

Heart to Heart



Tandems to Tucson!

By Deb Wuchner

Life in Tombstone, AZ-- You could end up as a resident of Boot Hill!



Paul and Lynda Marks, first time to SAG a HeartCycle tour.



Rich and Polly Crocker's first Tandem tour

"I dare you to lick it!"



The Room 4 Bar may be small, but at least the beer is cold!



Bisbee Bicycle Brothel - Fun for Everyone



Not your average Bicycle shop



A very gentlemanly proprietor

Vintage and non-vintage bikes.



HeartCycle Contacts

The Board

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Notes from the Board

Cycling mirrors are one of those subjects that bring on arguments almost as intense as the "Helmet Wars" found on any cycling discussion on the Internet. They come around once every 6 months or so, and usually leave a lot of acrimony hanging in the ether. Roadies think they are too sexy to use mirrors, mountain bikers don't need them and break them too often anyway, but bicycle commuters and recumbent riders seem to gravitate toward mirrors sooner or later

When you are all bundled up with a Balaclava or a hood, it is somewhat more difficult to turn your head to see what is approaching from behind. Further, if you wear eyeglasses, depending on your prescription, you may have to turn your head farther than other cyclists, in order to look out of the lens rather than beside it. This is especially true of near sighted cyclists as the image presented when peeking out beside the lens is often useless.

In heavy traffic conditions, where lane changes are required, knowledge of traffic conditions to the rear is usually essential. At other times you just want to monitor the motorists behind you to get a little advanced warning about passing cars, turning cars, and bow wave blasts of wind from trucks.

There are basically 4 different varieties of cycling mirrors, all of which are in-expensive, usually under \$20, most under \$10. They are classified based on how they mount, either Handlebar, Helmet, Eyeglass, or On-Lens mounts. Each type has different characteristics of clarity, mounting, vibration sensitivity, and susceptibility to frost/fog in winter conditions.

Determine which one works best for you and, for safety's sake, mirror up!

HeartCycle's Exceptional People!

By Jerry Bakke

HeartCycle has some incredible members about to take on the Race Across America (RAAM) www.raceacrossamerica.org as a foursome, they are pictured below.

The Race Across America is the most grueling bike race in the world. It will begin on June 16 in Oceanside, California and go to the finish in Annapolis, Maryland. It is a non-stop relay format for over 3000 miles – 24 hours a day from the start time until finish. The ladies' goal is to break the current record for a 4-person relay team, which is 6 days, 11 hours. To do this, they must average 19 miles an hour and climb 170,000 vertical feet (32 miles).



Julie Lyons* Dina Hannah* Ann Lantz* Amy Shonstrom

*HeartCycle Members

The four ladies are organized into two, two-person teams. While one team is racing relay style – one on the road riding while the other rests – they are escorted by two support vehicles. Each lady will ride approximately 20 minutes at a full out pace and then relay to her partner. Each two-person team will ride for approximately 4 to 5 hours. On for 5 hours riding at break neck speed, off for 5 hours, to sleep, eat, clean up, change clothes and take care of any other human needs then back at it 24 hours a day for almost a week!



Ann Lantz, a health and fitness instructor for South Suburban Recreation District. Ann is a world champion triathlete and has been inducted in the Colorado Sportswomen Hall of Fame. Ann had some testing at the Colorado Medical Center and the Doctor just shook his head and reported that she had a very special physical make up!

Julie Lyons, a retired Pediatric Nurse Practitioner and USA National triathlete. Amy Shonstrom is a top producing Realtor with Perry and Company.



Ann and Julie, who both live in the Denver area, did the Race Across the West (RAW) from Oceanside, California to Durango, Colorado in 2010. They set a new woman's record and were disappointed when it ended, they wanted to do more. I have observed Ann and Julie doing their training commitment. Their dedication is incredible.



Amy, who also lives in the Denver area, is a multiple gold medalist in FISA masters rowing regattas, US Rowing, and the Canadian Masters National Championships.

