

# 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](mailto: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](http://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](mailto: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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**Pat Van Deman** (303) 885-1076 (2019)  
Vice President

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Treasurer

**Graham Hollis** (720) 323-6479 (2019)  
Assistant Treasurer

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Secretary

**Jim Bethell** (518) 466-8490 (2020)  
Web-Master

**Richard Crocker** (520) 539-8019 (2019)  
Co-Tour Director - [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

**Bob Rowe** (303) 910-7230 (2019)  
Co-Tour Director - [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

**Judy Siel** (720) 519-9401 (2020)

**Mark Lestikow** (303) 919-0426 (2020)

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Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Richard Loeffler** 303-981-2963  
Medical Equipment

**Jeff Messerschmidt** (303) 904-0573  
Sag Supply Manager

**Dan Palmquist** (303) 638-2535  
Sag Vehicles

**Barry Siel** (303) 434-1947  
Newsletter Editor

## **Notes from the Board**

### **Congratulations Valerie!!!**

Club member Valerie Small just completed the August 17, 2019 ultra-hard Mt Washington Hill climb race. A 7.5 mile climb averaging 12.5%, with sections of 18% and the final stretch at 22%.

Valerie competed and finished strong in the cold and mist. Only about 60% of all male and female entries finished. It's tough! Valerie came in at 1:32:42; 2nd in her age group and 12th overall of the 42 female entries who were bold enough to even try.

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## 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 26<sup>th</sup> 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 5<sup>th</sup> 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)

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## Rediscover Colorado - Central Rocky Mountains and Passes

By Mike Wien

The HeartCycle Central Colorado Bike Tour in June, lead by John Penick and Rosemarie Lueke was a week-long celebration of spectacular views, great climbs, ideal weather and terrific Sag stops (Thank you Mayoma Pendergast and Kathleen Schindler.) However, few were expecting such a positive outcome based on the first day.



Because of the heavy winter snow fall, John was forced to change the route from climbing Cottonwood Pass to Monarch Pass at the start of the tour. While Monarch is 800 feet lower than Cottonwood, and the guys who flew in from sea level appreciated that, there was considerably more traffic on Monarch (busier road, poor weather so people headed home earlier on Sunday and Cottonwood was closed.) Within the first 10 miles, we had two different bike mechanical issues and climbed into the worst weather of the trip - strong head winds and cold rain. It turned out to be the only day we needed foul weather gear and when we made it down to our hotel in Buena Vista, the weather at 8,000 feet was much more comfortable and Henry Klaiman had appropriate refreshments for the challenging day.





### **Mt. Princeton**

Perfect weather greeted us for the second day of riding as we rode past Mount Princeton (14,196 ft), climbed Trout Creek Pass and Hoosier Pass and rode through the Breckenridge ski area to Frisco. Our next day was even better as we passed the Copper Mountain ski area on our way up the magnificent bike trail to climb Vail Pass and dropped into Vail. The downhill was short lived as we climbed up Tennessee Pass and into the history mining town on Leadville (10,151 ft) for a well-deserved rest day. Leadville in the 1880s was a mining town of 15,000 people and one of three cities being considered for the Colorado state capital. Now, with less than 3,000 residences, it is home to many adventurous people who enjoy the great views of the two tallest mountains in Colorado: Mount Elbert (14,428 ft) and Mount Massive (14,428 ft).





**Independence Switchback**

Our fourth riding day took us over Independence Pass and down through the town of Aspen home to four ski areas (Aspen, Buttermilk, Aspen Highlands and Snowmass.) On the ride down, we saw the enormous power of Mother Nature as we passed the aftermath of many avalanches. From Aspen, we followed the Roaring Fork River down to Carbondale and watched another round of battle of the sexes as Simon and Dobbsie Koeman battled it out for family bragging rights. Score another point for the ladies.



**Avalanche Debris**





### Lunch Time

The great weather spoiled us and the hotter weather over McClure Pass to the little town of Paonia made the climb a little more challenging. We did have to slow down for a herd of cows crossing the road and Scott MacCormack took some of us on a nice detour up the Crystal River to see the town of Marble - home to the Yule Marble quarry, used in the construction of the Lincoln Memorial in Washington, DC. Paonia is a mountain town of 1,500. Who would have thought this little town with a restaurant named Salt, Pollen would be the home of the best meal we had on the trip? Order the Colorado Trout En Papillote if you are ever in Paonia.



### Heart Food

We were treated to riding alongside the Black Canyon in the Gunnison National Park and riding on the edge of the Blue Mesa Reservoir (the largest body of water in Colorado) on our final day. It was a wonderful way to conclude a week of strenuous exercise surrounded by some of the best views Colorado has to offer.

