

Heart to Heart



# JINX BROKEN!

## Harvey Hoogstrate Leads Tour and it Doesn't Rain (See Story on Page 8)

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### **HeartCycle Annual Meeting and Luncheon**

**Saturday - October 27, 2012**

**Mt. Vernon Country Club  
24933 Clubhouse Circle  
Golden, Colorado**

**Cash bar opens at 11:30 am and lunch will start at 12:00 noon**

**Members: \$12.00      Guests: \$22.00**

**Guests joining HeartCycle at the luncheon will receive \$10.00 credited to their membership! Good for the remainder of 2012 as well as all of 2013.**

**The program will include a presentation by Ann Lantz, Julie Lyons and Amy Storm, members of the RAAM Team "Love, Sweat and Gears" that was featured in the April 2012 HeartCycle Newsletter. There will also be an overview of the upcoming 2013 tour schedule with tour highlights provided by some tour leaders.**

**You can register for the luncheon at the HeartCycle website**

**There will be a 25 to 30 mile ride before the luncheon starting at 9:30 AM, meeting in front of the Mt. Vernon Clubhouse.**

**For information contact Mickey Berry at (303) 880-1944**

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## HeartCycle Mourns Loss

**Jane Shakman** - was struck by a car while riding her bike near her home in Ossining, NY on Sunday July 8 and passed away early the next morning.



**Jane and Stu Shakman**

Jane was an avid cyclist; in addition to being a longtime and loved member of HeartCycle, she was a beloved member of the Westchester Cycle Club. Deborah Ramsey, president of the Westchester Cycle Club, said, "She loved being out there with us and we loved having her." Ramsey described Jane as an upbeat and personable woman who spent much of her time volunteering at the Briarcliff Manor branch of the Society for the Prevention of Cruelty to Animals, or SPCA. Jane loved animals and was a dedicated vegan. Jane often took part in the Tush Tuneup, a nearly 70-mile bike ride to Great Barrington, Mass. The ride was organized each spring by Jane and Stu.

Remembrances can be made as donations to the SPCA of Westchester County, an organization very dear to Jane. You can go to their donation page at <http://www.sPCA914.org/donations.htm> and indicate that your donation is in memory of Jane Shakman. Stu thanks everyone for the outpouring of love and concern.

## HeartCycle Contacts

### The Board

<b>Chris Matthews</b> (303) 618-4789 President - <a href="mailto:president@heartcycle.org">president@heartcycle.org</a>	(2012)
<b>Mickey Berry</b> (303) 880-1944 Vice President - <a href="mailto:vp@heartcycle.org">vp@heartcycle.org</a>	(2013)
<b>Joanne Speirs</b> (303) 312-7252 Secretary - <a href="mailto:secretary@heartcycle.org">secretary@heartcycle.org</a>	(2013)
<b>John Steele</b> (303) 300-3573 Treasurer - <a href="mailto:treasurer@heartcycle.org">treasurer@heartcycle.org</a>	(2012)
<b>Harvey Hoogstrate</b> (303) 755-9362 Registrar - <a href="mailto:registrar@heartcycle.org">registrar@heartcycle.org</a>	(2012)
<b>Richard Crocker</b> (719) 237-3350 Tour Director - <a href="mailto:tourdirector@heartcycle.org">tourdirector@heartcycle.org</a>	(2013)
<b>Jeff Messerschmidt</b> (303) 904-0573 Sag Supply Manager - <a href="mailto:sagmgr@heartcycle.org">sagmgr@heartcycle.org</a>	(2012)
<b>Jay Wuchner</b> (720) 840-6467 Sag Vehicles & Insurance - <a href="mailto:sag@heartcycle.org">sag@heartcycle.org</a>	(2012)
<b>Bob Rowe</b> (303) 910-7230 Tour Leadership Director - <a href="mailto:tourleadershipdirector@heartcycle.org">tourleadershipdirector@heartcycle.org</a>	(2013)
<b>Steve Parker</b> (970) 382-9551 <a href="mailto:parker3097@yahoo.com">parker3097@yahoo.com</a>	(2013)

### Working Members

<b>Andy Anderson</b> (404) 395-1491 Mapping - <a href="mailto:maps3@heartcycle.org">maps3@heartcycle.org</a>
<b>Jerry Bakke</b> (303) 738-9861 Insurance - <a href="mailto:sag@heartcycle.org">sag@heartcycle.org</a>
<b>Ron Barton</b> (303) 798-2755 Co-Registrar - <a href="mailto:registrar@heartcycle.org">registrar@heartcycle.org</a>
<b>Barry Siel</b> (303) 470-8431 Newsletter Editor - <a href="mailto:newseditor@heartcycle.org">newseditor@heartcycle.org</a>
<b>John Steele</b> (303) 300-3573 Website Admin. - <a href="mailto:webmaster@heartcycle.org">webmaster@heartcycle.org</a>

