

# Heart-to-Heart



## British Columbia Coast Tour

We have openings on the new British Columbia Coast tour, which starts the evening of July 4 in Vancouver. The route offers beautiful cycling bike paths and roads, with water and/or mountain views every day. We cross water on 3 different ferries; and we spend 3 days in beautiful Victoria, a night in Nanaimo, two nights in Whistler, and return to Vancouver the evening of July 12 (lodging including near the airport). We have an optional day out of Victoria to ferry to Washington to climb the noted Hurricane Ridge Road in the Olympic National Park.

While the tour is rated as Advanced+, strong Intermediate riders can enjoy the tour as well with options for no more than 2 consecutive days of riding, and off-days for sightseeing in Victoria and Whistler (while still riding 330+ miles and climbing 18,000 ft, unless you need to SAG a stretch). For more information, see the Tour Description at <https://www.heartcycle.org/TourDetails/1544.pdf> and contact the tour leaders: Dean Karlen at [dean@karlen.email](mailto:dean@karlen.email), or Bob Rowe at [browe49@comcast.net](mailto:browe49@comcast.net)



Sea to Sky Highway

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## Notes From the Board

(2016) In response to requests from our SAG Drivers, HeartCycle now has the ability to give them Audible Turn-by-Turn Navigation using a Samsung Tablet on the dashboard of the SAG vehicle

(2015) utilizing a RidewithGPS app and your tour routes. When RWGPS is used to make routes they can be downloaded to the device and eliminate one of the most distracting parts of a SAGS day, making it much safer for them and our riders. We have used this on 2 tours this year with great results and feedback from our SAGS and Leaders.

(2016) The RWGPS App saves the map on the device and uses GPS to show the SAGS where they are at on the map. Notifications are both Audible and on a pop up on the screen based on what the leader put into the cue sheet. So if for instance the cue sheet has a warning such as Caution: Busy Road or a direction such as SAG at XXX Pavilion, those instructions will also be picked up in the audible Navigation.

## Discover San Diego Seven Day Tour – March 2015

By Jim and Sylvia Schroeder

Becky Bottino and Ken Condray welcomed all of us to their new retirement abode of San Diego, California for a great week of spring riding. I'm a rookie to HeartCycle, while my wife Sylvia had ridden and sagged for many tours in her "previous life" with all of you. I learned that this ride was rather unique with HeartCycle in that it was predominantly in a metropolitan area, and that the entire week's base camp was at the beautiful Best Western Hacienda in Old Town. Little did we know that San Diego has hundreds of miles of bike paths and fantastic public transportation that include ferries, interurban electric trains called "trolleys", and your standard commuter trains. We utilized all of them to experience all of San Diego.



Everyone arrived on Friday or Saturday in order to acclimate to this "always 70 and sunny" weather. We soon forgot about Indiana, Canada, New Hampshire, Utah, and Colorado. While everyone unpacked and tweaked their bikes, I busily put back together our coupled Co-Motion Tandem after its maiden voyage on the airlines. We all met for some Mexican samplers along with margaritas and got the low down from our hosts. Many people knew each other from past HeartCycle trips and reminisced about this and that tour, and Becky and Ken introduced Mayoma, our very enthusiastic SAG extraordinaire. The week's itinerary was not set in stone and our hosts tried to match each route with the day's traffic and extreme (not) weather changes.





Would you believe our first day of riding, Sunday, was the longest route? Perhaps Ken was reliving his Marine days as we rode through his old boot camp back in the day. Everyone stayed together in the minimal Sunday traffic, and we reached the historic waterfront while sharing some of the path with a 5K walk/run. The waterfront was a tourist's delight as we passed the San Diego Marina, seaside shops, and historic museums including the decommissioned Midway Aircraft Carrier.



We also had to stop and take some camera poses in front of the most photographed spot of San Diego. We soon were out of the hustle and bustle and proceeded south past the Naval Base to Imperial Beach. Just a couple miles north of Tijuana we turned north on the Silver Strand which is an isthmus that connects to Coronado Island, the exclusive place to be away from the already exclusive San Diego. We all separated a bit to visit the shops and eateries on the beach and then met up for a ferry ride across the bay back to the mainland and eventually the hotel.



Monday we initially rode around the calm and quiet Mission Bay on a bike path, and then crossed southward onto Ocean Beach, a more affordable yet still expensive "hippie" haven of SoCal. The early morning surfers were taking their turns while a few homeless were being aroused from their sleep on the park grass. There were hills guaranteed on this ride and we were greeted with the first as we ventured to the elevations of Point Loma. The daring had the option to plummet back to the ocean to see the tidal pools, but the idiots now realized they had to climb back up. Sylvia and I were double the idiots on the tandem. We finally made it to the Cabrillo National Monument and got quite a view of Coronado Island and San Diego Bay from the west side. We also learned about the discovery of San Diego and its early settlers. There was also a national cemetery where soldiers of all armed services and wars are laid to rest. A fun ride back to Ocean Beach and lunch was had at the famous burger joint, Hodads.



