

# Heart to Heart



## HeartCycle 2012 Tour Souvenir



The Heartcycle tour souvenir for the 2012 tour season will be the wind jacket pictured above. It is made by the same company, Primal, that made the vests that were the HeartCycle 2011 tour souvenir. This jacket is comfortable and lightweight, and provides wind and water protection to the entire upper body. This garment can be worn in sub 40° temperatures when used with a baselayer or arm warmers. It features a YKK zip closure, zippered side pocket, elastic at sleeves and waist, elastic drawstring waist, and a fleece lined collar.

When you sign up for a 2012 HeartCycle tour, as always, you will be able to select the size you want. For a sizing guide go to <http://www.primalcustom.com/fitguide.html>

## HeartCycle Contacts

### The Board

**Chris Matthews** (303) 618-4789 (2012)

President - [president@heartcycle.org](mailto:president@heartcycle.org)

**Mickey Berry** (303) 779-3607 (2013)

Vice President - [vp@heartcycle.org](mailto:vp@heartcycle.org)

**Joanna Spiers** (303) 312-7252 (2013)

Secretary - [secretary@heartcycle.org](mailto:secretary@heartcycle.org)

**John Steele** (303) 300-3573 (2012)

Treasurer - [treasurer@heartcycle.org](mailto:treasurer@heartcycle.org)

**Harvey Hoogstrate** (303) 755-9362 (2012)

Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Richard Crocker** (719) 237-3350 (2013)

Tour Director - [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

**Jeff Messerschmidt** (303) 904-0573 (2012)

Sag Supply Manager - [sagmgr@heartcycle.org](mailto:sagmgr@heartcycle.org)

**Jay Wuchner** (720) 840-6467 (2012)

Sag Vehicles & Insurance - [sag@heartcycle.org](mailto:sag@heartcycle.org)

**Bob Rowe** (303) 910-7230 (2013)

Tour Leadership Director -  
[tourleadershipdirector@heartcycle.org](mailto:tourleadershipdirector@heartcycle.org)

### Working Members

**Andy Anderson** (404) 395-1491

Mapping - [maps3@heartcycle.org](mailto:maps3@heartcycle.org)

**Jerry Bakke** (303) 738-9861

Insurance - [sag@heartcycle.org](mailto:sag@heartcycle.org)

**Ron Barton** (303) 798-2755

Co-Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Mickey Berry** (303) 779-3607

Social Events - [social@heartcycle.org](mailto:social@heartcycle.org)

**Barry Siel** (303) 470-8431

Newsletter Editor - [newseditor@heartcycle.org](mailto:newseditor@heartcycle.org)

**John Steele** (303) 300-3573

Website Admin. - [webmaster@heartcycle.org](mailto:webmaster@heartcycle.org)

## Notes from the Board

### Name Change for HeartCycle

Over the last year Heartcycle representatives attended several bicycling events where they promoted the HeartCycle club. At these events it became evident that people who were not familiar with HeartCycle were confused by the name and did not understand what were the mission and purpose of HeartCycle. Common questions were, "are you associated with a hospital?" and "do you have something to do with fighting heart disease?" Even when people understood that HeartCycle is a touring club they ask if HeartCycle only does tours in Colorado.

We have also found that when people do internet searches looking for bicycle tours, HeartCycle is not usually found unless the word Colorado is included as a keyword.

Because of these situations, the HeartCycle Board has changed the name of the club from:

**"Colorado HeartCycle Bicycle Club"**

to:

**"HeartCycle Bicycle Touring Club"**

The new name is now reflected on the HeartCycle website and in this newsletter.

---

## Pennsylvania Autumn Harvest

by Bill Buckley

A good time was had by all on the Pennsylvania Harvest Tour on August 8 – 15. The tour was led by Rich Crocker and Bob Eaches with SAG support by Carol and Mayoma.

Most of the group arrived on Saturday while a few of us arrived on Friday night. After assembling our tandem Saturday morning, we joined our fearless leaders on a warm-up ride to see if we put it together correctly (surprisingly, we did). While our leaders hurried back to the hotel to get ready for the group meeting, Gail and I had to stop to sample some local ice cream. It was good!

In the evening, we had our group meeting where we met the other riders. Several states were represented by the 22 people in our group (not just Colorado). We had a few riders who were new to Colorado Heartcycle. There were 3 tandems on this tour.

