

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
December 2009



www.heartcycle.org

HeartCycle Annual Meeting is a Great Success

The HeartCycle Annual Meeting and Luncheon was held Saturday October 17th, 2009 at the Mt. Vernon Country Club in Golden, Colorado. Prior to the meeting, about 20 people went for the annual Tour de Genesee and then up Lookout Mountain. Elections were held for Board Members. Being re-elected were Mickey Berry, Rich Crocker, Sheridan Garcia, Barry Siel and Gordon Tewell. Also elected was new board member Alan Feiger.

Tour Director Rich Crocker gave an overview of the tour rides for 2010. In addition to the third leg of the Ride Across America there will be spring tours in Tucson, Arizona and San Diego, California. Summer tour locations for 2010 include Virginia, Crater Lake Oregon, San Juan Islands Washington, Idaho Panhandle, Tres Parks Utah, and a special tour to the Black Forest in Germany. The fall tours for 2010 will offer New Hampshire, Northern California Volcanoes and a weekend ride in Moab, Utah. The early 2010 tours have already been posted to the HeartCycle website and are open for registration. Other 2010 tours will be posted in January.

The guest speaker at the HeartCycle Annual Meeting and Luncheon was Dave Evans of Bike Jeffco who, after presenting an overview of the history, mission and activities of Bike Jeffco, spoke about his experience with the Canyon Controversies that Bike Jeffco has dealt with in Deer Creek Canyon and the many insights he has gained as a result. Dave reviewed some of the reasons for the conflicts that occur in Deer Creek Canyon, as well as many of the canyon roads up and down the front range: the number of residents in the foothills is growing; the number of cyclist that want to ride these canyon roads is growing; and the number of canyons that provide great places to live and ride is static. Another issue is that of perceived entitlement. Both residents and cyclists feel they have certain rights and ownership in these canyons while the politicians are caught in the middle as they perceive everyone as owners of the roads and are struggling to meet all the needs. This has resulted in the harassment of cyclists, verbal abuse of drivers and in, in some cases, the political organization of extreme residents. In the case of Deer Creek Canon, Bike Jeffco has worked with residents, cyclists and politicians to get paved shoulders, improved monitoring by the Sheriffs Department and better communication between all the parties. Through better communications have cyclist learned that some residents see cyclists as "loonies in lycra" in battle dress on their titanium and carbon tanks who ignore traffic laws, are unsocial and use their properties as bathrooms. Also through better communications, solutions to the problems have been suggested: better facilities for cyclist such as parking, paved shoulders, porta-potties and emergency phones; improved behavior by cyclist such as obeying laws (see HC Newsletter March 2009); better policing by the Sheriffs Department; and most importantly, improved relations between residents and cyclists. Bike Jeffco will continue to work with residents to develop an action plan agreeable and get by-in from all interested groups and improve alternate foothill routes. As cyclists we can help by minimizing the impact on our canyon routes, provide political support for proposals, support Bike Jeffco and Bicycle Colorado, and get involved with your local bicycling advocacy group.



HeartCycle Contacts

The Board

President president@heartcycle.org	Gordon Tewell (720) 304-9572
Vice Pres. & Tour Souvenirs vp@heartcycle.org	Mickey Berry (303) 779-3607
Treasurer, Webmaster treasurer@heartcycle.org	John Steele (303) 300-3573
Secretary secretary@heartcycle.org	Barry Siel (303) 470-8431
Registrar registrar@heartcycle.org	Harvey Hoogstrate (303) 755-9362
Tour Director tourdiretor@heartcycle.org	Richard Crocker (719) 481-2313
Sag Supply Manager sagmgr@heartcycle.org	Jeff Messerschmidt (303) 904-0573
Sag Vehicles jaywuchner@comcast.net	Jay Wuchner (720) 840-6467
Training Rides Director rides@heartcycle.org	Sheridan Garcia (303) 638-0330
Marketing and Media alanfeiger@gmail.com	Alan Feiger (303) 765-0706

Working Members

Newsletter Editor newseditor@heartcycle.org	Barry Siel (303) 470-8431
Training Rides Recruiter rides@heartcycle.org	Sue Loftus (303) 758-5472
Training Rides Recruiter rides@heartcycle.org	Emily Rucker (303) 442-8140
Rides Map Maker maps@heartcycle.org	Lee Cryer (303) 778-2305
Rides Map Maker maps2@heartcycle.org	Ira Goldschmidt (303) 561-4817
Rides Map Maker aanderson@tensarcorp.com	Andy Anderson (404) 395-1491
Social Events social@heartcycle.org	Melodye Turek (303) 320-1430
Co-Registrar ron.barton@comcast.net	Ron Barton (303) 798-2755

