



Annual Meeting and Luncheon

Saturday - October 29, 2016

Mt. Vernon Country Club

24933 Clubhouse Circle

Golden, Colorado

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

Members: \$20.00; Guests: \$30.00 (Guests will receive a \$10.00 credit toward their 2017 annual membership fee.)

Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 29th, at Mt. Vernon Country Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours.

Once again, we will have a continuous slideshow 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 slideshow at the meeting.

Every fall, anticipation begins to build as we wait to find out what's in store for next year, and HeartCycle has an exciting schedule planned. HeartCycle's Tour Director, Bob Rowe, will announce the 2017 tours and provide brief descriptions of each. Many of next year's tour leaders will be present to answer your questions about their 2017 tour(s). You won't want to miss this year's luncheon and meeting.

You can register now for the luncheon on the HeartCycle website, www.heartcycle.org. The luncheon is listed under "Tours". Please register and pay online. Guests are encouraged to attend and will receive a \$10 credit toward a 2017 membership if they choose to join.

Registration must be made by Saturday, October 22nd, so we can confirm the number attending the luncheon with the catering department. All payments must be made online and there will be no payments accepted at the door.

Attendance at the Annual Meeting has grown substantially the past several years, so sign up early to reserve your place. For further information regarding the luncheon email Pat Van Deman at pat.vandeman@gmail.com.

The 22.1 mile ride before the luncheon will start at 9:30 AM. Below is a gps link as well as a Dropbox link for a printable route.

<https://ridewithgps.com/routes/15728860>

<https://www.dropbox.com/s/31ocbimpwdp6le1/Annual%20Lunch%20map%20and%20cue.pdf?dl=0>

The Board of Directors

Chris Matthews (303) 618-4789 (2016)
President - president@heartcycle.org

Fred Yu (303) 264-7373 (2016)
Vice President - vp@heartcycle.org

Steve Parker (970) 382-9551 (2017)
Treasurer - treasurer@heartcycle.org

Joanne Speirs (303) 312-7252 (2017)
Secretary - secretary@heartcycle.org

Jim Bethell (518) 466-8490 (2016)
CPR/Driver Trng. Coord. - jim@bikes5.com

Richard Crocker (520) 539-8019 (2017)
Registrar - registrar@heartcycle.org

Pat Van Deman (303) 885-1076 (2017)
Events and Souvenirs
peeveedee5292@msn.com

John Penick (203) 232-8946 (2016)
Asst. Treasurer - jdpénick@gmail.com

Bob Rowe (303) 910-7230 (2017)
Tour Director - tourdiretor@heartcycle.org

Jay Wuchner (720) 840-6467 (2016)
Sag Vehicles - sag@heartcycle.org

Working Members

Andy Anderson (404) 395-1491
Map Maker - maps3@heartcycle.org

Ron Barton (303) 798-2755
Co-Registrar - registrar@heartcycle.org

Harvey Hoogstrate (303) 755-9362
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Richard Loeffler 303-981-2963
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Jeff Messerschmidt (303) 904-0573
Sag Supply Manager -
sagmgr@heartcycle.org

Barry Siel (303) 470-8431
Newsletter Ed. - newseditor@heartcycle.org

Note from the Board

2016 HeartCycle Board Election

Two Director's Vacancies Announced

Each year HeartCycle has five members, of the 10 person board of directors, who complete their two year term of service. At the October 29, 2016 Annual Meeting a slate of 5 new or continuing directors or a combination of both is placed in nomination and elected for a new two year term by the members attending the meeting. This October Jim Bethell, Chris Matthews, John Penick, Jay Wuchner, and Fred Yu will complete their term. Two directors, Chris and Jay, have announced they will leave the board at the end of October. The three remaining board members have agreed to be nominated as directors of HeartCycle for another two year term.

With this year's board vacancies, there is an opportunity for anyone in the club to consider becoming a director and participate in the leadership and operation of HeartCycle. If you have a passion for bicycle touring and a background in accounting, business administration, finance, information technology or law, your skills would be very beneficial. A positive attitude and the desire to work in a collaborative decision making environment are essential. Any member of HeartCycle can nominate themselves as a candidate for a director's position and a two year term of service beginning in November 2016 and continuing through October 2018.

The Board of Directors 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, leading, 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, if needed, on the second Tuesday of the month. Please notify Vice President Fred Yu, in writing, by September 30, 2016 if you are interested in nominating yourself to serve 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.

HEARTCYCLE – ROAD ID DISCOUNT OPPORTUNITY

Personal safety is of paramount concern for all of our riders. While no one ever wants to be involved in an accident or have a medical emergency, these things do happen, and when this kind of an event occurs, it is extremely helpful to have some form of a personal ID item physically attached to ones self.

The Road ID company makes a variety of personal ID products which can convey vital information (such as existing medical conditions, medications currently being used, drug restrictions, emergency contacts, etc.). to first responders and medical personnel.

