

Heart to Heart



Annual Meeting and Luncheon Saturday - October 25, 2014

Mt. Vernon Country Club
24933 Clubhouse Circle
Golden, Colorado

Cash bar opens @ 11:30 AM; Buffet starts @ 12 noon

Members: \$15.00; Guests: \$25.00 (Guests will receive a \$10.00 credit toward their 2015 annual membership fee.)

Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 25 at Mt. Vernon. Come enjoy gourmet food and drink with old and new friends and share memories of this year's tours.

We will have a continuous slide show with photos from this year's tours. If you have 5 or 6 (or up to 10) photos that really capture the spirit of a tour that you rode, *please email them to Barry Siel at bjsiel@msn.com* and he will include them in the photo slide show at the meeting.

This year HeartCycle is pleased to present **Jon Heidemann**, owner of Denver based Peak to Peak Training Systems and an Elite USAC Cycling Coach, who will provide some tips on bicycle safety, plus his insight on maintaining a high level of fitness in spite of getting older.

In addition, HeartCycle's Tour Director, Bob Rowe, will preview the tours that are planned for 2015. Many of next year's tour leaders will be also be present to answer questions about their 2015 tour/s.

You can register for the luncheon at the HeartCycle website (<http://heartcycle.org>). The luncheon is listed under "tour registration". *Registration must be made by Sunday, October 19, so we can confirm the number of members attending the luncheon for the catering department. All payments must be made online and there will be no payments accepted at the door.* We encourage non-members to attend the meeting and you will be able to register for the luncheon online beginning in mid-September.

Attendance at the Annual Meeting has grown substantially the past two years, so sign up today to reserve your place. For further information regarding the luncheon 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 will be posted in the September newsletter.

New for 2014: HeartCycle Seattle Luncheon

Saturday, November 1, 2014

The Golf Club at Echo Falls

20414 121st Ave SE; Snohomish, WA 98296

<http://www.echofallsgolf.com>

11:30 AM: Cash bar opens

12 noon: Buffet opens

\$15 HC members; \$25 non-members (\$10 credit toward 2015 membership is available to non-members.)

HeartCycle's Board of Directors is pleased to announce a fall luncheon for our growing membership in the Pacific Northwest. The purpose of this luncheon is to introduce the Seattle contingent to some of our Colorado-based Board Members and club officers and provide general information about how HeartCycle operates, both as a bicycle touring club and as a not-for-profit business. We will also give a brief history of the club and answer questions. The 2015 tour schedule will also be announced.

Please register for the luncheon at the HeartCycle website, <http://heartcycle.org>. *Registration and payment must be made on our web site by Saturday, October 18, 2014, so the chefs at the Echo Falls Club can plan the food. All payments must be made online and there will be no payments accepted at the door.*

Members can register online for the luncheon now at <http://heartcycle.org>. The luncheon is listed under "tours". Non-members will be able to register for the luncheon online beginning in mid-September. If you have any questions about the luncheon please email Mickey Berry at mickeyberry417@gmail.com.

Ralph Nussbaum will lead a short ride at 9:30 AM from the golf club before the luncheon. Please contact Ralph regarding ride details.

HeartCycle Contacts

The Board of Directors

Chris Matthews (303) 618-4789	(2014)
President - president@heartcycle.org	
Mickey Berry (303) 880-1944	(2015)
Vice President - vp@heartcycle.org	
Steve Parker (970) 382-9551	(2015)
Treasurer - treasurer@heartcycle.org	
Joanne Speirs (303) 312-7252	(2015)
Secretary - secretary@heartcycle.org	
Jim Bethell (518) 466-8490	(2014)
Marketing Manager - marketing@heartcycle.org	
Harvey Hoogstrate (303) 755-9362	(2014)
Web Master - webmaster@heartcycle.org	
Richard Crocker (719) 237-3350	(2015)
Registrar - registrar@heartcycle.org	
Jeff Messerschmidt (303) 904-0573	(2014)
Sag Supply Manager - sagmgr@heartcycle.org	
Jay Wuchner (720) 840-6467	(2014)
Sag Vehicles - sag@heartcycle.org	
Bob Rowe (303) 910-7230	(2015)
Tour Director - tourdiretor@heartcycle.org	

