

Note from the President

November 1, 2021

We are headed into the back half of autumn, with cooler temperatures, shorter days and the arc of the sun further to the south. Getting ready to ride often means kitting up with more insulation. Pleasant days to ride become less frequent, a gift more than a given.

One tour remains in the club's 2021 season: Paso Robles, beginning on November 6, 2021. Paso Robles is a terrific tour, always popular. Thirty-four lucky club members will enjoy a comfortable fixed base tour in a town with good restaurants, and a variety of cycle routes which climb and descend through the California coastal range and wind through valleys of vineyards and horse farms on small, quiet roads. Each day will offer scenery, wine tasting opportunities, good food, congenial cycling companions, and great fall cycling weather. What's not to like?

2021 was a year to rebound after Covid19 smothered hopes of normal life the year before. In 2020, we were able to finish only one tour early in the season before restrictions made group bicycle touring impossible. This year international tours were still out of reach, but the club's domestic tours all filled. The club introduced Covid safety protocols, including a requirement that all tour participants be vaccinated. We were able to resume cycle touring with only a modicum of inconvenience. 2022 looks promising for a return to tours in Europe, as well as an attractive lineup of domestic tours. Early registration for the European tours has been strong, showing that club members are eager to resume bike touring abroad. Covid19 and its variants continue to affect the hotels and restaurants and sites we visit while touring. We have seen the impact of staffing shortages and increased demand already in tours this year. These and inflationary pressures may affect tour development and pricing in the future, particularly for domestic tours. One can only hope that stability returns and that 2022 gets us closer to the old "normal".

Covid also scuppered the annual meeting and luncheon in 2020, but we were able to resume this year. Attendance was again strong. We recognized and thanked Carol Nies, our special guest of honor, who retired after fourteen years with HeartCycle as a SAG. Longevity aside, Carol set a high bar for SAG standards and helped train others in how to SAG a tour. We will always recall her kindness and affection as well as her homemade jalapeno jellies and other delicacies from her garden and her attention to the quality of food and refreshment.

This year's Jerry Bakke Award went to Steve Parker for his contributions to the Club, and especially his inspiration to begin the Adventure Series: four ambitious rides that took club members across the breadth of the United States twice (Southern Tier and Coast-to-Coast along the northern tier); from Canada to Mexico along the Pacific Coast (Border-to-Border) and up the Mississippi Valley from Louisiana to Illinois (Great Rivers), all in segments of two weeks each year. The whole series took thirteen years to complete, with seven members riding every segment of the entire series. A generation of riders has completed the cycle of the Adventure Series. It would be great to restart the series with a new generation of club members. I hope someone will step forward to kick it off.

Speaking of new generations of club members, I note that the club depends on the continuing interest and energy of club members to volunteer. We are fortunate that every year a few more people become members, go on a tour, and discover the club. Our members are a diverse and talented bunch. The fact that the club relies on the work of volunteers is a significant part of what distinguishes HeartCycle and its tours and is a critical element to the continued vitality of the club. All our tour leaders, board members and working members are volunteers. Without the spirit of voluntarism, the club could not function. This is your club. I encourage you as a member to consider how you might contribute. We are always in search of people interested in leading or co-leading a tour.

I want to thank Judy Siel, in particular, for taking on the mantle of tour director for the club. Bicycle touring is the core of what the club does, and her experience and enthusiasm will be keys to her success. Our outgoing tour director, Bob Rowe, has been invaluable in bringing a rigorous approach to developing, budgeting and organizing club tours and systematizing tour procedures and policies, as well as providing guidance and mentoring to Judy as she has stepped into the role, and we owe him a big thank you. And welcome to Janet Slate, who will be co-tour director with Judy.

This will be my final note as club president. My term ends with the board's election of the new slate of officers this month. It has been a privilege to have served over the past four years. We have a board of talented, energetic members, as well as an outstanding group of working members. The club is in solid financial condition. Membership remains steady as we gain a few new members each year through word-of-mouth. Our next club president, Jim Bethell, will be superb in moving the club forward.

