

Heart-to-Heart



Note from the President

October 2020

October is when – in a normal year – we would have our annual luncheon at the Mount Vernon Canyon Club on the last Saturday of the month. The day usually brings bright fall sunshine. The more ambitious members come at 9:00 and ride a hilly loop up Genesee Mountain to put a finer point on their lunchtime appetites. The rest arrive around 11:30 for a midday drink and catching up with old friends. After the lunch buffet, we transact a bit of business (election of the incoming board members) and then preview the upcoming tours for the next year. I have always enjoyed this event immensely and I will miss seeing many of you there. I will miss the special warmth and buzz of people happy to see each other. I know no one comes just for the food.

This year, due to Covid-19, we cannot have an indoor gathering of 100+ people. However, we still have to transact the usual business of electing a slate of board members (which requires a vote of the members). Thus, at the end of the month, we will send by email a ballot seeking your vote to approve the proposed slate of board members. I know that this vote is typically by acclamation at the annual meeting. But since we cannot have an annual meeting in person this year, this ballot is the method by which we will solicit your vote. **Please vote.**

I also want to provide a brief recap of the year, much as I would at the annual meeting:

In 2020 we were able to complete one tour before Covid-19 shut down the country in March. Those who went on the Death Valley Tour were luckier than they knew. The board cancelled all other tours because Covid-19 either made the logistics impossible (e.g., closed hotels, no international travel) or the level of uncertainty and concern for safety was such that people were reluctant to go, and anticipating “business as usual” was not warranted. Given the unprecedented circumstances, the board decided to waive the usual tour cancellation fees and to provide full refunds of tour fees to members who had signed up for tours that we were forced to cancel. I believe that the affected members welcomed these decisions. Scuttling our tours and refunding tour fees was not free, however. In some cases, there were deposits for facilities that could not be recovered; the club also incurred handling charges for electronic transfers of refunds. In addition, the club has ordinary, continuing expenses of operation (e.g., professional accounting services, Sprinter insurance and maintenance, software services, etc.). The net result is that for 2020 the club has incurred an operating loss of about \$50,000. Fortunately, we remain in a sound financial position and will be fully able to operate in 2021. Covid-19 is only one of a host of uncertainties that will affect how we plan and operate our tours. We on the board are doing our utmost to consider and plan how to carry on with an activity that all of us love in the face of the Covid-19. To help us we would appreciate your responses to a short (three questions) questionnaire which will be disseminated at the same time as the ballot. **Please take a few minutes to respond**, thanks.

Fred Yu, President

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Newsletter Editor

Still Bike Tour Dreamin'

The HeartCycle editor would love to have a story or photo essay of a bike tour that you participated in that might not have been published in Heart-to-Heart before. Maybe it was not a HeartCycle tour, but some of the participants were HeartCycle members. There is nothing like a magical location to get you dreaming about future places to cycle. Remember there will always be scenic places to visit and see from your bike, so while it might not be in 2020; those places will still be there in 2021 or 2022... but only if you are healthy and ready to ride in the future. Keep dreaming and soon we will be on tours together again.

Newsletter Editor

When someone asks you what Heartcycle is you can tell them ...



Do You Know the Story of Paul de Vivie (1853 – 1930), the Inventor of Cyclotourisme?

By Steve Wartenburg

Sometimes fate – and a Michelin map – lead you and your bike exactly where you were meant to be. In this case, it was the outskirts of Pernes-les-Fontaines in Provence, where I saw this statue ...



“Wow, this guy must really like cycling,” I thought, as I stopped and took a couple photos.

It turns out that Paul de Vivie (1853-1930) was totally into cycling and may have been the original cycling fanatic! He’s pretty much the inventor of long-distance bike tours, or, as he so eloquently and eternally named the thing we love to do: Cyclotourisme.

Paul (we’re fellow cyclotourists, so I feel comfortable calling him Paul), was also one of the developers of the derailleur system to change gears and make cycling so much more efficient; he started his own bike-building company (his bikes were called La Gauloise); published *Le Cycliste* magazine in the 1880s (it lasted into the 1970s); and wrote under the nom de plume of Velocio in his magazine.

I know: Paul/Velocio was the coolest guy ever!

