

Heart to Heart



HeartCycle 2011 Tour Souvenirs

The HeartCycle tour souvenir for 2011 will be a wind vest made by Primal Cycling Wear. The new HeartCycle Logo is featured front and back as well as highly visible colors, i.e., yellow, red and green. The sizing chart, printed on the next page, can also be found through a link on the HeartCycle website or by going directly to primalwear.com. Be sure to review the sizing chart before selecting a size when you sign up for a tour.



Front view with full length zip



Back view with three pockets

HeartCycle Contacts

The Board

Richard Crocker (719) 481-2313 (2011)

President - president@heartcycle.org

Tour Director - tourdiretor@heartcycle.org

Mickey Berry (303) 779-3607 (2011)

Vice President - vp@heartcycle.org

Social Events - social@heartcycle.org

Tour Souvenirs

John Steele (303) 300-3573 (2012)

Treasurer - treasurer@heartcycle.org

Website Contact - webmaster@heartcycle.org

Barry Siel (303) 470-8431 (2011)

Secretary - secretary@heartcycle.org

Newsletter Editor - newseditor@heartcycle.org

Harvey Hoogstrate (303) 755-9362 (2012)

Registrar - registrar@heartcycle.org

Jeff Messerschmidt (303) 904-0573 (2012)

Supply Director - sagmgr@heartcycle.org

Jay Wuchner (720) 840-6467 (2012)

Sag Director - jaywuchner@comcast.net

Sheridan Garcia (303) 638-0330 (2011)

Training Rides Dir. - rides@heartcycle.org

Alan Feiger (303) 765-0706 (2011)

Marketing - alanfeiger@gmail.com

Chris Matthews (303) 618-4789 (2012)

Recruitment & Leader Development Director

Working Members

Lee Cryer (303) 778-2305

Map Maker - maps@heartcycle.org

Ira Goldschmidt (303) 561-4817

Map Maker - maps2@heartcycle.org

Andy Anderson (404) 395-1491

Map Maker - aanderson@tensarcop.com

Ron Barton (303) 798-2755

Co-Registrar - ron.barton@comcast.net

Notes from the Board

In past years when HeartCycle has provided jerseys, vests or other clothing for the tour souvenir, there have been issues with getting items that were either too large or too small when they selected a size according to what "they usually wear." In the past, this was partly because HeartCycle obtained cycle clothing from companies that had poor quality control in their manufacturing process. To avoid the size issue this year HeartCycle ordered vests from a high quality American company, Primal Cycle Wear, however, you need to do your part and that means using the Primal Wear Vest Sizing Chart to determine which size vest you should indicate on your tour registration form when you register for your 2011 tour(s). The chart is available through a link on the HeartCycle website or by going directly to primalwear.com, and is reproduced here for you convenience.

Primal Wear Vest Sizing (unisex - US)

Size	Waste (in.)	Chest (in.)	Wt. (lbs.)	Ht. (inches)
XS	26-29	33-35	100-120	64 and under
S	29-31	36-38	120-145	64-68
M	32-34	39-41	145-165	66-70
L	35-37	42-43	165-180	68-72
XL	38-41	44-46	180-210	70-76
2XL	42-45	47-49	210-240	74 and over
3XL	46-50	50-52	240+	74 and over
4XL	51-54	53-55	260+	74 and over
5XL	55-59	56-58	280+	74 and over

Moab Skinny Tire Ride

By Barry and Judy Siel

One great thing about doing a HeartCycle tour near to home is that we don't have to fly to the start point. Moab is only a 6 to 7 hours drive, and this time we were able to carpool to Moab as HeartCycle newcomer, Janet Slate joined us.

On the way to Moab we stopped at Grand Junction to ride the Colorado Monument. Janet dropped us at the East entrance and drove to the West entrance. Where she rode up to meet us coming down and then we rode all down together. It was a great way to start the weekend tour in Moab.



At Colorado National Monument

This was a fixed base tour and we were set up at a great hotel in downtown Moab that was close to several restaurants, had easy in and out access to the daily rides and, most importantly, had a HOT TUB!

We had 22 riders including our leaders, Mark Berenson and Charlotte Patterson. Since this tour was in October, it was not surprising that the temperatures were a little brisk at the start of each day's ride, but it always warmed up soon enough and we had wonderful weather for all three days of the tour.

The first day took us into Arches National Park. After a quick stop at the Visitor's Center we tackled the first of three climbs that took us past amazing vistas such as Courthouse Towers, Petrified Dunes, Balanced Rock, Fiery Furnace and several arches and windows on our way to the lunch stop at Devil's Garden.



Jeff Prepares Lunch at Devil's Garden

Most of us took a hike before or after enjoying a great lunch spread set out by our sag driver, Jeff Messerschmidt. We took a short loop hike to Broken Arch and several others took the longer hike to Navajo Arch.



A Hike Through an Arch at Arches NP

Then it was an enjoyable ride back the way we came including two climbs before a short, fast descent to the Visitor's Center. We made it back to Moab in time for a quick hot tub before the group meeting. This day we clocked about 50 miles and 3800 feet of climbing.