## Dolomites (Parts 1 and 2) HeartCycle Tour Report

June 23–July 4, 2019

By Cassie Klumpp

Thirty-six HeartCycle members traveled to the Alta Badia region of Italy and stayed for a week at Hotel Cristallo, an extraordinary five-star luxury hotel and spa. The hotel offered delicious five-course dinners that included regional specialties—all beautifully presented—buffet breakfasts and an afternoon “snack” buffet daily. The chefs went out of their way to accommodate our vegetarian, vegan, and gluten-free participants. After biking or hiking, our group enjoyed the amenities of the modern spa including an infinity pool, two saunas, a steam room, and comfortable and quiet areas for rest and meditation. We were feted with an opening night party that included prosecco and hors d’oeuvres. On one of the last nights, most of us enjoyed tasting wines of the region as well as of the Barolo region. HeartCycle member, Ira Goldschmidt, provided an amusing commentary and review of the wines; between he and the sommelier, we laughed and learned a lot.



**HeartCycle members on the bus at the Venice airport bound for Alta Badia**

Most riders rented bikes from local bike shops in Corvara and Cofusco. The first day of cycling was a warmup for the tougher rides that followed covering ~32 miles and ~4100 ft of elevation gain with a maximum grade of 11%. The riders traversed Campolongo and Falzarego/Valparola passes. (For our route, Falzarego is a saddle on the way to Valparola—the day’s ride was basically a two-pass climb.)





**View north headed down from Passo Valparola**

Instead of bicycling on Monday, four HeartCycle members (Stephanie, Cassie, Ira, and Joan) enjoyed a guided hike to a hut known as Fanes, part of Italy's national park system. The hike of about 11 miles and 3000 ft of elevation gain took most of the day.



**Our leaders, Kathy, John, and Clare enjoying the infinity pool!**





**Dave O, Peggy, Tony, and Becky enjoying the ride at Passo Gardena**

The second day of road cycling had us on a popular route known as the Sellaronda. On the Saturday before we arrived (June 22<sup>nd</sup>), the route was closed to traffic so that bicyclists could enjoy Sellaronda Bike Day, an annual event. The elevation gain (~5400 ft, up to ~16% grade!) made up for the relatively short length (~35 miles). The passes included Gardena, Sella, Pordoi, and Campolongo.



**Lynn, Kevin, Janet, Roger, Kay, and John at Passo Gardena**

Under a Europe-wide heatwave, we rode ~51 miles and ~8300 ft of elevation gain on the third day up slopes maxing out at ~16 percent over Campolongo, Giau, and Falzarego/Valparola passes. The climb up Giau averaged 9.2% for 6.1 miles!



The fourth day, Thursday, was a “rest” day for most of the riders. Many participated in a guided 8-mile hike led by the hotel owner, Franz. The hike started at Passo Gardena and went up through the Forcella de Crespina to the Puez Hut, an elevation gain of ~3000 ft. The hike ended near the town of Colfosco, where hotel vans picked up the hikers.

A few participants—who arrived early to the Alta Badia region and had already done the Puez hike—opted to ride that day. If the length (~58 miles), elevation gain (~7000 ft), and grade (up to ~12%) weren’t enough, they encountered an unexpected surprise, finding the road closed due to a landslide. Intrepid souls that they are, all six managed the tricky hike (in cycling shoes!) through the debris carrying their bikes!



scenes from hike to Puez



Hike-a-bike over the landslide



The fifth day of riding was ~66 miles long, with an elevation gain of ~9000 ft and a maximum slope of ~15 percent. The riders climbed Valparola/Falzarego and Tre Croci passes, did a loop past Lago di Misurina, and then back over Falzarego/Valparola Pass.

The last day of riding for Part 1 was ~56 miles with ~8000 ft of climbing and a maximum slope of ~13 percent. The passes climbed included Gardena, Sella, Fedaia, and Campolongo.

Many extended the tour a second week (Part 2), west into the Italian Alps with a new base in Bormio. On the bus ride there, we were treated to a preview of Passo Stelvio and its famed 48 switchbacks. Our bus, however, was not up to the challenge and with 14 switchbacks to go, we had to abandon the bus and go in three taxi vans.



**The broken-down bus with our HeartCycle members near a spring—at least the view was nice and we had water!**



**Stranded HeartCycle members two-thirds of the way up Passo Stelvio**



The next day, the group rode the Passo Stelvio with the guide company, Stelvio Experience. Some rode to the top from the south and others did the loop. The loop route from Bormio (from the south) goes to within 3 km of the Passo Stelvio to Umbrail Pass, at the border with Switzerland (not marked!), then down into the valley for the north-side approach up the 48 switchbacks to Passo Stelvio. The epic Stelvio climb (from the north side) rises from approximately 3000 to 9000 ft. It is the second highest paved pass in Europe. Most of the climb is at a steep 8% grade. The loop was ~61 miles with ~9900 ft of elevation gain! Rain (and even some hail!) began falling as we neared the top; the temperature dropped from a high of 91 at the bottom of the pass to 46 °F at the top! A lucky few riders got a ride down in the support van, and the rest rode their bicycles—a cold and wet descent!



