

Heart-to-Heart



Annual Meeting and Luncheon

Saturday – October 23, 2021

Mt. Vernon Canyon Club

24933 Club House Circle

Golden, Colorado

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

\$35.00 per person

Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 23th, at Mt. Vernon Canyon Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours. All attendees will be required to be fully vaccinated for COVID-19.

We will be honoring Carol Nies who will be retiring after many years of outstanding SAG support, including all 13 legs of the Adventure Series. President Fred Yu will be presenting the 2022 Jerry Bakke Service Award for outstanding contributions to the club.

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 your jpeg files to Barry Siel at bsiel03@gmail.com to be included in the slideshow.

HeartCycle's Tour Director, Judy Siel, will announce the 2022 tours. Many of next year's tour leaders describe their tours and answer your questions. 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, "2021 Annual Luncheon". Please register and pay online. **Registration closes once we reach 125 attendees or Saturday, October 16th, 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 Mark Lestikow at pollyb.lestikow@closetfactory.com

Roger Sass will lead a 22-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.

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

Barry Siel (303) 434-1947
 Newsletter Editor

Southern Albania: Back on the Schedule for 2022

The Southern Albania tour, cancelled in 2020 and 2021 because of you-know-what is back! Albania, located between Croatia and Greece, will provide riders with spectacular scenery, interesting culture and many historical sites. The tour will be 8 days of riding and two days of sightseeing – the first day in Tirana (the capital) and a rest day in Gjirokaster, perhaps the most beautiful city in Albania. It is rated intermediate/advanced – there’s quite a bit of mountainous terrain, but e-bikes are available for an extra charge. Watch for the detailed tour description and a at the annual luncheon and via email later that day. Registration to follow!

OREGON WINE & SURF LOOP 2021

August 22-28 2021

By Robert Mendelsohn

A brave and intrepid collection of new and veteran HeartCycle riders gathered in Eugene, Oregon to try this inaugural 360 mile 15,500 foot ride through Western Oregon. The bulk of our group came from Colorado with several from California and Seattle and one couple from Connecticut. There was a range of speed and endurance in the group but with a little help from the SAGs, we managed to roughly start together and end together each day.

The weather forecast for the trip promised little rain but unusually hot weather for the Pacific Northwest. Luckily, the forecast proved wrong and the heat wave broke the day before the trip began. The weather was perfect for the entire trip except for a brief morning of fog and drizzle along the coast.

Starting and ending in a beautiful inn set along the Willamette River in Eugene, the overall trip involved a loop north through the Willamette Valley, across the Coastal Range to the Oregon Coast, down the breathtaking Oregon coastline, and across the coastal range again back to Eugene. The bike routes were well-designed by our tour leaders, Cindy Alvarez and Judy Siel, to stay away from busy roads where possible and to cover a wide range of different terrain from agricultural fields, to vineyards, to forests, and coastline.



The first day was a warmup through the foothills around Eugene to visit the nearby vineyards famed for their Pinot Noir. The trip started from a bike path adjoining the inn and taking us through Eugene. The plan was to go clockwise around a figure eight through the terrain with lunch at the top of the figure eight. Unfortunately, our GPS systems did not cooperate sending half of the group on the intended trip and the other half going counter-clockwise at the juncture of the figure eight. Despite this technical difficulty, we all managed to meet for lunch at the top of the figure eight at the lovely Silvan Ridge winery. Road construction blocked our planned trip to the King Estate vineyard but our tour leaders quickly adapted and arranged a post-ride car visit to this grand estate. Getting driven to the King Estate was probably for the best for many of us after a long and delightful tasting of what the winery had to offer. That evening we convened for a delicious group dinner at the hotel where we were staying.





The second day we launched our trip north through the Willamette Valley from Eugene to Corvallis. We got to see several small farming towns and acres of hazel nut plantations, christmas tree farms, in addition to the occasional cow or sheep. Although the route was comparatively flat, a substantial headwind throughout the morning led to some vigorous exercise. Two rest stops and the lunch site were carefully planned at lovely settings. We started to get used to the extravagant food supply from our SAG support, Melissa Collins and Becky Bottino. They went well beyond just supplying the calories we all needed to bike the routes. We started looking forward to the SAG stops as much as we enjoyed the biking. The SAG food and SAG personnel were a highlight of the trip.

