

Heart-to-Heart



Annual Meeting and Luncheon

Saturday – October 26, 2019

Mt. Vernon Country Club

24933 Clubhouse Circle

Golden, Colorado

Cash bar opens @ 11:30 AM; Buffet starts @ 12 noon

\$25.00 per person



Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 26th, at Mt. Vernon Country Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours.

Once again, we will have a continuous slideshow with photos from this year's tours. If you have 5 or 6 (or up to 10) photos that really capture the spirit of a tour that you rode, please email them to Barry Siel at bjsiel@msn.com and he will include them in the photo slideshow at the meeting.

Every fall, anticipation begins to build as we wait to find out what's in store for next year, and HeartCycle has an exciting schedule planned. HeartCycle's Tour Director, Bob Rowe, will announce the 2020 tours and provide brief descriptions of each. Many of next year's tour leaders will be present to answer your questions about their 2020 tour(s). You won't want to miss this year's luncheon and meeting.

You can register now for the luncheon on the HeartCycle website, www.heartcycle.org. The luncheon is listed under a separate tab, "2019 Annual Luncheon". Please register and pay online.

Registration closes once we reach 125 attendees or Saturday, October 19th, whichever is earlier. All payments must be made online and there will be no payments accepted at the door.

Attendance at the Annual Meeting has grown substantially the past several years, so sign up early to reserve your place. For further information regarding the luncheon email Pat Van Deman at pat.vandeman@gmail.com.

The 22.1 mile ride before the luncheon will start at 9:30 AM.

<https://ridewithgps.com/routes/15728860>

Shows the route, and you can Export a GPX or TCX file to your Garmin

<https://drive.google.com/open?id=0B1guTfOt26w-U0taUVIQRnRrREE>

Provides a printable more detailed map and cue sheet.

The Board of Directors

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 Sag Vehicles

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Phishing Email Alert

Recently a number of club members have received spam phishing emails purporting to be from “Fred Yu.” One was from a sender with an email address of presidency@repscounty.com. At least one such email asked for money. Others may ask for a response by email. Please delete these emails. They are not from me or from HeartCycle. Our website consultant advises that the president@heartcycle.org address, as well as other @heartcycle.org addresses cannot send email. The accounts are set up so that they can only receive and forward email to the address of the officeholder.

Should you receive any emails in the future purporting to be from me or any other club officer, please check the email address for the sender carefully as this is often helpful in indicating whether the email is a fake. If you wonder whether an email is genuine, you may email me, using president@heartcycle.org.

Fred Yu
 President
 Colorado HeartCycle

Preview of 2020 Tours

Bob Rowe and Rich Crocker, Co-Tour Directors

Our preliminary 2020 schedule is shaping up to provide you new and classic tours as listed below (with the Leaders names). Dates and tours may change. Join us at the October 26th Annual Meeting Luncheon to hear the 2020 tour leaders discuss their tours. Tour details will be posted on our web site this fall, and email notices will be sent out well in advance of registration, which will occur soon after the Luncheon. Remember, you must be a 2019 member to qualify for the first wave of tour registration in the fall.

Death Valley March 11-19. This tour starts and ends in Las Vegas and travels into Death Valley NP. A once in a decade opportunity. (Schroeder, Lueke)

Paso Robles, April 18-15. A fixed base tour in Central California among spring flowers, wineries and a visit to the coast. (Bottino, Condray)

Shenandoah Valley, April 25-May 2. Quiet roads traversing rolling terrain past well kept farms, and a visit to the Blue Ridge Parkway. (Bethell, Arehart)

Relaxed in Provence, May 14-24. Designed for relaxed riding with time to pause and enjoy Provence's countryside and small towns, historic sites and French cuisine. (Page, Crocker)

Durango Weekend, May 16-18. Enjoy the early season scenic riding and climbing of SW Colorado on this 4-day weekend fixed-based tour. (Weaver, Weaver)

