

Heart to Heart



HeartCycle Annual Meeting and Luncheon

Saturday - October 26, 2013

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

Mark your calendar for the Annual Meeting and Luncheon and a chance to share memories of this year's tours. We have a great program and fabulous meal in store for you. Guests will receive a \$10.00 credit towards their 2014 annual membership fee. To add a festive element to the meeting, we encourage everyone attending to wear their oldest HeartCycle jersey. Dig through your stuff and see what you have from year's past!

We will have a continuous slide show of photos from this year's tours. A picture is worth a thousand words and we have lots of memories to share. If you have 8-10 photos that really capture the spirit the tour/s you rode, please email them to Barry Siel at bjsiel@msn.com and he will include them in the photo display at the meeting.

Can you imagine riding coast to coast in less than seven days? I can't! HeartCycle's own Race Across America teammates Ann Lantz, and Julie Lyons, will share their amazing story of this year's ride. Relive their experience of their second straight RAAM with a slide show and narrative. You won't want to miss hearing about their remarkable accomplishment.

Several of HeartCycles out of town tour leaders will be in attendance and will preview the trips they have planned for 2014. There will be an overview of the entire schedule of tours for next year with highlights provided by the leaders.

There will also be a brief member's forum at the end of the presentations to allow time for comments and questions from our members. The purpose is to obtain your feedback on what you like about HeartCycle, what you think could be improved, as well as what you would like to see in the future. Your constructive input will help the board in operating the club to best serve everyone's needs.

You can register for the luncheon at the HeartCycle website, <http://heartcycle.org/>. Please register, if you can, by October 19, 2013. For information contact Mickey Berry at (303) 880-1944.

The traditional 25 to 30 mile ride before the luncheon will start at 9:30 AM. Meet in front of the Mt. Vernon Clubhouse. Links for the 9:30 Bike Ride:

Map and Cue Sheet: <https://dl.dropboxusercontent.com/u/32387264/Annual%20Lunch%20map%20and%20cue.pdf>

.gpx file: https://dl.dropboxusercontent.com/u/32387264/Heartcycle_lunch_ride_w_Genesee_Mnt.gpx

HeartCycle Contacts

The Board

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President & Legal- president@heartcycle.org

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vp@heartcycle.org

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John Steele (303) 300-3573 (2014)

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Leaders and Sags Development Manager -
tourleadershipdirector@heartcycle.org

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Bob Rowe (303) 910-7230 (2013)

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Co-Registrar - registrar@heartcycle.org

Barry Siel (303) 470-8431

Newsletter Editor - newseditor@heartcycle.org

Notes From the Board

2013 Board Elections

HeartCycle will have five director positions open for election this October as Mickey Berry, Rich Crocker, Steve Parker, Bob Rowe, and Joanne Speirs complete their terms. Any member of HeartCycle can nominate themselves to run for a director's position for the period from November 2013 – October 2015. The HeartCycle Board is composed of members who work in important jobs that keep HeartCycle running smoothly. They include accounting, tour planning and scheduling, souvenirs, maintaining the SAG supplies and Sprinter van, registration, and membership as well as 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 September 26, 2013. A slate of candidates will be presented to the membership for election at the annual meeting on October 26, 2013.

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.

New and Revised HeartCycle Policies

The HeartCycle Board wants to share with the membership three new/revised policies that will be of great importance to the members:

Tour Announcement and Registration Policy (2013)

It is important that you maintain your club membership as current members receive the information regarding tours through electronic mail and the electronic club Newsletter.

Upcoming tours generally are developed by Leaders and scheduled by the Tour Director in the year prior to the year they are offered. Advance announcements of tours may be included on this site and in the club Newsletters at any time. Typically:

- US based tours may be previewed in the Newsletter and/or on this site in the fall and are formally announced at the annual meeting at the end of October. Then, an email is sent to current members just in advance of when registration is opened for each tour. Tours are opened for registration on a staggered schedule from about November 1 through December 1. If additional tours are subsequently added to the schedule, an announcement of the tour and registration is sent by email to current members and posted on the Web site. The tour will also be discussed in the next Newsletter when it is issued.
- International Tours are typically announced on the Web site and in the Newsletter up to a year in advance of the tour, and before registration will open. Then, an email is sent to current members before the tour registration opens.

Nutritional Guidelines and Dietary Restrictions (2013)

HeartCycle attempts to provide riders with nutritional lunches and snacks. In part, the quality and freshness of the food may depend upon the location of the tour. Rural routes may not allow for a wide variety of options. Further, on some tours, meal options may be limited to the local diner.

HeartCycle is not able to accommodate a wide range of dietary needs and cannot be prepared to meet each individual rider's specific dietary requirements. Riders with food allergies and dietary restrictions should bring their own food.

HeartCycle Tipping Guidelines (2013)

HeartCycle Tours are run by a dedicated team. Your tour leaders are unpaid volunteers and your SAG guides receive a per diem stipend. As an acknowledgement of their efforts, it is customary for tour riders to show their appreciation to the tour leaders and SAG guides by contributing to a tip fund. Typically each rider contributes between 5 to 10% of the total tour price per rider to the fund. We ask that one rider collect the contributions, divide the tip fund among the leaders and the SAG guides. The tips are then presented to each of the tour leaders and SAG guides as a way of saying thank you for a job well done. This also recognizes the simple fact that without them, HeartCycle tours would not be available for your enjoyment.

