

Heart-to-Heart



Bike Tour Rules

Come relaxed and leave happy

You will remember your friends more than your miles

Bike often, laugh more

Ride the tours that make you the happiest

It's more fun when you not the only one having it!

**"We didn't realize we were
making memories, we just
knew we were having fun."**

Winnie The Pooh

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Tour Director Musings

“Life was meant for good friends and great adventures.” Unknown

What are your plans for this fast approaching summer? We have room on several 2022 tours, but you need to act soon: Steamboat Springs in late June, Albania in September and Front Range Bike & Brews in October. Heartcycle tour leaders and tour directors are feverishly planning tours for 2023, so save some of those vacation days for joining Heartcycle on bike tours next year too.

Let's get out there and play together in 2022!!

HeartCycle Paso Robles Tour - 2022

By Leslie Dixon

The Spring 2022 Paso Robles tour was based out of the lovely Oxford Hotel, complete with hot breakfast to order, outdoor hot tub, and evening free drinks and appetizers – everything hungry & exhausted cyclists could want! Our tour group consisted of thirty riders from Colorado, Washington, California, Oregon, and British Columbia – some seasoned Heart Cyclists and a few, like myself and my husband, new to the group. Cindy and Ken provided great leadership throughout and the SAG support from Melissa and Danna was top-notch!



April 10, Day-1

The morning was cool and clear as we gathered for a 9:00 departure from the hotel. Heading south and east of Paso Robles, the whole day was hilly - some steep and some gradual. Nearly every curve in the road or view at the top of a hill was stunning – hillsides of vineyards, bucolic horse and ranch properties, forested hills, and fields of wildflowers. Danna and Melissa hosted an excellent lunch buffet midway through the ride and the highlight of the day was Sculpterra Winery. A live band played among the amazing metal sculptures and vineyards and many of us lingered for wine tasting (and purchasing!). Back at the hotel, the jetted hot tub became a post-ride tradition for many.

Daily stats: 53 miles with 3300 vertical feet



April 11, Day-2

Today's route took us to the west of Paso Robles, with a forecast of cool weather and winds. Once out of town, a long seven mile climb warmed us up. All along the way, we passed dozens of vineyards and wineries on the sides of the steep hills. The vines varied in size from pencil thin to large gnarly limbs and most were just beginning to sprout leaves. In a few places we saw mowers cutting grass between the rows of vines. California poppies, lupine, purple vetch, and more lined the route. In some spots along the wide-shouldered roads, the overstory formed tree tunnels. The uphill pace was slow enough to hear a multitude of chirping birds. Peaking out at about 1700 ft, we enjoyed a long downhill interspersed with some short climbs, finally reaching the first rest stop. The rest stop was along an 8-mile loop that had lots of short climbs, tall trees, flowered hillsides, vineyards, and a small stream - an enchanted circle.



More climbing took us to the Pasolivo olive oil farm. We were treated to samples of olive oils and enjoyed another great sandwich bar from our SAG team. The yellow-billed magpies seemed to be regulars hanging around for bread scraps leftover from the olive oil tasting. A threat of rain never materialized and we enjoyed passing more vineyards and wineries with very few cars and lots of hill-climbing.

Daily stats: 48 miles with 4880 vertical feet

April 12 - Day 3

The plan for the day was a remote start from Santa Margarita, a short drive south. With cool temperatures starting at 46 degrees and winds forecasted, we bundled up. Most of the first 12 miles were uphill through farms, pastures, and ranch land so that held off the chill. From the first SAG it was mostly downhill to the lunch stop at Cowboy Winery, situated next to a huge field of blue lupine. Facing the predicted headwind on the ride north back to the cars at Santa Margarita, we only saw two vineyards towards the end of the ride, a major contrast to the hundred or so we saw the previous day.

Daily stats: 42 mile with 2867 vertical feet



April 13, Day-4 (Rest Day)

Paso Robles is situated only 30 miles or so from the coast and many of us headed west for beach time. Others explored nearby wineries or Tin City - a shopping/eating district in Paso Robles. And a few hard-core cyclists among us went for a bike ride!