Notes from the Board

REMINDER - this is the last issue of the HeartCycle Newsletter that will be distributed by snail mail in hardcopy. Starting in January 2010 HeartCycle will eliminate paper mailings and go all electronic, starting with the Tour Brochure. Also starting in 2010, the HeartCycle newsletter will cease to be mailed out in hardcopy, and will only be available on the website. In the future you will receive an email to alert you when a new newsletter has been posted.

HeartCycle will be placing an ad in the League of American Bicyclists magazine with information about our tours and how to get more information at our website. Speaking of our website...

The new web site is up and running and it looks great!

Now there is only one HeartCycle Web Site, and the appearance shows the result of some professional graphics design. To see it, log in to www.heartcycle.org.

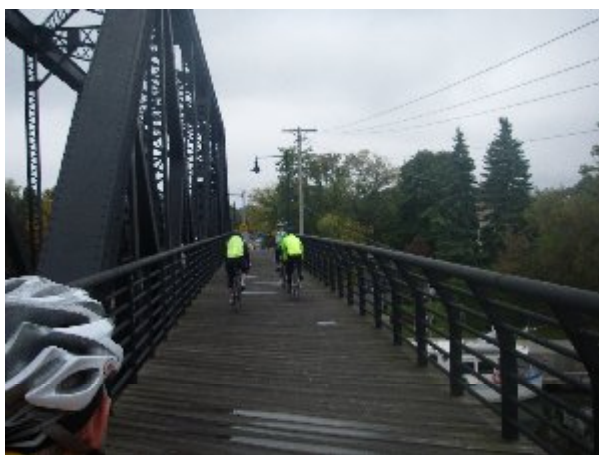
To get to logins, select "Members" from the menu. You will find all the logins that were previously located at:

www.heartcycleregistraion.org

The database has been copied to the new site, so all the data is there also. If you go to www.heartcycleregistration.org you will see a message and a link directing you to the new site.

Fireworks of Fall – Discover Upstate New York, Oct. 3 – 10, 2009

It was a brisk fall day in Albany, NY when we all met at the Best Western to begin our tour of the Capital District of Upstate NY. Temps were in the 50's, the day was overcast, but that didn't deter 22 riders from looking forward to a week of riding in this region rich in history. The replica of Henry Hudson's Half Moon had just left town days before, on its journey to the south after celebrating the 400th anniversary of the original ships sailing up the newly discovered river soon to be known as The Hudson.



Just as the Half Moon had done 400 years prior, we as a group set out on Sunday morning expertly led out of town by Janet Reilly on our journey of discovery along the Hudson, to the north of Albany. On this day and the days to come we would visit sites, hear familiar names from history lessons and view the countryside that was fought for during the Revolutionary War. Cycling along the Hudson, back and forth from one side to the other we traveled north with the leaves turning more colorful with every pedal stroke.

The Cohoes Falls, Peebles Island, Mohawk River, Block House, Surrender Tree and the Saratoga National Monument were just a few of the places that piqued our interest on that first day.



The Mohawk River merges with the Hudson River near Cohoes Falls

As the week went on we visited Lake George a famous vacation spot of Upstate NY, The Serotta Competition Bicycle factory in Saratoga Springs. Cooperstown, home to the Baseball Hall of Fame along with Brewery Ommegang, brewer of fine Belgian Style Ales, The Farmers Museum and the wonderfully cycle friendly roads of the Schoharie Valley.



Entertainment and SAG support by Don and Deb Burger from Brevard, NC added to the fun all of us were having along the way. Our last night at a resort nestled high in the Helderberg mountains we were treated to a great dinner and dessert in an attempt to replenish all that we spent climbing to our last destination before returning to Albany the last day.

Headed downhill towards Albany the last day, as we rounded the bend in Thatcher State Park, the sun that had escaped us for so many days prior rewarded us by lighting up all the leaves when we stopped at the Helderberg Escarpment overlook some 1000 feet above the city. It was truly one of the highlights of this year's Fireworks of Fall tour.



