

Heart-to-Heart



VEST STANDS FOR VERSATILITY! FIVE REASONS YOU DESERVE ONE

Whether you're a year-round commuter, fair weather fan with an annual event, or a seasoned racer, the humble vest is a key component to any kit. Here's why:

- 1 **Versatility** – Even on the best of days, a ride can start or end cooler than you expect. Coupled with arm warmers, you're essentially wearing a jacket. But if it starts to warm up (or as you do), it can be easily shed. You can keep the warmers on for a bit, too, so rather than pulling off a jacket – which can be a bit of a shock – you can ease into it.
- 2 **Layering** – You've heard the benefits of layering for cold weather and better sweat management. The vest meets these needs squarely and for cyclists traveling at higher speeds, it offers the benefits of wind and moisture protection as well.
- 3 **Long Rides** – Long training days and events can bring a lot of changes in weather. And over a period of hours, your body's ability to maintain temperature varies based on hydration, nutrition and exertion over the course. On long rides with varied terrain or unexpected weather, or physical response to conditions, having a vest on hand can make all the difference.
- 4 **Descending!** – All work and no play... You've earned the downhill on your ride, and worked up a sweat in doing so. Coming down is fast, fun and worth it all. But you're not working as hard as you did coming up and that sweat you've accumulated is going to be chilly if it's left exposed to the wind. Donning a vest at the top – along with warmers and maybe some fingered gloves – make all the difference in the world. We've got some beautiful, high-altitude, and long descents in Colorado. Don't be caught off guard!
- 5 **Stow-ability** – Another benefit to a vest is its stow-ability. Paired with warmers, the items can be divided among pockets to better carry when not in use making it easier to justify bringing them along in the first place. No more suffering through the cool start or carrying a bulky jacket later in the day.

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Notes from the Board

Looking for an exciting bicycle tour for this summer? There are a number of great HeartCycle tours that still have several openings including:

South Central Alaska

Anchorage, AK

June 25 - July 2

Le Monastere - SESSION I

Limoux, France

July 1 - 8

Le Monastere SESSION II

Limoux, France

July 8 - 15

Passes of Summit County

Frisco, CO

July 15 - 22

More information on these and other HeartCycle tours can be found at heartcycle.org or just click on the hyperlink above or at the end of this newsletter for the tour you are interested in.

HeartCycle in San Diego 2017

By Anne Cox

The 2017 HeartCycle touring season began in San Diego, March 18 – 25. This was my first HeartCycle tour and twenty three of us, including the tour leaders, rode six days out of seven in perfect southern California weather. Our rest day was the only day we had any rain. (Can I expect this same weather pattern for all HeartCycle tours?)

People make the trip. We had seven first-timers on the trip, including three sisters who take an active vacation together every year. My previous experience on commercial bike trips rarely had any singles, and I liked HeartCycle because there were about equal numbers of men and women traveling solo in addition to several couples.

I was impressed by the camaraderie, all of us sharing an activity we love, in a wonderful location with well planned routes, and good accommodations. It was a great way to get a jump-start on another year of cycling.



The Kolwitz Sisters



Joanne Speirs at Point Loma



The San Diego Group at the Oceanside Pier

Most of us toured the US Midway Aircraft Carrier on our rest day; my father-in-law flew a fighter plane off a carrier during WWII, though I do not know whether he was ever based on the Midway. He did train in San Diego and he met and married my mother-in-law there. I thought of them often throughout the week.



Sweet Surrender

Nearby the Midway, Bob Hope still entertains the troops, from a life-size bronze statue with a rolling audio from his many appearances. Also close at hand, a bigger than life rendering of the navy sailor kissing a nurse as the announcement came ending WWII, a piece entitled "Sweet Surrender."

I loved my first HeartCycle tour and I am signed up for at least two more this year. Whoo Hoo.

RE-LIVING THE PRO CHALLENGE Steamboat Ride - June 2016

By G. F Revey

Hello fellow riders! This narrative is about a wonderful 4-day HeartCycle romp around Steamboat Springs, Colorado last June. This ride with 17 riders was skillfully led by Diane Short with SAG support from Mary Ann and Rich Loeffler (who also provided co-leader support). An angel, in the form of Ellen Shannon (Gordon Revey's wife), stepped in to provide extra sag support as there is only one sag vehicle for this tour size. Unlike most HeartCycle rides, the Steamboat Pro Challenge rides were fix-based in Steamboat Springs. We welcomed nine new HeartCycle members and trust they will be back again for many of our tours!

