



Holland Bike & Barge Tours

Tour 1: Heart of Holland - May 21-31, 2016 and

Tour 2: Friesland - June 1 –21, 2016

BRIEF TOUR DESCRIPTIONS:

Tour 1 - Heart of Holland will start and end in Amsterdam. Our first day will include a gorgeous ride along the Vecht to Vianen near Utrecht. Next day we ride from Vianen to Tiel along the Linge Route full of farms with berries and cherries and wonderful cafes. Then on to the old city of Nijmegen along a lovely route part way on old dikes and along with a visit to the Wooden Shoemaker and to the bicycle museum in Nijmegen. The Sarah will spend a rest day in Nijmegen giving you the opportunity to either just explore that very old city first founded by the Romans or ride your bikes to Kleve, Germany a beautiful medieval town. Wednesday- you cycle to and through the National Park-Hoge Veluwe and visit the Kroller/Muller Museum. From there it's on to the beautiful old town of Deventer with a stop at Het Loo Palace- one of the most beautiful in the Netherlands. From Deventer we move on to Kampen via Zwolle. We will be cycling in the historic region of the Overijssel formerly a major shipping area along the Zuiderzee for trade with the Baltic countries. All the towns are rich in history and beautiful architecture from the 1400's and later. On our way to Spakenburg we have one of our most scenic cycling days with little towns and beautiful countryside. We will pass through the Veluwe region with its lovely forests on our way back to Amsterdam. On the way you stop in Nunspeet which is famous for its monuments - one called the Hidden Village is famous for hiding Jews in WW II. We will spend part of our last day cycling in Amsterdam one of the world's most bike friendly cities. Our last night of the tour will be in Amsterdam aboard the Sarah. Tour Leader is Joanne Speirs

Tour 2 – Friesland will start and end in Amsterdam as well. Our first day will include a visit to Marken and Monnickendam on our way to Hoorn and Enkhuizen. We will then cross the IJsselmeer (IJssel Lake) formed in 1932 when a nearly 20 mile long dam closed off the Zuiderzee (South Sea) from the North Sea. Now we'll be in Friesland a beautiful agricultural province in The Netherlands and a bit off the beaten tourist path. We'll pass through Staavoren and Harlingen before taking a day to explore one of the barrier islands in the North Sea, Terschelling. As we ride to the capital of Friesland, Leeuwarden we will pass by some of the 195 windmills still found in that province. The Netherlands also has several national parks and we'll be riding through Park De Alde Faenen and Weerribben on our way the village of Giethorn, known as the "Dutch Venice". We conclude tour riding along the southern edge of the IJsselmeer stopping in the picturesque towns of Huizen, Naarden on our way back into Amsterdam. As in Tour 1, we will spend part of our last day cycling in Amsterdam one of the world's most bike friendly cities. Our last night of the tour will be in Amsterdam aboard the Sarah. Tour Leader is John Penick.

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Zig Zag Road Striping Calms Traffic

At 11 points in northern Virginia, the familiar straight dashed lines on the road gives way to a series of zig zags. The unusual markings are meant to alert drivers to be cautious where the Washington and Old Dominion (W&OD) Trail intersects with the road and bicyclists and pedestrians frequently cross.



The zig zag markings slowed average vehicle speeds, increased motorist awareness of pedestrians and cyclists, and increased the likelihood that drivers would yield. They also noted that the effects of the design change didn't wear off once motorists became used to the it — they still slowed down a year after installation.

The results indicate that zig zag markings are a more cost-effective solution for conflict points between trails and high-speed roads than the current treatments: flashing beacons placed above the road or off to the side.

The effect of the zig zag markings was measured using speed radars over the course of a year. Feedback from motorists, cyclists, and pedestrians was also collected using online surveys. While the survey did not come from a random sample, 65 percent of drivers said they were more aware because of the markings and 48 percent said they liked them. The zig zags were also popular with cyclists; 71 percent said the markings affected driver behavior.