Working Members

Andy Anderson (404) 395-1491	
Map Maker - maps3@heartcycle.org	
Jerry Bakke (303) 738-9861	
Insurance - jerrybakke@msn.com	
Ron Barton (303) 798-2755	
Co-Registrar - registrar@heartcycle.org	
Barry Siel (303) 470-8431	
Newsletter Editor - newseditor@heartcycle.org	
Jim Bethell (518) 446-8490	
CPR/Driver Trng Coord. - bikes05@verizon.net	
Richard Loeffler 303-981-2963	
Med. Equip. Mgr. - MedEquipMgr@heartcycle.org	

2014 HeartCycle Board Election

Each year HeartCycle has five members of the 10 person board of directors who complete their two year term of service. At the October 25, 2014 Annual Meeting a slate of 5 new or continuing directors or a combination of both is placed in nomination and confirmed for a new two year term by the members attending the meeting. This October Jim Bethell, Harvey Hoogstrate, Chris Matthews, Jeff Messerschmidt and Jay Wuchner will complete their term. The board will have an opening this year for a new director to take the place of Harvey Hoogstrate who has decided to leave the board after many years of distinguished service and leadership.

Any member of HeartCycle can nominate themselves as a candidate for a director's position for a two year term beginning in November 2014 and continuing through October 2016. The Board of Director's is composed of members who administer and manage the affairs of the club. Duties include accounting and financial oversight; policy and procedure decision making; tour budgeting, planning and scheduling; souvenir selection and management; equipment management and storage; transportation management of the club's Sprinter and all rental vehicles; membership and tour registration; insurance management; arranging and planning social events; and, work on special projects. Director's also serve as the club's officers: President, Vice President, Secretary and Treasurer. The board meets once a month on the second Tuesday. Please notify Vice President Mickey Berry, in writing, by September 25, 2014 if you have interest in serving a two year term on the Board of Directors.

Additionally, any member interested in becoming a HeartCycle working member handling specific duties including newsletter editor, map making, marketing, data processing, or other specialized responsibilities can contact any current board member to volunteer.

Biking and Barging

May 12 – 22, 2014

By Sally Luttrell-Montes

This tour, organized by Carol and Ralph Nussbaum, was jam packed with biking and sightseeing opportunities from Ghent, Belgium to Amsterdam, Holland. Each day of 35 – 40 miles brought something new to explore from Belgian beer to windmills. The group size optimized flexibility and encouraged people to watch out for one another. Suzy, riding her folding bike with great speed, was our fearless guide and her husband, Roger, brought up the rear with tools ready to fix a flat or do other minor repairs as needed. *Sarah*, our barge, was a beauty with double rooms en suite for everyone. The dining room was lined with handsome varnished wood that gleamed in the sun. Part of the deck was covered allowing shade from the sun or shelter from the rain. Fortunately, the large deck accommodated clean clothes as they dried in the breeze. The boat captain, his assistant and cook took great care of us, providing smooth sailing and delicious dishes of the region.



Belgium Beer



Windmill

One of our members was an accomplished birder and had brought along a bird guide for the area. His love of birds was infectious and he was inundated with

questions from our group to help identify specific species along the way. We also had doctors, an endodontist, paralegals, a lawyer, teachers, a librarian, financial advisor, psychotherapist, and communication manager with an average age of 62 years. Our group came from as far north as Vancouver, BC and as far east as New Jersey, but most were from the Pacific Northwest.

Our first day's weather was a downpour. After that, luck was with us and we only got mild spitting for one other day. Some hardy souls braved the initial rainy day and tested out their rental bikes while others took the train to Bruges. The rainy ride group returned soaking wet but with much bravado. They had seen a sign for 33 km. to Bruges no less than four times – in different locations. It was our first appreciation for the circular design of the older European cities we traveled.