Bike and Barge: Belgium and France, May 16-30. Cycle through forests, picturesque villages, farmlands and along rivers through Northern France and Flanders from Bruges to Paris. (Speirs)

Traverse Bay, Leelenau Peninsula and Sleeping Bear Dunes, May 30 – June 7. Water, lighthouses, hills and dales, cherries, sand dunes and more in Northern Michigan. (Driver, Rowe)

Northern Vermont Inn-to-Inn, June 17, 18-26. A new tour through lesser traveled, scenic areas of northern Vermont while staying in Inns, B&Bs and VRBOs. (Biggi, TBD)

Beyond Dordogne, Late June – Early July. Leave the beaten path and do what the bicycle was meant for – to explore quiet roads through beautiful villages and countryside, eating well and savoring the heritage and pleasures of rural France - the less-traveled parts of the Perigord, Quercy, Cantal, and Lot regions. (Yu, Hollis)

Roaring Fork Road and Gravel Weekend, July 16-19. From a fixed base in Basalt, we'll ride roads and some less traveled gravel roads (up to 20% of the total) up the sides of the Roaring Fork Valley to crazy views of the peaks in the Elk Mountains. (Finch, Heil)

Oregon Wine and Surf Loop, July 25-Aug 2. This tour includes wine tasting in the Willamette Valley on the Pinot Trail, then travels northeast for 3 days riding and recreating (kayaking, sand dunes, relaxing) along the Oregon Coast. (Alvarez, McIntyre)

Glacier/Waterton Parks, Aug 13-23. We return to Glacier and Waterton and the famous Going-to-the-Sun road, as well as Lake McDonald. A post-tour 4-day option: "Fernie to Olney Goad" (gravel road) ride is also being offered for a limited number of riders. (Schroeder, MacCormack)

Coast-to-Coast Northern Tier Year 5, Sept 12-27. This iteration of the Adventure Series completes its 5th and final leg from Rochester NY to the Atlantic. (Crocker, Menz)

The Black Hills of South Dakota, September 7-11. A 4-day visit to Custer, SD and Wind Cave NP, the Wildlife Loop of Custer State Park, Mt. Rushmore NM and the Needles Highway. (Siel, Siel)

The Colors of Southeast Ohio, October TBD. A new tour to a new area to close out your season riding through the fall colors in the hills of Southeast Ohio. (Schroeder, TBD)



Vincent Van Gogh

Coming in the Spring of 2020 Relaxed in Provence

This tour is designed for the Intermediate Relaxed Rider - a cyclist who

- Is comfortable with daily rides of 30-35 miles,
- Enjoys a Cafe au Lait mid-morning,
- Prefers spending multiple nights at each hotel,
- Is comfortable with daily elevation gains of 1500 -1700 ft.
- Is always on the lookout for great photo opportunities,
- Sometimes walks when the pitch surpasses 9% and
- Enjoys exploring the French countryside and villages.

The BASICS:

- Begins and ends in Avignon, France
- Dates are May 14 - 24, 2020
- 9 days of riding and 10 nights of lodging in 3 and 4 star hotels
- Hybrid bikes included. E-bikes and road bikes available for an additional cost.
- Overnights in Avignon, Uzes, St. Remy de Provence, and Fontaine de Vaucluse
- Cue sheets and Ride with GPS files for Garmins and/or Smart Phones



Fontaine de Vaucluse



Palais des Papes - Avignon



Glanum - St Remy de Provence

Opportunities to Visit:

- Palais des Papes (UNESCO World Heritage Site)
- Pont du Gard (UNESCO World Heritage Site)
- Les Baux de Provence
- Carrieres de Lumieres
- Site Archeologique de Glanum (Gallic city)



Pont du Gard - Uzès



Polly Page & Rich Crocker
Tour Leaders for Relaxed in Provence

P.S. Ancient town sites were often chosen for their defensive positions, so there will be hills to climb.