April 14, Day-5

The heartiest of the crew left from the hotel at 8:30 and 45 degrees. The rest of us drove ten miles to the first SAG stop and started our ride there. (It's nice to have that option!) The first part of the ride was a gentle uphill through the grassy hills which gradually became dotted with oak trees and shrubs as we gained altitude. There were nicely maintained farms and ranches along the way. After the second SAG stop, the grade immediately increased to about 9-10% for the final two miles of the climb and then it was a fast two miles downhill through the winding forested road. At the bottom, we were once again in grassy ranch lands for five miles until we reached Parkfield, the dude ranch that was our lunch spot. We had to cross a slightly earthquake-distorted bridge which straddles the San Andreas Fault, a very popular photo opportunity for us. Parkfield has a USGS earthquake monitoring station, a small western style lodge, and a cowboy-themed restaurant that provided a huge and tasty lunch, complete with buttery apple cobbler and ice cream. With over-full bellies, we retraced our steps, including the monster hills. Those who chose to ride back to Paso Robles had a 67-mile day. The rest of us were exhausted from the steep climbs along the 46-mile route and were happy to quit where we had parked the cars.

Daily Stats: 67 miles with 4200 vertical feet OR 46 miles with 3800 vertical feet



April 15, Day-6

We had a beautiful sunny morning, slightly warmer than it had been, for the start of another great day of riding. We headed south out of Paso Robles on the same route we took on the first day. After ten miles or so we turned east up a very steep hill, followed, of course, by a long downhill to the SAG. Today's scenery had a few ranches and farms and a lot of vineyards. Lunch was at Tobin James Winery, followed by a mile or so riding the shoulder of US46. Then we turned off to the west and found ourselves pedaling flat back roads lined with huge expanses of vineyards. The afternoon stop was at Riverstar Winery, a small winery. The final push of the day took us south over rolling hills back into Paso Robles along the mostly dry Salinas River.

Daily Stats: 50 miles with 2500 vertical feet



April 16, Day-7

As forecasted during the previous days, we awoke to mist followed soon by drizzle. A few of the folks (mainly from the Seattle area!) were in their bike clothes and waiting for the rain to stop. This, the last day, was supposed to be a shortened or optional day anyway. And, as it turned out, nobody rode and we packed up and went our separate ways.



For my husband, Wayne, and I this was our first HeartCycle trip and we are hooked. The support of the leaders and “SAG ladies” was spectacular; the routes were beautiful and low-traffic; the amenities of the hotel were superb; and the cyclists were friendly, welcoming, inspiring, and enjoyable to be around. We hope to see you again on another trip soon!

How to cancel your Tour Registration

In most cases a club member decides to sign up for a tour, they get confirmed, go on the tour and enjoy it so much that they sign up for another, and another, and another etc.

However, in some cases something comes up that causes the club member to have to cancel their registration on a tour.

For HeartCycle to have a proper paper trail on this process we ask all club members to follow these easy steps when cancelling from a tour.

1. Login to the website—>Tours—>My Tours and scroll down to the tour you need to cancel from.
2. Click the box that says, “My Registration” then, under Action? Select Cancel and then Update.
3. The registrar will take care of it from there.

If it has been less than 180 days since you registered, your refund will show up on the credit / debit card that you used to register, and that transaction will come through PayPal.

If it has been more than 180 days, our bookkeeper will issue you a check and that will be sent to the address we have on record for you.

The amount of refund is subject to the Cancellation Policy that can be found on the website.

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: Complete
 13 days, Int./Adv. \$5,200.00
 Janet Slate, jslate@ultrasys.net

Springtime in Fredericksburg

Fredericksburg, Texas

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

LELOG

Cornwall, England

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

Paso Robles

Paso Robles, California

April 9 - 16 Status: Complete
 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, bjsiel@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

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

Southern Albania

Tirana, Albania

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

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

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