**Preparing for our first day's ride outside Hotel Sottovento in Bormio**



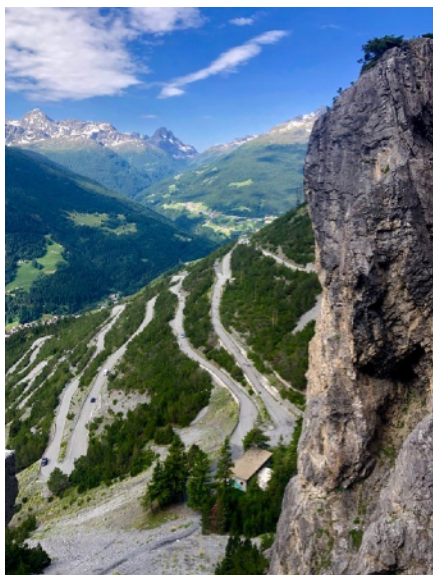
**Lynn, John, Kay, Kevin, Roger, Janet, Dave G, and Clare enjoying happy hour at Hotel Sottovento**



**A few of the switchbacks leading up to Passo Stevio**



The second day's ride to Lago di Cancano was ~27 miles and approximately 3000 ft of climbing. One of the most beautiful and underrated climbs near Bormio, the first 5 miles is a climb up to Torri di Friaie and two medieval lookout towers. At the top is Monte Refugio, which overlooks Lago di Cancano.



**switchbacks up to Lago di Cancano**



**Susan, Daryl, Kevin, Clare, Roger, and John celebrate their arrival at the hotel**

On the last day, we climbed ~5800 ft to reach Passo del Mortirolo, considered one of the most demanding climbs with an average gradient of 10.5%. (We did not climb the Gavia, as planned, because of a landslide closure.) The ride was ~50 miles long. The famous climb has 33 switchbacks and a memorial to Italian cyclist, Marco Pantani, at switchback 11.





# 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](mailto:22flatrock@gmail.com)  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## The Moab Area Tour

### **Moab, Utah**

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

## Tucson Town & Country

### **Tucson, Arizona**

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

## Bourbon & Bluegrass

### **Louisville, Kentucky**

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

## Paso Robles Wine Country

### **Paso Robles, California**

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

## Central Oregon High Desert

### **Sisters, Oregon**

June 10 - 17      Status: Complete  
 7 days, Int./Adv.      \$1,695.00  
 Ann Werner, [acwerner@comcast.net](mailto:acwerner@comcast.net)  
 Bill Buckley, [william.buckley87@gmail.com](mailto:william.buckley87@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](mailto:npdick@gmail.com)  
 Larry Harris, [thepedalers@aol.com](mailto:thepedalers@aol.com)

## England - Magical History Tour

### **Oxford, England**

June 16 - 26      Status: Complete  
 10 days, Intermediate      \$3,340.00  
 Graham Hollis, [gramhollis@comcast.net](mailto:gramhollis@comcast.net)  
 Fred Yu, [frederickyu@comcast.net](mailto:frederickyu@comcast.net)

## The Island of Mallorca

### **Palma, Mallorca, Spain**

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

## Rediscover Colorado - Central Rocky Mountains and Passes

### **Gunnison, Colorado**

June 22 - 29      Status: Complete  
 7 days, Advanced      \$1,420.00  
 John Penick, [jdpenick@gmail.com](mailto:jdpenick@gmail.com)  
 Rosemarie Lueke, [ree22@msn.com](mailto:ree22@msn.com)

# Colorado HeartCycle 2019 Tours

## Italy's Dolomites

### **Alta Badia, Italy**

Part 1 Base Tour

June 23 - 30

Status: Complete

7 days, Adv./Exp.

\$1,650.00

## Bormio, Italy

Part 2 Option

June 30 - July 4

Status: Complete

4 Days, Expert

\$650.00

Clare Bena, [cbvamoots@gmail.com](mailto:cbvamoots@gmail.com)

## Le Monastere: Session 1

### **Lemoux, France**

June 29 - July 6

Status: Complete

7 days, Int./Exp.

\$2,350.00

Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## Le Monastere: Session 2

### **Lemoux, France**

July 6 - 13

Status: Complete

7 days, Int./Exp.

\$2,350.00

Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## Women's Weekend with Love, Sweat and Gears

### **Colorado Springs, Colorado**

September 4 - 8

Status: Cancelled

4 days, Easy +

\$700.00

Maryann Loeffler,

Julie Lyons,

## Coast-to-Coast Northern Tier Year 4

### **Grand Rapids, Michigan**

September 7 - 21

Status: Wait List

14 days, Int./Adv.

\$2,450.00

Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

Richard Williamson, [richard6a@gmail.com](mailto:richard6a@gmail.com)

## Bicycling in OZ: The Ozarks

### **Fayetteville, Arkansas**

Oct. 29 - Nov. 6

Status: Open

8 days, Int./Adv.

\$1,540.00

Jimmy Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

Tom Biggi, [biggi@awdboost.com](mailto:biggi@awdboost.com)