The third day involved a 78 mile journey to the Pacific Ocean. The idea of riding to the ocean was an exciting goal. After a challenging climb out of the Willamette Valley, we turned off the major state highway and traveled a very quiet road through the quiet forests of the coastal range. Here we got to see remnants of an old growth forest along the road but most of the landscape was managed forests. These forests revealed the telltale signs of large clearcuts but also evidence of newly replanted forests and forests that had been replanted decades before. The brief dirt section at the top of this road was the only unpaved section of the entire trip and explains why the traffic was gratefully so light. Here, and in many places along the trip, the SAG team provided much needed support to help all the riders get through each day. After a long day in the saddle, we all were rewarded by arriving at the Pacific Ocean. We stopped in Lincoln City which had a magnificent sandy beach where one could walk for miles.



The next two days involved a slow breathtaking journey along Route 101 which hugs the Oregon coastline. There were countless incredible viewpoints along this route where one could pullover and enjoy this rugged coast including the Otter Crest Loop, Devil's Punchbowl, Boiler Bay, Depoe Bay,, Yaquina Head Lighthouse, and Cape Perpetua where we saw Devil's Churn, Thor's Well and Spouting Horn. Sag stops and lunches were carefully planned at State Scenic Viewpoints and State Parks. The scenery is breathtaking as the pictures clearly reveal.

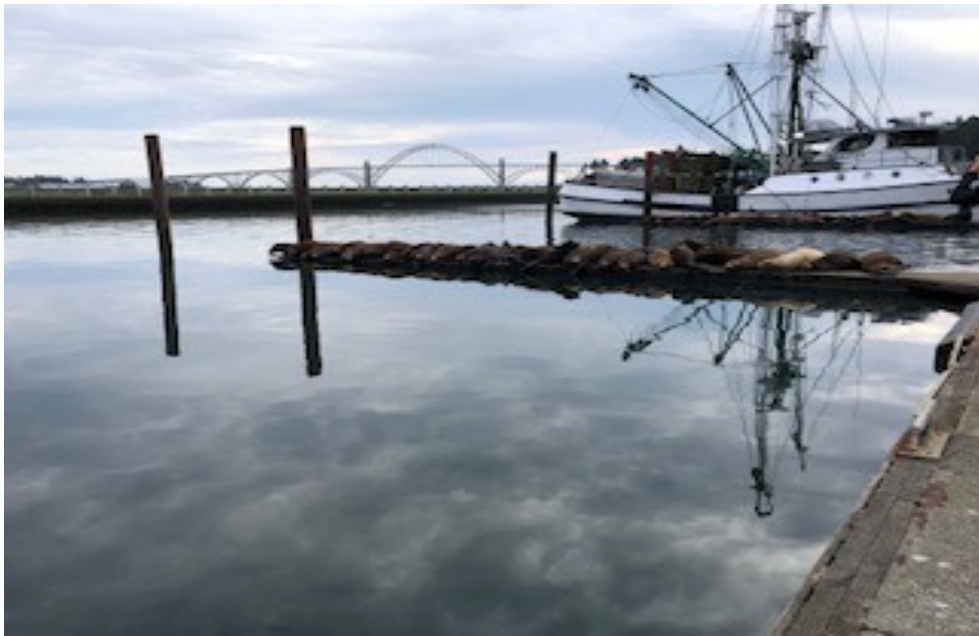




In addition to the coastal landscape, there was plenty of wildlife. There were right whales swimming virtually next to Route 101. There were sea lions basking in the sun. Eagles, osprey, and cranes posed for shots.



After crossing the long bridge in the background, the group spent the night at Newport where yet more sea lions took up residence along the fishing docks.



The final stop along the coast was in Florence. It is in Florence that the trip took a rest day. The tour leaders organized a kayak trip which was one of the highlights of the tour. The kayak trip goes along a small dammed river that has a very light flow making movement easy and the journey quite peaceful. Many trees have fallen into the river offering delightful challenges for each kayak to maneuver through. The river finally leads to the ocean with another magnificent beach.





Our last day was an 81 mile 3034 foot journey from Florence back to Eugene. The trip starts inland along the Siuslaw River which was full of recreational fishermen. We then veered into the Coastal Range for a long ride through mountainous forests and valleys with small farms. Two small climbs lifted us up and over the mountains and then there was a long drop back to Eugene and the Willamette Valley.



The legs of this this tour along the Oregon coast had a few alternatives to biking on Highway 101. At times on 101 the shoulders were narrow, especially at the many bridges and in towns. The issues were mitigated when people rode as a group. But this part of the trip is both the allure and the challenge of the journey.

