Heart-to-Heart

Annual Meeting and Luncheon

Saturday - October 28, 2017 Mt. Vernon Country Club 24933 Clubhouse Circle Golden, Colorado

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

Members: \$25.00; Guests: \$35.00 (Guests will receive a \$10.00 credit toward their 2018 annual membership fee.)

Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 28th, 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 2018 tours and provide brief descriptions of each. Many of next year's tour leaders will be present to answer your questions about their 2018 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 2018 membership if they choose to join.

Registration must be made by Saturday, October 21, 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

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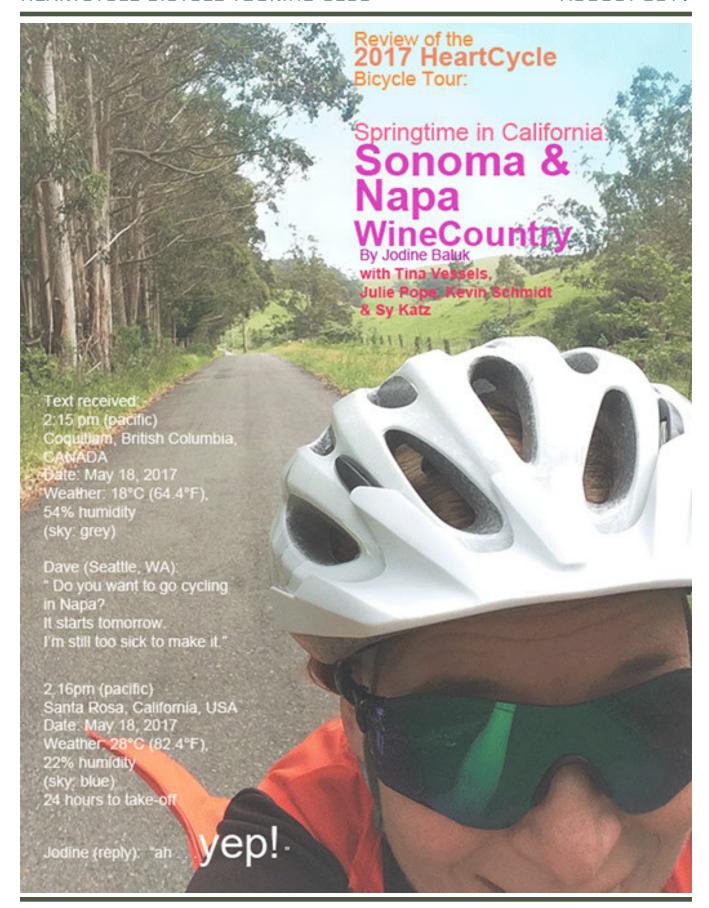
Alan Scott (303) 329-6050 (2018)

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Notes from the Board

Become a 2018 HeartCycle Tour Leader and SAG

Have you considered leading a HeartCycle tour, or providing SAG support? Do you have ideas for new tours? Offering new tours in new locations, and repeating old favorites, is important to sustaining a vibrant club that appeals to our variety of riders. Now is the time to act. We are finalizing the tour schedule for 2018, but would like to consider a few more tours and we are already starting to plan for 2019. If you are interested in leading tours, but are not sure where, we have a library of past rides that may be of interest. We are particularly seeking leaders from areas we have not toured before to provide our members with new cycling experiences. It is wonderful to have a leader with local knowledge for designing tours. As a new leader, often we can help to pair you with another leader or have a seasoned leader mentor you through the process. We are also interested in developing new SAGs for 2018 and beyond. Yes, being a Tour Leader or SAG will take some time but the benefits are many. To volunteer to be a Tour Leader, serve as a SAG, or to just learn more, contract our Co-Tour Directors: Bob Rowe at browe49comcast.net or Rich Crocker at richcrocker@hotmail.com



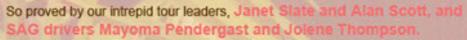


by Tina Vessles:

Springtime in California Napa-Sonoma wine country

"Melancholy is incompatible with bicycling."

- James Starrs



Our team pulled off a great tour as we explored the most amazing landscapes in California. The trip overflowed with enthusiasm and positive energy. All stops and happy hours were filled with laughter, humor, great eats, drinks, and beer and wine to top off the day. None of this could have happened without days of planning, diligence and attention to every detail. We so very much appreciate all the behind the scenes preparation!!!

HUGE THANK YOU to the above team!

All in all a **** vacation

Hugs and smiles were passed around in the parking lot as we loaded planes, trains, and automobiles.