Said one respondent: "Drivers rarely stopped before the markings were installed. Since installation, they stop much more often."

A new tour has been added to the schedule:

New Mexico - Land of Enchantment

Dates: Orientation Saturday evening, June 11, 2016, Riding June 12 - 18, 2016
Leaders: Richard Loeffler, Bob Racier **SAGs:** MaryAnn Loeffler, TBD
Rating: Advanced with 538 miles and 25,000 ft climbing over 7 days
Riders: 30
Price: TBD (December, 2015. Expected in range of \$1275 - \$1375)

OVERVIEW

Our ride begins in the one of the most visited and intriguing towns in the Southwest, Santa Fe. There you can experience festivities blending Indian, Hispanic and Anglo cultures, one-of-a-kind shops, distinctive art galleries and great restaurants in one of the oldest cities in America. It is worthy of an early arrival.

On our first day we will ride the beautiful Camino Alto (high road) to Taos. Taos is an artistic colony abounding in interesting shops, quaint and winding streets and adobe architecture. On day two, we leave Taos and follow the Rio Grande River, climb to a breathtaking view of the gorge below and cross the sparsely traveled Ortega Plateau to Abiquiu, a tiny traditional Hispanic village and the home and studio of Georgia O'Keeffe.

Leaving Abiquiu, we ride to the foot of the San Juans with beautiful mountain views enroute to Chama, an old mining town and terminus of the Cumbres and Toltec Railroad. We depart Chama and ride through the Carson National Forest and the Tusas Mountains crossing the Rio Grande Gorge Bridge and returning to Taos.

The fifth day is a rest day in Taos. But for the more intrepid, an optional ride is available on the "Enchanted Circle" over Palo Flechado and Bobcat Passes through alpine valleys and by the Red River and Eagle Nest Ski Resorts. From Taos we go to Angel Fire and drop down into the town of Las Vegas, New Mexico. We return on the final day to Santa Fe.



Note: This tour includes four long rides of over 75 miles. We will be at over 7,000 feet in elevation for most of the tour and there are generous amounts of climbing.

For additional questions, contact Richard Loeffler at RichardTLoeffler@gmail.com, or Bob Raicer at rjr@raicer.com

Downtown Santa Fe, NM

Southern Utah Tour 2015

By Bob St. Clair

Somehow I volunteered (or was it drafted?) for the responsibility of detailing and documenting the 12 day HeartCycle Tour through the incredible natural wonders of Southern Utah – Zion, Bryce and Capital Reef National Parks as well as Cedar Breaks Nat'l Monument. First, let me state for the record, I am a HeartCycle Rookie. This was my first HeartCycle trip. Our highly experienced and amazing sag leaders Kathleen and Mayoma were helpful in clarifying my biking status in our initial group meeting as a HeartCycle "Virgin". I was not alone. Almost a third of our group were HeartCycle Virgins. Imagine our excitement when on the first day of our bike ride we rolled into the town of Virgin, Utah. The 32 riders on the tour represented a (albeit temporary) population boom!!

Our first day biking was approximately 70 miles and included a stop and ride up through Kolob Canyon which was our initial introduction to Zion National Park. From Kolob we journeyed on through quaint little western towns – Toquerville (surprisingly not situated in Colorado) and Virgin, Utah to our ultimate destination: Springdale and the Gateway to Zion National Park. The beauty of this entire trip was how well it was planned and staged with fantastic biking intermixed with hiking. After a day or two of biking we had the opportunity to hike and explore the National Parks that we visited. Our second day of the tour was a free day to hike and explore the beauty of Zion – The Narrows, Angels Landing, Hidden Canyon – incomparable! An added bonus.... The Music Festival in downtown Springdale.



Our planned trek through Zion to Mount Carmel required a slight detour when a boulder the size of a California mansion fell across the road effectively blocking all traffic. This touring disaster was averted thanks to the resourcefulness and fast thinking of our leaders John Penick and Bob Racier who were able to secure group transportation for everyone and our bikes to Mount Carmel via a minor 100+ mile detour. A major debacle was rendered a minor inconvenience by their quick response and arduous efforts.



