

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
February 2010



2010 HeartCycle Tours

HeartCycle has a great line-up of tours for 2010. You can check them out at the website by clicking on the Tours drop down menu. The first three tours are already full!

The first tour of 2010 will be the Spring tour to Arizona, **Missions, Mines and Missiles**, which is a loop that begins and ends in Tucson with visits to Saguaro N.P., Tombstone, Bisbee, Tumacacori National Historic Park, and the Titan II Missile Museum and much more. This tour will be February 21 – 28.

Ride Across America – Part III will take place March 12 – 29 and passes thorough Louisiana, Mississippi, Alabama and Florida including beautiful back country roads, the Gulf of Mexico and the Atlantic Ocean. They will enjoy the warm southern hospitality and down home cooking as they begin the ride in Kountze, Texas and ride to St. Augustine, Florida.



**After three years and 3000 miles
the riders are anticipating a
special welcome to Florida!**

Springtime in San Diego County will run from April 22 to May 1, 2010. It will start in Mission Bay, San Diego with the first days ride up the coast. From here the tour covers the scenic rural areas including the hills of the north, and climbs to Mt. Palomar and Laguna Mountain. They will stay in Fallbrook, Valley Center, Warner Springs and Julian. A descent into Borrego Springs will give them a taste of the desert in bloom. They will need their low gears as this tour involves 30,000 feet of outstanding climbs and exhilarating descents. They can expect temperatures of 60-80 with little chance of rain.

HeartCycle has ten other great tours scheduled for 2010. There are with plenty of openings but we expect tours to fill quickly. Go to the registration page soon and register for your favorite tour to ensure your participation in a 2010 HeartCycle tour.



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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 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
Web Administrator webmaster@heartcycle.org	John Steele (303) 300-3573
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

WHAT CAN YOU EXPECT ON A HEARTCYCLE TOUR?

HeartCycle needs Tour Leaders for 2011 so if you are interested here's what a typical leader might do and how HeartCycle supports the tour leader. For planning and developing, HeartCycle has files for most of the tours it has done which can be used or a new tour can be developed with the tour director's approval. Determining routes and finding lodging and making reservations will take about 40 to 60 hours of your time. Next, the tour must be scouted to verify the route, check the lodging, find good SAG locations, restaurants, laundry facilities, etc. HeartCycle provides \$200 per day for a Tour Leader to scout a tour and you can plan to spend about one day of scouting for every 2-1/2 days of the tour. Travel expenses to and from the tour that exceed a day's drive from the Tour Leaders home, may be paid for by HeartCycle. Tour Leaders are not reimbursed for their meals and other miscellaneous personal expenses during a tour. During the tour you will be working, even though you are on your bicycle! You will have to take charge of any situation, resolve problems, etc. Tour Leaders need to be certified for First Aid/CPR and HeartCycle will pay for your training expenses. Additionally, for each tour completed, the leader receives a **20%** discount off of any other single HeartCycle tour in the year that they lead or in the following year.

HC also needs SAG drivers for 2011. SAG drivers do not pay the tour fee and receive a \$75 stipend per working day. Additionally, SAG drivers may have their membership fee waived if they do not ride on any HeartCycle tours. SAG drivers need to be certified for First Aid/CPR and HeartCycle will pay for your training expenses. During the tour, SAG drivers are not reimbursed for their meals and other personal expenses. If the start of the tour is more than one day's drive from the SAG driver's home HC may pay for hotel fees and additional travel expenses.



HeartCycle Has Stuff for Sale!

Over the years, HeartCycle has given tour riders some great souvenirs. If you didn't get one, or even if you did, now is your chance to pick up some overstock, high quality cycling jerseys, jackets and vests. There are also assorted tee shirts, sox and other HeartCycle treasures.