## Notes from the Board

### 2012 Board Elections

HeartCycle will have five director positions open for election this October as Harvey Hoogstrate, Chris Matthews, Jeff Messerschmidt, John Steele, and Jay Wuchner complete their terms. Any member of HeartCycle can nominate themselves to run for a director's position for the period from November 2012 – October 2014. The HeartCycle Board is a group of members that work on important functions, that keep HeartCycle running smoothly, such as tour scheduling, souvenirs, maintaining the SAG supplies and Sprinter van, registration, membership and on special projects for the club. Directors also serve as the officers of HeartCycle: president, vice president, secretary and treasurer. Board meetings are on the second Tuesday of every month. Nominations should be sent in writing to the Vice President, Mickey Berry by August 28, 2012. A slate of candidates will be presented to the membership for election at the annual meeting on October 27, 2012.

Additionally, any member interested in becoming a working member for functions like the newsletter, map making, social events, or marketing can contact any current board member to volunteer.

If you have an interest in being a tour leader sometime in the future, contact either Bob Rowe or Rich Crocker for more information.

# The Passes of Summit County Colorado

by Anne Siegrist

Our trip leaders were Sy Katz and Bob Rowe and they organized a week of cycling the Summit County passes from our base in Frisco, Colorado. The first night we met at the Katz's home to meet the 27 participants and for dinner and orientation.



The first ride was to Ute Pass. We shared the road with the Courage Classic cyclists who were accompanied by the Colorado State Patrol on motorcycles. We started by following a beautiful bike path along the Dillon Reservoir, which eventually descended with steep, tight hairpin turns to Silverthorne. Before descending, could see ahead the silent motorcycle of a State Patrolman coming up the narrow path. I yelled, "biker up!" The guy behind me said, "that was some really serious biker" with his dark sunglasses and leather boots. I held my breath when we both passed each other because I couldn't believe a motorcycle could make it up some narrow steep path. I then remembered I was in Colorado, and it is not a good idea to hold your breath at altitude. Everyone made it safely up Ute Pass.

Day 2 we biked up Loveland Pass, Montezuma Pass, then over Swan Mountain on a new bike path. From the top of Swan Mountain you could see patches of snow on another mountain, the Dillon Reservoir, beautiful flowers (purple fireweed, lupine and columbine) and lodgepole pine trees. Over 50% of the pines were killed by the lodgepole pine beetle. Global warming doesn't allow the temperature in the winter to get cold enough, long enough to kill off the beetle.



Van Epps Brothers on Top

Day 3 we took the Ten Mile Creek bike path to the Vail Pass bike path. It was the most scenic day. Our professional sag drivers, Diane and Carol, had gourmet food for us again. They made the trip special because they were so organized and even knew what favorite food each rider wanted. They spent days attending to all the details, and kept track of where people were. They were the best cooks I have ever encountered on a cycling trip.

Thank you, thank you, thank you!!!

Day 4 was to Leadville, the highest city in the U.S. at 10,200 feet. Starting on the Ten Mile Creek path, I wondered why there were hundreds of chipmunks the day before, and now NONE. Was there a hungry cougar nearby? Maybe they weren't keen on 55 degrees F. Rode further and saw my first snowshoe hare on the Fremont Pass climb. When we got to Leadville, we road the Mineral Belt Trail, which showcases Leadville's silver mining boom in the past, some familiar names involved, and the hazards of mining in the past and present dangers. The gourmet cooks, Diane and Carol, treated us to another great lunch, then we cycled around Turquoise Lake and back to Frisco.

We could not do the Copper Triangle Loop for the road from Minturn to Tennessee Pass had a 100-foot deep sinkhole from an old underground railroad tunnel which collapsed. Yikes!



Andrea and Zoltan on Their Tandem

Day 5 we took paved bike paths to Breckenridge and did optional climbs up Mt. Baldy and Boreas Pass. Many stayed in Breckenridge to shop for souvenirs before taking the bike path back to Frisco.

Day 6 started at Georgetown and we climbed the newly paved Guanella Pass which had 3-12% grades for 12 miles. All made it to the top. Very little traffic makes this a hidden gem. It was originally used over 100 years ago as a burro trail to haul mined ores down the mountain. There were 10 mph hairpin turns on the descent. Some also climbed Loveland Pass, then had a gourmet lunch by Diane and Carol.



New Pavement on Guanella Pass Road

Day 7 you could circumnavigate Dillon Reservoir, a 20-mile loop.

Being based in Frisco, you did not have to ride if you wanted a day off. We had perfect weather for the week. It was so nice to meet and cycle with such great people.

