. Martha has an idea of how to up-cycle the material and hasn't found anywhere that sells that type of material. You can contact her with questions at:

mmaccormack@gmail.com

303-915-0778,

4570 E Yale Ave, #1104, Denver, CO 80222

Colorado HeartCycle 2022 Tours

South Florida

Miami, Florida

February 2 - 10 Status: Complete
 7 days, Intermediate \$2,400.00
 Ron Finch, blouie-rfinch@comcast.net
 Jim Schroeder, jimmyschweb@gmail.com

Jewels of Portugal

Lisbon, Portugal

May 8 - 20 Status: Wait List
 13 days, Int./Adv. \$5,200.00
 Janet Slate, j slate@ultrasys.net

Springtime in Fredericksburg

Fredericksburg, Texas

March 19 - 25 Status: Full
 6 days, Intermediate \$1,480.00
 Clare Bena, cbvamoots@gmail.com
 Janet Slate, j slate@ultrasys.net

LELOG

Cornwall, England

May 22 - June 11 Status: Wait List
 20 days, Advanced \$6,000.00
 Graham Hollis, gramhollis@comcast.net

Paso Robles

Paso Robles, California

April 9 - 16 Status: Wait List
 7 days, Int./Adv. \$1,690.00
 Cindy Alvarez, sindelou@cox.net
 Ken Condray, condray3@gmail.com

Le Monastere

Limoux, France

June 17 - 25 Status: Wait List
 7 days, Int./Adv. \$2,350.00
 Bob Rowe, browe49@comcast.net

Shenandoah Valley

Staunton, Virginia

April 23 - May 1 Status: Cancelled
 7 days, Advanced \$1,700.00
 Kurt Arehart, klarehart@gmail.com
 Jim Bethell, bethell.jim@verizon.net

Champagne Bike & Barge

Epernay, France

June 18 - 25 Status: Wait List
 7 days, Easy/Int. \$1,950.00
 Laura Davis, davpete@frii.com

San Diego County

San Diego, California

May 7 - 15 Status: Cancelled
 8 days, Advanced \$2,000.00
 Scott MacCormack, samaccormack@gmail.com
 Jim Schroeder, jimmyschweb@gmail.com

Steamboat Springs Scrambler

Steamboat Springs, Colorado

June 26 - July 1 Status: Open
 5 days, Int./Adv. \$1,180.00
 Judy Siel, bsiel@msn.com
 Barry Siel, bsiel03@gmail.com

Colorado HeartCycle 2022 Tours

Adirondack Foothills & Green Mnts.

Glens Falls, New York

August 20 - 26 Status: Wait List
6 days, Intermediate \$1,620.00
Jim Bethell bethell.jim@verizon.net
Gail Golderman goldermg@union.edu

Front Range Bike & Brews

Denver, Colorado

Sept. 30 - Oct. 8 Status: Open
8 days, Int./Adv. \$1,850.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Oregon Wine & Surf

Eugene, Oregon

September 7 - 14 Status: Wait List
7 days, Int./Adv. \$1,880.00
Cindy Alvarez, sindelou@cox.net
Helayn Storch, helaynstorch@hotmail.com

Old Man River, MO/IL/KY

St. Louis, Missouri

October 14 - 22 Status: Cancelled
8 days, Int./Adv. \$1,660.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Southern Albania

Tirana, Albania

Sept. 26 - Oct. 6 Status: Wait List
11 days, Int./Adv. \$1,600.00
Lisa Evans, Lceskidive@gmail.com

Bike Case & Stand Available

**Luanne Ralph has a bicycle case and
stand that she would like to give away.**

Contact Luanne

luann2908@q.com