

Heart-to-Heart



Annual Meeting and Luncheon

Saturday – October 22, 2022

Mt. Vernon Canyon Club

24933 Club House Circle

Golden, Colorado

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

\$35.00 per person

It's time to sign up for the Annual Meeting and luncheon will be on Saturday, October 22nd, 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.

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 2023 tours. Many of next year's tour leaders will 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. Click on the "2022 Annual Luncheon" icon in the green toolbar on the homepage, then click on the "register" icon. Please register and pay online.

Registration closes once we reach 125 attendees or Saturday, October 15th, whichever is earlier. All payments must be made online, no payments accepted at the door.

For further information regarding the luncheon email Mark Lestikow at mark.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>

You can also print a more detailed map and cue sheet.

We look forward to seeing you at the Luncheon!!!

The Board of Directors

Jim Bethell (518) 466-8490 (2022)

President - president@heartcycle.org

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Asst. 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

Tour Director Musings

All of our 2022 tours will be completed by early October, it was great seeing so many of our members back on the road enjoying HeartCycle tours and cyclists next to them.

I fell in love with cycle tours over 25 years ago on a crisp fall foliage tour in Vermont. There is no better way to see the sights at 10 mph from my saddle. The bikes may have changed under me over the years, but not the pure joy of seeing a new place, sharing laughter with the guy next to me at a SAG stop or happy hour or having a fabulous time going down the road to a new city in a foreign county or being in awe of the nature around me at every twist and turn on the road. What is your favorite place to bicycle? Maybe it is just up the hill from where you live, the wine country in CA or CO, a shady road thru the forest or a hard fought steep climb or amazing coastal scenery? So many choices and so many more places to see. Hope you will once again join HeartCycle on our tours next year.

I am looking forward to letting you know about our 2023 tours at the October Annual Meeting and luncheon.

Hope to see you on tour soon, Judy Siel, Tour Director

The 2023 Tours are Coming !!!

Make sure your membership is currently active for 2022 to be able to register for one (or more) of our 2023 tours. Sign into HeartCycle.org and renew your 2022 membership ASAP, if you did not participate on any club tours this past year or have not paid your 2022 \$20 membership fee yet.

All of the 2023 tours will be announced by tour leaders or the tour director at the annual meeting on October 22. The tours will also be published on our website later that afternoon for you to ponder all the dates, details and locations one week before registration for tours begins. The schedule for registration: 5 tours will be opened October 29th-November 2nd, 5 more tours will be opened on November 5th-9th and the last bunch will be available November 12th-16th. Remember it is not first come, first confirmed. All 2022 members will have 5 days to register after each tour opens, then if the tour is at max riders or less - everyone will be confirmed. If the tour does not fill it will remain open/available for registration. If more than the maximum number of riders register, a random lottery will be run by our Registrar Rita before anyone is confirmed. You can read the HeartCycle Tour Confirmation Policy at heartcycle.org and make sure your membership is up to date. Almost every member who remained on the waitlist for tours in 2022 were later confirmed onto that tour. You have a choice whether to get on the wait list if a tour has filled.

Hope you join us in 2023 for some great scenery, reconnect with old friends or make new friends and have lots of fun from the saddle of your bike. Our wonderful volunteer tour leaders have organized tours from coast to coast and three international tours that will be on the HeartCycle schedule for next year.

Yippee the 2023 tours are almost here!!

Oregon Wine and Surf

By Barry Hannigan



The HeartCycle Oregon Wine and Surf tour began in fine style with a 39-mile ramble through the rolling hills south of Eugene.

The route featured very light traffic and a few miles on some of Eugene's excellent bike paths.

Eugene is home to an incredible facility for track and field, a \$200 million colossus named Hayward Field. It was funded primarily by Phil Knight of Nike, along with other donors. It has made Eugene the center of track and field in the United States.

Two unusual guards appeared in the middle of the road at the lunch stop, and instead of asking for IDs they seemed to want apples. I do not believe, however, that anyone succeeded in petting either horse. The winery where lunch was served, Sylvan Ridge, offered a sample of a wine if you asked, and their pinot noir was quite tasty.

The day finished with hors d'oeuvres and a wine tasting at Sweet Cheeks winery. What an excellent way to begin a tour!



The Oregon Tour wended north to Corvallis on the second day—55 miles but only 982 feet of climbing. Easy, huh? Well.....see below.

The highlights of the day were the buildings in Brownsville, which is one of the oldest towns in Oregon. The Moyer House, a large Victorian with excellent gingerbread, was particularly spectacular! The second highlight was a tour of Thompson's Mills State Historical Site, where cyclists were offered an amazing view of the inner workings of an old-fashioned grist mill, including a set of water turbines—one of which still works. The guides were very helpful and even turned on a portion of the mill and ran a flood of water down a raceway to start up one of the turbines and the impressive machinery connected to it. It's an extraordinary site well worth your time, should you be in the neighborhood.

The lowlight of the day was the last ten miles, where riders faced a headwind.....not of biblical proportions, but very substantial nonetheless. At least one cyclist, stopping by the roadside for a rest, cried "Trees! Trees! We need trees!"



