

# Heart to Heart



## A Winter of Cyclists

A Winter of Cyclists is a feature length documentary by Filmmaker and HeartCycle Member, Mike Prendergast and starring HeartCycle Members. The film will be shown in Denver on Jan 17th, one night only.

### About the Film

The documentary A Winter of Cyclists (64 min) captures the inaugural Icy Bike Winter Commuting Challenge. The film follows twelve cyclists as they attempt to bicycle commute during the winter months. Watch as they challenge each other during the cold, dark and snowy Colorado winter and experience the surprising camaraderie that forms as nearly 200 like-minded riders from across the USA, Canada, and other countries join in the Challenge. For those who cycle in the winter now, this film is a tribute to you. And for those who are considering it, catch a memorable glimpse of what could await you.

Below are details for the screening. The film trailer can be viewed at all of the links below.

### [Jan 17th 7pm -Denver Showing](#)

The Denver Film Society will show A Winter of Cyclists in Denver on Jan 17th. at the Sie Center, 2510 E. Colfax Avenue, Denver, CO 80206

Denver details and ticket purchase:

<http://www.denverfilm.org/filmcenter/detail.aspx?id=26207>

After the showing, there will be a Q&A session with the Filmmaker and Film riders.

Grab a HeartCycle friend, go for a ride and come and support the local cycling community artists.

## HeartCycle Contacts

## Notes From the Board

### The Board of Directors

<b>Chris Matthews</b> (303) 618-4789 President - <a href="mailto:president@heartcycle.org">president@heartcycle.org</a>	(2014)
<b>Mickey Berry</b> (303) 880-1944 Vice President - <a href="mailto:vp@heartcycle.org">vp@heartcycle.org</a>	(2015)
<b>Steve Parker</b> (970) 382-9551 Treasurer - <a href="mailto:treasurer@heartcycle.org">treasurer@heartcycle.org</a>	(2015)
<b>Joanne Speirs</b> (303) 312-7252 Secretary - <a href="mailto:secretary@heartcycle.org">secretary@heartcycle.org</a>	(2015)
<b>John Steele</b> (303) 300-3573 Marketing Manager - <a href="mailto:marketing@heartcycle.org">marketing@heartcycle.org</a>	(2014)
<b>Harvey Hoogstrate</b> (303) 755-9362 Web Master - <a href="mailto:webmaster@heartcycle.org">webmaster@heartcycle.org</a>	(2014)
<b>Richard Crocker</b> (719) 237-3350 Registrar - <a href="mailto:registrar@heartcycle.org">registrar@heartcycle.org</a>	(2015)
<b>Jeff Messerschmidt</b> (303) 904-0573 Sag Supply Manager - <a href="mailto:sagmgr@heartcycle.org">sagmgr@heartcycle.org</a>	(2014)
<b>Jay Wuchner</b> (720) 840-6467 Sag Vehicles - <a href="mailto:sag@heartcycle.org">sag@heartcycle.org</a>	(2014)
<b>Bob Rowe</b> (303) 910-7230 Tour Director - <a href="mailto:tourdiretor@heartcycle.org">tourdiretor@heartcycle.org</a>	(2015)

### Working Members

<b>Andy Anderson</b> (404) 395-1491 Map Maker - <a href="mailto:maps3@heartcycle.org">maps3@heartcycle.org</a>	
<b>Jerry Bakke</b> (303) 738-9861 Insurance - <a href="mailto:jerrybakke@msn.com">jerrybakke@msn.com</a>	
<b>Ron Barton</b> (303) 798-2755 Co-Registrar - <a href="mailto:registrar@heartcycle.org">registrar@heartcycle.org</a>	
<b>Barry Siel</b> (303) 470-8431 Newsletter Editor - <a href="mailto:newseditor@heartcycle.org">newseditor@heartcycle.org</a>	
<b>Jim Bethell</b> (518) 446-1766 CPR/Driver Training Coordinator <a href="mailto:bikes05@verizon.net">bikes05@verizon.net</a>	

November was a big month for HeartCycle. Following the Annual Luncheon in October, which saw the re-election of five Board Members, the Board had officer elections at the November Board meeting. There was also some movement in the assigned duties of the Board Members and assignment of duties for Working Members. The results of this process can be seen at the left along with contact information for all the Board Members and Working Members.

If you ever have questions or concerns please contact the appropriate person. If you are not sure who the appropriate person is, you can contact either Chris Matthews (President) or Mickey Berry (Vice-President) who will either answer your question or direct you to the correct person to answer your question.

## Hudson River Valley Ramble

September 30-October 5th, 2013

By Judy Siel

It was a week of perfect weather for bicycling and sightseeing: 50-70 degrees, sunny, no wind and a great group of HeartCycle members. We gathered in downtown Albany, New York in late September and after a few miles we were out of town and headed south along the Hudson River to Kingston, NY for the first days ride of 66 miles. The views off the two long bridges crossing the Hudson River were beautiful. That evening, it was a real treat to attend the premiere showing of "A Winter of Cyclists" at the Kingston theater, a documentary film by Mike Prendergast (HeartCycle Member). We had a private charter bus take us to the viewing. Mike and six others of our tour group who were featured in the film, did a question/answer session after the film. (Make sure to see this film, it will encourage you to bike commute this winter!!)



Day two found the group heading west into the Catskill Mountains to see the beginning colors of fall foliage. It was a great route along quiet roads for 65 miles and 4,000 climbing to the Minnewaska Lodge. The group was shuttled into New Paltz ~5 miles for dinner.