The Hoodoos of Arches NP

We had dinner with several friends at an interesting restaurant with great character called Eddie McStiffs. The temperatures in the evenings were mild enough to allow for some post-dining window shopping. The wind sculptures at a shop near the river were mesmerizing.



Ken and Becky Enjoying the Ride

The second ride of the tour was the longest and most challenging, over 70 miles and again about 3800 feet of climbing. The difference was that on this ride instead of five climbs with great

descents in between, this was just one, long, relentless climb to Dead Horse State Park.



Dead Horse Overlook

There were many interesting sites along the way but the real reward was when we got to the Visitor's Center and then to the end of the road where there were incredible vistas of the Colorado River winding thousands of feet below us.



The Winding Colorado River Far Below

After another great lunch it was time to lose all of that elevation that we gained in the morning, schweeeeet! After a well earned dip in the hot tub we joined most of the tour group for a Mexican feast at the restaurant next to the restaurant. Food was OK, and the margaritas were great.

The last day of the tour was very different from the first two days in that there was almost no climbing, less than 700 feet of climbing over more than 40 miles. It included a very flat 15 mile run along the winding Colorado River to the Potash Plant.



Flat Road - Between a Rock and a River

It was another beautiful and scenic ride that offered sites such as Jug Arch and petroglyphs on a sandstone wall right next to the road. We were back to the hotel in time for a lunch by the pool before packing up and starting the 6 hour drive back home.



Petroglyphs on a Sandstone Wall



Jug Handle Arch in the Morning Sun

HeartCycle is such a great way to take cycle tours in wonderful places like Arches National Park. We are excited about the great slate of HeartCycle tours for 2011 and have already signed up for three of them. Here's looking forward to another great year of cycling and touring.



The Group Enjoys the Sunshine & Lunch at Dead Horse State Park

Colorado HeartCycle 2011 Tours

Vietnam

February 23 - March 9 Status: Full
14 days, E37 - I75 \$2,520.00

Jim Berry, jimberry@qwest.net
(303) 779-3607 or (303) 880-4282

California - Springtime in San Diego

April 22 - May 1 Status: 1 female/shared
9 days, A60 - E80 \$1,060.00

Sy Katz, SKSKATZ@Comcast.net
(303) 789-5268 or (303) 550-2073 (Cell)
Bob Rowe browe49@comcast.net
(303) 762-0494 or (303) 910-7230 (Cell)

Utah Southern Canyonlands

May 20 - 29 Status: 1 male/shared
9 days, I59 - A78 \$1,190.00

Ken Condray, condray3@comcast.net
Becky Botino, bbottino7@comcast.net
(425) 745-1159

California Middle Kingdom

June 4 - 12 Status: Open
8 days, I38 - A74 \$1,250.00

Duncan Rollo, duncanrollo@msn.com
(970) 224-2783
Dan Pappone, danpappone@att.net
(408) 316-1667

New York Spring into Summer Finger Lakes

June 11 - 19 Status: Open
8 days, I70 - A75 \$1,195.00

Jim Bethel & Janet Reilly
jim@bikes5.com (518) 446-1766

Colorado Never Summer Challenge

July 1 - 4 Status: Open
3 days, I56 - A86 \$425.00

Sheridan Garcia, sheridangarcia@yahoo.com
(303) 638-0330

Colorado Chama Challenge

August 5 - 8 Status: Full
3 days, I49 - A90 \$395.00

Sheridan Garcia, sheridangarcia@yahoo.com
(303) 638-0330

Colorado Western Gems

August 20 - 27 Status: Open
7 days, I37 - A72 \$1,025.00

Harvey Hoogstrate, harvhoog@gmail.com
(303) 755-9362
Ken Condray, condray3@comcast.net
(425) 745-1159

Wisconsin River Bluffs

September 3 - 9 Status: Open
6 days, I45 - A80 \$750.00

Jay DeNovo, jdenovo@tds.net
(608) 241-2601
Gary Angerhofer, garyangerhofer@gmail.com
(303) 919-2818

Pacific Coast Border to Border

September 10 - 24 Status: Full
14 days, I27 - A78 \$2,190.00

Jerry Bakke, jerrybakke@msn.com
(303) 738-9861
Steve Parker, parker3097@yahoo.com
(970) 382-9551

Wisconsin Explore the Door

September 11 - 18 Status: Full
7 days, E50 \$1,120.00

Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467
Deb Wuchner, debwuchner@comcast.net
(303) 792-2111

Pennsylvania Autumn Harvest

October 8 - 15 Status: Open
7 days, I63 - A81 \$975.00

Bob Eaches, bob.eaches@gmail.com
(201) 384-0740
Rich Crocker, richcrocker@hotmail.com
(719) 481-2313

Tours under development:

California - New Wine Country, May 12-29
Colorado - Rocky Mt. NP Plus, July 17-24