

Heart to Heart



HeartCycle Web Upgrade

Please note that the www.heartcycle.org web site has been upgraded:

Change to your Personal Record Window

When you log in to your personal record, you will notice a difference in appearance. The changes are intended to clarify updating your personal record, for example changing your email address, phone number or address. The ability for you to add family members is also provided.

Addition of Personal Information: “Once and Done”

On your personal record window, please notice an additional button: “**Enter Additional Information**”. Clicking this button will open a new window where the capability is provided to:

- Select garment sizes,
- Correct your birth date, and
- Enter emergency contact information.

This information is stored in the database in your personal record. When you register for HeartCycle Tours in the future, this information will be pre-populated into the registration screen for you. Please note that this information was derived from the latest of your previous tour registrations, if available, and may need to be updated. In particular, the birth date will not be completely accurate.

It is recommended that you login to your personal record at www.heartcycle.org to check and if needed, correct this additional information. Once you do that it will be “once and done” for you.

Please note that selection of sizes for jerseys, jackets, and arm warmers is available. These items are not all being provided in 2013 tours, but may be provided on future tours. So your selections will be available for future tour registrations

This information will then be used in your current tours, and will be pre-populated into future tours to which you may choose to register.

Please send comments to harvhoog@gmail.com

HeartCycle Contacts

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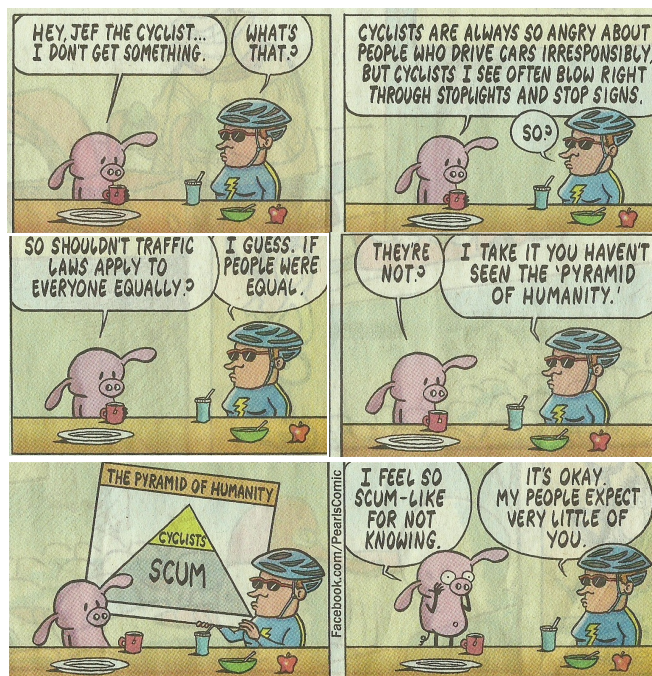
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Notes from the Board

With the 2013 cycling season getting off to a relatively warm and windy start, this is a good time to remind everyone to ride safe and responsibly.

Don't be like Jef the Cyclist...



...even if he is right!!!

Summer In Vermont – Join the Tour

There are still a few openings available for members to join HeartCycle's summer Vermont tour which runs June 22 – 29, 2013.

This is the opportunity to enjoy Vermont with its New England charm, beautiful, rolling farm country, quaint villages, unique old general stores and a lot more. Excellent lodging facilities have been selected. Two nights will be spent on North Hero Island in Lake Champlain where we will be staying at a lakeside resort with many available activities. After a ferry ride across the lake, the tour goes down the west side of Lake Champlain at the foot of the Adirondack Range where we will spend one night in the small, historic town of Essex, NY. Before returning to Burlington, Vermont, a night will be spent in Ticonderoga, NY where we will have ample time to visit historic Fort Ticonderoga.

If you have biked in Vermont, you know that there are back roads with light traffic. The terrain is typically rolling hills.

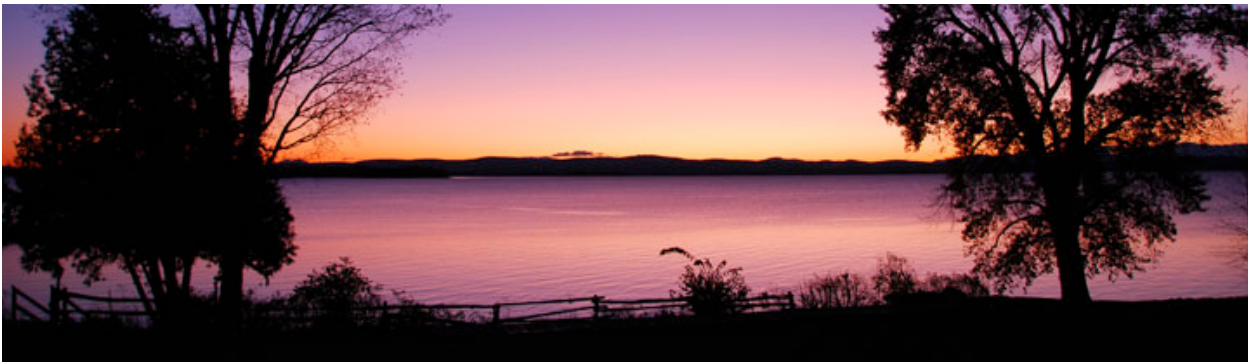
The tour begins in Burlington, VT. Burlington is easily accessible via air with service provided by a couple of different airlines. Parts of Burlington would still be familiar to Ethan Allen and the Green Mountain Boys, since the layout is the same as it was when they were there. It is also home of the University of Vermont, one of the oldest universities in the US. It's an interesting town to explore, located on the shores of Lake Champlain, and offering a downtown walking mall and several good eating establishments.