View from Les Baux de Provence

Magical History Tour

By Guy Kelley

This was a fabulous bike tour. As we bicycled through England, we traveled through English history as well. We began our tour in Oxford (yes the ancient ford of oxen!) with an evening history walking tour. We saw several colleges including the oldest, Merton. Looking up at an ancient tower in the middle of Oxford, we learned about the English flag – a red cross on a white field. We realized there is a lot of history predating the United Kingdom. We were truly in England and the Union Jack (composite of the English and Scottish flags) was not flying.



First Evening, Oxford with Ian tour guide and Sylvia in line at pub



First Dinner, Oxford Fred and Graham in middle

Leaving Oxford we stopped at Blenheim Palace, the birthplace of Winston Churchill, reminding us of World War II. We also learned of the 300-year history of the Dukes of Marlborough, starting with the first Duke winning a battle against the arch enemy France. Queen Anne rewarded him with the Blenheim estate. (The estate is a leasehold, for which the tenants' sole obligation is the timely annual delivery to the queen of a copy of the battle flag on the anniversary of the battle —so far apparently the duty has been timely met.)

Staying in Moreton in Marsh took us further back in time to the 1600's. Arriving before our rooms were ready, some of us visited the local museum and spoke to the curator. He pointed out the oldest brick building in town, where Oliver Cromwell met with his Parliamentarians during the English Civil War. As we bicycled on through the rolling Cotswolds we often saw locations prominent in the Civil War. Later we stayed in the town of Corfe Castle, the site of a majestic ruined castle high on a steep hill, dating to 700 AD, but badly damaged during the Civil War. The Royalists were besieged in it by the Parliamentarians, and were defeated. We ate at a pub garden in the foreground of the ruins as dusk took them over.

The farther we rode, the farther back in time we seemed to go. Our bicycle time machines took us to the 1500's – Shakespeare's birthplace and home in Stratford upon Avon. Graham's friend, the Royal Shakespeare Company art director, had arranged a catered dinner in the theater building, in a private room with a round table for 20, followed by a magnificent production of Taming of the Shrew with modern twists. First, the gender roles were reversed. The mother was trying to marry off her two sons; women played all of the suitors, and most of the servants. There were some very strong women to say the least. Also, the staging included differently abled people: a paraplegic servant racing around in a wheelchair, and a deaf mute who signed her lines, while another actor translated expertly using American Sign Language. After a while we started to pick up ASL as the servant spoke. It was extraordinarily and professionally done and the comedy was hilarious.



Road into Stratford upon Avon



Dave and Laura on the road to Merton on Marsh



Dave and Laura overlooking the Cotswolds



Graham, Cathy, and Laura along the Cotswolds

We enjoyed many morning coffee stops. A memorable one was at the Broadway Tower, built in 1700's by James Wyatt so that he could see his neighbor Lady Coventry's light signal and know if she was alone and might enjoy his company. It was foggy when we were there so he would have been out of luck. At another (was it Chipping Camden?) we found a little shop off the main street down an alley, run and owned by a young Italian immigrant (offering several gluten-free selections). We chatted there with a retired English couple who reminisced about their work and travels around the world, and assured us we had found the perfect place to ride, as well as the best coffee shop. At another coffee stop, we encountered a wedding party - lending a festive air to the day.



Not happy after falling in the mud up a steep hill



Modern Druid ceremony at Stonehenge

Many of the riders downloaded Ride with GPS. Our British guides, Malcolm and Ian of Active England, managed to herd us to our destination, with appropriate support. We were usually on narrow roads, often with high hedges, curves and hills, so visibility of traffic could be an issue. We all learned to ride on the left. At the crossings of busier roads we were advised to walk our bikes. One day we had a ferry crossing with a ferry driven by a chain laid across the inlet. It cost a pound, and the ferryman was not happy with the first pound that Mary proffered—too old! Luckily Sylvia had a newer one that he accepted.

Again, bicycling back in time, we cycled to and toured Bath (circa 100AD – Roman era). When our Ride with GPS failed to find the right exit from the bike path, we resorted to Google maps, and found the van and museum. In Bath we learned of some recent historical discoveries, including a lead coffin containing a 2000-year-old corpse of a Syrian. Also a mask of Minerva Sulius – the Roman/Celtic combination deity worshiped there. Was this the spiritual leader of our trip?



