

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.

The Board of Directors

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

Mark Lestikow (303) 919-0426 (2022)
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 Co-Tour Director - tourdirector@heartcycle.org

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 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

The Board of Director “Vaccine Mandate” was issued last spring and we were well ahead of the mandate movement. Next year we will continue to require fully vaccinated riders, leaders and SAGs for all of our bike tours and meetings. HeartCycle will continue to follow CDC guidelines when we run tours in our efforts to provide a safe environment for your bike tour. As the COVID challenge may shape-shift again over the next year and any additional virus related protocols may be implemented as necessary to operate our tours safely.

This next month the two tour directors will be finalizing our 2022 bike tours offerings. As always, we would love to have you volunteer to lead a tour for 2022, just contact me with your ideas.

Judy Siel Tour Director

PS: There are 3 openings on our October ‘ 21 Ohio Appalachian Tour-
 you can sign up today!

North Puget Sound Favorites Tour

July 26-31, 2021

By Kevin Schmidt

With impeccable riding weather and long summer days just south of the Canadian border, new and old friends gathered in Anacortes, Washington, to experience the North Puget Sound favorites tour, an apt title. Following a long hiatus in HeartCycle tours for most participants, we welcomed the opportunity to share stories and create new ones. For some of us, it was a bit of a reunion, as our last tour was the 2020 Las Vegas & Death Valley Spring Training event that evolved into a peculiar pandemic shutdown tour, such that the bright lights off the Las Vegas strip, visitor centers, hotels, and restaurants closed their doors, as we spun off into the cactus-spike desert. Our recent gathering in the Pacific Northwest with one of the same tour leaders, Richard Williamson from Anacortes, and the same two stupendous SAGS, Mayoma Pendergast and Kathleen Schindler, felt like a reawakening. Dave Olausen, another Anacortes local, rounded out leadership of our Puget Sound tour, who also rode the 2020 Las Vegas and Death Valley COVID shutdown tour.



Our route included fixed bases from two locations with six days of riding totaling 362 miles and 20,825 feet of elevation gain (individual GPS results will vary). For some, the routes were familiar favorites, whereas for others the perpetually rolling, glacially scoured terrain was a new experience. The Majestic Inn in central Anacortes on Fidalgo Island was conveniently located near restaurants, pubs, markets, and the ferry terminal. Deer roaming nearby roads with seagulls patrolling the skies were appreciated from windows with petite balconies. Daily, fresh-ground coffee for the press pots in our rooms was a big hit. From Anacortes, Day-One included a pedestrian bridge over shallow Fidalgo Bay. Riders were far away from cars, but up close and personal to broken clamshells dropped by feasting seagulls. Although our tour leaders did warn us about these potential shell hazards, yours truly managed the first flat of the tour from a tiny shell shard. After a rapid, group-assisted repair, we were rolling again through the Skagit Valley north to Chuckanut Drive, sometimes referred to as Washington's Big Sur, with photogenic views of Samish Bay and beyond to the San Juan Islands.



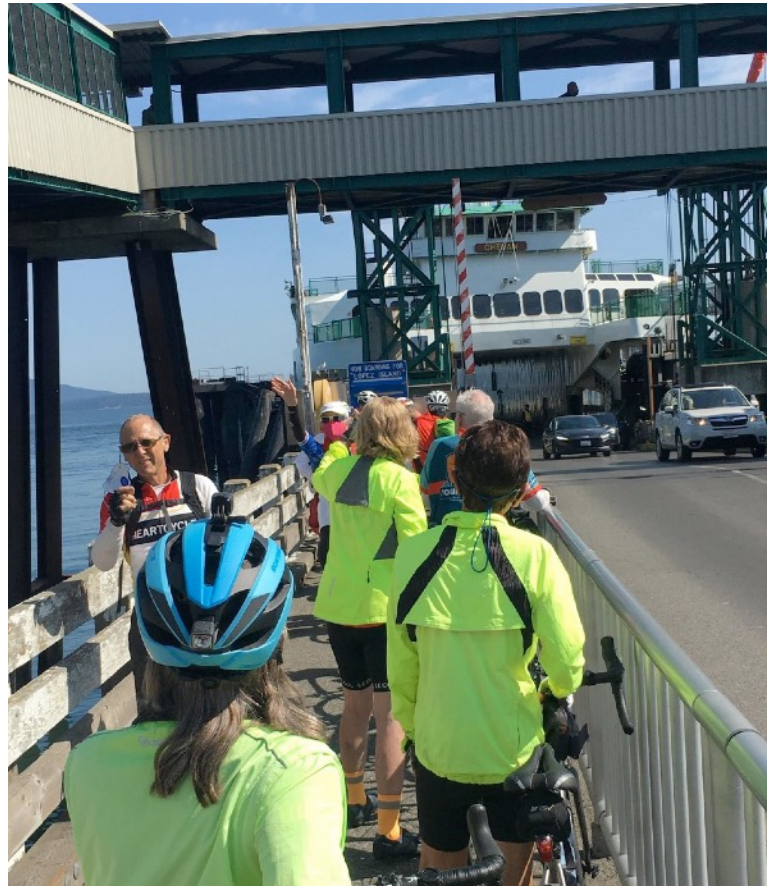
Reluctantly parting ways with the curvy sandstone cliffs of Chuckanut Drive, we skirted the shores of Lake Samish. Although road surfaces were generally good, extensive stretches were topped with chipseal, where layers of asphalt are combined with fine aggregate resulting in a surface that tends to vibrate the handlebars a bit. Potholes were kept to a minimum, but those present proved scathing. In the morning following a heartfelt safety briefing included in our orientation meeting, many of us were angrily confronted with a poorly repaired pothole. One tour leader was sent flying along the chipseal resulting in a yard sale of possessions to gather. Did you ever locate that missing credit card, Richard? Adding insult to unfortunate injury, at our tasty lunch we learned that the planned route ahead was temporarily closed due to road construction. No worries, with the help of the remaining tour leader and the SAGS, the riders improvised and rerouted back to Anacortes.