Our rental bikes were distinguished from one another by a small tag with a respective number. The seats were large and comfy and the handlebars upright. The gearing was 21 speeds but we only used two or three, tops. Each of us was provided a handy pannier for the trip. The landscape was, well, flat. The highest points were the dikes that weren't that high to begin with. Fortunately if you biked on top of them as we did, you had views for miles. We cycled in both dense cities (Amsterdam) and more often, rural areas. What fascinated most of us was the ease with which the people of Ghent to Amsterdam cycled. It was not a recreational sport for them. It was their main form of transportation - was well supported with bike paths and dedicated bike lanes in the city. Commonly we could watch a mother biking down the bike path pushing a young one along on his own small bike while she carried one young child in the front and one in the back, standing on the bike rack. For the record, we were the only ones wearing bike helmets.



Sarah the Barge



Belgium Flats

Suzy, our energizer bunny, designated a different focus everyday. Sometimes she brought in experts that knew a particular city well. Obviously one of the days was devoted to windmills. Suzy had lined up a special tour with a windmill caretaker to show off and talk about his windmill. It was interesting to learn what the sails were made of (heavy canvas). It was possible to dismantle the blades and change the angle to favor the wind. This particular windmill ground corn for animal feed. Unfortunately windmills are not as lucrative as they once were. Neither is the making of wooden shoes but a demonstration of this craft was also organized. When the wooden shoemaker had roughly cut a shoe shape and some of the inside he surprised us by blowing through the hole of the poplar wood shoe causing a considerable amount of water to shoot out. Water was also important in one of our other highlights – cheese making. The cheese at this creamery was made by packing curds into small round containers until they were dry enough to pack in wax. Our group was able to taste test 12 different flavors of their cheese. Suzy took us through some countryside over bumpy cobblestones and along canals, from tiny alleyways to big city streets. Although she had route maps, reading them would have been next to impossible. How she read her notes while riding was unfathomable.



Big Wooden Shoes



On Sarah and Ready to Ride

After everyone got back to the boat each day, folks changed their clothes and headed out to try one of two treats, especially in Belgium – both liquids. One was hot chocolate and the other was beer. The hot chocolate was prepared in such a way that you received a mug of very hot milk in which you put a set of chocolate chips of your preference (milk or dark) and the chocolate bowl. Once these were appropriately stirred into the milk you put whipped cream on top. (Good thing we were bicycling each day to keep our calories in check what with the goodies and our cook's meals.) Most of the group found the Belgian beers much to their liking

since they are less hoppy than those in the United States. There were certainly lots of choices and the matching of glasses with respective beers was a nice touch.

All in all, I think most of the group would recommend this ride to others. The daily mileage was leisurely with an emphasis on sightseeing. For those cyclists who wanted more of a workout, they individually pulled a group together to ride some extra miles after the regular ride was completed. Some of our group are already looking at future rides of this nature for another shared adventure. A lot of the joy of cycling really comes down to fellow bikers. Our group's diversity in age, profession, and bicycling skill added to the richness of the trip.



The Bike and Barge Group

Canada's Beautiful Mountains, Waters, and Flowers

July 11–20, 2014

by Anne O'Donnell

"Welcome to British Columbia, the best place in the world," read the sign as we crossed the Canadian border. That must be why the WA/BC Tour sold out in 10 minutes. British Columbia's natural beauty is spectacular -- evergreen mountains, roadside wildflowers, rippling rivers and grand lakes. Its cultivated beauty is spectacular too. In every town, elaborate hanging pots, container gardens, and flower and vegetable gardens flourished.

Tour leader, Ralph Nussbaum, has led WA/BC many times with co-leader Rod Lee. Each day's group meeting included a thorough review of the next day's cue sheets, resulting in nary a wrong turn for the 39 riders. The 9-day, 530-mile tour (that's long!) began and ended in Colville, WA. We looped up into British Columbia, spending 7 of our 9 nights there, with a 2-night stop in Kaslo. A few highlights were Day 3, the longest climb (Kootenay Pass), Day 6, the longest distance (93 miles from Kaslo to Castlegar), and Day 8, the forbiddingest air quality back into Washington and its wildfires.