Hardly! Sylvia, Denise, Rob, Laura



Bath pickup point in front of museum before heading to the Roman Baths



Overlooking the English Channel, first sighting



Getting lost, riding along the English Channel

We were not done going back in time. Next day we traveled to Stonehenge. The surrounding burial mounds pre-date Stonehenge, so the history of the area has evidence of human activity dating to 4500-6500 BC. Because we were there on the day following the summer solstice, white robed modern Druids were holding a ceremony. They paraded into the area of the large stones normally off limits to visitors. Although they are a modern group without ancient ties to the site, their presence still lent an air of magic to our visit. Historians believe that Stonehenge pre-dates the Druids who believed in human sacrifice.



Ferry ride not to miss!



Ian pulls up to help Malcolm -- new tube, new tire, and floor pump -- and off!

There was a definite agricultural theme to our tour. We were in thriving agricultural parts of England. Besides the wild deer and elk – and the domesticated deer in the New Forest, there were tens of thousands of sheep, herds of cattle, dairy cows, steers, alpacas, goats, domestic geese, swans, ducks, hawks, badger, owls (and Rita saw a weasel). Cycling through the back gate at Blenheim Palace allowed us a two-mile ride along a tree lined meadow approach to the palace. Along side were thousands of ewes with young, many with twin or triplet offspring – families were spray painted with matching numbers so we could tell which ewe belonged to which lambs. Many of us enjoyed the lamb at dinner. We saw fields and fields of rapeseed, barley, wheat, oats, broad beans (a seasonal local favorite), hay, poppy, and daisy.

We closed the tour at New Forest, what a treat. Anne and Bob hosted an illicit wine and cheese party on the hotel patio (hotel doesn't allow outside wine and cheese, but graciously allowed us to do it). Bucklers' Hard in New Forest still had the deep impressions of the two dry docks that built many English ships including some of the ones that participated in the Battle of Trafalgar and the ship that carried Cornwallis to the American Colonies during the Revolution. Bucklers' Hard had an engaging museum, many of the original buildings housing some of the hundreds of workers, and a heritage garden including apple trees of apples grown 400 years ago.



New Forest at Bucklers Hard museum where many ships were built including some of Lord Nelson's



Last one, signing off from New Forest and the trip through history, Laura and Guy

We had a large group of 18, about twice as large as Active England typically handles; they did a splendid job. I apologize if I left out many of your stories – so many to be told. Also, Fred brought his folding bike with 20-inch wheels and had to find a bike shop early on to get a 20-inch spare tube. He was going to France afterwards to check out next year's 2020 French tour.

Le Monastere Tour in Southern France, June 29 - July 13, 2019

By Blair Gay, Robert Mendelsohn, and Valerie Small

The base for this trip was the beautifully restored Le Monastere Hotel (formerly a monastery) in Limoux run by Chris Georgas and Fabienne Montserrat with Isabelle providing much appreciated logistical support. Chris was our bike guide and Bob Rowe coordinated in every other way. The area surrounding Limoux is blessed with abundant scenic, quiet cycling routes on a myriad of small little-used roads crisscrossing the beautiful countryside, linking one historic town with another. We agree, it's as close to a cycling paradise as one is likely to find. Chris has a fleet of bikes including e-bikes, and two vans to accompany every ride. All breakfasts, and most dinners were included with abundant French wine. We were delighted to find out that sparkling wine was first discovered in Limoux. It turns out Champagne only found out about it by visiting Limoux. We had a get together each evening at 5 to watch the Women's Soccer World Cup Final, the Tour de France, and to get to know one another. We would be delighted to repeat this tour with its great guide, magical routes, and superb food.