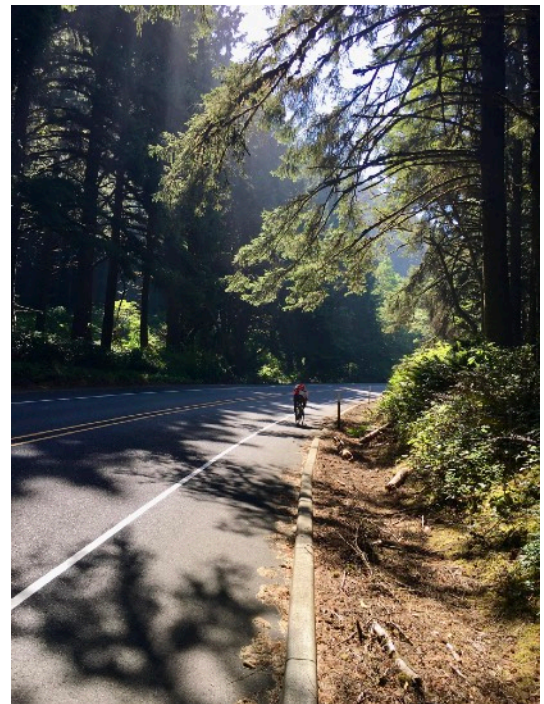
Day three of the Oregon Tour meant climbing over the coastal range and dropping down to the ocean. The day started with a lovely bike path, but then morphed into a few miles along Rte. 20. The road was busy but had a good shoulder. The first sag stop was at the turn off Rte. 20, and the rest of the ride was (with one exception) a gorgeous run through several Oregon valleys. After the turn off Rte. 20, we rode 10 miles before a car passed us going our direction, and later another 7 miles with zero traffic our direction. Beautiful woods and creeks and cabins dominated the scenery.

The hardest part of the day was a 1.8 mile section of gravel road, which ran over the peak of the road from the east slopes to the west slopes. It was steep (10%) and quite rough, with fairly large pieces of gravel. The climb was hard and rough, and the descent was as difficult as the ascent. Sag was offered, but most riders struggled over it anyway.....as any good HeartCyclist knows, you don't have any fun if you don't have some adversity!

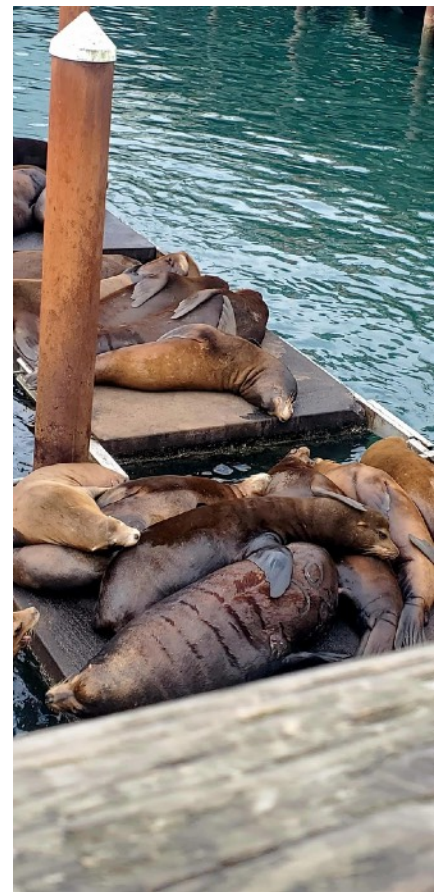
The highlight of the day was the lovely cruise along the Siletz river. It was simply gorgeous, topped by a view of a mansion built for a classic movie, Sometimes a Great Notion. There were many boats in the river and the RV parks were stuffed full, because the salmon/steelhead run this year is quite strong.

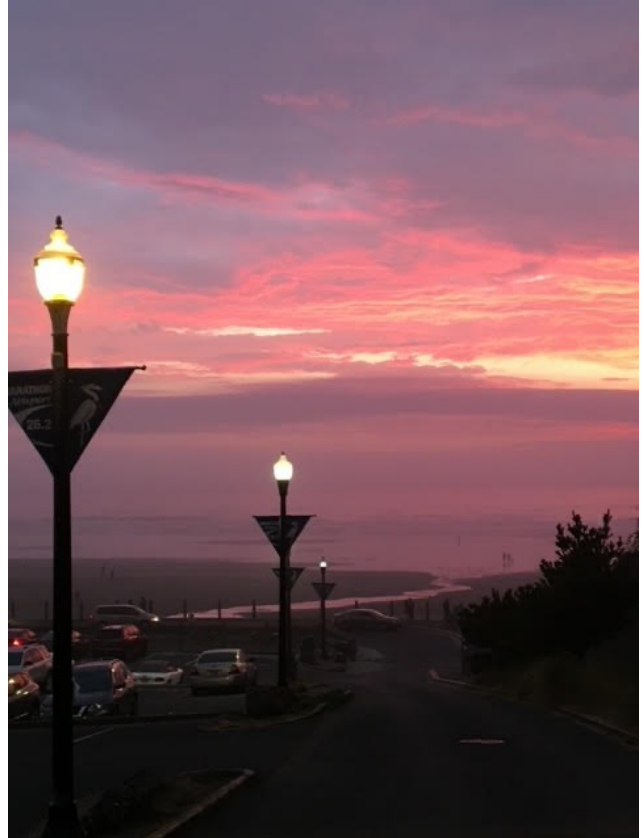
All riders hit something new about halfway down from the peak of the climb.....84% humidity instead of 15%. If you live in a place like Colorado, that change is quite noticeable.