Melissa demonstrates her ice wrap in Ymir Two Kathleens on the Kaslo Lake Ferry

The first two days, when we climbed about 3,000 feet each day, were extremely hot, so Ralph broke out the ice socks! Think old-fashioned white cotton tube sock filled with ice and wrapped around your neck. I let mine hang down my back to avoid that choking feeling, and it was extremely cooling. So was pouring water on my head. Melissa had her own special blue head wrap. "Ouch!" she yelled. There's such a thing as too much ice on your head and she had to empty some out.

We were glad when it rained on Day 3 for the almost 15-mile climb up Kootenay Pass, with 5,000 feet of climbing. But the rain, while a welcome break from the heat, caused shaking chills for some of our thinner riders. At lunch they sat in both truck cabs, warming up until they stopped shaking and the color returned to their knuckles. Rain is not ideal for such a huge descent, but we all managed safely, with a few choosing to sag. Arriving in Creston that

day, the rain cleared and the sun burst, and all of us used the motel courtyard and hose to clean up our messy bikes during happy hour. The next day's ride to Kaslo was all along the 97-mile Kootenay River, which we crossed by ferry. Sometimes the lake was at road level, and sometimes it was far below. All the time, it was beautiful. We also stopped at the Ainsworth Hot Springs for both a refreshing cold plunge and a soothing hot soak. Afterwards, they were repaving stretches of road so we had to wait until the flagger waved us through. We had to bear miles of rumbling road before reaching the much smoother, newly paved (hooray!) road.

Kaslo made for a delightful midway resting point. Activities included hiking, shopping, swimming in icy Lake Kaslo, and visiting the S.S. Moyie, a paddle sternwheeler that the Canadian Pacific Railroad operated on Kootenay Lake from 1898–1957. We occupied the entire Kaslo Hotel, a thoroughly modernized rebuilt hotel with the lake on one side and the main street on the other. Its pub was very inviting.



Patiently awaiting the signal to go



Leaders & SAGS Kathleen, Ralph, Carol and Rod

Ours was a get-out-early and go-very-fast kind of crowd (not unlike the Tour de France peloton which was riding concurrent with us). I score higher on the "dawdle scale" than most of my tour mates, but I fell in line by Day 3. Up and out! The day we left Kaslo it was again extremely hot, and in addition to using ice socks, people jumped in the river to cool off on this 90-degree, 93-mile day. I myself decided early on that 70 miles would be plenty for the day, and I sagged from mile 70 home, in the good company of Carol and Ray. The next day, I could tell that people were feeling the 93 miles and the heat because after lunch at Lake Christina, people dawdled! (I felt so at home.) We chatted, we had more Oreos, we swam in Lake Christina fully clothed, and we sat a spell longer in the comfy chairs. The leisure continued that evening in Grand Forks, both poolside and at our group dinner.

The next morning we took our group photo across the street from our hotel, with the mountain symbolically behind us. Then we rode as a group the first 3 miles together to the border. Washington was in a state of emergency from the fires. The air quality really disturbed the breathing of about a third of our group who, at the crossroads at Tugboat

Espresso, chose the more direct 20-mile route to Republic instead of the 60 miles over Wauconda Pass. Thank God they had their inhalers. At lunch that day we met Todd and Stormy, twenty-somethings who had just finished one month of a two-year self-supported ride around the country. Carol offered them cookies, of course. That evening, the Republic Brewery was quite the old west experience, with picnic tables for card-playing, in which quite a few of our group partook.

The next day was our last and it brought us full-circle back to Colville. Everyone hugged, high-fived, thumbs-upped, and parted. It had been a wonderful tour— breathtaking views and mountains conquered with a sense of adventure and camaraderie.

This was my third HeartCycle tour. I love the natural beauty, the physical challenge, the leaders' careful planning, and the participants' pervasive good humor -- to say nothing of happy hour, learning to draft the Buckleys' tandem downhill, and having Ira as our spot-on impromptu weatherman. Our whole group was delightful -- the Seattle crowd, the Colorado crowd, and my own small Pennsylvania crew. Ralph is a diligent leader, Rod is a patient sweep, and Carol and Kathleen are consummate SAG drivers and chefs. I send my heartfelt gratitude to HeartCycle and this year's WA/BC group for yet another memorable, wonderful ride! Roll on!