Fred Yu

The Board of Directors

Fred Yu (303) 264-7373 (2022)
President - president@heartcycle.org

Mark Lestikow (303) 919-0426 (2022)
Vice President, Events, Souvenirs

Rita Kurelja (970) 231-7163 (2023)
Secretary

Graham Hollis (720) 323-6479 (2023)
Treasurer

John Penick (203) 232-8946 (2022)
Assistant Treasurer

Jim Bethell (518) 466-8490 (2022)
Web-Master, CPR, Driver Training

Judy Siel (720) 519-9401 (2022)
Co-Tour Director - tourdirektor@heartcycle.org

Janet Slate (303) 683-6128 (2023)
Co-Tour Director - tourdirektor@heartcycle.org

Ron Finch (2023)

Doug Moll (2023)

Working Members

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

Jeff Messerschmidt (303) 904-0573
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

Richard Crocker (520) 539-8019
Asst. Registrar - registrar@heartcycle.org

Tour Director Musings

I am thankful for all the volunteers that helped get HeartCycle back on the road in 2021! Fifteen members who volunteered to lead tours. Our 11 SAGs who went above & beyond with COVID procedures to keep us all fed and safe. The working members who kept the newsletter going without tour stories from 2020 & members keeping the sag supplies ready to head out the door in the club sprinter. We are a GREAT club and I invite you to volunteer next year. Start thinking of your favorite places to ride and how you can share it with fellow members by organizing a tour for 2023 or 2024. Invite your friends who like to bike to join HeartCycle and register for a tour.

Heartcycle has planned 15 bicycle tours for 2022 and registration has already started and will continue this month. Thanks to 17 members for planning tours (4 are new) and 11 SAGs (5 are new) are ready to work on 2022 tours. The 2022 tours are ready for you: 5 in Europe, 10 domestic, 5 fixed base, and a variety of difficulty and locations to entice you to sign up this fall. Log onto the HeartCycle website to read all the wonderful details about each tour. I am looking forward to signing up for several tours myself, so see hope to see you on the road in 2022.

Judy Siel, Tour Director

Black Hills of South Dakota

By Scott MacCormack

September, 2021

Judy and Barry Siel put together a great ride for us this fall - Custer State Park in the Black Hills, one of the most epic ride locations many of us HeartCyclists have ridden, as we enjoyed beautiful conditions in early September. This fixed base tour over four days, was based at a very nice and new Holiday Inn Express in Custer - which featured a great outdoor patio, where we had route reviews, happy hour, and even dessert - perfect!

Our "Day 0" orientation meeting got us pumped up. That evening, Judy and Barry explained to us about South Dakota traffic jams, where the buffalo rule the road. So the next day, excited to see the sites, we hit the hills (after all we were in the Black Hills), climbing 3,800 feet over 49 miles. Sure enough I ran straight into the "jam" (photo below) without any cars between my bicycle and them. Both thrilled and scared, I was able to snap a few shots before a car came up behind me that I could hide behind - live to ride another day is my motto!



Once through the traffic jam, a wonderful picnic spread was put on by our SAG's MaryAnn and Rich Loeffler (thank you so much!) at the Peter Norbeck Education Center. But Instead of ants at our picnic, as you can see in the in the picture below, we had several buffalo to keep an on eye on things.



The next day, the trek continued with 60 miles and 6,000 feet of climbing! This was the “Queen Stage” ride up to Mt. Rushmore (odd to call a ride to a monument to American presidents a “Queen” stage!)! The iconic ride up to the monument took us thru the buffalo herd again, via the scenic Iron Mountain Road with it’s famous pig-tailed-bridges and one lane tunnels. Planned and mostly surveyed by Peter Norbeck, a historic South Dakota conservationist, Governor and U.S. Senator, the ride up the Scenic Byway to the Monument was half the day’s fun. The one-way tunnels that frame the Monument sculpture were particularly enjoyable, as I kept blocking cars while trying to frame the perfect photo!



Once through the pigtails, as usual for the Black Hills, a steep climb was ahead. But when I looked up from the climb, suddenly there was a side profile of two of the four Monument heads looking out. This view was something I never saw sitting in a car. Now it could be appreciated at bike speeds, especially at my slow climbing speed!



After lunch at the Monument we continued climbing on up to Sylvan Lake before our descent back to our comfortable hotel in Custer.

We had a nice ride out to the open grassland spaces of the Wildlife Loop the next day. A good chance to get some candid shots of most everyone at lunch. Here are a few...Thanks to all who made this such a great ride!



Bob & Ann



Carol



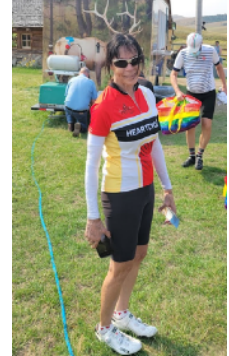
Bob



Carol



Bill



Diane



Rich & Martha



Ric & Leann



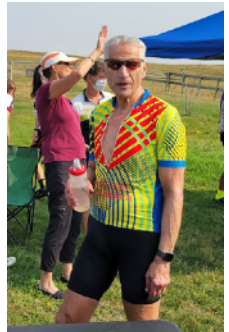
Fletch



Scott



Janet



Sy

My favorite ride was our final one as we climbed over 1,000 feet up to Sylvan Lake and then cycled along the scenic byway of the Needles Highway. This ride, as I was told by several cyclists, was not to be missed. The Needles Highway features several hairpin turns, tunnels and granite spires that pop out one after another, each demanding a stop and a photo or just to soak in the wondrous formations.



