

# Heart to Heart



## Looking for a great early summer ride?

### Consider the Colorado – Grand Valley Ramble

This is a classic Colorado weekend tour last done by HeartCycle in 2008. We'll be staying at the Hampton Inn in downtown Grand Junction with access to many local eating and drinking establishments for our evening entertainment. We'll be doing loop rides from the hotel including the Fruita farm and ranch loop, the Palisades winery loop and the Colorado National Monument.



**Friday, June 1** Arrive at the Hampton Inn for the group orientation meeting at 9PM

**Saturday, June 2 - 41 miles/950' vertical** We'll ride the Palisade winery loop with optional stops at four winerys and a meadery. This will be a leisurely ride and the SAG vehicle will be available to transport any of your purchases back to the hotel.

**Sunday, June 3 – 64 miles/1575' vertical** We'll ride a gently rolling 64 miles around the farmlands and ranches of Fruita. There will be options to visit fossil beds, dinosaur museums or simply relax at a late afternoon social hour at the hotel.

**Monday, June 4 – 38 miles/3200' vertical** One of Colorado's most spectacular rides, the beautiful "Tour de Moon" goes through the Colorado National Monument. It starts with a challenging climb, then levels out to a fantastic route along the canyon's edge with world class vistas of the red rock formations in the valleys below. Complete this day at your own pace and then head back home.

For further information contact: Rich Crocker at (520) 297 1392 or [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

## HeartCycle Contacts

### The Board

**Chris Matthews** (303) 618-4789 (2012)  
President - [president@heartcycle.org](mailto:president@heartcycle.org)

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

**Joanne Speirs** (303) 312-7252 (2013)  
Secretary - [secretary@heartcycle.org](mailto:secretary@heartcycle.org)

**John Steele** (303) 300-3573 (2012)  
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Tour Director - [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

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**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)

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

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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)

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### Notes from the Board

The HeartCycle Board is looking for a new board member who has marketing and/or interment marketing skills. Interested persons can contact Chris Matthews at (303) 618-4789 or [president@heartcycle.org](mailto:president@heartcycle.org)

HeartCycle is making upgrades to the Sprinter van as well as to its contents with the purchase of spare front and rear wheels, and cassette adaptors.

HeartCycle has four Yakima bicycle roof racks and that we no longer need and will give them away (or for a donation to the club) to members. If you're interested, email Jeff Messerschmidt at: [sagmgr@heartcycle.org](mailto:sagmgr@heartcycle.org)

Some HeartCycle members are forming a team to enter RAM and are looking for sponsorship. If you are interested in sponsoring the HeartCycle RAM team contact: Jerry Bakke at (303) 738-9861 or [sag@heartcycle.org](mailto:sag@heartcycle.org)

## HIGHLIGHTS OF DAVE AND SANDY'S RIDE2RECOVERY 9 / 11 CHALLENGE SEPTEMBER 11-18, 2011

On the 10th anniversary of the terrorist attacks we joined 350 healing heroes on this bicycle trip that started at Ground Zero in NYC, travelled west through Pennsylvania to Shanksville (UAL Flight 93 crash site) and on to the Pentagon.



We were reunited with the high school kids who rode 3,480 miles (Seattle to York ME) to raise \$100,000 for Ride2Recovery. We had ridden with them on two days as they rode through MI this past summer. In the background is the wreath Ride2Recovery laid at the firefighter memorial at ground zero where 343 firefighters lost their lives on 9/11.

At Engine Company 10, which sits at the corner of the trade center plaza, we met firefighters who lost 9 of their comrades on 9/11. The buildings collapsed at their front door.