Netherlands Bike and Barge

June 21–July 1, 2014

By Barbara Stein

There is a storybook quality about the Netherlands that is unmatched in my mind to that of any other European country. I not only recall the books I read as a child—Hans Brinker, or the Silver Skates, Wilhelmina, a Little Dutch Girl—but I also conjure images of vast fields of colorful flowers, quixotic windmills, wooden shoes, chocolate and, of course, fabulous cheeses with names derived from picturesque towns like Edam and Gouda. And there is no better way to experience this country than by bicycle, which is exactly what we did for ten days in late June.

The recent Netherlands bike and barge tour, skillfully orchestrated by Ralph and Carol Nussbaum to be “off the beaten track”, brought all of these sites and smells to life. Luckily for us, both Ralph and Carol speak Dutch. Ralph learned as a child growing up in Amsterdam; Carol picked it up through her many visits over the years. Billed as a leisurely-paced “tour”, not a “ride”, and averaging just 36 miles/day (with no more than ca. 100’ in elevation gain), our group biked together behind a fantastic Dutch guide, Francien Van der Lee. Francien not only charted our daily route, she also provided many cultural insights and accommodated special requests for food indulgences (e.g., poffertjes) and additional historic sites of interest. Our barge, the “Sarah”, comfortably accommodated our group of 20 in ten staterooms, each with private bath, and included a spacious dining room that doubled as a World Cup sports bar and cheering section on two occasions, plus outdoor seating where we enjoyed coffee before breakfast and often a glass of wine while watching the sun set.



To fully appreciate the Dutch countryside, we donned upright bikes, the kind you probably rode and loved as a kid. However, these bikes were equipped with 27 gears, most of which were never needed, as we pedaled across miles of dikes and along lovely shaded trails under stately arcades of mature trees. Starting in Amsterdam, within walking distance of the central train station, Day 1 had us storing our gear on board the barge, fitting our rented bikes, and then pedaling out into the countryside to begin the tour. Our days fell into a delightful pattern. We rose

leisurely, coffee at 7:15AM, breakfast at 8:00AM. We packed sack lunches and headed off at 9:00AM. Stopping for coffee mid-morning or just to meander through a small town, we would continue riding until lunch, often choosing to picnic on castle grounds or by a scenic lake.

On Day 1 we cycled north out of the city through the rural area of “Waterland” and the lovely fishing village of Monnickendam, stopping en route to visit a traditional wooden shoe maker and a cheese farm, and ending the day by meeting our barge in the picturesque town of Weesp, about 45km from Amsterdam. After a fabulous dinner on board ship, evenings were free to explore the local community. Many evenings Francien offered walking tours for those interested in joining her.

On Day 2 we pedaled to the historic university town of Utrecht, following the Vecht River as it meandered past stately 18th C country villas belonging to the wealthy inhabitants of Amsterdam, and passing through small villages such as Breukelen, the namesake of Brooklyn, NY. No two towns, nor their respective bridges, could be more dissimilar from one another than these two communities appear today.



From Utrecht we cycled to Tiel (Day 3) and en route took an intimate tour of a traditional windmill, while from Tiel we cycled to Nijmegen (Day 4), traversing beautiful canals with broad quays and through orchards pregnant with ripe cherries and strawberries. Naturally, we stopped at a roadside farm where we could pick our own berries, buy baskets of cherries, or simply purchase ice cream before reaching our final destination for the day. The town of Nijmegen is home to the famous bicycle museum, the Velorama, which houses the most fascinating historical collection of bikes—and failed attempts at perfecting two-wheeled conveyances—that one might imagine.

Day 5 was a loop ride out of Nijmegen to Kleve, Germany with a memorable stop at a Dutch tea garden in Kekerdome. For the price of entry, we not only escaped into a world of meandering foot paths through lush foliage that led to Turkish tiles, reflecting pools, and silk-covered couches but we also enjoyed a cup of tea and our choice of cake.