Looking across the Pyrenees from the Hors Category Col de Pailhères climb

Week 1

Upon arrival we were greeted by a daytime high temperature of 100, part of an unusual heat wave throughout Europe that persisted throughout our first few days of cycling. Fortunately, one of the many positives of the Le Monastere cycling experience is that Chris Georgas selects each day's cycling route based on weather conditions. Thus, on each of these hot days we headed west (and on one day, north) of Limoux to higher, cooler elevations. The first full day of riding was an out-and-back loop to Mirepoix, a medieval town with a cathedral and a town square bordered by houses from the 13th to 15th centuries. On subsequent days the rides west took us into the Pyrenees where we encountered and cycled some challenging climbs that have been on past Tour de France (TdF) stages. One of the 2019 stages originated in Limoux and ran 115 miles with 14,000 feet of climbing. We split it in two - about half in Week 1 over rolling terrain and the Cat 2 Col de Montségur, with the rest of the stage saved for Week 2. On our rest day some of us took the train the short distance to Carcassonne with its medieval hilltop citadel, a UNESCO World Heritage Site, while others hiked in the hills immediately adjacent to Limoux.



Our Week 1 group enjoying dinner at Le Monastere: Sabrina Pak, Greg Connors, Bob Rowe, Anne Cox, Dennis Benson, Emily Helmes, Blair Gay, Guy Kelly, and Laura Davis



One of many Cathar ruins throughout Southern France



Blair, Greg and Sabrina enjoying libations at Les Savours de Terroir

Week 2

After our bike fitting, we went out on a check-out ride to Saint Polycarpe (an ancient church). Sunday was our first full bike ride with most of the second half of the Llmoux TdF stage starting near Tarascon-Sur-Ariège and climbing the Cat 1 Port de Lers (Col de Port, alt 1517m) and then the Class 1 Col de Péguère with its brutal final 2.4 miles Wall of Péguère averaging 12.5%, with segments up to 18%. After over 4k of climbing already, and in the heat, most of us happily took a bump - kudos to Valerie Small, Hank Shaw, and Sy Katz on that climb. There's nothing like a challenging ride (or half a climbing stage) to gain full appreciation of the actual difficulty of the Tour de France. Monday was a round trip (55 miles and elevation gain 3900 ft) from Limoux back to Mirepoix through gentle rolling hills of corn and sunflowers. Lunch was at the market in Mirepoix which is held there every Monday. We got to choose from a myriad of fresh vegetables, fruit, cheese, bread, and meats. Tuesday was rainy so we had this as our day off. Several chose to visit the walled medieval town of Carcassonne.



Our Week 2 group out for dinner: Blair Gay, John Grier, Robert Mendelsohn, Marion Grier, Valerie Small, Bob Rowe, Anne Cox, Joanne Speirs, Hank Shaw, Ellie Katz, Sy Katz (missing: Phil Stoffel)

Wednesday was a one way cycle to the Mediterranean Sea (64 miles and elevation gain 4900 ft). We traveled through several hills and valleys as we passed old castles and historic towns to Leucate, a seaside town. The temperature rose steadily as we approached the sea and so we went for a cool refreshing swim after the ride followed by well-earned libations and ice cream.



Valarie besting the Col de Pégùère

Thursday included a ride (62 miles with elevation gain 3600 ft) through ancient Vals (church in a rock) which was first built around 2500 BC. Along the route, we enjoyed villages with lavender and fields of sunflowers and other fields with talkative roosters who had a lot to say when we arrived. That night we had a wonderful dinner of foie gras, local cheeses, fresh vegetables, amazing fries, and roasted wild boar at Les Savours de Terroir near Mount Bugerach.



Bob Rowe and Anne Cox are rewarded for a hot ride to the beach.

Our final day, we took on the HC Category Col de Pailheres (4700 ft elevation gain over 9.5 miles averaging over 8%). We started up a winding forested valley and then got into a series of switchbacks above the tree line. It was a demanding ride and the scenery was breathtaking. That night, we had dinner at Le Monastere and shared our stories of the week.



Hank Shaw and Joanne Spiers in the old Carcassonne walled city.