View from the Helderberg Escarpment west of Albany, NY

Riders were asked "What were your favorite parts of this tour?" Some of the answers were:

Biking along the quiet roads east and west sides of the Hudson River and the many bridges. Sag stop on the Peebles Island- an old fabric factory on the Hudson River.

Davidson's Brewery in Glen Falls-talked with the owner and they showed the Bronco football game on the bar TV for us. The "Scottish Ale" was excellent, but only available within 60 miles of the brewery.

Biking north of Glen Falls on a bike trail for 8 miles to Lake George. Lake George was a very quiet tourist town on the lake, but ALL the shops were closed up tight.

Touring the Serrota bike factory in Saratoga Springs, they take pride in crafting a superb custom bike, but out of my cost range!! The factory was bigger than other bike manufactures that I've seen and they are still focused on doing it better than the other guys.



Finding out that I chose to turn on the correct corner, when NO street signs were posted. It is always a challenge not getting lost with so many road changes without signs. Whew

Changing fall colors as we biked in upstate NY. The colors peeked on day 6 of our ride, though it was not as brilliant as pictured in my mind due to the cloudy/rainy skies most days.

Cooperstown, NY: What a cute little town with 3 big museums and not enough time to bike around the lake and tour all the museums: Baseball Hall of Fame, Farmers Museum and Fennimore Art Museum. (Plus the brewery just south of town.)

Seeing all the fall decoration outside of farms, homes in the rural areas. Lots of pumpkin patches. The changing leaves and cool days-made fall seems so real.



Interesting lunches every day by our sags: Deb & Don. Not the usual lunchmeat & cheese fare that I usually gobble up on other bike tours, but wraps, tuna salad, deli sandwiches from the Carrot Barn, homemade bars, cookies and breads from Eleanor.

Baseball Hall of Fame Museum in Cooperstown. What an interesting place that I lost track of all time for an afternoon. So much trivia/details to read one could spend a day touring and learning the whole history of the game.

Climbing up 4 steep hills into the Rensselaerville Institute after 70 miles on a rainy day and finding a fireplace burning in the common lounge area! It was an estate, but now a place that corporations

hold meetings and it was our group's retreat on our last night. The 2 estate homes were beautifully perched on the large hilltop. Our group dinner and breakfast was wonderful. Beautiful grounds for exploring.



The clouds departing most afternoons and thinking I should have waited to bike hours later than our group starts ~8:30 AM

Seeing many sites: block house, fort and monuments from early history of our county. There were too many blue historic marker signs along our routes to stop and read about each historic place.

Leaving the Rensselaerville Institute on the last day and seeing a "fisher" come running down the lane towards my bike. It is a very large weasel. This made the trip for me.



Group picture after dinner at the Sweet Thyme Café, Schoharie, NY

HeartCycle Anasazi Tour 2009

By Kim Lamphier and David Whitaker

Colorado HeartCycle's Anasazi Tour was a perfect combination of challenging alpine cycling, meeting new friends, enjoying spectacular mountain scenery, and living day-to-day with the best cycling tour support crew anywhere.

The Anasazi tour group met at the Country Inn Motel in Montrose, Colorado, on Saturday, July 11th and we walked to a local restaurant for a festive pasta dinner. This was customary carbo loading for the start of our tour on Sunday morning. Our chief sag driver, Jeff Messerschmidt, passed out our brightly colored HeartCycle jerseys and arm warmers. We could tell by the glint in Jeff's eye that we were headed for fun and merriment in the scenic San Juan Mountains. Rich had us laughing before our meals had arrived. Our effervescent tour leader, Sheridan, took us through the tour on paper. Sheridan and Luanne had contagious smiles that confirmed that we were in the best place at the best time to saddle up and ride mountain passes. Conversation flowed easily and before the evening was over, we all had new friends.