Tour Leader (left): Alan Scott & his partner in crime & cycling, Kate Scott Tour Leader (right): Janet State & her cycling companion, Steve Linari

Support & Gear (SAG) aficionados: Mayoma Pendergast & Jolene Thompson



DAY 1: SANTA ROSA TO CEYSERVILLE











Elevation gain: 2,000 feet

Starts From: Santa Rosa

Road Notes:

This was a beautiful start to the tour. We began at a fast clip along a paved parkway through the woods, passing farmland, and then finally,

sigh... vineyards!

Quickly moving into Redwood country, and just before our SAG stop we rolled into Armstrong Redwoods State Park.

MASSIVE . . . I can only attempt to describe the intense and fantastic scent of those super huge giants. Not to be missed, spectacular to ride through!

Otherwise a toasty day! Before & after lunch we came along super fun Napa rollers & nicely paved roads.

*The route - no issues whatsoever - though a touch tricky getting in & out of Healdsburg. Super fun & fast! The last 45 minutes were uncharacteristically hot for this area according to the hotel staff. Btw - these hotels all had pools - and boy what a treat after a toasty ride. Lunch & snacks were deelish!





DAY 2: THE CETSERS



Elevation gain: 4,000 feet Starts From: Geyserville

Road Notes:

Yikes! A hot, hot, hot ride.

Ok, maybe I should've started this Day with a Calypso steel band send-off, 'cause this was a spicey one. Temperatures hovered around 40°C/104°F - and the vultures were overhead mocking me. Some zippy

young local in black, of all colours, raced by me as I attempted to cool down in a slice of shade.

You see those two happy guys next to me in this photo? Yes well, somewhere along the way I didn't want to keep Kevin Schmidt & Roger Sass waiting and I decided to

handle this little "hill" on my own, as someone else would surely come along for the ride sooner or later.

They did, about an hour later and by that time my body was done, baked like a little dry tart. Susan Smith, Tina Vessels & Cassie Klumpp - like 3 diesel engines motored up to the lunch stop. Me? I was lucky that Alan Scott (one of our fearless leaders) was kind enough to start a search party. Thank-you Jolene (SAG) for the drive back to the hotel btw. I don't think there was a gram of salt left in me, (just as well, a little less savoury for the vultures perhaps?)

*Onto the nitty gritty - this IS a gorgeous ride! I wish I had the energy & fluids to finish it. Not a bad idea to gain extra water reserves at Cloverdale just prior to the loose & rocky climb. This hill really does go up-up-up!

And so this is where 25mm tires are super useful. Roads peak at 13.5% grade in some areas, and the downhills are long and technical, but looked really fun. Whoopie - enjoy!

Jimtown has peletas (popsicles) to cool you down and as seen in this photo at the store in Jimtown, you can see that the others managed to survived the ride - just fine!









DAY 2: ... ONWARD TO CALISTOGA



Elevation gain: 3,000 feet

Starts From: Geyserville

Road Notes:

Fantastic start to the day! Cycling along flatish farmland in the cool of the day. This giant rusted-out steel boar found us, passing his winery. Some very fun art along roadsides & in vineyards throughout this tour. Working our way to Chalk Hill Road the land of really sweet rolling rollers

- tonnes of fun!

*This route has a hard, extended, steep climb, and before that a tricky little left turn onto a back road. Luckily several others were well aware of this. Upper photo here with Alan & Kate Scott, Dan Pappone, and SB Meyer (hidden behind Kate) taking a hydration break. This area is before the Petrified Forest and the steep, winding descents along Mark West & Franz Valley Roads. Take care as there are some hard to see divots in the worn roads - and shadows can easily hide them. Super fun though!

Calistoga is gorgeous & has a great bike shop if you're in need of a repair or a touch of tweaking.









dat 4: BERRYESSA LOOP



Starts From: Calistoga

Road Notes:

The morning ride along Silverado & onto CA128 is very comfy with lots of ups & downs. It was a cool start to what became another very hot day. It's fast moving overall to around the 25th mile where the route turns left onto Berryessa Knoxville Road, and starts to go along Lake Berryessa.





This is really a stunning ride with plenty of climbs to keep you busy. The heat once again played its game on me, and I chose not to complete the entire route. I rode with Julie & Ben Pope, Scot Gould and Dennis Hatton - our committed photographer on this trip. After a super tasty lunch overlooking the cool clean lake, I left with Kate & Cassie sweeping through super hot Pope Canyon. We lucked out because Mayoma (SAG) was watching out for us all, amazing support - thanks Mayoma!