Scott & Roger



Barry, Charles & Judy



Judy

To give you an idea how amazing this park is, nearly 2 million people a year visit Custer State Park. Yellowstone National Park receives 4 million visitors a year. We were all glad to be visitors on bikes!





Carol



Ric



Fletch



Leann



Barry & Charles



John



Christy



Kay



**Sylvan Lake
in Custer
State Park**

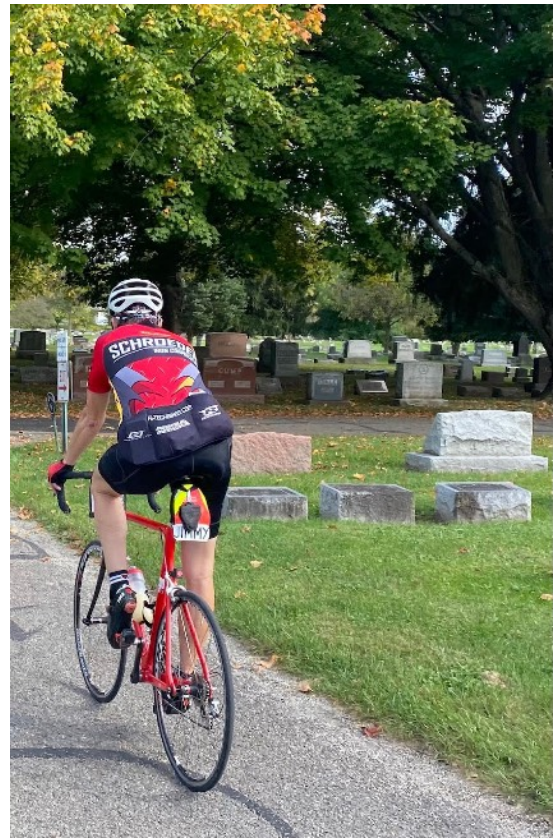


Ohio Appalachian Country

By Jay & Louise Hecht

Day-0: 26 mi.

Arrived in Columbus, Ohio to catch Paradise Garage for a quick front brake adjustment. Thanks to Mark Peterson, great customer care. Graduate Hotel was welcoming with valet services & parking for the week. Up to the 9th floor, bikes included! At 2 pm 11 riders (out of 24) warmed up on an optional bike ride mostly along the Olentangy Greenway Trail. We finish our revised ride finishing through a cemetery but a lot of fun and lovely weather & scenery. Dinner in Columbus followed by our Meet & Greet completed our first day of HeartCycles Ohio Appalachian tour!



Day-1: 65 mi. 2680 ft.

Columbus to Lancaster, light but warm rain most of the day. Alum Creek trail delightful but take care over the wet leaves, bridges, horse chestnuts?, and around corners. Blacklick Trail and the country side was very impressive. Halloween decorations were popping and then the leaves were changing... Morning and afternoon snack/rest stops, plus lunch, plus happy hour. Weight watchers NOT for you. Did I mention a few hills but we are at low altitude.

Day-2: 47 mi. 2200 ft.

Glad to have fun as we continue to cycle the beautiful back roads of Ohio. Weather improving. Quite the group of very fit seniors.

**Day-3: 43 mi. 1300 ft.**

Short but hilly loop and hiked to Ash Cave after lunch. (optional 70-mile loop). Luckily, the weather got better but the hocking hills got bigger (see left).

Day-4: 49 mi. 1300 ft.