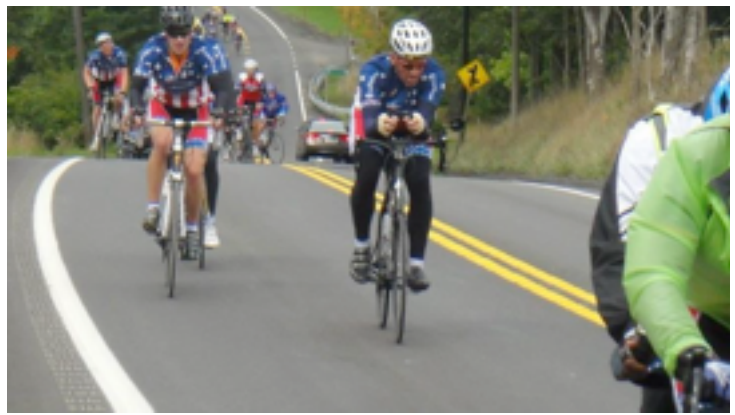
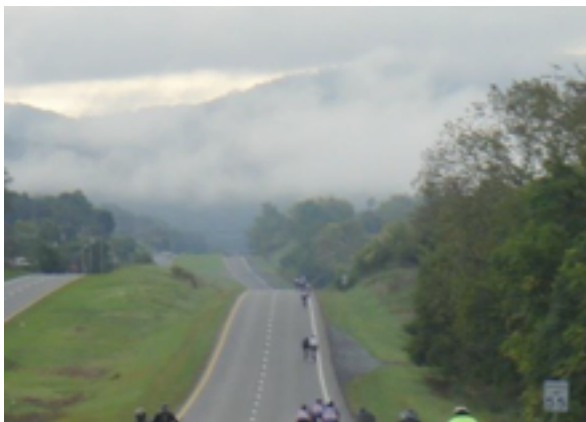
Our son Dan was able to ride with us on the first two days. This view is from Liberty Park NJ looking at the Manhattan skyline. The black building on the far right is the emerging Freedom Tower, being built on the trade center site.





NBA star Charles Barkley joined us on day two. The Philly Museum was our starting point for the day. He's wearing a size XXXL jersey that he can't zip up. Charles punished his bike for 25 miles. :o)

The hills punished us. Throughout the trip they came at us relentlessly, like waves in the ocean. BUT there were wonderful downhills too.



We were addressed at various points by fine speakers with relevant messages. Below (L) Tim Brown (firefighter officer in the tower command center that day). Bob Delaney (LC) (Author, NBA referee, undercover cop) shared his discoveries about PTSD. Debra Burlingame (RC) (Attorney, writer and sister of the pilot of American flight 77 that crashed into the Pentagon). General Amos (R) (Commandant of the Marine Corps).





There was a special sendoff from the cemetery at Gettysburg. Abe Lincoln himself gave a reprise of his famous address.

Weather conditions were cold and rainy at times. Here you can see the teamwork and struggles that go into getting everyone to the finish each day.



These scenes recurred often. School kids and adults lined the streets to cheer our healing heroes.





Shanksville PA: This boulder, placed at the impact site, is the gravestone of the crew and passengers of United flight 93. We raised our flag and laid a wreath to honor the crew and passengers.

Sandy was still an active United Airlines flight attendant at the time of the attack and had taken 9/11 off--Dave's birthday.



We arrived at the Pentagon with military precision at 1400 hrs on 18 Sep 11. Here too we honored our fallen heroes with a wreath, and humbly acknowledged the cheers of the crowd and dignitaries that welcomed us.

What none of these pictures and captions describe is the healing that went on as we rode the miles together; sharing stories, helping each other, rebuilding focus and hope, accomplishing things we thought we could not do, creating a community that lives on past the end of the ride. The bicycle, this simple two-wheeled machine, is truly a wonder! It seems to possess the power to transport both body and soul from where it is to where it needs to be.



SOME STATISTICS:

Cycling days - 8

Total miles - 576

Average miles per day - 72

Total vertical climb - 32,000+ feet

(6.06 vertical miles)

Total vertical descent - 32,000+ feet

(6.06 vertical miles)

Shortest day - 51 miles

Longest day - 97 miles

## 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: Closed  
 14 days, E20 - X60 \$2,395.00  
 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: Full  
 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  
 7 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  
 3 - 5 days, I21 - A69 \$ 535.00  
 James/Friedman

### New England Seacoast - Port of Call

September 8 - 16 Status: Open  
 8 days, I45 - I60 \$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 - Part II

September 9 - 23 Status: Full  
 14 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: Full  
 5 days, E38 - I61 \$ 1035.00  
 Jerry Bakke, [jerrybakke@msn.com](mailto:jerrybakke@msn.com)  
 (303) 738-9861  
 Chris Matthews, (303) 618-4789