Robert Mendelsohn on the road to Mirepoix



Colorado HeartCycle 2019 Tours

Bicycling in Paradise: Maui

Maui, Hawaii

Jan. 26 - Feb. 1, 2019 Status: Complete
 6 days, Int./Exp. \$2,280.00
 John Aslanian, 22flatrock@gmail.com
 Bob Rowe, browe49@comcast.net

Tucson Town & Country

Tucson, Arizona

March 2 - 10 Status: Complete
 8 days, Intermediate \$1,470.00
 Rich Crocker, richcrocker@hotmail.com
 Tina Vessels,

Paso Robles Wine Country

Paso Robles, California

April 6 - 13 Status: Complete
 7 days, Int./Adv. \$1,390.00
 Becky Bottino, bbottino@gmail.com
 Ken Condray, condray3@gmail.com

Big Bend - The Forgotten Park

Marfa, Texas

May 4 - 12 Status: Complete
 8 days, Int./Adv. \$1,950.00
 Nate Dick, npdick@gmail.com
 Larry Harris, thepedalers@aol.com

The Island of Mallorca

Palma, Mallorca, Spain

May 4 - 18 Status: Complete
 14 days, Intermediate \$2,750.00
 Rich Crocker, richcrocker@hotmail.com
 Polly Page, mspollypage@gmail.com

The Moab Area Tour

Moab, Utah

May 11 - 16 Status: Complete
 5 days, Int./Adv. \$1,130.00
 Doug Moll, doug@aaplus.com
 Richard Loeffler, richardtloeffler@gmail.com

Bourbon & Bluegrass

Louisville, Kentucky

May 22 - 30 Status: Complete
 8 days, Int./Adv. \$1,520.00
 Jimmy Schroeder, jimmyschweb@gmail.com
 Helayn Storch, helaynstorch@hotmail.com

Central Oregon High Desert

Sisters, Oregon

June 10 - 17 Status: Complete
 7 days, Int./Adv. \$1,695.00
 Ann Werner, acwerner@comcast.net
 Bill Buckley, william.buckley87@gmail.com

England - Magical History Tour

Oxford, England

June 16 - 26 Status: Complete
 10 days, Intermediate \$3,340.00
 Graham Hollis, gramhollis@comcast.net
 Fred Yu, fredericky@comcast.net

Rediscover Colorado - Central Rocky

Mountains and Passes

Gunnison, Colorado

June 22 - 29 Status: Complete
 7 days, Advanced \$1,420.00
 John Penick, jpenick@gmail.com
 Rosemarie Lueke, ree22@msn.com

Colorado HeartCycle 2019 Tours

Italy's Dolomites

Alta Badia, Italy

Part 1 Base Tour

June 23 - 30

7 days, Adv./Exp.

Status: Complete

\$1,650.00

Bormio, Italy

Part 2 Option

June 30 - July 4

4 Days, Expert

Clare Bena, cbvamoots@gmail.com

Status: Complete

\$650.00

Le Monastere: Session 1

Limoux, France

June 29 - July 6

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Complete

\$2,350.00

Le Monastere: Session 2

Limoux, France

July 6 - 13

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Complete

\$2,350.00

Women's Weekend with Love, Sweat and Gears

Colorado Springs, Colorado

September 4 - 8

4 days, Easy +

Maryann Loeffler,

Julie Lyons,

Status: Cancelled

\$700.00

Coast-to-Coast Northern Tier Year 4

Grand Rapids, Michigan

September 7 - 21

14 days, Int./Adv.

Rich Crocker, richcrocker@hotmail.com

Richard Williamson, richard6a@gmail.com

Status: Complete

\$2,450.00

Bicycling in OZ: The Ozarks

Fayetteville, Arkansas

Oct. 29 - Nov. 6

8 days, Int./Adv.

Jimmy Schroeder, jimmyschweb@gmail.com

Tom Biggi, biggi@awdboost.com

Status: Open

\$1,540.00