Bryce National Park. Wow. Entering into Bryce along the bicycle path through Red Canyon was amazing in itself but the scenery in Bryce... spectacular. Great food and 3.2 adult beverages at Rubys... memorable. Hiking the Hoodoos on our day off.... The best! Watching the Blood Moon from the park overlooks at Bryce... a "Once in a Lifetime Experience"!

Bryce to Boulder was a grueling but gorgeous ride but the food at Hells Backbone Kitchen made it all worthwhile. Boulder, Utah was a great stop! This may be the best scenery I've ever experienced while riding a bicycle.

Capital Reef was one of the unexpected gems along the tour. It was huge, awe inspiring and had some fantastic hiking. The center of the Reef was a virtual oasis filled with fruit trees, a babbling brook, Indian Petroglyphs and, most importantly, incredibly delicious homemade pies. Our leader, John Penick, displayed his previously unknown talents as a taxi driver by ferrying hikers to trailheads throughout the park. He miraculously managed to find the only store with real adult beverages within miles for a restocking of this important refreshment. Kudos to John!



The trek from Capital Reef to the Rocking R Dude Ranch in Torrey was a bit blustery but the arrival at the Rocking R Ranch made you feel like you had made it home. A fun filled evening was enjoyed by everyone. Hay ride at 5:30, line dancing lessons at 6:00, a delectable Cowboy Dinner at 7:00 and then at 8:00, a Dynamic Country Duo provided music and dance (flip) instructions to cap off the evening. Lots of Hootin' and Hollerin', Laughing and Clapping! Another wonderful experience.

Our final day was a long uphill climb to Cedar Breaks National Monument. The Monument was a smaller version of Bryce Nat'l Park filled with Hoodoos and spectacularly colored rock strata. Cold, stiff winds made this a short stop and somewhat of a challenge to simply navigate the roads on a bike. The final decent into Cedar City was a rapid 10-mile decent in which all participants had an excellent opportunity to set new land speed bike records as they flew down the steep grade into Cedar City.

How would I rate this trip? As a "Heartcycle Virgin" I can honestly say it is the best Heartcycle trip I have ever been on. As a veteran of numerous biking tours.... The Heartcycle Southern Utah Trip was Absolutely Amazing!!!! It was the most scenic and spectacular bike trip I have ever ridden!



Notes to Self:

- Bag Balm is your friend. Never, ever go touring without it.
- Utah deer spend significantly more time on the roads than in the woods.
- Never stop pedaling when you smell the aroma of fresh (or not so fresh) venison along the road side.
- Bring someone who plays the guitar on all future trips.
- Bring Kathleen and Mayoma – the best Sag Team ever.
- Utah only sells 3.2 beer. Bring lots of real beer.

Colorado HeartCycle 2016 Tours

In Search of Texas Bluebonnets

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

Durango Fixed Base Sampler

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

Paso Robles Wine Country

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

New Mexico - Land of Enchantment

June 11 - 18 Status Open Soon
7 days, Adv. TBD
Rich Loeffler, richardtloeffler@gmail.com
(303) 981-2963
Bob Raicer, rjr@raicer.com

The Island of Mallorca, Spain

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

Re-Living the Pro Challenge

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

Heart of Holland Bike & Barge

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

Le Monastere - SESSION 1

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

Friesland Bike & Barge

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

Le Monastere SESSION 2

July 9 - 16 Status: Wait List
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: Open
7 days, Adv \$1,225.00
John Penick, jdpenick@gmail.com
(203) 232-8946
Fred Yu, frederickyu@comcast.net
(303) 321-4530

Mothers Daughters Weekend

July 28 - 20 Status: Open
2 days, Easy \$TBD
Julie Lyons, julie@lovesweatandgears.net
Ann Lantz, ann@lovesweatandgears.net

Coast to Coast, The Northern Tier: Year 1

September 19 - 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

Grand Valley Ramble

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

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