Day 1: The group met in Granby, Colorado for a 69-mile out-and-back ride to Rand, CO. The ride started up through beautiful meadows filled with wild flowers. Then the group steadily climbed about 2,200 feet to our first SAG stop for snacks and drinks at Willow Creek Pass. While there, we encountered two riders carrying lots of gear. They explained they were doing the coast-to-coast Transcontinental bike race. Unlike Race Across America (RAAM) this race is totally unsupported.

Meeting other HeartCycle riders on these trips is great fun; plus we also meet other interesting people on the roads. These racers told us they were bringing up the rear and their main goal was just to see the country and finish safely. We should all aspire to those two goals! They also said, "here we are in Colorado and the race is already over, a woman from Anchorage, Alaska has already won it."

From the continental divide, we rode on to Rand, Colorado. Whoever coined the expression "one-horse-town," was probably thinking of Rand! The weather was great and the wide-open-vista scenery of the high meadows was awesome. As shown on the next page, Mary Ann set up lunch near a wet grassy meadow that we shared with pesky mosquitos. We passed around bug spray and had a wonderful lunch. Note that the owner of the only public store shown across from our lunch spot is infamously inhospitable to cyclists. Someone ventured over to the store and was informed that there would be a \$10 fee to use the restroom.



Transcontinental Bike Racers at Willow Creek Pass



Mary Ann Loeffler with the Sprinter setting up for Lunch at Rand Colorado

After a nice lunch prepared by Mary Ann we headed back over the pass and back to Granby, Colorado. Some black clouds threatened us, but only a few got wet. The clouds moved off and everyone got back safely. After a nice snack in the reservoir viewing area, we loaded ourselves and bikes into vehicles and we drove to Steamboat Springs. Upon arrival, we all settled into our accommodations at the Nordic Lodge, located conveniently on main street near many local restaurants and shops.

Day 2: After breakfast and a ride briefing by Diane, the group rode out of Steamboat Springs for a 55-mile loop to Oak Creek Colorado. I believe many of us thought this was one of the best rides we did. The rolling hills, green meadows, wild flowers and scenery on this loop were memorable. Plus almost no traffic! We rode in several small groups and made sure no one was riding alone. The route included three locally famous hill climbs called the three Bears - or another "B" word if your legs are really hurting!

In Oak Creek, under blue skies and tent, we had another wonderful lunch break.

On our return to Steamboat Springs, we rode by Stagecoach Reservoir on County Road 14. There was a half-triathlon in progress and we passed many huffing and puffing runners as we rode up the hill next to the reservoir. Again, the weather and scenery were beautiful.



Stephen Ingraham and others at lunch in Oak Creek, CO

Day 3: This was our “Big Climb day.” After a few miles of flat warmup out of town, we rode east out on Hwy 40 and up to the summit of Rabbit Ears Pass. This climb is about seven miles averaging about 7% grade. It’s a tough one, and to add to the difficulty, an unexpected road crew was repaving sections of the highway. Some were stopped for up to 20 minutes by the flagmen to allow westbound traffic through on the one open lane. Despite the difficulty, everyone made it up to the summit. The good news, we could ride safely behind the cones.



Lee Bourne at Rabbit Ears Pass Summit

Lee Bourne and the author stopped to take pictures at the first Summit sign. We did not know that the west-bound traffic was being held until all cyclists were counted riding past the Flaggers to the east. We were thoroughly scolded by the flag crew when they found us. Lesson learned - when riding through a flagged section, keep going until you come to the other end of it!



After another wonderful lunch break on another sunny day, we leisurely coasted mostly downhill back to Steamboat Springs. We had the road to ourselves as the road crew held up traffic until we were well on our way. Later that night, the group met for dinner at a town favorite restaurant called Mazzola’s. The food was fantastic and the group acknowledged all the planning

and work by Diane Short and Mary Ann and Rich Loeffler and a special Thanks to Ellen Shannon that made this a safe and fun trip.

Day 4: Our last day of riding was another out-and-back route on Hwy 129 to Steamboat Lake with an optional climb up to the historical Columbine Village. Before we rode out, we met in the parking lot for a group photo shown below. To help us remember names, it was suggested that we could turn our bikes around to show the names on our reflective triangles. I hope this starts a similar tradition for other rides too.