The heat was excessive (106°F) per Dennis' photo record. This canyon ride, I will say, is very pretty and flows into Pope Valley Road where the winds can make for a bit of work. Really glad Kate was pulling. There are some super fun parts to come. Julie Pope will pickup from here - after the 2nd SAG stop at the Pope Valley Market.



Photos: (top photo) Steve Linari; (upper right) Scot Gould; (middle) Ben & Julie Pope (bottom, left to right) Kevin Schmidt, Rich Kelmenson, Kathy Imes, Dan Palmquist, Lisa Wenger, Phil Stoffel, Mike Fazio.

By Julie Pope

The ride up Ink Grade Road was a pleasant surprise because it was nicely shaded, a canopy of trees for most of the way up. So after having just finished riding on that hot, hot highway with temps over 95°F we had a chance to cool off a bit. The road had almost no traffic & many winding curves to add interest. It was steep, but not nearly as steep as some of the earlier rides. I think it was about a 9-10% grade at the steepest sections, and approximately 6 miles climb. The landscape was quite different from what we experienced on previous roads, with the tall trees & lots of green vegetation, so it was a nice change of pace.

We REALLY enjoyed this section of the ride!



DAY 5: CALISTOCA TO SONOMA



Road Notes:

Glorious day - loved this one! The morning leaving

Calistoga was cool & comfy. Rode with Simon & Dobbsie - a very speedy pair. They dropped me at Deer Park Road, where Kevin joined in & we had a good, hard cycle up this steep & windy road. It's a busy traffic route but with

good shoulders. Wheeling down scenic
Howell Mtn Rd "closed road" route - a bit of a
wash-out & sure there's a toppled Madrone in
the middle - but a fun descent all the same.
The bottom includes a twisty, sweet ride
through redwoods and what seems like ever
present eucalyptus trees - really fab!
Then we headed down to the windy, sort-of
flats of the vineyards. Thankfully Kevin (seen
in the photo to the right repairing a flat with
help from Steve & leader Janet,) makes for a
great spinnaker, as long as I could stay on his
rear wheel, things floated along nicely.









"Getting to Hwy 12, Oakville Grocery on the right is stylish & has good coffee & treats, plus a sheltered porch area. Shortly after the 1st SAG there is a truly nasty, steep climb, 19% grade going up - it's crazy! Make sure you've packed your granny gears. I looped down twice to catch a bit of momentum to get up this hill. Happily some fabulous people have put a row of coloured flags at the summit to let you know when the pain in over. This route has a lot of varying vegetation & eventually you end up in Sonoma country. Lots of vineyards with some very big art. Check out the large floating Head by Jaume Plensa at the Donum Estate along Ramal Road!

dats: bestdatin SONOMA

Optional Ride "Valley of the Moon" - Distance: 41.7 miles

This is a good time to thank our Travel Photographers: Mike Fazio, Dennis Hatton, Cassie Klumpp, Richard Kelmenson, Roger Sass, Kevin Schmidt, Jolene Thompson, & yours truly . . . Jodine Baluk





Road Notes:

This ride straight out of town started with lots of steep wooded climbs It was a nice cool day and the seaside proved chilly each morning until clouds lifted.

We rolled through so many eucalyptus trees lining farmland along the route, once past the town of Occidental. And what was so fantastic was how quiet

this leg of the tour is. Super calm.

Keep your eyes peeled for the old church on the hill near the Bodega Market. St. Theresa of Avila church, used to film Hitchcock's classic tale of rampant birds taking revenge on the townspeople of a quiet seaside village -

leaving the audience to wonder, "where will they attack next?" "The Birds" is still one of my favourite films.







DAY 7: ... SONOMA TO BODECA BAY









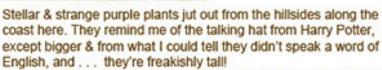












I guess that's California though - amazingly diverse, and so much to see . . . so little time. Lovely day by the seaside.





Starts From: Bodega Bay

Road Notes:

By Sy Katz

The famous King's Ridge Loop, one of Levi Leipheimer's signature training routes, makes us appreciate the effort & dedication of the Tour de France riders.

Steep ascents combined with technical descents left no time for boredom nor relaxation.

Magnificent views surrounded us . . . A sense of accomplishment was felt by all, but we agreed to keep our day jobs.





By Kevin Schmidt

A fitting capstone to a stellar tour, the King Ridge Loop promised to be an epic ride. It was! This is part of Levi Leipheimer's Grand Fondo tour, so it must be challenging & fun.

Heading north along the coast via Hwy 1 provided a few warm up hills & great views of the Pacific. As we turned east, heading up the Russian River

drainage, the windswept coast changed to coastal forest with a few redwoods to capture fog drip.