On Tuesday we first had to board the trolley (e-train) to El Cajon as we turned eastward and upward to Alpine. "Alpine" is one of those words that warns cyclists of one thing: climbing. It was a slight but steady rise for the first nine miles, and then a 6 to 10% grade for nine more miles. We were quite happy to stop to have some lunch at Subway along with Starbucks next door. Ahhhh, the payback of nine miles downhill was quite exhilarating especially on the tandem. We all thought we were done, but although Ken warned us about a couple of bumps at the end, he got the last laugh as we struggled up those peaks out of nowhere.

Wednesday was a day off, and all of us went this way and that way from Old Town. Many went whale watching, while others toured the Midway Aircraft Carrier, and a few went to Balboa Park and its many museums.



Refreshed or tired from our day off from riding, we hopped on the Coaster that trained us up to Oceanside, a good 40 miles north of San Diego on the coast, naturally. Ken was waiting there with our bikes in the yellow Penske moving van, and we started north a little to get a good view of the town of Oceanside. The beach was a buzz of activity as it was the day before the Ironman. So, there were a lot more bicycles out there and a lot more perturbed native drivers. Oh well, thanks for sharing the road. The views of the coast was typically Californian at least to us Hoosiers. Surfers and sunbathers everywhere, and also parked cars in the bike lanes. I guess we can share our lane, too. We entered Carlsbad, home of SAG extraordinaire Mayoma, but she told us that her domicile was a few miles inland and a mortgage payment lesser. The traffic was busy on Pacific Coast Highway, but for the most part predictable and courteous. We stopped at San Elijo State Beach Park and had lunch at a very good Mexican Bull Taco Restaurant. We then stopped at the next beach as Sylvia had to get some sand in her toes and stretch out a little. As we got to Torrey Pines State Reserve, there were two options. Hug the coast and you'll climb a 10% grade or opt for the highway at a 7% grade. The tandem pointed inland, but we were

surprised with the sauna like conditions as there was no ocean breeze keeping us cool. As we reached closer to Old Town we went through a quiet University of California at San Diego and somehow linked back with a few of HeartCyclers coming from another direction.



On Thursday we road eastward toward Santee which is a suburb just north of El Cajon. The route was a mix of interstate frontage roads and bike paths. Lake Murray was our first destination and control point. Not dried up yet during this concerning drought year the residents of this housing addition were out in full force on the bike path that circumnavigated this small lake. We reached Santee Lakes which was a bit more natural and had Subway lunch at the park while we enjoyed watching the preschoolers playing in the water spray park. We started noticing the heat a bit and it hit us with full force when we got into the very beautiful Mission Trails Regional Park full of canyons and a true desert scape. At the Visitor Center for a final rest, we noted that it was 101 degrees. No wonder we were thirsty.

Our final day of riding was our own little assault on Mt Soledad. We ventured northward along Mission Bay and then climbed through suburban housing additions all the way up to the monument park peak. A huge limestone white cross towered over veteran marble plaques donated from family members. The view reached the many suburbs including San Diego and the coast – a good panoramic view on our last day. The last highlight of the day were the pelicans and seals at La Jolla followed by a jaunt along Pacific Beach.

We enjoyed Becky and Ken's leading and the ride briefings with much information for each day's rides. The accommodations at the Best Western Hacienda were the best and we appreciated the full breakfast buffet every morning. For our evening appetites the restaurants were abundant within walking distance, and Little Italy and coastal seafood restaurants were just a trolley away. This trip was a very good ride for anyone tired of the winter and ready to get some constant day to day miles in



their legs to start the cycling season. There were a few climbs to get that heart rate climbing, but not too difficult for even us on the tandem. In fact I especially encourage tandems for this week long ride. Although a little different from typical HeartCycle events Discover San Diego is definitely a grand addition to the many rides offered by this great organization.





# Colorado HeartCycle 2015 Tours

## Southern Arizona Spring Training

March 15 - 22 Status: Complete  
 7 days, Int. \$1,060.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 237-3350  
 David Durst, [dursteam@gmail.com](mailto:dursteam@gmail.com)

## Fabulous FootHILLS of Colorado

May 9 - 16 Status: Cancelled  
 7 days, Int. + \$950.00  
 Diane Short, [dianbike@eazy.net](mailto:dianbike@eazy.net)  
 303-763-9874

## Discover San Diego

March 21 - 28 Status: Complete  
 7 days, Int. \$980.00  
 Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)  
 (206) 683-9220  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 (425) 334-1444