Sunday morning we headed south out of Montrose and into ranchland. As we pedaled our way towards Ridgeway, the views of the mountains got closer. With the ever-larger silhouettes of the San Juan Mountains in front of us we knew we were in for something special. Lunch in Ridgeway was a feast with sandwiches, vegetables, fruit, sweets, and other goodies laid out by Jeff in the town square park. We learned that Ridgeway is where much of John Wayne's movie *True Grit* was filmed. For us it was a rest stop on our way to Telluride. We refueled, topped off our drinks and then it was up Dallas Divide (8735 ft.). Heading up at noon, Dallas Divide was a challenge. With bright sunshine and the road recently repaved with black asphalt it was definitely a hot one. We encountered a group of boy scouts, on mountain bikes, with street shoes, climbing the Divide on their way to Moab, Utah. We also rode with a pair of self-supported cross-country cyclists who began their cycling journey by dipping their wheels into the Atlantic Ocean. All of us made it to the top and were rewarded by our first downhill. As we would learn later in the week, this one was relatively short at 10 miles. Another nine miles took us to the Telluride overlook and then a downhill into town and our hotel. Rolling thunder from a nearby thunderstorm put a lot of meaning into the Western Colorado adage "To Hell You Ride!" Most of us reached Telluride before the heavy rainstorm arrived. Luckily, within 20 minutes the rain had passed and a rainbow appeared. Welcome to Telluride! We spent the evening shopping, dining, and enjoying the view from the gondola.

Monday morning began with our second climb, which started about 3 miles out of town. A left turn took us on to Lizard Head Pass (10,222 ft.). About an hour into our ride, a rare morning rainstorm came over the mountain, but no worries, Sheridan drove the sag back down the mountain with our invaluable daypacks. We donned rain gear, toe covers, arm warmers, and extra socks. By the time we summited Lizard Head Pass, the storm had vanished. Back in the sag went our rain gear, and we began the 50+ mile downhill through woodlands and canyons first to Delores and then to Cortez. Again, at just the right time, Jeff had lunch waiting for us. As we got closer to Cortez, we could feel the high desert heat of the day. Our last sag stop had plenty of cool drinks, fruit, and chairs in the shade for a break. Then we rode into Cortez and time for happy hour around the pool. The group again divided up for dinner and we were again able to walk to local restaurants and look at the tabletop mesa in the distance. So that is Mesa Verde.

Tuesday was the first day of delving into the mysteries of the Ancient Pueblos. We rode to the Anasazi Heritage Center where the sag greeted us with cold drinks, comfortable walking shoes, and time to explore the Center. An introductory movie provided an overview not only of the center but also introduced us to Mesa Verde so after our tour of the Center; we headed towards Mesa Verde

National Park. Reports of road construction in the Park prevented us from riding in the Park so we rode to the town of Mancos where Jeff, yet again, provided an excellent lunch. Then Jeff and Rich organized the process of transporting all of us to the Park in our sag vans. A short ride took us to the Far View Lodge, our home for 2 nights. Rich came through spectacularly, lending a seatpost bolt from his own bike to an unfortunate cyclist who had managed to snap his seatpost bolt on the way to Mancos. This allowed more time to see the historic sites in Mesa Verde.



Lizard Head Pass



Cliff Palace – Mesa Verde NP

Upon arrival in Mesa Verde National Park, Rich and Jeff immediately made the vans available to take us to the sights the next day. Many in the group headed to get tour tickets for a morning tour of Long House and an afternoon tour of Cliff Place, with enough time for lunch in between. For dinner, while some went for fine dining, and some went to the cafeteria-style restaurant, the rest of us found the one television in the Park – at the bar – and watched the Tour de France and the sunset simultaneously. A sunset in Southwest Colorado can be an epic experience. Once darkness finally descended, we marveled at the amazing starlit night.

Wednesday after breakfast we headed out to Long House on Weatherhill Mesa, the most in-depth tour at the Park. Our guide greeted us. The tour included a detailed explanation of the community and how the Ancestral Puebloans lived. We saw their water source and learned of the various areas were used for and the archaeological evidence that tells the story of those that inhabited the Mesa and the extraordinary cliff dwellings. We climbed up two ladders, similar to the ones that were originally there. After the tour of Long House, we toured the Badger House Complex where we learned about earlier architectural styles in the area. A herd of wild horses “followed” us over part of the trail eventually galloping away. We sensed that they didn’t appreciate the lyrics to the Rolling Stones song.

Cliff Place, the largest cliff dwelling in the Park, was our second tour of the day. On this tour, we stood around a kiva, peered into rooms, and exited via two ladders, as the ancestral puebloans may have done. We marveled at skill and muscle it took to build these dwellings without the benefits of modern technology. Jeff – Where did you find that superb sombrero? That was perfect headwear for the ever-present sun out on that scenic green mesa!