# Imagine a Bike Ride in Cowboy Country

## Cody, Beartooth Pass and the Chief Joseph Scenic Byway

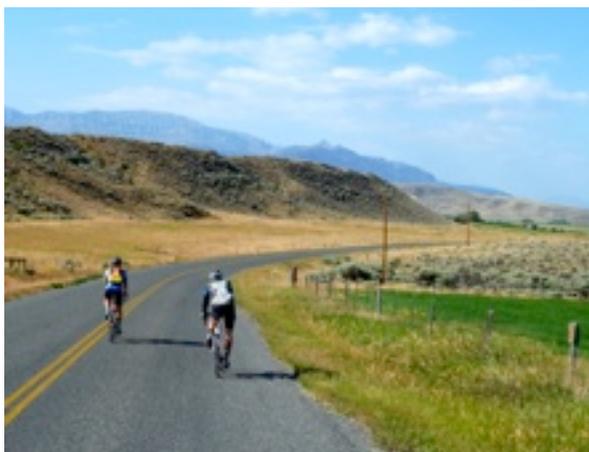
By Carol Melzer and Judy Siel

Why are these people smiling? It's a Harvey Tour and the sun is shining!



Leaders Harvey Hoogstrate and Kirstin Wright, Sags Anne and Steve Burchby

Imagine, riding where the deer and the antelope roam, and seeing sand hill cranes too.



Grassland, hills and mountains



Beartooth Lake, WY just below the summit

Imagine, peddling thru purple mountain majesties on a cloudless day among beautiful flowers with 23 cyclists.

Imagine, amber waves of grain in gale force winds on your final ride of your first Heart Cycle ride.



Getting hot, time to peel



Are we there yet?

What a wonderful week with few outside interruptions of emails or phone calls, many delicious meals served by our fabulous sag team, and relaxing times at our retreat at Hunters Peak Ranch.



Starting up the Beartooth



Switchbacks on Beartooth Pass

In the afternoons after riding, many riders visited the Buffalo Bill Cody Museum in Cody with it's art, history and firearm exhibits. What a fabulous combination of scenery, American Indian history, exercise and relaxation with many new friends and family.



Takin' a break on the way to Colter Pass



Anne and Steve keep the riders fueled up

End of day rewards at Pete's Cafe in Cody where delicious Licorice Ice Cream or Italian Cream sodas were indulged in, or a horse drawn trolley through Red River.



Heating up ...



... and cooling down

It was a tour of epic experiences: from the Marathon Oil fields to Heart Mountain views; from Red Lodge, Montana to the Hunter Peak Ranch via the 28-mile, 6000-foot climb of Beartooth Pass and past Top-of-the-World; from the Sunshine Bridge to Dead Indian Pass; and along the way, the Irma Hotel gunfight, Buffalo Bill Cody Museum, wagon ride, hike to a waterfall, zipline ride, trout fishing, concert in the park, horseshoe games and a few flat tires, but no rain!!!



A happy group after Steve and Anne provide a great BBQ dinner at Hunter Peak Ranch

We certainly appreciate and thank all of those involved, Harvey, Kirsten, Anne and Steve in preparing and providing such a wonderful Heartcycle experience. Don't be afraid of joining Harvey's next tour, now that the jinx is broken.

## 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](mailto:richcrocker@hotmail.com)  
 (719) 481-2313  
 Jay Wuchner, [jaywuchner@comcast.net](mailto: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](mailto:richcrocker@hotmail.com)  
 (719) 481-2313  
 Jo Kuhlmann, [kuhlmannjoachim@aol.com](mailto:kuhlmannjoachim@aol.com)

### California - Springtime in Solvang - In Style

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

### Texas - Wildflowers in May

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

### Colorado - Grand Valley Ramble

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

### Wyoming - Cycling Cowboy Country

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

### Colorado - Passes of Summit County

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

### Wyoming - Cowboys, Buffalo Bill and Scenery

July 28 - August 4 Status: Complete  
 7 days, A54 - I74 \$1180.00  
 Harvey Hoogstrate, [harvhoog@gmail.com](mailto: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](mailto:condray3@comcast.net)  
 (425) 745-1159

### Colorado - Northern Front Range

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

### Colorado - Aspen HighLights

September 6 - 11 Status: Full  
 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](mailto:jim@bikes5.com) (516) 446-1766  
 Janet Reilly [janet@bikes5.com](mailto: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](mailto:jerrybakke@msn.com)  
 (303) 738-9861  
 Steve Parker, [parker3097@yahoo.com](mailto: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](mailto:jerrybakke@msn.com)  
 (303) 738-9861  
 Chris Matthews, (303) 618-4789