You can see all of the Road ID products by visiting the Road ID web site:

www.RoadID.com

HeartCycle has obtained a Road ID discount code for our members which can be applied when purchasing any of the Road ID products.

HeartCycle has no financial involvement whatsoever with the Road ID company.

Here are the details:

The discount code:	HEARTCYCLE20
The discount amount:	20%

This code can be used for purchases made over the 20 day period beginning 15 August 2016 through 4 September 2016 (inclusive).

This discount code is exclusively for use by HeartCycle members. Please do not post this code on web sites or other publicly accessible social media sites (for example, Facebook).

Road ID products may be purchased through any of the following ways:

1. By shopping on the web site: www.RoadID.com. The coupon code can be entered during the Checkout process.
2. By calling the Road ID Customer Service Department: 800-345-6336. They are available Monday through Thursday, 9:00 AM to 6:00 PM EDT, 9:00 AM to 4:30 PM EDT on Friday, and are happy to help out.
3. By mail: Road ID, PO Box 17350, Fort Mitchell, KY 41017
4. By fax: 859-341-5965

If you already have Road ID products that's terrific! If not, we encourage you to take advantage of this opportunity.

DURANGO FIXED BASE SAMPLER

By Anne and John O'Donnell

We love Durango! Our hometown hosts were Steve Parker and Geni Miller and they led us to all the best sights around town. The Durango and Silverton Narrow Gauge Railway provides a wake-up call every morning at 8am. The train's route includes parts of the Iron Horse Bicycle Classic that many HeartCycle members have ridden. The Iron Horse Bicycle Classic originally began decades ago as a challenge between bicyclist Tom Mayer and his older brother train engineer Jim.

Our fearless leaders were Steve Parker and Chris Matthews, and our great SAGs were Polly Crocker and Terra Anderson, with Rich Crocker and Chris pitching in as van drivers since Polly suffered a luckily non-broken but injured arm just before the first group meeting.

We rode the great scenic routes of the most beautiful scenes in Southwest Colorado.

Our trips went to the 4 points of the compass – Sunday north, Monday east, Tuesday west and Wednesday south.

Durango is a wonderful town about 330 miles southwest from Denver, just north of the New Mexico border. Durango has about 18,000 residents and over 180 restaurants – and it is all about the Outdoors. We stayed at the Doubletree in Durango, a wonderful hotel with balconies overlooking the animated Animas River - rafts or kayaks passing by every now and then. It provided the perfect kickoff point every day along the Animas River bike trail, a well-paved path which runs for 7 miles through Durango along the River.

DAY ONE - Sunday, riding North. Our guides started us out easy on Day One, with very little elevation gain for the first 17 miles. From our location at the Doubletree we rode the Animas river bike trail and relatively flat road until our morning SAG stop at mile 17 just as we crossed over Bakers Bridge. We heard that the local rite of passage is for high school seniors to jump off into the rapid waters of the Animas River, but none of us chose to take the challenge. We enjoyed the protein bars and drinks, and that's where the long ride upward began.



Lunchtime was at Mile 23 right next to Haviland Lake and the Rapp Coral, gazing up at the Hermosa Cliffs. About a third of us made the optional extension another 7 miles to Purgatory/ Durango Resort for a maximum elevation gain of a couple of thousand feet.

DAY TWO - Monday, riding East.

Our Trip Planners Steve and Chris called a very smart audible: With the temperatures predicted to rise to 90 degrees – very unusual for the first week of June around here – we decided to rearrange it to move lunch to the Gazebo at Rotary Park not far from our hotel, so we all rode the 46 miles.



In the beautiful cool morning you can see the beautiful backdrop as we first rode north of Durango; we then rode back south and met for our first SAG stop at mile 17. Polly let us know that Terra would have the second SAG stop just 4 miles farther on and we thought, why in the world would you have a SAG stop just 4 miles later? We found out – it felt like a 10% grade up the hill. We carried on another 5 miles to Helen's Store, where we joyed a rest stop by the beautiful Florida River rapids. Then all the way back into town, where we had our most delightful lunch at the Gazebo.



On Monday evening we had a wonderful group dinner in Santa Rita Park by the Animas River with food provided by Serious Texas BBQ.

DAY THREE - What a climb! We headed west on Route 160. Even on the highways, Durango proper has excellent well-marked bike paths. The first 10 miles took us up about 2,000 feet elevation, then on to Mayday with a beautiful view of the mountains.

DAY FOUR - We rode south for a relatively easy 30 mile ride into Southern Ute Indian Land.

Of the 32 participants (including our SAG drivers), 28 were HeartCycle veterans as usual. Several of our group were proceeding right on to the next ride the very next week in New Mexico. There were just 4 rookies on the ride, all of who will be returning to a future ride.