From L-to-R: Scott Hekkers - Patti Meeks - Louise Wise and Reenie Zaccardi at Columbine, CO



It was another blue-sky day of riding. For all four days, we had relatively calm winds. The month of June in the Steamboat area was very kind to us.

The group met for a nice casual lunch near Steamboat Lake. From there, about six riders did the “extra credit” climb up to Columbine. It was a very scenic ride!

Overall, the great scenery and camaraderie on this ride was thoroughly enjoyed by all.



Diane Short and Mary Ann - left, with the whole bike-group on at the Nordic Lodge

Colorado HeartCycle 2017 Tours

Discover San Diego

San Diego, CA

March 18 - 25 Status: Completed
 7 days, Intermediate \$1,060.00
 Ken Condray, condray3@gmail.com
 Becky Bottino, bbottino7@gmail.com
 Sue Matthews, scmatt2@gmail.com

The Carolina Blue Ridge Mountains and Parkway

Greenville, SC

June 17 - 25 Status: Wait List
 8 days, Adv./Exp. \$1800.00
 John Aslanian, 22flatrock@gmail.com
 Bob Rowe, browe49@comcast.net

Bay Area Summits

San Francisco, CA

April 21 - 28 Status: Open
 7 days, Adv./Exp. \$1,825.00
 Bob McIntyre, dcx12@aol.com
 Bill Buckley, williambuckley87@gmail.com

South Central Alaska

Anchorage, AK

June 25 - July 2 Status Open
 7 days, Int./Adv. \$1,950.00
 Rod Nibbe, aktour@knebbe.com

Springtime in CA: Sonoma and Napa Wine Country

Santa Rosa, CA

May 19 - 28 Status: Open
 9 days, Adv.+ /Exp. \$2,050.00
 Janet Slate, jslate@ultrasys.net
 Alan Scott, ascott@comcast.net

Le Monastere - SESSION I

Limoux, France

July 1 - 8 Status: Open
 7 days, Int.+ /Exp. \$2,350.00
 Phil Stoffel, ptstoffel@gmail.com

Le Monastere SESSION II

Limoux, France

July 8 - 15 Status: Open
 7 days, Int.+ /Exp. \$2,350.00
 Phil Stoffel, ptstoffel@gmail.com

Normandy-Calvados, Camembert

Western France

June 3 - 13 Status: Wait List
 10 days, Int./Adv. \$2,500.00
 Fred Yu, frederickyu@comcast.net
 Graham Hollis, gramhollis@comcast.net

Passes of Summit County

Frisco, CO

July 15 - 22 Status: Open
 7 days, Int./Adv. \$900.00
 Sy Katz, skskatz@comcast.net
 Bob Rowe, browe49@comcast.net

Colorado Western Gems

Grand Junction, CO

June 3 - 11 Status: Open
 8 days, Int.+ \$1,475.00
 Barry & Judy Siel, bjsiel@msn.com

Colorado HeartCycle 2017 Tours

Portandia Plus

Portland, OR

August 26 - Sept. 2 Status: Wait List
7 days, Intermediate \$1,420.00
Stephanie Oliver, skayoliver@gmail.com
Ken Condray, condray3@gmail.com

Womens Weekend

Colorado Springs, CO

August 31 - Sept. 3 Status: Cancelled
3 days, Easy/Int. \$480.00
Julie Lyons, julie@lovesweatandgears.net
Margie Adams, margieadams@comcast.com

Aspen Highlights

Aspen, CO

September 7 - 10 Status: Wait List
3 days, Int./Adv. \$890.00
Joanne Speirs, jcspeirs1@gmail.com
Doug Moll, doug@aaplus.com

Coast-to-Coast Northern Tier, Year 2

Missoula, MT

September 9 - 24 Status: Wait List
15 days, Int./Adv. \$2,480.00
John Penick, jdpenick@gmail.com
Bob Raicer, rjr80544@gmail.com

Southern Indiana Hills

Bloomington, IN

Sept. 30 - Oct. 7 Status: Wait List
7 days, Int./Adv. \$1,175.00
Jim Schroeder, jimmyschweb@gmail.com
Alan Scott, ascott999@comcast.net