We all committed to being vaccinated and to being careful. As a consequence, there was not a single COVID case for the entire trip. COVID did not reach the tour group at all but COVID did affect the region we were traveling through with he hotels and restaurants sometimes being short staffed.



INTERMEDIATE TOURS

My local bike club has a group called the “OWLS”. It’s an acronym for “Older, Wiser, Little Slower”. I think it’s fair to say that HeartCycle is inching up in age and without “e-assist” a lot of us are now unable to ride Triple Bypass, Death Ride, or other trophy rides. Well, I keep on telling aging riders that it’s not about the numbers anymore; it’s about the ride! Think ZEN!

I lead two rides a year for HeartCycle, and from now on one of those will be truly an intermediate ride. Most of the routes will be under 60 miles and flat to rolling, always remembering that we have all day to relax at our stops, see the sights, and enjoy the outdoors (butt breaks, too, as Willow calls them!). This is pretty much what she and I do when we are on the tandem.



Willow and Jimmy on the Katy Trail, July 2021

In 2022, I will be leading a ride, “South Florida”, on February 2 to February 10. We will start and finish in Miami Beach at the Oceanfront Holiday Inn. There will be many sights to see on your own besides our morning stop and lunch stop. There will be some city riding and bike path riding. We’ll have an optional day off shuttling to the Everglades National Park for a visit, or riders can ride 38 miles on their bike, starting at the NE part of the park and meeting the tourists at the SE Flamingo Beach Visitor Center. Key Largo is next with Bogie’s African Queen docked near our hotel. Beaches, galore, and plenty of Tiki Bars down the Atlantic Coast. Our destination is Key West, with the last day being totally on your own with the many tours down there. At 7pm we’ll then take a charter bus back to Miami Beach for our last overnight on the Oceanfront. Ron “Flamingo” Finch will be the co-lead and will inform you of the top ten attractions of each day. Mayoma Pendergast and Kathleen Schindler will be our SAGS.

2023 will be a fall trip along the upper Mississippi River, starting and finishing in Minneapolis, Minnesota with a day off in La Crosse, Wisconsin.

2024 will be a week and a half summer tour in Ontario, with two days off – Niagara Falls and Stratford for some theater.

Other future intermediate rides might be Washington DC, New Brunswick/Prince Edward Island, Ohio to Erie Trail, Boston/Cape Cod/Martha’s Vineyard, and KATY Trail.

Coast-to-Coast 2021 The Final Leg

by Fred Yu

Delayed a year by COVID restrictions, the final two-week leg of the Coast to Coast (CTC) ride across the northern tier of the United States got underway on September 11. The aim of CTC was to ride from the Pacific coast to the Atlantic coast. While the original goal was to do it in four years, the extension of another year allowed the ride leaders to plan fewer long days in the saddle. For the riders, they could look forward to a bit more sightseeing and a couple of rest and recovery days.

CTC kicked off in Astoria, Oregon in September 2016 with the first segment of the ride stopping in Missoula, MT. Segment 2, in 2017, resumed in Missoula and took the group to Rapid, City, SD. Segment 3 went from Rapid City across the interminable high plains of South Dakota to Milwaukee, WI. Segment 4, in 2019, resumed in Grand Rapids, MI, on the eastern side of Lake Michigan (skipping the ferry ride from Wisconsin) and finished in Rochester, NY. This year's segment picked up in Rochester and, after crossing three major eastern mountain ranges, over 700 miles and over 30,000 vertical feet of climbing, finished with a lobster dinner on the wharf in Portland, ME.

CTC was the final installment of the HeartCycle Adventure Series, inspired by Steve Parker 14 years ago. The Adventure Series has been four ambitious, long distance bicycle tour endeavors, including the Southern Tier (San Diego to St. Augustine, FL) over three years; Border-to-Border (US/Canadian border to US/Mexican Border via the Pacific Coast) over three years; Great Rivers (St. Francisville, LA to Moline, IL) over two years. Counting the five segments of CTC, it was a thirteen year project to complete the four rides of the Adventure Series. Seven stalwarts rode every leg of the Adventure Series: Steve Parker, Matt Levin, Katrina Conland, Pat Van Deman, Deb Held, Ron Barton, and Chris Matthews. Equally as remarkable, Kathleen Schindler and Carol Nies were the SAGs for each segment of the Adventure Series. Congratulations on this accomplishment.





This year's planned eleven days of riding began with a flat segment which left Rochester, NY, following the towpath of the Erie Canal. Today the former towpath is a bike/pedestrian recreational path which passes through small towns and pleasure craft ply the waters of the canal, for the most part. The locks still operate, and mementos of the history of the canal were everywhere.