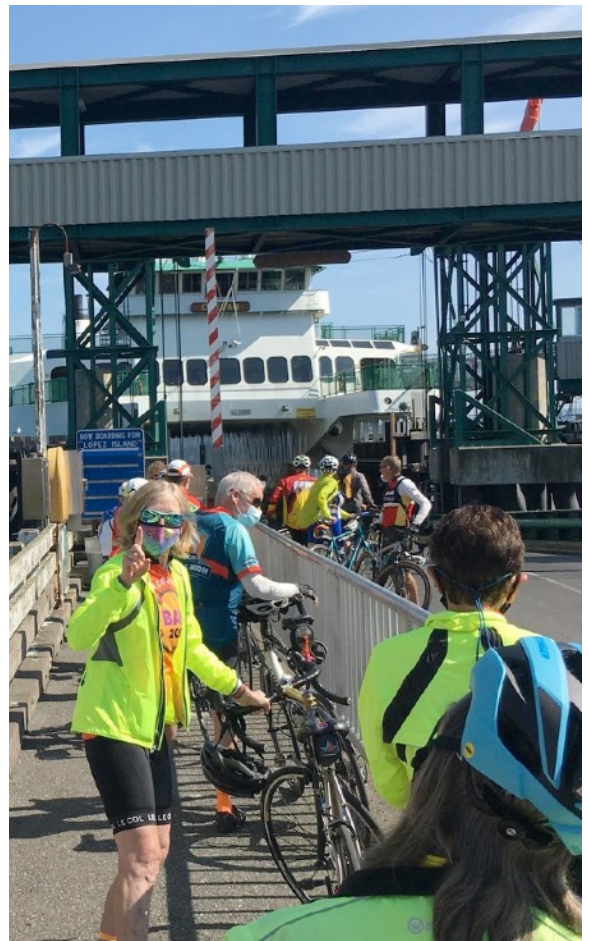


On Day-Two, we headed south through the Swinomish Reservation and the town of La Conner, the home of the novelist Tom Robbins of “Even Cowgirls Get the Blues” fame. As the greater Seattle area is home to numerous active HeartCycle members, we were joined by a couple of locals who couldn’t resist an excuse to ride. Passing by Fir Island, a site of frequent winter floods and federally declared disasters, we headed up into the foothills of the Cascade Mountains, along Big Lake, and through the town of Mt. Vernon along the Skagit River before retracing our route back through La Conner. Our group dinner was at Anthony’s restaurant featuring tasty seafood and overlooking the yachts at Cap Sante Marina.



Day-Three was a real treat. The ferry ride from Fidalgo Island across the Rosario Strait threaded the needle between Blakely and Decatur Islands en-route to Lopez Island.





The quiet country roads of Lopez Island were punctuated by side-trips to walking trails such as in Spencer Spit State Park. Switching to walking shoes portaged in backpacks, we strolled along the spit to within almost touching distance of Frost Island. In the intervening calm waters were river otters splashing about with a bald eagle flying overhead in the blue skies. Rolling on, our lunch stop at Agate Beach pleased all with the views and quite possibly one of the coziest, welcoming bathroom breaks of the tour.