Here's what he wrote about riding:

After a long day on my bicycle, I feel refreshed, cleansed, purified. I feel that I have established contact with my environment and that I am at peace. On days like that I am permeated with a profound gratitude for my bicycle."

Exactly!

This kindred spirit from the early days of the pedal revolution perfectly summed up the joys of cyclotourisme – and the intimate connection between man/woman and machine. There's no need to try to improve upon what Paul/Velocio wrote, he nailed it. What he said is why we ride.



Here's something else he wrote:

My aim is to show that long rides of hundreds of miles with only an occasional stop are no strain on the healthy organism. To prove this point is not only a pleasure, it is a duty for me.

And so, he went on really long rides. Often.

According to this story: "His serious cycling started in 1886 on a Eureka with solid rubber tires (pneumatics came in 1889). On this bicycle he rode 90 miles from Saint-Etienne to Vichy before noon. In 1889 he made his first 150-miler, a round trip from Saint -Etienne to Charlieu on a British Star weighing fifty-five pounds ... Sometimes alone, sometimes with a small group of friends, he would ride through the night, through the second day, through the second night, and into the third day without more than occasional rest to eat or change clothes."

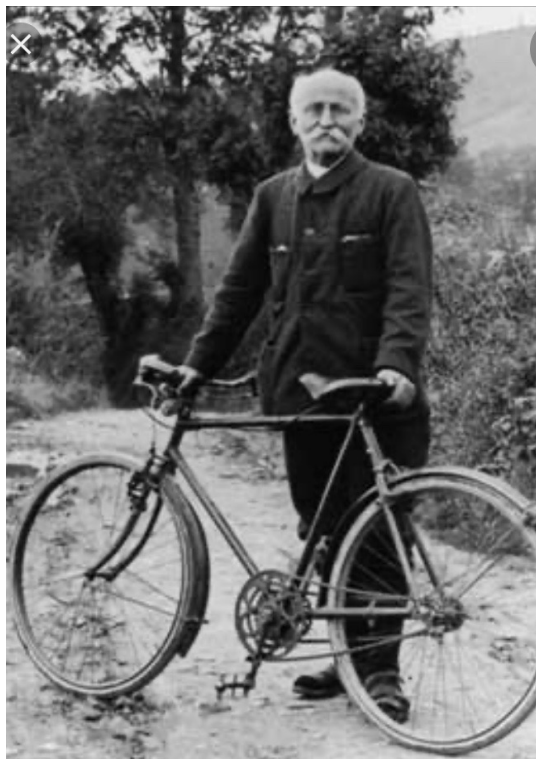
The Velocio was a beast! I wonder I could keep up with him, on my all-carbon bike?

He rode the Alp mountain passes in 1900: 400 miles, 18,000 feet of climbing in 48 hours; he rode from Saint-Etienne to Menton and back, 600 miles, in four days, in 1903; he rode 350 miles to Nice in 32 hours, then immediately departed on a "leisurely" 250-mile, three-day ride with some friends. I wonder who led the pack?

Every cyclist between twenty and sixty in good health can ride 130 miles in a day with 600 feet of climbing, provided he eats properly and provided he has the proper bicycle.

To prove his point, in 1912, at the age of 59, he rode the 400 miles from Saint-Etienne to Aix-en-Provence in 46 hours.

Now remember, riding hundreds of miles was a lot tougher back then. The roads were paved with, well, dirt, rocks and gravel, making Paul/Velocio one of the founders of gravel grinding. The bikes were heavy; the tires were wide, the brakes were, I presume, not so great at braking, which made descending a white-knuckle, adrenaline-fueled adventure. And: no energy bars or sports drinks. It seems Paul/Velocio was also a bit of a health fanatic, and didn't smoke or drink, which made him quite an anomaly for the times. He didn't eat meat, which was even more of an anomaly. What the heck did he carry along with him to eat and drink?



Paul/Velocio also developed what are referred to as the **Seven Commandments for the Wise Cyclist**. And damn, if they don't still hold true today, more than 100 years later. Let's go through them, one by one.

1-Keep your stops short and few.