The first day of 88 miles in the saddle was long, and it reminded everyone that the final year's tour was not going to be a string of casual coffee rides. The overall route was excellent, with the ride leaders, Rich Crocker and Patty Menz, taking the riders through rural countryside, small quiet roads and some bike paths, where possible, along lakes and rivers, and through small towns. Overnight stops included Clay, NY, Boonville, NY; Long Lake, NY; Lake Placid, NY; South Burlington, VT; Stowe, VT; St. Johnsbury, VT; Gorham, NH, Lincoln, NH; North Conway, NH and, finally, Portland, ME. We rode through many corners of small town America that are far from the interstate highways and easily overlooked. The route had many charming wooden covered bridges.



The crossing of three major ranges of mountains, the Adirondacks in NY, the Green Mountains in Vermont, and the White Mountains (so named because of its white bark birch forests, in contrast to the predominant evergreens of the Green Mountains) of New Hampshire were a cycling challenge. The Adirondacks and their eastern sisters may be very old, worn down to round tops by erosion (roadside geology exhibits told us that the Appalachians were once 15,000' in elevation), but they still offer steep ramps and road builders in the east seem to have overlooked the use of switchbacks in favor of more direct ascent lines. Grades of 8-11% were not uncommon, although they did not last too long. Watching the speed on the cycle computer drop to 4 mph and even below on a steep hill could be a bit dispiriting, but, pride intact, I did not walk my bike.



The early and middle days of the tour through the Adirondacks had moderate climbs (except that mile of 9% after Blue Mountain Lake). Fall colors were beginning to show, although we were perhaps a week early for the big fall show.

We left New York on the ferry, crossing the lower end of Lake Champlain, and disembarked in Vermont. We tackled the big climb in Vermont, Smuggler's Notch, the next day, en route to Stowe. Smuggler's Notch pitched up to 10% on the seven mile ascent, with 15% grades at the top of the descent.



From Stowe, we cycled through rural rolling countryside to St. Johnsbury, VT and then over the state line into New Hampshire where we had an overnight in Gorham before tackling the queen stage of CTC: a three notch day: Pinkham Notch, Crawford Notch, and Franconia Notch, a total of >5,100' of climbing over 76 miles.

We were ready for a rest day in Lincoln, NH. A group of 11 took the cog railway to the summit of Mt. Washington, the highest peak on the eastern seaboard and site of some of the country's worst weather. Although we learned that the Atlantic Ocean is visible from the summit on a clear day, on our visit the cog railroad ascended into a cloud of fog, rain and 35 mph winds. The summit house had a good museum devoted to the severe weather experienced at the summit weather station and the local history.



The final significant climb of the tour was Kancamagus Pass, 2866', 13 miles in length, en route from Lincoln to North Conway. Rain on the descent dampened the usual joy of descending by bike, but it was not cold, no one became hypothermic and the sun emerged weakly at the finish.

CTC concluded with a lobster dinner at Luke's Lobster at the end of a pier in Portland, ME. Chris Matthews's family distributed commemorative cookies celebrating the event.



Our SAGs, Carol and Kathleen, kept us going with thoughtful variety at the SAG and lunch stops. Fresh salads, some delicious Texas venison sausage, local pies and pastries were anticipated treats during the day. Henry Klaiman, the tour's biermeister, kept the cooler stocked with different local beers to enjoy each happy hour. Dianne Bechtold, Jeff Grider's spouse, was an informal third SAG who was invaluable helping Carol and Kathleen, and ringing her cowbell at the top of Smuggler's Notch and other summits to encourage the riders. Except for a tumble or two off the bike, and one dog bite (none of which were seriously disabling), all riders made it to Portland without incident. Most of this year's tour group had started CTC five years earlier in Astoria, OR. A few of the original starters couldn't be with us at the finish, but we had a couple of new additions, Scott Christopher, and Julie Zahniser, who rode strongly and were excellent company throughout the tour.

The Adventure Series lived up to its name. Each day presented a new adventure and challenge: new terrain, new sights, new experiences and the creation of new memories. Just what you want from a great tour.



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, frederickyu@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

Southern Albania

Tirana, Albania

Sept. 28 - Oct. 9 Status: Cancelled
11 days, Int./Adv. \$1,700.00
Tina Vessels, tina.vessels@gmail.com

Ohio Appalachian Country

Columbus, Ohio

October 6 - 14 Status: In Progress
8 days, Int./Adv. \$1,590.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@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