### Day 1 – New Cumberland to Gettysburg

We had warm and sunny weather for our start in New Cumberland. We set off through little towns (like Mechanicsburg ) and through rolling farmland to our first rest stop by a pretty lake. (Okay, it turns out **all** roads in Pennsylvania are "rolling". There are no flat roads.)

Lunch was at the top of the mountain range on the way to Gettysburg. (Okay, "mountain" range is a stretch – they are really just larger hills.) Lunch included Lebanon bologna, "to-mah-toes" (tomatoes), and "pay-ers" (pears). (Some cyclists talk funny.) The scenery through the Michaux State Forest was great – the leaves were starting to change color. The Apple Harvest Festival was packed with people so we chose to not stop. We arrived in the town of Gettysburg along with a million cars to cruise through the main street in town. We had the excitement of riding through our first traffic circle on a tandem!

After happy hour snacks provided by our SAG crew, we walked to the Gettysburg Visitors Center for a film and cyclorama (a circular painting – it has nothing to do with bikes!) . Both were informative and helpful for seeing the battlefield the next day.





## Day 2 – Tour of Gettysburg

In the morning Bob led most of the group on a bike tour of the battlefield area and gave us a good history lesson. He also swore that we were allowed to ride against the one way signs! For a bonus hill, we climbed the observation tower (on foot). Bob also led an optional afternoon ride through the countryside. At dinner, some had their manliness questioned when they ordered raspberry beer.



## Day 3 – Gettysburg to Strasburg

On this ride we were treated to rolling hills (what did I tell you?), farmland, colorful leaves, bridges and rivers, and rail trails. Our team building exercise on this day was recovering from getting lost (closed bridges, etc.). Oh yeah, and that steep hill – 19.5 percent on a tandem – whee! We got our first view of those cute Amish buggies on the road. (More on that later.)





### Day 4 – Tour of Strasburg Area

The morning brought rain, so the group chose to skip our planned loop ride and instead shuttle to the tourist sites. These included the farmer's market which featured tasting local baked goods, the Kitchen Kettle Village, which had many shops, some of which featured tasting local baked goods, and the Pennsylvania Railroad Museum (no tasting, darn it).



### Day 5 – Strasburg Metric Century

This morning the brave group started out on bikes in rain showers to tour the area. Our theme for the day could have been "Life isn't about waiting for the storm to pass, It's about learning to dance in the rain". Well, we went dancing. We rode past covered bridges, Amish farms growing corn, soybeans, and tobacco (?), and those cute Amish buggies. Now about those – they are pulled by horses that leaves messes in the road where bikers usually ride. Now add a little rain, and you can see that those with fenders were much better off than those of us with no fenders. In order to keep up our strength, we had to stop at a dairy to eat ice cream. This gave us the needed energy to make it the next 5 miles to the soft pretzel shop for more energizing.





At the end of the day, we spent time team building by washing and wiping our bikes in back of the hotel. We had our group dinner at an Amish restaurant that served family style. Desserts included Shoo-fly pie. Some tasty apple butter was allegedly smuggled out to be eaten back at the hotel.



### Day 6 – Strasburg to Hershey

We rode off in a slight rain (again we were "dancing") through more pretty farmland and small towns. After Intercourse, we got some chocolate at the Wilbur chocolate factory. (Oh come on, Intercourse in the name of a town we passed through.) At the lunch stop we enjoyed a brief period of warm sunshine followed by a brief period of pouring rain. I guess they even out. Once the rain let up, Rich implored us to follow him by saying "come on babies". (Did he learn this in the army?) We rode on some pretty rail trails which unfortunately tried to swallow our tandem now and then. More team bonding was had in cleaning bikes again. Also we got to practice fitting our tandem in an elevator. We also had our last group meeting where some of the upcoming trips were described and we took the group picture.



**Day 7 – Hershey to New Cumberland**

Our last day was dry and cool as we left Hershey. Miraculously, we made it past the Hershey factory without stopping and rode part of the ride on very pretty trails. As we arrived in Harrisburg and prepared to cross the river, we had to navigate through a sea of pink-shirted breast cancer walkers. (They were not on the route sheet!). When we arrived at New Cumberland we had one last happy hour with snacks as we said our final goodbyes. We had the additional joy of disassembling and packing our tandem for the flight home.



Overall it was a fun trip and we really enjoyed the friends we made and the adventures we shared. Thanks to Bob, Rich, Carol, Mayoma, and all the riders! We look forward to our next Heartcycle tour!