Dina Hannah, a Colorado Native, lives in Salt Lake City, Utah. Dina is a Vice President and Director of compliance and quality systems for ARUP Laboratories. Dina became motivated to get herself in shape a few years ago and lost over 100 pounds and has been a top three finisher in numerous hill climb and road race events.



The ride will have a 12 person crew including a cook, massage therapist, bike mechanic, and support people for each rider. All together, the racers are supported by two vans and an RV where the racers and crew will eat and sleep. The ladies will burn a combined 32,000 calories a day (8,000 each). HeartCycle has two of its members on the 12 person support team in the way of Paul Stranahan and Dave Ells. The group is going to enter the Club Cup competition under the name of "Team HeartCycle."

The team name is Love Sweat and Gears, <http://lovesweatandgears.net>. Love Sweat and Gears is one of about 60 teams expected to participate. This team feels very strongly about health and fitness. As a part their effort, they would like to raise at least \$100,000 for Live Well Colorado www.livewellcolorado.org, a nonprofit organization that is dedicated to reducing obesity through programs that range from cooking education to fitness. Ann, Julie, Amy and Dina are certainly good examples of healthy eating and an active living life style.

Any donation from Heartcycle members to Live Well Colorado would be greatly appreciated by these fine members. You can send a check to directly to Live Well or make an electronic donation by visiting the Love, Sweat and Gears web site: <http://lovesweatandgears.net>. Just follow the steps to the Live Well "Donate" button and any donation is tax deductible.

Colorado HeartCycle 2012 Tours

Arizona - Tandems to Tucson

March 18 - 25 Status: Complete
 7 days, I45 - A71 \$1,060.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467

Spain - Mallorca

April 14 - 28 Status: Complete
 14 days, E20 - X60 \$2,395.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313
 Jo Kuhlmann, kuhlmannjoachim@aol.com

California - Springtime in Solvang - In Style

April 22 - 29 Status: Full
 7 days, A60 - X80 \$1,150.00
 Bob Rowe, browe49@comcast.net (303) 910-7230
 Tom Groves u4eahnrg@aol.com (720) 560-1527

Texas - Wildflowers in May

May 6 - 12 Status: Full
 6 days, E30 - I50 \$920.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Deb Wuchner, debwuchner@comcast.net
 (303) 792-2111

Colorado - Grand Valley Ramble

June 1 - 4 Status: Open
 3 days, E64 - I38 \$350.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313

Wyoming - Cycling Cowboy Country

June 23 - 30 Status: Full
 7 days, A60 - E80 \$1,050.00
 Nate Dick, npdick@gmail.com (970)-231-1068
 Chuck Curless, chucklenn@gmail.com
 (303)-880-5480

Colorado - Passes of Summit County

July 21 - 28 Status: Open
 7 days, I45 - A95 \$790.00
 Sy Katz, skskatz@comcast.net (303) 550-2073
 Bob Rowe, browe49@comcast.net (303) 910-7230

Wyoming - Cowboys, Buffalo Bill and Scenery

July 28 - August 4 Status: Full
 7 days, A54 - I74 \$1180.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362

Montana - Glacier Park

August 12 - 18 Status: Full
 7 days, I53 - A60 \$1225.00
 Ken Condray, condray3@comcast.net
 (425) 745-1159

Colorado - Northern Front Range

September 3 - 8 Status: Open
 5 days, E35 - A70 \$565.00
 Jeff Messerschmidt, (303) 904-0573
jefmesserschmidt@hotmail.com

Colorado - Aspen HighLights

September 6 - 11 Status: Open
 3 - 5 days, I21 - A69 \$ 535.00
 James/Friedman

New England Seacoast - Port of Call

September 8 - 16 Status: Full
 8 days, I45 - I60 \$1230.00
 Jim Bethell, jim@bikes5.com (516) 446-1766
 Janet Reilly janet@bikes5.com

Pacific Coast Border to Border - Part II

September 9 - 23 Status: Full
 14 days, I24 - E70 \$ 2170.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551

Missouri - Katy Trail

October 15 - 20 Status: Full
 5 days, E38 - I61 \$ 1035.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Chris Matthews, (303) 618-4789