After a short stint, we headed north along Austin Creek to the lovely hamlet of Cazadero. If one is in need of parts for an American legend, Cazadero is the spot for Willys Parts & Restorations with a broad colorful expanse of capable rigs.

Heading north the real fun begins with King Ridge Road & its expansive vistas of quintessential California Coast Range. Big rolling hills of grassland dotted by grandiose coast live oaks.

Stellar views, no car traffic & rider camaraderie punctuated friendships forged during the week.

After a relaxing lunch near Salt Point State Park, we headed back south spurred on by iconic views of the coast towards Point Reyes. A big day, both in miles, elevation gained & fond memories . . .

day 3: ... King Ridge Loop











(left) Roger Sass' leg, Kathy Imes (climbing), Roger Sass (post medic) (above) Dan Palmquist, Kevin Schmidt, Rick Kelmenson, & Kathy imes.



day 9: ... SPINNING BACK TO SANTA ROSA

Distance: 29.4 miles

Elevation gain: 2,400 feet (approx. time: 3 hours)

Starts From: Bodega Bay

Road Notes:

This final leg of the tour heads north back up Hwy 1, and then right onto Coleman Valley Road. It's a fast steep climb & a bit of work. But the trip moves quickly. It's wise to plan for about a 3 hour ride, if you have to catch a bus or plane afterwards, as the elevation gain on this incline will slow you down. Gorgeous ride once again. Hard to believe we were so close to Santa Rosa all this time. I have to say that for a state with over 39 million people, I found this area amazingly quiet & peaceful. I really did expect to see more people on the roads everywhere - and that just wasn't the case.

This was a super well-planned trip & a fantastic experience. I would definitely consider this one again.

Accomodations were great, there was a pool at each hotel, and everyone worked together effectively as a group & in a very freindly way. But I think most of us would have to say - any group of people who think that getting soaked out in the rain on two wheels is just par for the course . . . well, that's a pretty easy going bunch.

Not too easily rattled altogether.

I'd like to thank Janet for her editing assistance, and her patience with my getting this little project done. I also want to sincerely thank my pal David Glickerman who offered me his trip. Very thoughful & generous, & I greatly appreciate his consideration.

Well, congratulations folks & a tour well done! Happy Trails - Jodine

The Tour. (left-right top) Robert & Cassie Klumpp, Ben & Julie Pope, Roger Sass, Dennis Hatton, Tina Vessels, Kevin Schmidt, Susan Smith, Kate Scott, Dan Palmquist, Alan Scott (L), Dobbsie & Simon Koeman, Nancy & Don Olsson, Steve Linari, Sy Katz, Dan Pappone, Kathy Imes, Janet Slate (L). (left-right bottom row) Scot Gould, Peter Podore, Jodine Baluk, Rich Kelmenson, Jim Patterson, Lisa Wenger, Mike Fazio, Blair Gay, Phil Stoffel; (front row) Mayoma Pendergast & Jolene Thompson. (missing) SB Meyer.

South-Central Alaska

June 25 - July 2, 2017 By **Richard Handler**



Less is more when a tour has only 11 riders and can ride mostly together with easier sag stops for our faithful sag driver, Sally Goble, and easier provisioning and greater flexibility. And Nancy Nibbe brought hot lunches! She also brought whale blubber.





Exploring many miles of urban Anchorage bike trails we encountered a roller ski race and young enthusiastic XC skiers.

Weather threatened, but overcast and drizzle beats blazing sun. Along Turnagain Arm, 35 mph headwinds "compensated" for the absence of climbing. When this wind brought rain, sagging the final 20 miles to Alyeska was a unanimous decision.





Though our final day was rained out, we all found activities in Anchorage. After riding into Seward from Summit Lake, our rain gear had received sufficient use.







Short muddy ride into a wildlife center rewarded us with close views of furry (and prickly) beasts.



A free day in Seward was put to good use, with options of riding, hiking, and a wildlife viewing boat tour of Resurrection Bay.







Train ride back to Anchorage was a relaxing treat.





What stood out was the friendly, helpful attitude of all the hotel and resort employees, boat and train staff, taxi drivers, and especially our hosts, Rod and Nancy Nibbe and sag driver Sally Goble. This was a totally delightful trip.

Restaurant sea food was spectacular, night after night.

On the day following end of the tour our leader Rod and Nancy graciously brought those of us still in Anchorage to their home and together we rode the segment that we had sagged earlier, followed by their hospitality with dinner and showers and a lift to the airport.