## Springtime in California Sonoma and Napa

May 15 - 23 Status: Wait List  
 8 days, Adv. / Exp. \$1,675.00  
 Alan Scott, [ascott999@comcast.net](mailto:ascott999@comcast.net)  
 (720) 840-6630  
 Bob Rowe, [browe@comcasst.net](mailto:browe@comcasst.net)  
 (303) 910-7230

## Colonial Virginia

April 3 - 12 Status: Complete  
 9 days, Int. / Adv. \$1,695.00  
 Ralph & Carol Nussbaum,  
[renussbaum@outlook.com](mailto:renussbaum@outlook.com) (206) 713-9417

## Eastern Washington 4 day tour

May 28 - June Status: Wait List  
 4 days, Int. / Adv. \$460.00  
 Ralph Nussbaum,  
[renussbaum@outlook.com](mailto:renussbaum@outlook.com)  
 (206) 713-9417  
 Pam Austin, [freeandflying@live.com](mailto:freeandflying@live.com)  
 (206) 525-1020

## Great Rivers II: Springtime on the Rivers

April 25 - May 9 Status: Open  
 14 days, Int. / Adv. \$2,060.00  
 Steve Parker, [bsparker116@gmail.com](mailto:bsparker116@gmail.com)  
 (970) 382-9551  
 Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
 (303) 618-4789

## San Juan Mountains

June 19 - 28 Status: Wait List  
 9 days, Adv. / Exp. \$1,345.00  
 Tom Groves, [u4eahnrg@aol.com](mailto:u4eahnrg@aol.com)  
 Peter Podore, [ppodore@gmail.com](mailto:ppodore@gmail.com)

## Omak 4 Day Fixed Base

May 7 - 11 Status: Wait List  
 4 days, Int. / Adv. \$460.00  
 Ralph & Carol Nussbaum,  
[renussbaum@outlook.com](mailto:renussbaum@outlook.com) (206) 713-9417

## Central Oregon High Desert

June 21 - June 28 Status: Wait List  
 7 days, Int. / Adv. \$1,495.00  
 Ann Werner, [acwerner@comcast.com](mailto:acwerner@comcast.com)  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 237-3350

# Colorado HeartCycle 2015 Tours

## British Columbia Coast

July 4 - July 12 Status: Open  
 8 days, Adv. / Exp. \$1,600.00  
 Dean Karlen, [dean@karlen.email](mailto:dean@karlen.email)  
 (250) 595-1371  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)  
 (303) 910-7230

## The Idaho Panhandle

August 15 - 22 Status: Wait List  
 7 days, Int. / Adv. \$1,420.00  
 Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
 (303) 618-4789  
 Richard Loeffler,  
[RichardTLoeffler@gmail.com](mailto:RichardTLoeffler@gmail.com)  
 (303) 981-2963

## Washington British Columbia Loop

July 17 - 26 Status: Open  
 9 days, Int. / Adv. \$1,325.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450  
 Mike Parent, [mrparent@arifleet.ca](mailto:mrparent@arifleet.ca)

## Danube River Passau to Vienna

September 5 - 13 Status: Wait List  
 8 days, Easy \$1,465.00  
 Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
 (720) 840-6467  
 Deb Wuchner, [debwuchner@comcast.net](mailto:debwuchner@comcast.net)  
 (303) 792-2111

## Upper Hudson River Ramble

July 18 - July 26 Status: Cancelled  
 8 days, Int. \$1,420.00  
 Jim Bethell, [jim@bikes5.com](mailto:jim@bikes5.com) (518) 446-1766  
 Janet Reilly, [janet@bikes5.com](mailto:janet@bikes5.com)

## Black Hills of South Dakota

September 7 - 11 Status: Wait List  
 4 days, Int. / Adv. \$665.00  
 Barry & Judy Siel, [bjsiel@msn.com](mailto:bjsiel@msn.com)  
 (303) 470-8431

## San Juan Islands

August 1 - 9 Status: Wait List  
 8 days, Int. \$1425.00  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 (425) 334-1444  
 Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)  
 (206) 683-9220

## South Oregon and Crater Lake

Sept. 11 - 19 Status: One Male  
 8 days, Adv. \$1,470.00  
 Ralph & Carol Nussbaum,  
[renussbaum@outlook.com](mailto:renussbaum@outlook.com) (206) 713-9417

## Mothers, Daughters, Sisters with LSG

August 6 - 8 Status: Wait List  
 2 days, Easy \$390.00  
 Julie Lyons, [julie@lovesweatandgears.net](mailto:julie@lovesweatandgears.net)  
 Ann Lantz, [ann@lovesweatandgears.net](mailto:ann@lovesweatandgears.net)

## South Utah National Parks

September 23!- October 4 Status: Wait List  
 11 days, Int. / Adv. \$1,590.00  
 Ralph Nussbaum, [renussbaum@outlook.com](mailto:renussbaum@outlook.com)  
 (206) 783-6450  
 John Penick, [jdenick@gmail.com](mailto:jdenick@gmail.com)