

Heart to Heart



Two Blind to Ride? Not this couple...

here are some folks who are out to prove it in a big way. To follow their progress click on the hot-link to their website.

[Two Blind to Ride](#) is comprised of a two-person team, Tauru Chaw and Christi Bruchok, of Tempe, Arizona. They are a legally blind couple riding a tandem bike from the southern tip of South America to northern Alaska to raise awareness about the abilities of the visually impaired and to inspire people everywhere to chase after their dreams.



Chaw has a degenerative disease called [retinitis pigmentosa](#). The photoreceptors in his retinitis are deteriorating. He currently has severe tunnel vision, night blindness, difficulty with light transitions and a deteriorating central vision.

Bruchok is completely blind in her right eye and has severe [myopia \(nearsightedness\)](#) in her left eye where her vision is worse than 20/200.

The couple has completed 11,000 miles from Ushuaia, Argentina in Tierra del Fuego to Phoenix, Arizona over 13 months. They still have roughly 6,000 miles to go to reach Deadhorse, Alaska in Prudhoe Bay.

Chaw and Bruchock visit schools and organizations for the blind along the way and speak to people about finding your own limitations rather than letting others define them for you.

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Notes from the Board

News from Love, Sweat and Gears

LS&G is now a nonprofit organization. Read about what LS&G been up to on their website, www.lovesweatandgears.net

You will notice their latest mind-blowing fundraising effort, an online auction. This is not your everyday auction. This is a VACATION auction.

You will find vacation stays at luxury homes that have been generously donated to them for auction. There are homes in-state and out-of-state, suitable for single or multiple family use, available for a week or a weekend; on a golf course or in the forest, in the mountains or in the desert; gorgeous homes, fancy homes, to die for homes.

How can you bid for the dream vacation home? Simply go to their website, pick which house you like best and shoot them an email (lovesweatandgears@gmail.com) with your bid. They will accept bidding until midnight, May 15, 2013. Their website will be updated on a regular basis with the highest bid and will also inform you directly if you have been outbid. Please remember that you are bidding on the home only, travel is not included, time is negotiated with the owner, and is good for one year from purchase.

Don't want a home? There are still time stations for sale that can be purchased at their website.

Pacific Coast Border to Border - Part 3

There is still space available for this tour!!

We will continue the third year and finish the Pacific Coast adventure as we head south from the San Francisco area and continue to the United States/Mexico border. Like last year, we will be treated to some great views of the California coast as well as some amazing growing areas: particularly with strawberry and artichoke plants lining the roadways. Many of the lodging properties are prime beach front locations.

A group shuttle will pick up everyone flying into the San Francisco airport for transport to Half Moon Bay. The pre-ride meeting will be at the Best Western in Half Moon Bay on the evening on May 4th.



The tour will begin on Sunday, May 5th biking to Santa Cruz. Everyone will enjoy a day off in Monterey to allow riding 17 Mile Drive and checking out the Aquarium and other attractions. There will be a very challenging day similar to the route from Garberville to Ft. Bragg with substantial climbing along Big Sur to Ragged Point. After that tough day, there will be a light day into Cambria after SAG at the Hearst Castle. After Cambria, we will stay in Pismo Beach and Lompoc. We will also have a day off in Santa Barbara a week into the ride. After Santa Barbara, the climbing is substantially diminished as we will ride through the Los Angeles area south to San Diego. We will finish up in the Pacific Beach area of San Diego and will be staying right on the beach on May 17th and 18th.

This is going to be another great ride! Sign up while there are still openings.

Tour leaders: Steve Parker at (970) 382-9551 or parker3097@yahoo.com and Bill Stone at bill.stone@q.com or (719) 598-6329.

The Texas Two-Step Tour

By Vance Mason (first time Heart Cyclist)

How do you get 50 people to let their guard down and make new friends? Pack 'em off to the Texas Hill Country around Fredericksburg for a week and let them ride bikes everyday.



Nurses, state bureaucrats, real estate saleswomen, personal trainers, psychotherapists, doctors, pilots and cable moguls with funny accents all mixed, mingled and swapped stories.

We rode hard or easy. Our high country blood carried plenty of oxygen. Despite that, we cursed the wind, sore rear ends, and the size of chalk marks on the road. Sometimes it was too hot, sometimes too cold. Sometimes we just cursed on general principles. Some of us caught ourselves smiling for no reason.



We saw bluebonnets, cactus, live oaks, mesquite, longhorn cattle, goats, sheep and squashed snakes. We fixed flats. We compared bikes. We compared lives.



Texas Hill Country Oreo “Wildlife”



Texas Hill Country “Not-So-Wildlife”

The locals were gracious and friendly. We ate delicious food and drank beer and wine. I never want to see another schnitzel.



Quite roads, sunny days... priceless



An attraction outside Fredericksburg

In short, we had about as much fun as anyone can have in a week on bikes in Texas.

It was great!

**Editors Note:**

The Texas Two-Step was a new type of tour for HeartCycle because it was two tours in one! Because this was a fixed base tour, everyday had two rides, one longer and harder, one shorter and easier. Each day, riders could choose which ride best suited how they wanted to ride that day. The last day of the ride was the LBJ 100, an invitational ride that includes routes of 25, 40, 62 and 85 miles that ventures southeast of Fredericksburg. Afterwards, the riders enjoyed festivities at the ranch, including a T-shirt, meal at the finish and an optional tour of the historical landmarks on the LBJ Ranch led by Luci Baines Johnson.