2-Eat before you're hungry, drink before you're thirsty. *You can't argue with science*

3-Never get too tired to eat or sleep. *I've never been too tired to eat!*

4-Add a layer before you're cold, take one off before you're hot. *No spandex or gortex back then.*

5-Lay off wine, meat and tobacco on tour. *Thank goodness he didn't mention beer!*

6-Ride within yourself, especially in the first hour. *Yes, it's called pacing ... and he did it without a bike computer, Garmin or GPS.*

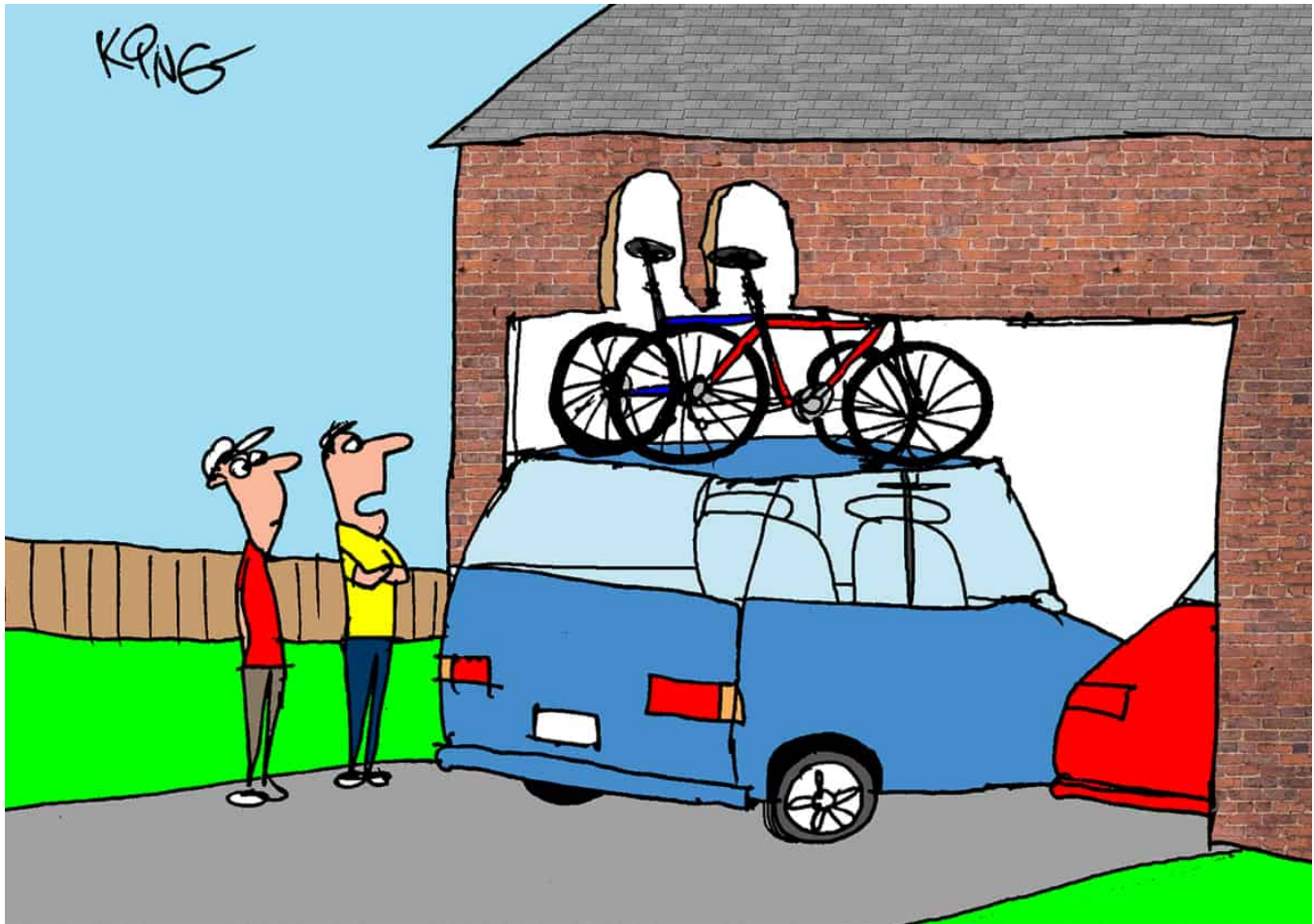
7-Never show off. *Uh-oh, I don't think Peter Sagan knows of this one.*

There's a sad ending to the story: Paul/Velocio was killed on February 27, 1930 when he was hit by a tram while wheeling his bike across a busy street in St-Etienne.