Day three was a lovely loop around the Catskills up to the top of the “Gunks” for 59 miles and a final climb up an 18% hill back to the Minnewaska Lodge. UGH!



Day four we headed back towards the Hudson River through New Paltz and biked by six houses built before 1720; and then we crossed the Hudson River a third time on the brand new bike/pedestrian bridge into Poughkeepsie. That afternoon we biked along more quiet rural roads to the small village of Rhinebeck.



Day five was an a day to choose between two loops: the southern loop took in Mills Mansion, Vanderbilt Mansion, Hyde Park and Eleanor Roosevelt home. Unfortunately due to the Federal Government Sequester and associated shutdown, the properties owned by the US Park Service were closed. Several bicyclists (not naming names) snuck in the side gate and biked by the mansions without the usual crowd of visitors! The southern loop had perfect weather. The few who choose the longer northern loop got caught in a rain shower. The fabulous country scenery and roads were a delight to bike whichever route one choose. A few cyclists did neither and enjoyed a little well deserved R&R in Rhinebeck.





The final day of bicycling was a return north to Albany and luckily, the rain had held off until after all the bikers were safely into the hotel and the bikes were packed for everyone's trip back home. We dodged a downpour getting from the hotel to a fun group dinner at El Mariachi Mexican Restaurant.



Thanks to our leaders Jim Bethell & Janet Reilly for planning and executing such a wonderful tour on quiet roads, with amazing scenery, great fall foliage, warm weather and to a great group with many "new to" HeartCycle members. Janet & Jim were assisted during the memorable week by our hard working sag drivers: Carol & Kathleen.

# Colorado HeartCycle 2014 Tours

## Great Rivers - Year 1

March 15 - 27 Status: 1M shared & 1F shared  
 12 days, Intermediate/Advanced \$1,920.00  
 Steve Parker, [parker3097@yahoo.com](mailto:parker3097@yahoo.com)  
 (970) 382-9551  
 Chris Matthews, [chrismatthews@msn.com](mailto:chrismatthews@msn.com)  
 (303) 618-4789

## Mallorca, Spain

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

## Springtime in Texas with Love, Sweat and Gears

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

## Solvang Spring Break

April 5 - 12 Status: Full  
 7 days, Intermediate/Advanced \$1,150.00  
 Ralph & Carol Nussbaum,  
[rnussbau@earthlink.net](mailto:rnussbau@earthlink.net) (206) 783-6450

## Central California Coast

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

## Omak Hill Country Weekend

May 1 - 5 Status: Full  
 4 days, Advanced \$475.00  
 Ralph & Carol Nussbaum,  
[rnussbau@earthlink.net](mailto:rnussbau@earthlink.net) (206) 783-6450

## Belgium and Holland Bike and Barge

May 12 - 22 Status: Full  
 10 days, Easy/Intermediate \$1,940.00  
 Ralph Nussbaum, [rnussbau@earthlink.net](mailto:rnussbau@earthlink.net)  
 (206) 783-6450

## Aspen Highlights

May 22 - 26 Status: Open  
 4 days, Intermediate/Advanced \$445.00  
 Diane Short, [dianbike@eazy.net](mailto:dianbike@eazy.net) 303-763-9874

## Eastern Washington

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

## Holland Bike and Barge Tour

June 21 - July 1 Status: Full  
 7 days, Intermediate \$1,940.00  
 Ralph Nussbaum, [rnussbau@earthlink.net](mailto:rnussbau@earthlink.net)  
 (206) 783-6450



# Colorado HeartCycle 2014 Tours

## South-Central Alaska

June 25 - July 2 Status: 1M shared  
 7 days, Intermediate/Advanced \$1,725.00  
 Rod Nibbe, [aktour@rknibbe.com](mailto:aktour@rknibbe.com)

## New England Seacoast

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

## Washington British Columbia Loop

July 11 - 20 Status: Full  
 9 days, Intermediate/Advanced \$1,320.00  
 Ralph Nussbaum, [rnussbau@earthlink.net](mailto:rnussbau@earthlink.net)  
 (206) 783-6450  
 Rod Lee, [kennedy6017d@yahoo.com](mailto:kennedy6017d@yahoo.com)  
 206-604-7145

## Explore the Door

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

## Oregon Coast

July 26 - August 2 Status: Open  
 7 days, Intermediate \$1,160.00  
 Ralph & Carol Nussbaum  
[rnussbau@earthlink.net](mailto:rnussbau@earthlink.net) (206) 783-6450

## Southern Utah National Parks

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

## Northern Rockies - Jasper to Glacier

August 9 - 23 Status: Full  
 14 days, Advanced \$2,790.00  
 Sue Matthews, [scmatti@comcast.net](mailto:scmatti@comcast.net)  
 Becky Bottino, [bbottino7@comcast.net](mailto:bbottino7@comcast.net)

## Estes Park Weekend

September 19 - 22 Status: Open  
 3 days, TBD \$425.00  
 Rosemarie Lueke  
 Nate Dick

## Colorado Central Mountain Beauty

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

## Best of the Bay Area

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

## Mississippi Headwaters

August 31 - September 6 Status: Open  
 6 days, Easy \$1,120.00  
 Paul & Lynda Marks, [paulhmarks@gmail.com](mailto:paulhmarks@gmail.com)  
[lyndamarks@q.com](mailto:lyndamarks@q.com)