Praying for no more cattle guards to cross

We wrote a song (see next page) about us and sang it, and no one died of embarrassment!

Texas Two-Step Song

(To the tune of "Luckenbach Texas")

The only two things in life that make it worth livin'
Is tuned up bikes and firm feelin' women.
My name don't shine in the Fredericksburg lights
I got my bike and I got you with me tonight
Maybe it's time we got back to basics of love

(Refrain)

We rode the great Texas Two-Step
With Jaybird and Jimmie and the gals.
The group was most from Denver
And from some other wonderful locals.
Between honeysuckle florals, crabapples and
Laurels.
And Blue Bonnets glistening in the rain
On the Texas Two-Step, ain't nobody feelin' no pain.

With the roads made of chip and seal,
Cattle guards, hey what's the deal,
My wheels are makin' lots of noise.
Pete, Mike and Lisa got lost,
Nobody got tossed.
Lynn peed on her cleat,
Kathleen yellin' "y'all eat",
Between Jerry snuck in the park,
Vance's birthday spark,
Denise said she had a tender Spring butt.
In this Texas Two-Step song,
There's too many lyrics left out.

(Refrain)

Got Oreos in the field,
Big long horns hard as steel,
Wild turkeys, sheep and goats all around
Saw mule deer a'crossin', a roadkill type possum,
And flattened toads do abound.
Between a gypsum mine, say what is that stuff for?
And dust a blowin' all the more,
In the Texas Two-Step, nothing was ever a bore.

There have been drunks out at night,
Bet they all drink Bud Light
From all the cans and bottles along the road,
Plastic and containers
Obscurin' the flowers by the load.
With Carol promising blue bonnets,
Said she would deliver,
Enjoying the thunder and the rain.
Now the live oaks are dead,
But in my book it beats Lake Champlain.

(Refrain)

With all those waffles for breakfast
I was ready and really loved the hills.
But when the steep hills hit us
We're feelin' like pukin' out the gills.
What with rollers and dust
I wretch with disgust.
My stomach is cryin' out in pain
Don't want no more waffles,
Ain't no way I'll eat them again.

(Refrain)

Colorado HeartCycle 2013 Tours

Texas Two Step

March 17 - 23 Status: Complete
 6 days, Easy/Intermediate \$1,075.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Jim Bethell, jim@bikes5.com (518) 446-8490

Eastern Washington Weekend

June 6 - 10 Status: 1 opening
 4 days, Advanced \$395.00
 Ralph Nussbaum, rnussbaum@earthlink.net
 (206) 783-6450
 Pam Austin, freeandflying@live.com

Springtime in Santa Monica

April 14 - 21 Status: Full
 7 days, Advanced/Expert \$1,165.00
 Sy Katz, skskatz@comcast.net (303) 550-2073
 Bob Rowe, browe49@comcast.net (303) 910-7230

Traverse City

June 7 - 15 Status: 1 opening/male
 8 days, Intermediate/Advanced \$1,325.00
 Lynn Driver, ldriver@med.umich.edu
 (734) 646-0307
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Pacific Coast Border to Border 3

May 4 - 16 Status: Open
 12 days, Easy/Intermediate \$2,260.00
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551
 Bill Stone, bill.stone@q.com (719) 598-6329

Lake Champlain and Vermont

June 22 - 29 Status: Open
 7 days, Intermediate/Advanced \$1,345.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362
 Kristen Wright, k27wright@gmail.com

Yakima Hill Country Weekend

May 16 - 21 Status: Full
 5 days, Advanced \$475.00
 Ralph & Carol Nussbaum
rnussbau@earthlink.net (206) 783-6450

Willamette Valley Cruise

July 13 - 20 Status: Full
 7 days, Intermediate \$995.00
 Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

South Fork Soujourn

May 24 - 27 Status: Open
 3 days, Intermediate \$325.00
 Diane Short, dianbike@eazy.net 303-763-9874

Washington Coast

July 27 - August 4 Status: Full
 7 days, Intermediate/Advanced \$1,175.00
 Rod Lee, kennedy6017d@yahoo.com
 (206) 604-7145
 Ken Condray, condray3@comcast.net
 (425) 334-1444

Colorado HeartCycle 2013 Tours

Harrison Hot Springs Weekend

August 7 - 11 Status: 1 opening/female
4 days, Easy/Intermediate \$515.00
Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Hudson River Ramble

Sept. 29 - Oct. 5 Status: Full
6 days, Intermediate/Advanced \$1,395.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Janet Reilly janet@bikes5.com

Glacier Park

August 9 - 17 Status: Full
8 days, Intermediate/Advanced \$1,295.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Sue Matthews, scmatt1@comcast.net

Moab Weekend

October 11 - 14 Status: Open
3 days, Intermediate/Advanced \$450.00
Chris Matthews, chrismatthews@msn.com
(303) 618-4789
Mike Cota jmichelcota@msn.com
(720) 530-8041

Oregon Coast

August 17 - 24 Status: Full
7 days, Intermediate \$1,050.00
Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Explore the Door

September 8 - 14 Status: Full
6 days, Easy \$1,120
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467
Deb Wuchner, debwuchner@comcast.net
(303) 792-2111

Northern Utah

September 13 - 22 Status: Open
8 days, Advanced/Expert \$1,065.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Ralph Nussbaum, rnussbaum@earthlink.net
(206) 783-6450