Here's one final quote from our hero ...

I will never forget the day I climbed the Puy Mary. There were two of us on a fine day in May. We started in the sunshine and stripped to the waist. Halfway, clouds enveloped us and the temperature tumbled. Gradually it got colder and wetter, but we did not notice it. In fact, it heightened our pleasure. We did not bother to put on our jackets or our capes, and we arrived at the little hotel at the top with rivulets of rain and sweat running down our sides. I tingled from top to bottom.

OK, if I didn't already feel a connection to Paul/Velocio, there's this: The Puy Mary is at the top of my biking bucket list, one of the highlights of the Sarlat to Avignon route I've mapped out and am determined to ride. And now, when I get to the summit of the Puy Mary, I will tip my cycling helmet to my friend and thank him for inventing cyclotourisme.



“Trust me. It was much cheaper to do it this way.”

Tour Director Musings

October should be a frantic month for the Tour Directors getting all the tours for 2021 finalized with the detailed itineraries, pricing completed and posted onto the website, so you could browse which wonderful bike tours to sign up for in November. But alas, I am having a lovely fall and even biked with a few HeartCycle members visiting Mesa County, CO. Yes, I am still planning and working with Tour Leaders assembling some wonderful tours for next year. I am hoping to have the itineraries ready for you to browse next month. The board has decided to delay tour registration & pricing till January. There is uncertainty about our foreign tours for 2021, but I have great hope for the domestic tours and changes made by the support teams (SAG) to keep you safe in 2021. On the following page you will find a chart with “Potential 2021 Heartcycle tours”.

Judy Siel

| Dates | Location | Leaders | Sags | Difficulty Level |
|------------------|--|---------------------------------------|--|------------------|
| March 27-April 3 | Texas Hill County | Tina Vessels Kurt Arehart | Carol Nies Kathleen Schindler | Int/Adv |
| April 10-17 | Paso Robles | Becky Bottino Ken Condray | Cindy Alvarez Melissa Collins | Int/Adv |
| April 18-27 | San Diego County | Scott MacCormack Jim Schroeder | Cindy Alvarez Kathy Wysoki | Adv/Expert |
| May 29-June 6 | Traverse Bay & Sleeping Bear Dunes | Bob Rowe Lynn Driver | Myoma Pendergast Kathleen Schindler | Int/Adv |
| May 26-June 13 | Lands End, England | Graham Hollis | provided | Expert |
| June 12-21 | Trek to the Tetons | Jim Schroeder Scott MacCormack | MaryAnne Loeffler Richard Loeffler | Advanced |
| June 18-26 | Le Monastere, France | Bob Rowe | provided | Int/Adv |
| June 20-29 | Tour de Sawtooths | Fred Yu Joan Spilka | Cindy Alvarez Melissa Collins | Int/Adv |
| July 14-18 | Roaring Fork Groad | Ron Finch Steve Heil | Bev Louie Robin Heil | Int/Adv |
| July 24-30 | North Puget Sound Favorites | Richard Williamson Dave Olausen | Myoma Pendergast Kathleen Schindler | Int/Adv |
| August 21-29 | Oregon Wine & Surf | Cindy Alvarez Judy Siel | Melissa Collins Kathy Wysoki | Int/Adv |
| September 6-10 | Black Hills of South Dakota | Barry Siel Judy Siel | MaryAnn Loeffler Richard Loeffler | Int/Adv |
| September 11-25 | Coast to Coast Northern Tier #5 | Richard Corcker Patty Menz | Carol Nies Kathleen Schindler | Int/Adv |
| September ??? | Southern Albania | Tina Vessels | provided | Int/Adv |
| October 6-15 | Ohio Appalachian County | Jim Schroeder Scott MacCormack | Myoma Pendergast Kathleen Schindler | Int/Adv |