Pictured here and on the next page is a sampling of what can be yours at big discounts. To get more information on available styles and sizes contact Jeff Messerschmidt at:

sagmgr@heartcycle.org



The classic yellow/orange/red/black HeartCycle jersey with $\frac{3}{4}$ length zipper



The classic yellow/orange/red/black HeartCycle long sleeve jacket



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**HeartCycle Blue & Green with
White Mountains jersey**



**HeartCycle Red and Black fleece vest (lots of
pockets!)**



HeartCycle 2009 Orange/Yellow/Green jersey



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Colorado HeartCycle – Spring 2010 Training Rides

To see what is coming up beyond this month, to obtain a copy of Training Ride Starter Guidelines, or if you would like to volunteer to start a ride, go to the HeartCycle website, www.heartcycle.org and click on Training Rides.

Date	Time	Length	Start Location	Ride Description	Leader/Phone
Feb. 6	10:45	20	Denver REI Flagship Store at outside south plaza clock	Denver Trails	Sheridan G. 303-638-0330
Feb. 13	10:45	40	Mineral PnR at Mineral and Santa Fe	Littleton to Parker via C470/E470 bike trail	Luanne R. 720-280-4555
Feb. 20	10:45	20	West 70th & Broadway PnR at US36 & I-25 interchange	Clear Creek Bikeway	Sheridan G. 303-638-0330
Feb. 27	10:45	20	Denver REI Flagship Store at outside south plaza clock	2/27/2010 10:45 AM 15 Denver Trails	Ride Starter Needed
Mar. 6	10:45	20	NW corner of 25th & Sheridan Blvd	Sloans Lake and nearby trails	Gaar P. / Jeannie C. 303-691-0938
Mar.13	10:45	20	Cherry Creek State Park at SE corner of Cherry Creek HS across from main reservoir entrance	3/13/2010 10:45 AM 10 Cherry Creek State Park roads	Ride Starter Needed
Mar. 20	10:45	30	King Soopers parking lot NW corner at Wadsworth & Chatfield	Chatfield State Park roads	Luanne R. 720-280-4555
Mar. 27	10:45	30	NW corner of C470 & Morrison Road	Bear Creek State Park roads	Diane S.
Apr. 3	9:45	25-35	120th & Huron PnR in Northglen	Show & Go - DIA Loop	Sheridan G. 303-638-0330
Apr.10	9:45	25-35	Mineral PnR at Santa Fe in Littleton	Show & Go - Chatfield Reservoir	Ride Starter Needed
Apr. 17	9:45	25-35	120th & Huron PnR in Northglen	Show & Go - Starter's choice	Ride Starter Needed
Apr. 24	9:45	25-35	Mineral PnR at Santa Fe in Littleton	Show & Go Starter's choice	Ride Starter Needed



A New Bike Ride in Denver - The Denver Century Ride

HeartCycle members may like to know about a brand new century event, The Denver Century Ride as they begin to plan their cycling activities for 2010. The inaugural event will take place on June 20th (Father's day) and will be a well organized and well planned event. The web site is www.denvercenturyride.com and reservations are being accepted on www.active.com. Leslie Caimi, formerly the ride director for Triple Bypass is heading up this new century which will begin and end at Invesco Field. They are hoping for a major event that will attract Denver area cyclists.



Registration is now open for the new Denver Century Ride. Whether you are a cyclist or you have friends and family that enjoy cycling we are proud to introduce the brand new, one of a kind, Denver Century Bike Ride on June 20, 2010 at INVESCO Field in Denver, Colorado. This is Colorado's newest cycling experience featuring a Family Ride FUN Ride at 22 miles, an EXHILERATING Metric Century at 62 miles and a CHALLENGING Century route at 100 miles. Each ride will start and end at INVESCO Field and cover a nice blend of urban, suburban, foothills and mountain terrain on roads and trail systems throughout the Denver Metro area for all levels of cycling enthusiasts to enjoy. Father's Day 2010, is the ideal way to spend a fun and healthy day outdoors with dad, friends and fellow cyclists. It's also the perfect training ride to get ready for this summer's cycling events like the Triple By-Pass, Copper Triangle, and Courage Classic to name a few. The Denver Century Ride is perfect for novice, intermediate and avid cyclists. Be sure to pass the word and tell all your friends and family about this quality, fully supported bike ride.