From Nijmegen we cycled to Arnhem (Day 6) via the national park Hoge Veluwe. The landscape changed dramatically from forested trails to paths through sandy dunes. Amazingly, the park is not open to cars. Visitors who arrive by car must park outside the entrance and avail themselves of a bicycle from a fleet of white bikes provided by the park at no charge. The highlight of our visit here was the famous Kröller-Müller Museum, known for its outstanding outdoor sculpture garden and extensive collection of Van Gogh paintings and drawings.

From Arnhem we pedaled to Deventer (Day 7), stopping outside Apeldoorn to lunch at and tour the elegant royal palace at Het Loo and its extensive gardens. Here the “Glorious Revolution” that made Willem King of England and the Netherlands was conceived in 1688.

Day 8 took us along the river IJssel and through the historic region of Overijssel to Kampen. All of the towns we passed through are rich in history and abound in beautiful architecture dating from the 1400s and later. We arrived in Kampen on market day where street vendors, local marching bands, and minstrels in medieval garb competed for our attention. Moored alongside the Sarah were a number of majestic wooden tall ships, still in use as party boats.



Not only does the Netherlands readily offer visitors reminders of its rich history as a powerful seafaring and merchant society, it also remains cognizant of its more recent, albeit painful, history during the last world war. On Day 9 we set out through the woods surrounding Kampen, our first stop the hidden village of Verscholendorp. Here Jews hid in underground homes until October 1944 when eight were discovered by the Nazis and killed. The Dutch have recreated two underground dwellings here and a plaque honors the Dutch citizens who assisted Jews by providing food, water and protection for as long as possible.

From the woods to the water, we stopped for lunch in the former fishing village of Harderwijk where numerous stalls offered the Dutch snack “kibbeling”, the equivalent to our fish and chips. From here we continued on to our final destination for the day, Spakenburg, a small fishing community with beautiful wooden sailboats where many older women still dress in local traditional garb.

Our last full day of cycling brought us back to Amsterdam, via Naarden, a village surrounded by a star-shaped fortification and moat. We ended the day at the Brouwerij 't IJ brew pub, having come full circle yet feeling as though we had passed through a different world.

If you have ever promised yourself that you should take time to “smell the roses”, either literally or figuratively, this is the way to do it. We spent our last night of the trip reliving the highlights of each day and touring the canals of Amsterdam by boat. The following morning our group dispersed but I feel each of us realized we had just participated in an extraordinary bike tour and would never think of bike “rides” in quite the same way again.



Alaska HeartCycle Tour

June 25 – July 2

By Mary Kerschbaum

Our Alaska Tour began in an unpredicted summer rain. It was quite chilly and wet for a bicycle ride. So, being a fixed based tour for the first few days, we were able to switch our first day to a short rainy ride around town. Anxious to get on our bikes, our leader Rod, led us out on a short 33-mile loop around Anchorage on the scenic Tony Knowles Coastal Trail. Even with the rain looming overhead and giving us our 'stripes' we were able to experience the fun Alaska would have to offer us in the coming days. It didn't take long for us to startle a moose on the trail that afternoon. He was HUGE and separated our group for a few minutes while we kept our distance to photograph him. He was very interested in the delicious green leaves to eat and we were off on our way after he moved on to greener pastures. Welcome to Alaska!



Day 1 officially started the next day at 10:00am. The late start helped us avert what was left of the rainy system that finally seemed to move out of the area. We headed down the Tony Knowles Coastal Trail with a stop at Earthquake Park. The park provided information about the 1964 Earthquake and its devastation to the Alaskan Coast. The gorgeous tree lined trail opened up views of the coastal mud and the tide water areas.

It looked like a great place to venture a walk, but many of the signs warned of its quicksand effect. This was not a place to get stuck as you may not be unstuck before you sink below its edges of no return. We pedaled UP some very steep grades to the beautiful views of Chugach State Park. The climb was definitely worth the views of Anchorage and the coast line as well as a few of the mountains that peaked out from the rainstorms. We were treated to moose sliders at lunch by our fantastic SAG crew! Then it was a FAST downhill back to our hotel for the evening.