Back at the Lodge, the leaders put together a wonderful wine and cheese happy hour. Fun was had by all the cyclists that evening at the historic Far View Lodge.

Thursday, due to park regulations, another well-organized sag dropped us at the Park Entrance and we rode into Durango. Jeff and Rich proved again to be masters at loading bikes and then taking them down again. We rode to Mancos for a bite of breakfast and later at the Hesperus Ski Area (8213 ft.), our climb for the day, we again had an awesome lunch waiting. Then it was time to

saddle up and fly over to the downhill into Durango. We got with plenty of time for napping and exploration. Our hotel in Durango was right on the free bus route that took us into town where shopping and dinner awaited. Durango is quite an amazing place to visit! There are more bike shops, jewelry shops, restaurants, and assorted downtown activities than even Telluride. We intend to come back more often. We learned that we had choices of taking the scenic narrow gauge railroad to Silverton or riding the route of the Iron Horse Classic up the Million Dollar Highway. Most of us turned in early in anticipation of our most difficult day of riding with two mountain passes awaiting us in the morning.



Grand Imperial Hotel, Silverton, CO



Our last lunch at Ridgeway, CO

Friday was an epic day of cycling. It started with beautiful ride on the back roads around Durango and gradual ascent to the Durango/Purgatory Ski Area. Again Jeff came through. It was too early for lunch and many of us didn't want to eat before the epic climbs so we made sandwiches and stashed them in coolers for later. After a snack and a drink we were ready for Coal Bank Pass (10,640 ft.) and Molas Divide (10,899 ft.). Again our ever-vigilant sag drivers were there when we needed them with water, food, and an encouraging word. The entire group waited at the top where we were rewarded with stunning views and a 10-mile downhill to the historic Grand Imperial Hotel in Silverton. We had time to explore this historic mining town before a last group happy hour and dinner. It was appreciation time for Sheridan, Rich, Jeff, and Luanne – Our fearless and outright amazing crew on the tour. Thanks for volunteering to lead us through these magnificent mountains and through the Ancestral Puebloan heartland. A better crew could not be found anywhere for a cycling tour!

Saturday was our final day. We met in front of the hotel for our group photo. We marveled at the many runners gathered for the start of a trail half-marathon up a mountain and back down. After the starting gun that sent them off, we started up our final climb – Red Mountain Pass (11,100 ft.). The sky was a beautiful shade of blue and the morning air was refreshingly cool as we gazed at the red rocks that gave the pass its name. Further up, we found more evidence of Colorado's mining history on the Million Dollar Highway. In what seemed like no time at all we were at the summit of Red Mountain Pass celebrating our achievement at the highest point on our tour. And then, it was downhill, first through the sweeping switchbacks and through the avalanche tunnels reminiscent of the Tour de France, into Ouray and a stop for coffee and a pastry, then to Ridgeway and our last lunch, and back through the flatlands to Montrose.

Once in Montrose, we promised to share pictures, to stay in touch with our new friends, and headed off on our separate ways. Something tells us that many of us will be back for future cycling adventures with Colorado HeartCycle! Hey Jeff, what happened to your great sombrero?



Colorado HeartCycle Association, Inc.
P.O. Box 100743
Denver, CO 80250-0743



Printed on Recycled Paper — Please Recycle.

Please print legibly!

2010 Colorado HeartCycle Membership Form

Please print legibly!

Membership (Jan. 1 – Dec. 31) application only. Must be filled out even if you are not signing up for a tour.

New _____ Renewing _____ Email address _____
(please print your email address very carefully)

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell _____

Individual Membership \$20.00

Family Membership \$25.00

Names of family members _____ Email Address _____

I prefer to have the monthly newsletter delivered: electronically (email) _____ or paper (USPS) _____

As a member, I am willing to contribute to Colorado HeartCycle in the following ways:

Starting training ride _____ Leading Tour _____ SAG driving _____ Website team _____ Making maps _____ Event helper _____

Signature _____ Date _____

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other party connected with club-sponsored rides in any way whatsoever, individually and collectively from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage suffered or sustained as a result of participation in said club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that HeartCycle Association, Inc., requires the use of helmets when participating in all club rides.

Send this form with check payable to HeartCycle. Mail to: HeartCycle, PO Box 100743, Denver, CO 80250-0743
Or pay membership fee electronically by going to: www.heartcycleregistration.org