A few miles along the coast to the motel and the 73 miles were done. A hard but excellent day. The group dinner was seaside at Mo's Seafood and Chowder, for some of Mo's famous clam chowder.



Day four was special! A ride of only 28 miles to Newport had so many wonders that it filled the entire day. Overlooks of the sea stacks, whale watching, lighthouses and state parks, grunting sea lions—seen up close and personal—tremendous beaches, fishing docks and filet artists, fresh Dungeness crab salad, fireside happy hour.....and terrific camaraderie. The day was rich from start to finish!



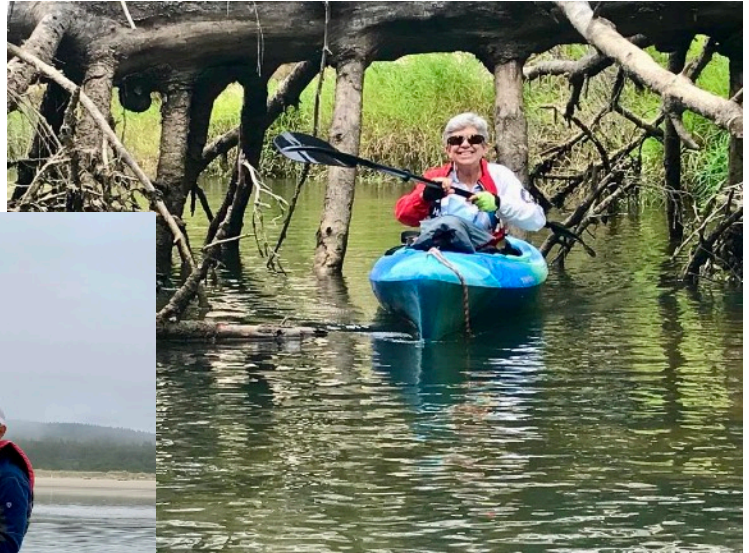


The Oregon Tour continued 59 miles down the coast to Florence on day five, a beautiful sunny day that was supposed to be cloudy and cool. The coast was spectacular, with wonders such as the Blowhole and the Heceta Lighthouse. Most of the group climbed a 6-12% grade up 800 ft. to the Cape Perpetua overlook. Other attractions included the Spouting Horn, Thor's Well, and Sea Lion Caves.

This was the hardest part of the tour for traffic, because Hwy. 101 has heavy traffic



Rest Day! While two intrepid riders took their bikes out again, the majority of the HeartCyclists either went kayaking or toured the sand dunes near Florence. Both groups gave excellent reviews of their activities, and many fine photos graced the group's social pages after everyone returned.





The final day was long, 81 miles, but not difficult. A very foggy and wet morning gave way to a beautiful sunny day. The route was gorgeous, with extremely light traffic and very good pavement. The route followed the Siuslaw river valley east from Florence, and then coursed along several smaller valleys with constant views of riverside homes, farms, and some old-growth forest managed by the B.L.M. The 81 miles topped out at Low Pass, which scored a huge height of 1022 ft.

The tour was excellent! A well-matched group with “no complainers” and many strong riders. It is a fact that no dog in the vicinity of the riders went un-petted!

Many kudos to the co-leaders Cindy Alvarez and Helayn Storch and a thousand thanks to the excellent sags Melissa Collins and Danna Korak!



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

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

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

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

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

Jewels of Portugal

Lisbon, Portugal

May 8 - 20 Status: Complete
 13 days, Int./Adv. \$5,200.00
 Janet Slate, jslate@ultrasys.net

LELOG

Cornwall, England

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

Le Monastere

Limoux, France

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

Champagne Bike & Barge

Epernay, France

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

Steamboat Springs Scrambler

Steamboat Springs, Colorado

June 26 - July 1 Status: Complete
 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: Complete
 6 days, Intermediate \$1,620.00
 Jim Bethell bethell.jim@verizon.net
 Gail Golderman goldermg@union.edu

Front Range Bike & Brews

Denver, Colorado

Sept. 30 - Oct. 8 Status: Complete
 8 days, Int./Adv. \$1,850.00
 Scott MacCormack,
samaccormack@gmail.com
 Jim Schroeder, jimmyschweb@gmail.com

Oregon Wine & Surf

Eugene, Oregon

September 7 - 14 Status: Complete
 7 days, Int./Adv. \$1,880.00
 Cindy Alvarez, sindelou@cox.net
 Helayn Storch, helaynstorch@hotmail.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

Southern Albania

Tirana, Albania

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