Group photo from **Lake Champlain and Vermont** tour, June 2013.



THE GRAND FINALE MOAB UTAH OCTOBER 11-14, 2013



Don't miss the opportunity to enjoy HeartCycle's last tour of 2013, three days of road biking bliss in magical, memorable, mystical Moab Utah. While mountain biking helped put Moab on the recreational map, the road biking is absolutely fabulous and beyond compare. October is a very pleasant month with cooler temperatures and smaller crowds. Each day our rides will be out and back from our motel. We will explore the natural wonders of Arches National Park on our first day. A paved bicycle trail will take us from the edge of Moab to the entrance to the park. We will climb into the park and enjoy the rolling hills filled with monolithic red rock formations and the iconic arches. As we explore the park, there will be time for side trips on bike or on foot to see some of the park's hidden treasures.

On the second day, we will challenge ourselves by riding the La Sal Mountain Loop that takes us from the high desert into the alpine tundra. With steep climbs and exhilarating descents this is a classic ride through extraordinary scenery and backcountry isolation. You will experience a sense of accomplishment and satisfaction after completing this out and back loop.

To end the trip, we will take a leisurely ride along the Colorado River on a quiet road leading to the Potash Plant. The colorful canyon walls along the river bottom contain petroglyphs from the early Anasazi people and many are clearly visible from the road. As we pass Wall Street we get to see daring rock climbers scaling its sheer face. Upon returning to Moab, we will have time to clean up and check out of our motel before we head for home with wonderful memories of this tour.

Note: Registration is still open for 6 riders

Cycle for Life Supporting the Cystic Fibrosis Foundation September 21, 2013

The ride begins and ends at the Boulder County Fairgrounds in Longmont, CO

Jay Wuchner (Colorado HeartCycle Board member) is organizing a team to participate in the Cycle for Life to support the Cystic Fibrosis Foundation. Jay has a friend who's son, Max, is living with Cystic Fibrosis. Max looks like a normal 9 year-old even though he is battling a bad respiratory infection. If you would like to participate on team **Maxmiles-Colorado** contact Jay Wuchner at jaywuchner@comcast.net for more information.

For more information about the ride:
<http://www.cff.org/chapters/colorado/chapterevents>



WASHINGTON-BRITISH COLUMBIA - 2014



July 12 - 19, 2014, HeartCycle will run a Washington-BC tour, which is a 425 mile loop that starts and end in Colville in Eastern Washington (approximately 80 miles north of Spokane). This tour travels along beautiful valleys, quiet roads and along nearly unspoiled lakes of the Kootenay Mountains. It only climbs two mountain passes, but makes up for that lack by climbing many small hills on most days. The shortest day is 45 miles and the longest is 92 miles. The rest of the days average 55-60 miles per day. Among the highlights of the tour is a half day stop in Nelson, BC which is one of the most scenic resort towns in the Kootenay region BC. We will also stop at the world famous Ainsworth Hot Springs where we can walk into the mountain to the source of the hot spring. Our day off will be in Kaslo where we stay at a 5-star hotel. We hope to again have live music to dance away the night. Look for a more detailed description when the tour is posted in the fall. Ralph and Carol Nussbaum will lead the tour supported with two SAGs.

Mallorca – 2014

HeartCycle will be returning to Mallorca May 3 – 17, 2014. Rich and Polly Crocker will be leading a reprise of the 2012 tour and hope they have 28 members join them on this wonderful tour. They planned this tour to accommodate couples with mixed cycling abilities and members who may like to relax and take days off to enjoy the amenities and surroundings.



The Mediterranean Island of Mallorca is known as the Mecca of European spring cycling for good reasons. It has a sunny climate in May (55–73 °F) and a wide variety of routes on excellent roads with extremely low automobile traffic. The cycling routes vary from flat terrain to rolling hills to long climbs as we'll ride along the coast, through the plains and foothills into the mountains. The beautiful landscape includes secluded pine forests, citrus groves, spectacular sea cliffs and Spanish architecture. On days you may not want to ride there are many options for other tourist or sport activities including staying on the beach, winery tours, spa visits, golf, etc.

This tour is a complete package including lodging, half pension (breakfast and dinner) and bicycle rental. We'll stay for a week at each of two different hotels to allow us to take advantage of all the varied landscapes and roads. The daily group rides will be 40–50 intermediate miles with shorter and longer options. There will not be a SAG vehicle as we will stop in the small villages for group rally points and to purchase food and beverages.

The final price is expected to be \$2300–\$2600 and the registration should open in early September.

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: Complete
 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: Complete
 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: Complete
 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: Complete
 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: Complete
 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: Complete
 5 days, Advanced \$475.00
 Ralph & Carol Nussbaum
rnussbau@earthlink.net (206) 783-6450

Willamette Valley Cruise

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

South Fork Soujourn

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

Washington Coast

July 27 - August 4 Status: Complete
 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: Complete
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: Complete
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: Full
8 days, Advanced/Expert \$1,065.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Ralph Nussbaum, rnussbaum@earthlink.net
(206) 783-6450