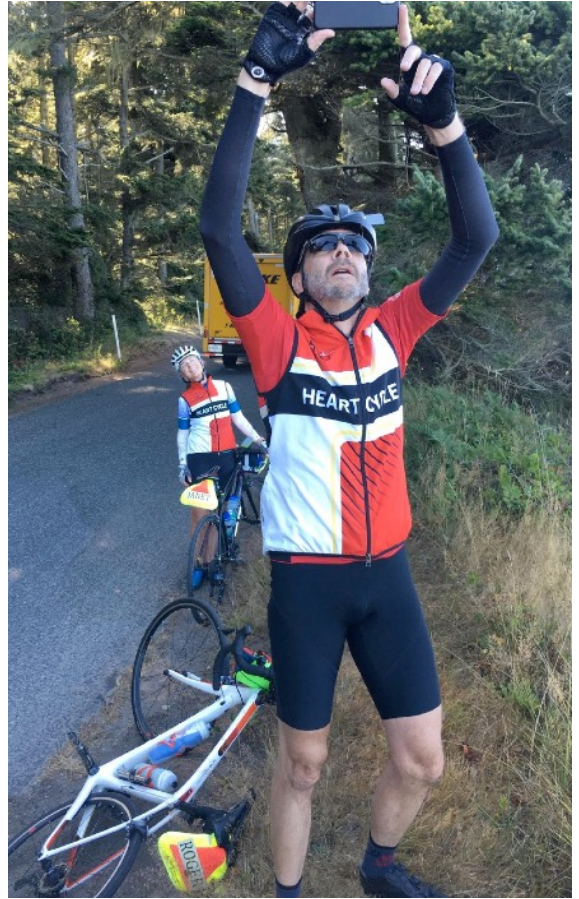
Later, we enjoyed another walk to Shark Reef with a nearby view of San Juan Island. Along the trail, someone decorated a recently uprooted tree with smiling leaves. Even the leaves were having a nice day on the island. Zooming off to make the semi-scheduled ferry, we arrived at the dock with minutes to spare for our return to Anacortes. Others were not quite as lucky.



Leaving Anacortes and Fidalgo Island behind on Day-Four, we headed south through the foggy pedestrian Loop Road in Washington Park before crossing from Fidalgo to Whidbey Island.

The Deception Pass Bridge, completed back in 1935, was presently getting a structural makeover. As traffic was light, we occupied the entire southbound lane, but dense fog precluded views of the swirling waters almost 200 feet below. For those with acrophobia though, that was a positive feature. The name Deception Pass stems from the late 1700s when Joseph Whidbey, chief navigator for Captain Vancouver aboard the HMS Discovery, demonstrated that there was indeed a passage between the islands, not a bay as mapped by the early Spaniard explorers. Voyaging south, our SAG stop at Dugualla Bay emerged from the fog and provided freshly picked roadside blackberries. With the maritime surveillance P-3C Orions and suitably named EA-18G Growlers growling overhead, we traversed the edge of the Ault Field Naval Air Station. For a number of miles, we experienced the slogan, "Pardon our Noise. It's the Sound of Freedom" first hand until reaching the quiet shores of Penn Cove near Coupeville. For those interested in rounding out their miles for the day, some added the lollipop-loop around Strawberry Point with views east towards Skagit Bay. Largely off busy roads, our routes had numerous changes in compass azimuth keeping riders wondering if they were enjoying views of the Cascades or the Olympic Mountains.





Persisting without our freshly ground coffee and press pots, our hotel base in Oak Harbor provided access on Day-Five to the numerous shoreline views along the central and southern Whidbey Island undulating landscape. Along the way, we passed Fort Casey, constructed in the late 1800s for military defense and a training facility through World War II. The fort is now a state park adjacent to the Port Townsend-Coupeville Ferry terminal. Following a lunch among the trees in South Whidbey State Park, riders opted for the “short” option heading back through Coupeville and calm vistas over Penn Cove towards the volcano of Mt Baker.



Wrapping up the tour on Day-Six, we retraced our path north from Oak Harbor over the Dike Road at Dugualla Bay and back over the Deception Pass bridge to the most formidable climb of the tour, the Mt. Erie challenge with gradients up to 20%!? But who was able to really watch their GPS devices while attempting to manage turning the cranks at a very slow, but deliberate pace in order to keep from falling over. Views from the peak afforded the opportunity to revisit our routes of the tour from a bird's-eye view including an island within an island. A truly unique spot. The ride concluded at the home of our generous tour leader Richard Williamson, who along with his gracious wife, Beth, prepared a fresh salmon BBQ! What a way to wrap up a fantastic tour. We even had a rider acknowledgement of most smiles per mile! We had a clear winner...



The serpentine ride along the forested cliffs of Chuckanut Drive, pedaling the peaceful roads of Lopez Island, and conquering the steep slopes of Mt. Erie were surely tour highlights. We look forward to our next jaunt in the Pacific Northwest.

Happy Trails...



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: In Process
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: Open
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