By Day 2, the weather had turned perfect. Cool temps and sunshine made for excellent bike riding weather. We headed to Eklutna Lake on our bikes along another tree lined bike trail. We clipped along to our first stop at Mirror Lake for fresh fruit treats from our SAG crew. Again, it was UP to Eklutna Lake as we enjoyed the mountain views on our climb for the day. We ate another rewarding lunch at the top and our group descended the miles together for the afternoon pedal back to Anchorage. Dinner choices in Anchorage were abundant and you couldn't go wrong when choosing anything containing the fresh salmon. We could watch these amazing fish being caught right outside our hotel in Ship Creek.

Day 3, 4, and 5 were easy on the cue sheets. Pedal to a beautiful place and eat. Our favorite things! After a short SAG out to Potter Valley on Day 3, we began our ride along the Seward Highway with sweeping views of Turnagain Arm Bay. We kept our eyes open for Beluga Whales in the bay and Mountain Sheep on the steep cliffs across the highway. The sheep made their appearance but the whales must have been out to sea. We only pedaled a short distance on the highway then entered a protected bike trail all the way to Girdwood and on to Alyeska Ski Resort. We were breaking out the sunscreen today and the wind was at our back all the way back to Potter Valley. It was so nice to have the option to ride all the way back to Anchorage or SAG from that point into town.



Another short SAG on Day 4 took us to Palmer to begin our ride UP to the Independence 'Gold' Mine. We rode along the Susitna River and listened to its waters rush down as we climbed up to Independence Mine State Park. Our climb offered moments of relief and spectacular views of the valley and surrounding mountains. The weather was pretty cool when we reached the top of Hatcher Pass and the cute village that once supported the mining industry in the area. Our lunch included specially made sandwiches and pound cake and berries for dessert. We were able to tour the old mine area and see the many buildings of the business still intact. A small museum provided interesting information about the 'gold rush' days. We headed back with a beautiful descent to the parking lot in the shadow of Pioneer Mountain.

Day 5 was packing day! We packed up and left Anchorage to head on to Seward and the Kenai Peninsula. After a short SAG out to Bird Point, we pedaled to our very cozy cabins at Summit Lake Lodge. The day offered scenic views of Portage Glacier and all the surrounding mountains of Turnagain Arm. So many snowcapped vistas in view along our route that day! The Lodge at Summit Lake was taken over by our group and we enjoyed happy hour on the patio, dinner at the restaurant, and dessert at the ice cream shop before retiring to the rustic decorated cabins for the evening.

Day 6 was all downhill into Seward. It was hard to leave our cozy cabins at Summit Lake, but today we had the option of riding to Exit Glacier on another sunny Alaskan day. So, we were up and at 'em on the road again. Our first stop was at Trail River Campground and back to a lake framed in mountains and fed with glacier blue water. We lingered and took lots of 'savesaver' photos before returning to our bikes for the afternoon optional pedal to Exit Glacier. Our terrific SAG crew met us with our tennis shoes so we could take the 1 mile hike back to the 'exit' of the glacier. Many more photos were taken of the Alaskan landscape before we moved on to our final hotel for the evening. Our HeartCycle dinner was held at the Seward Brewery and all were treated to a midnight sun view of the Resurrection Bay as we ate and shared our stories of the inaugural Alaska Tour. Many thanks to Rod and Nancy for their planning, and Sally for preparing lunches and snacks beyond our expectations! With only a train ride back to Anchorage remaining, our trip was coming to a close. The Alaskan RR did not disappoint us while we hit the rails back to Anchorage for our flights home. Until next time, Goodnight Land of the Midnight Sun!