From there we bike to Stowe, VT, passing one of Vermont's many covered bridges on the way. We spend the night in the "quintessential Vermont" Green Mountain Inn in Stowe. Of course Ben & Jerry's Ice Cream is just outside of town.



Next, the tour offers a view of the North East Kingdom, passing through the quaint village of Craftsbury Commons which seems to have been tranquilly situated for many years without significant change. The destination that day will be the Jay Peak Resort in far northern Vermont.

Would you enjoy spending 2 nights and a day off at a lovely inn on North Hero Island, Vermont? This inn offers broad grassy acreage leading to the shore of the lake. There are several activities available as well as an optional loop bike ride on the day off.



Then take a ferry across the lake and down the western shore of the lake along the foot of the Adirondack Range to Essex, NY and a night's stay at the recently restored Historical Essex Inn.



Then, on to Ticonderoga, NY arriving with ample time to visit Fort Ticonderoga. Fort Ticonderoga's history involves the French, the British and the Americans. Guess who ended up the winner? Visit the fort, learn the whole story and see and relive how it all happened.

The last day is by no means, the least. Starting with a short ride on a small ferry, it affords a ride through the rolling hills of the Vermont countryside, passing through small towns and a covered bridge via back country roads on the return to Burlington.



A detailed description of the tour, including route information is available on this link:

<https://www.heartcycle.org/Tours/TourDescription.aspx?id=1330>

We would love to have you join us!

Colorado HeartCycle 2013 Tours

Texas Two Step

March 17 - 23 Status: Full
 6 days, Easy/Intermediate \$1,075.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Jim Bethell, jim@bikes5.com (518) 446-8490

Traverse City

June 7 - 15 Status: Full
 8 days, Intermediate/Advanced \$1,325.00
 Lynn Driver, ldriver@med.umich.edu
 (734) 646-0307
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Springtime in Santa Monica

April 14 - 21 Status: Full
 7 days, Advanced/Expert \$1,165.00
 Sy Katz, skskatz@comcast.net (303) 550-2073
 Bob Rowe, browe49@comcast.net (303) 910-7230

Lake Champlain and Vermont

June 22 - 29 Status: Open
 7 days, Intermediate/Advanced \$1,345.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362
 Kristen Wright, k27wright@gmail.com

Pacific Coast Border to Border 3

May 4 - 16 Status: Open
 12 days, Easy/Intermediate \$2,260.00
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551
 Bill Stone, bill.stone@q.com (719) 598-6329

Willamette Valley Cruise

July 13 - 20 Status: Full
 7 days, Intermediate \$995.00
 Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Yakima Hill Country Weekend

May 16 - 21 Status: Full
 5 days, Advanced \$475.00
 Ralph & Carol Nussbaum
rnussbau@earthlink.net (206) 783-6450

Washington Coast

July 27 - August 4 Status: Full
 7 days, Intermediate/Advanced \$1,175.00
 Rod Lee, kennedy6017d@yahoo.com
 (206) 604-7145
 Ken Condray, condray3@comcast.net
 (425) 334-1444

Eastern Washington Weekend

June 6 - 10 Status: Full
 4 days, Advanced \$395.00
 Ralph Nussbaum, rnussbaum@earthlink.net
 (206) 783-6450
 Pam Austin, freeandflying@live.com

Harrison Hot Springs Weekend

August 7 - 11 Status: Open
 4 days, Easy/Intermediate \$515.00
 Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Colorado HeartCycle 2013 Tours

Glacier Park

August 9 - 17 Status: Full
8 days, Intermediate/Advanced \$1,295.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Sue Matthews, scmatt1@comcast.net

Moab Weekend

October 11 - 14 Status: Open
3 days, Intermediate/Advanced \$450.00
Chris Matthews, chrismatthews@msn.com
(303) 618-4789
Mike Cota jmichelcota@msn.com
(720) 530-8041

Oregon Coast

August 17 - 24 Status: Full
7 days, Intermediate \$1,050.00
Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Explore the Door

September 8 - 14 Status: Full
6 days, Easy \$1,120
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467
Deb Wuchner, debwuchner@comcast.net
(303) 792-2111

Northern Utah

September 13 - 22 Status: Full
8 days, Advanced/Expert \$1,065.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Ralph Nussbaum, rnussbaum@earthlink.net
(206) 783-6450

Hudson River Ramble

Sept. 29 - Oct. 5 Status: Full
6 days, Intermediate/Advanced \$1,395.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Janet Reilly janet@bikes5.com