---

**Colorado HeartCycle 2012 Tours**

On the last page of this newsletter, all HeartCycle tours for 2012 are listed, there will be fourteen tours next year. Two of the tours are already full (Springtime in Solvang and Glacier Park) and two other tours are nearly full (Texas Wildflowers and Katy Trail). The Pacific Coast - Border to Border tour is open only to people that went on the first leg of this tour last year until the end of December. Beginning January 1, the remaining openings on the Pacific Coast tour will be open to all HeartCycle members.

Tour Director, Rich Crocker, the HeartCycle Board, Volunteer Leaders and Sag Drivers have put together a great slate of tours for next year. Take a look at the 2012 tours, read the descriptions and pick out the tour(s) that fits best with your schedule and cycling dreams.

We are all looking forward to a great 2012 cycling season.

---



## Colorado HeartCycle 2012 Tours

### Arizona - Tandems to Tucson

March 18 - 25 Status: Open  
 7 days, I45 - A71 \$1,060.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 481-2313  
 Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
 (720) 840-6467

### Spain - Mallorca

April 14 - 28 Status: Open  
 14 days, E20 - X60 \$2,595.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 481-2313  
 Jo Kuhlmann, [kuhlmannjoachim@aol.com](mailto:kuhlmannjoachim@aol.com)

### California - Springtime in Solvang - In Style

April 22 - 29 Status: Full  
 7 days, A60 - X80 \$1,150.00  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net) (303) 910-7230  
 Tom Groves [u4eahnrg@aol.com](mailto:u4eahnrg@aol.com) (720) 560-1527

### Texas - Wildflowers in May

May 6 - 12 Status: One Opening  
 6 days, E30 - I50 \$920.00  
 Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
 (720) 840-6467  
 Deb Wuchner, [debwuchner@comcast.net](mailto:debwuchner@comcast.net)  
 (303) 792-2111

### Colorado - Grand Valley Ramble

June 1 - 4 Status: Open  
 3 days, E64 - I38 \$350.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 481-2313

### Wyoming - Cycling Cowboy Country

June 23 - 30 Status: Open  
 7 days, A60 - E80 \$1,050.00  
 Nate Dick, [npdick@gmail.com](mailto:npdick@gmail.com) (970) 231-1068  
 Chuck Curless, [chucklenn@gmail.com](mailto:chucklenn@gmail.com)  
 (303) 880-5480

### Colorado - Passes of Summit County

July 21 - 28 Status: Open  
 7 days, I45 - A95 \$790.00  
 Sy Katz, [skskatz@comcast.net](mailto:skskatz@comcast.net) (303) 550-2073  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net) (303) 910-7230

### Wyoming - Cowboys, Buffalo Bill and Scenery

July 28 - August 4 Status: Open  
 7 days, A54 - I74 \$1180.00  
 Harvey Hoogstrate, [harvhoog@gmail.com](mailto:harvhoog@gmail.com)  
 (303) 755-9362

### Montana - Glacier Park

August 12 - 18 Status: Full  
 8 days, I53 - A60 \$1225.00  
 Ken Condray, [condray3@comcast.net](mailto:condray3@comcast.net)  
 (425) 745-1159

### Colorado - Northern Front Range

September 3 - 8 Status: Open  
 5 days, E35 - A70 \$565.00  
 Jeff Messerschmidt, (303) 904-0573  
[jefmesserschmidt@hotmail.com](mailto:jefmesserschmidt@hotmail.com)

### Colorado - Aspen HighLights

September 6 - 11 Status: Open  
 4 days, I21-A69 \$535.00  
 James/Friedman

### New England Seacoast - Port of Call

September 8 - 16 Status: Open  
 8 days, Intermediate \$1230.00  
 Jim Bethell, [jim@bikes5.com](mailto:jim@bikes5.com) (516) 446-1766  
 Janet Reilly [janet@bikes5.com](mailto:janet@bikes5.com)

### Pacific Coast Border to Border

September 9 - 23 Status: Open  
 15 days, I24 - E70 \$ 2170.00  
 Jerry Bakke, [jerrybakke@msn.com](mailto:jerrybakke@msn.com)  
 (303) 738-9861  
 Steve Parker, [parker3097@yahoo.com](mailto:parker3097@yahoo.com)  
 (970) 382-9551

### Missouri - Katy Trail

October 15 - 20 Status: 3 Openings  
 6 days, E38-I61 \$ 1035.00  
 Jerry Bakke, [jerrybakke@msn.com](mailto:jerrybakke@msn.com)  
 (303) 738-9861  
 Chris Matthews, (303) 618-4789