Colorado HeartCycle 2014 Tours

Great Rivers - Year 1

March 15 - 27 Status: Complete
 12 days, Intermediate/Advanced \$1,920.00
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551
 Chris Matthews, chriswmattthews@msn.com
 (303) 618-4789

Mallorca, Spain

May 3 - 17 Status: Complete
 14 days, Intermediate/Advanced \$2,450.00
 Rich Crocker, richcrocker@hotmail.com
 (304) (719) 237-3350
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Springtime in Texas with Love, Sweat and Gears

March 16 - 22 Status: Complete
 6 days, Intermediate \$995.00
 Ann Lantz, jaralantz@comcast.net 720-272-0691
 Julie Lyons, j.julie.lyons@gmail.com 720-771-5219
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467

Solvang Spring Break

April 5 - 12 Status: Complete
 7 days, Intermediate/Advanced \$1,150.00
 Ralph & Carol Nussbaum,
RENussbaum@outlook.com (206) 783-6450

Central California Coast

April 12 - 19 Status: Complete
 7 days, Advanced \$1,165.00
 Tom Groves, u4eahnrg@aol.com 720.560.1527
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Omak Hill Country Weekend

May 1 - 5 Status: Complete
 4 days, Advanced \$475.00
 Ralph & Carol Nussbaum,
RENussbaum@outlook.com (206) 783-6450

Belgium and Holland Bike and Barge

May 12 - 22 Status: Complete
 10 days, Easy/Intermediate \$1,940.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450

Aspen Highlights

May 22 - 26 Status: Complete
 4 days, Intermediate/Advanced \$445.00
 Diane Short, dianbike@eazy.net 303-763-9874

Eastern Washington

June 5 - 9 Status: Complete
 4 days, Advanced \$440.00
 Pam Austin, freeandflying@live.com
 206-525-1020
 Mike Nelson, mikenelson@seanet.com
 206-325-9068

Holland Bike and Barge Tour

June 21 - July 1 Status: Complete
 7 days, Intermediate \$1,940.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450

South-Central Alaska

June 25 - July 2 Status: Complete
 7 days, Intermediate/Advanced \$1,725.00
 Rod Nibbe, aktour@rk nibbe.com

Colorado HeartCycle 2014 Tours

Washington British Columbia Loop

July 11 - 20 Status: Complete
 9 days, Intermediate/Advanced \$1,320.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450
 Rod Lee, kennedy6017d@yahoo.com
 206-604-7145

Oregon Coast

July 26 - August 2 Status: Complete
 7 days, Intermediate \$1,160.00
 Ralph & Carol Nussbaum
RENussbaum@outlook.com (206) 783-6450

Mother and Daughters - Keystone, CO

August 8 - 10 Status: Complete
 2 days, Easy \$350.00
 Ann Lantz, jaralantz@comcast.net
 Julie Lyons, j.julie.lyons@gmail.com

Northern Rockies - Jasper to Glacier

August 9 - 23 Status: Complete
 14 days, Advanced \$2,790.00
 Sue Matthews, scmatt2@gmail.com
 Becky Bottino, bbottino7@gmail.net

Colorado Central Mountain Beauty

August 23 - 29 Status: Full
 6 days, Intermediate/Advanced \$985.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362

Mississippi Headwaters

August 31 - September 6 Status: Cancelled
 6 days, Easy \$1,120.00
 Paul & Lynda Marks, paulhmarks@gmail.com
lyndamarks@q.com

New England Seacoast

Sept. 6 - 13 Status: Full
 7 days, Intermediate \$1,325.00
 Jim Bethell, jim@bikes5.com (518) 446-1766
 Janet Reilly janet@bikes5.com

Explore the Door

September 7 - 13 Status: Full
 6 days, Easy \$1,120.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Deb Wuchner, debwuchner@comcast.net
 (303) 792-2111

Southern Utah National Parks

September 12 - 22 Status: Full
 10 days, Intermediate/Advanced \$1,425.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450
 Ken Condray, condray3@gmail.com
 (425) 334-1444

Estes Park Weekend

September 19 - 22 Status: Cancelled
 3 days, TBD \$425.00
 Rosemarie Lueke ree22@msn.com
 (970) 286-3989
 Nate Dick npdick@gmail.com (970) 231-1068

Best of the Bay Area

September 26 - October 4 Status: Full
 8 days, Advanced/Expert \$1,635.00
 Bob McIntyre, dcx12@aol.com
 Ken Condray, condray3@gmail.com
 (425) 334-1444