Our visit to Le Monastere in Limoux, France, July 2-14, 2016

By Katrina Conland

Some of you may remember Mickey Berry's high praise for Le Monastere when she spoke at the HC annual meeting last October. I believe that everyone who was at Le Monastere this year would concur with great enthusiasm, and recommend this trip to you. Some were able to stay one week, either July 2-9, or July 9-16, and some for the entire two weeks.



The base is Limoux, France, in the Languedoc-Roussillon district in south of France. The cycling routes have little traffic, great natural beauty, charming villages, and lots of good climbs. If there is wind, Chris (the owner and guide) plans the route so it is at your back! Each day he and one of his staff are at the turns to direct you or to pick you up if you need a break. Chris chose a new route every morning, which he announced at breakfast. It was always very, very good in this rural area with a variety of microclimates.

Our rides included riding through the Parc Natural to a beach on the Mediterranean, climbing the Col de Pailheures, riding through the Gorges de Galamus and to the Cathar ruins of the Château de Quéribus, rides through agricultural areas with sunflowers as far as you can see, riding through the Massif Central to Minerve and beyond, and several rides with stiff climbs on the remote roads of the French Pyrenees.



Good memories also included visits to Carcassonne to see the castle (week 1) and to view the start of stage 11 of the Tour de France (week 2), Bastille Day Eve fireworks in Limoux, and, after our rides, daily watching the Tour de France in the comfortable lounge while enjoying cheese and wine of the area.



This was an outstanding trip in every way--a cycling feast for the senses.

Week One Group



Week Two Group



Colorado HeartCycle 2016 Tours

In Search of Texas Bluebonnets

March 30 - April 6 Status: Complete
7 days, Int. / Adv. \$1,180.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467

Paso Robles Wine Country

April 23 - 30 Status: Complete
7 days, Int. / Adv. \$1,365.00
Becky Bottino, bbottino7@gmail.net
(206) 683-9220
Ken Condray, condray3@gmail.com
(425) 334-1444

The Island of Mallorca, Spain

April 30 - May 14 Status: Complete
14 days, Int. / Adv. \$2,400.00
Rich Crocker, richcrocker@hotmail.com
(719) 237-3350
Bob Rowe, browe@comcasst.net
(303) 910-7230

Heart of Holland Bike & Barge

May 21 - 31 Status: Complete
10 days, Easy / Int. \$1,940.00
Joanne Speirs, jcspeirs@aol.com
(303) 312-7252

Friesland Bike & Barge

June 1 - 11 Status: Complete
10 days, Easy / Int. \$1,940.00
John Penick, jdpénick@gmail.com
(203) 232-8946

Durango Fixed Base Sampler

June 4 - 8 Status: Complete
4 days, Int. \$750.00
Steve Parker, bsparker116@gmail.com
(970) 382-9551
Chris Matthews, chriswmattthews@msn.com
(303) 618-4789

New Mexico - Land of Enchantment

June 11 - 18 Status Complete
7 days, Adv. \$1,330.00
Rich Loeffler, richardtloeffler@gmail.com
(303) 981-2963
Bob Raicer, rjr@raicer.com

Re-Living the Pro Challenge

June 25 - 29 Status: Complete
4 days, Int. / Adv. \$565.00
Diane Short, dianbike@eazy.net
303-763-9874

Le Monastere - SESSION 1

July 2 - 9 Status: Complete
7 days, Int. / Exp. \$2,350.00
Bob Rowe, browe@comcasst.net
(303) 910-7230

Le Monastere SESSION 2

July 9 - 16 Status: Complete
9 days, Int. / Exp. \$2,350.00
Bob Rowe, browe@comcasst.net
(303) 910-7230

Colorado HeartCycle 2016 Tours

Cowboy Country

July 16 - 23 Status: Complete
7 days, Adv. \$1,225.00
John Penick, jdpenick@gmail.com
(203) 232-8946
Fred Yu, frederickyu@comcast.net
(303) 321-4530

Grand Valley Ramble

September 22 - 25 Status: Canceled
3 days, Int. / Adv. \$485.00
Joanne Speirs, jcspeirs@aol.com
(303) 312-7252
Doug Moll, doug@aaplus.com
(720) 312-1203

Mothers Daughters Weekend

July 28 - 30 Status: Complete
2 days, Easy \$415.00
Julie Lyons, julie@lovesweatandgears.net
Ann Lantz, ann@lovesweatandgears.net

Fireworks of Fall, Upper Hudson River

Sept. 26 - Oct. 2 Status: Open
8 days, Int. \$1,260.00
Jim Bethell, jim@bikes5.com
(518) 446-1766
Janet Reilly, janet@bikes5.com

Coast to Coast, The Northern Tier: Year 1

September 10 - 23 Status: Wait List
13 days, Int. / Adv. \$2,490.00
Steve Parker, bsparker116@gmail.com
(970) 382-9551
Chris Matthews, chriswmatthews@msn.com
(303) 618-4789