I want to ride this tour again, when I can see more of the mountains.



2018 Tour Teasers

Mallorca - May 2018

HeartCycle will be returning to Mallorca May 5-19, 2018. Rich and Polly Crocker will be leading a reprise of this tour (see the June 2016 and 2014 newsletters) and hope they have 28 members join them on this wonderful tour. They have 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. Advanced riders are also welcome and will have the opportunity to do three world class rides: Cap Formentor, Sa Colorbra, and the North Coast Classic.

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 degrees 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, pearl shopping, visit the Palma cathedral, 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-\$2700 and the registration will be opened in early November.

Provence - April 2018

In general, Heart Cycle Tours are too difficult for me and for years I have wanted to offer a club tour for people like me. In April 2018 I hope to do just that (along with the help of Rich Crocker). Last May, Rich and I rode two self-guided bike tours around Avignon in Provence. I combined what I enjoyed from those two tours and added extra nights in my favorite places.

Here are the BASICS: Approximate dates are April 22 - May 1; 9 days of riding and 9 nights of lodging; Bike rentals included - choice of hybrid or road bike (e-bikes possible); Cue sheets and Ride with GPS routes (HeartCycle style); Cost expected to be between \$1800 and \$2200; Begin and end in Avignon; Overnight in Avignon, Uzes, St. Remy de Provence, Fontaine de Vaucluse, & Bedoin

Opportunities to Visit: Palais des Papes (UNESCO World Heritage Site); Pont du Gard (UNESCO World Heritage Site); Les Baux de Provence; Carrieres de Lumieres; Site Archeologique de Glanum (Gallic city); Cloitre Saint Paul de Mausole (Van Gogh's stay at the asylum); Theatre Antique d'Orange (UNESCO World Heritage Site)

Let me know if you might be interested in joining Rich and I in Provence in April for a slower, easier, more relaxed type of tour than the usual HeartCycle ones.

Polly Page (Crocker)

mspollypage@gmail.com

Colorado HeartCycle 2017 Tours

Discover San Diego

San Diego, CA

March 18 - 25 Status: Complete 7 days, Intermediate \$1,060.00 Ken Condray, condray3@gmail.com

Becky Bottino, bbottino7@gmail.com
Sue Matthews, scmatt2@gmail.com

Bay Area Summits

San Francisco, CA

April 21 - 28 Status: Complete 7 days, Adv./Exp. \$1,825.00

Bob McIntyre, dcx12@aol.com

Bill Buckley, williambuckley87@gmail.com

Springtime in CA: Sonoma and Napa Wine Country

Santa Rosa, CA

May 19 - 28 Status: Complete 9 days, Adv.+/Exp. \$2,050.00

Janet Slate, jslate@ultrasys.net Alan Scott, ascott@comcast.net

Normandy-Calvados, Camembert

Western France

June 3 - 13 Status: Complete 10 days, Int./Adv. \$2,500.00

Fred Yu, <u>frederickyu@comcast.net</u>

Graham Hollis, gramhollis@comcast.net

Colorado Western Gems

Grand Junction, CO

June 3 - 11 Status: Complete 8 days, Int.+ \$1,475.00

Barry & Judy Siel, bisiel@msn.com

The Carolina Blue Ridge Mountains and Parkway

Greenville, SC

June 17 - 25 Status: Complete 8 days, Adv./Exp. \$1800.00

John Aslanian, 22flatrock@gmail.com Bob Rowe, browe49@comcasst.net

South Central Alaska

Anchorage, AK

June 25 - July 2 Status: Complete 7 days, Int./Adv. \$1,950.00

Rod Nibbe, aktour@rknebbe.com

Le Monastere - SESSION I

Limoux, France

July 1 - 8 Status: Complete 7 days, Int.+/Exp. \$2,350.00

Phil Stoffel, ptstoffel@gmail.com

Le Monastere SESSION II

Limoux, France

July 8 - 15 Status: Complete 7 days, Int.+/Exp. \$2,350.00

Phil Stoffel, ptstoffel@gmail.com

Passes of Summit County

Frisco, CO

July 15 - 22 Status: Complete

7 days, Int./Adv. \$900.00

Sy Katz, skskatz@comcast.net

Bob Rowe, browe49@comcasst.net

Colorado HeartCycle 2017 Tours

Portandia Plus

Portland, OR

August 26 - Sept. 2 Status: 1 male 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: 1 female 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: 1 female 7 days, Int./Adv. \$1,175.00 Jim Schroeder, jimmyschweb@gmail.com Alan Scott, ascott999@comcast.net