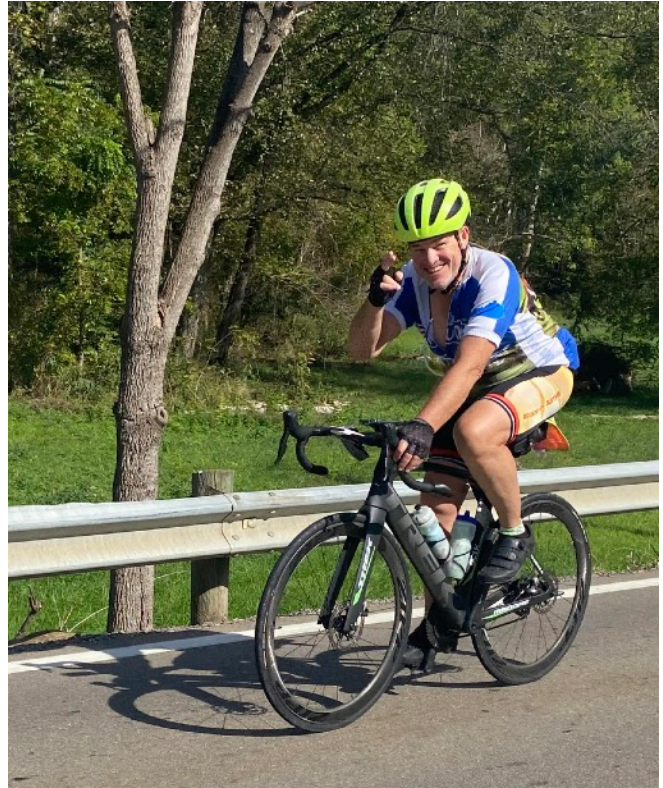
Sunshine, 65-75 °F, a few rolling hills early, leaves and chestnuts falling. Followed by miles of Hockhocking Adena Bikeway bike path along the Hocking River near Ohio University.

**Day-5: Rest Day**

Optional bike & brew ride (27 mi. 530 ft.) or walk into Athens and see the Ohio University campus.

Day-6: 72 mi. 4560 ft.

Good weather with a mix of sun and clouds. Temperatures all week have been fine, 60-75 °F.



Day-7: 71 mi. 4263 ft.

Jay had to sag with Martha after riding 40 miles! After the HeartCycle sponsored ice cream stop, I rode the last 15 miles along the Muskingum River.



Day-8: 73 mi. 2590 ft.

The strongest and longest day. Via the famous Y Bridge to Jacksontown, and then on to Newark, the Hoover Dam, Chipmonk Chatter Trail, and back on Alum Creek/Ohio to the Erie Canal. Finished back at our starting point at the Graduate Hotel in the heart of Columbus, Ohio.



Best of show, typical of our scenery in Ohio



Where cyclist who pass on the right end up



Transportation in Ohio

Thanks to all the HeartCycle riders, leaders and support!

**Most pictures ;-) and mostly written by Jay (12 mph)
Hecht and Louise "EFM" Hecht.**



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: Complete
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: Cancelled
8 days, Int./Adv. \$2,350.00
Bob Rowe, browe49@comcast.net

Tour de Sawtooth

Ketchum, Idaho

June 20 - 29 Status: Complete
9 days, Int./Adv. \$1,550.00
Joan Spilka, ljspilka@hotmail.com
Fred Yu, fredericky@comcast.net

Basalt Groad Four Day Weekend

Basalt, Colorado

July 7 - 11 Status: Complete
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: Complete
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: Complete
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: Complete
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: Complete

14 days, Int./Adv. \$3,390.00

Rich Crocker, richcrocker@hotmail.com

Patty Menz, pattymenz1@verizon.net

Ohio Appalachian Country

Columbus, Ohio

October 6 - 14 Status: Complete

8 days, Int./Adv. \$1,590.00

Scott MacCormack,

samaccormack@gmail.com

Jim Schroeder, jimmyschweb@gmail.com

Southern Albania

Tirana, Albania

Sept. 28 - Oct. 9 Status: Cancelled

11 days, Int./Adv. \$1,700.00

Tina Vessels, tina.vessels@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

Colorado HeartCycle 2022 Tours

South Florida

Miami, Florida

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

Springtime in Fredericksburg

Fredericksburg, Texas

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

Paso Robles

Paso Robles, California

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

Shenandoah Valley

Staunton, Virginia

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

San Diego County

San Diego, California

May 7 - 15 Status: Open Nov. 4
 8 days, Advanced \$2,000.00
 Scott MacCormack, samaccormack@gmail.com
 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, jslate@ultrasys.net

LELOG

Cornwall, England

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

Le Monastere

Limoux, France

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

Champagne Bike & Barge

Epernay, France

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

Steamboat Springs Scrambler

Steamboat Springs, Colorado

June 26 - July 1 Status: Open Nov 4
 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: Open Nov. 4
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: Open Nov. 4
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 Nov. 11
11 days, Int./Adv. \$1,600.00
Lisa Evans, lceskidive@gmail.com

Front Range Bike & Brews

Denver, Colorado

Sept. 30 - Oct. 8 Status: Open Nov. 11
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: Open Nov. 11
8 days, Int./Adv. \$TBD
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com