

# Heart to Heart



## **"Is it O.K. to Kill Cyclists?"**

from [Roadbikerider.com](http://Roadbikerider.com) newsletter

This incredibly provocative title belongs to a New York Times opinion piece from late last year.

It stems from the author's premise that, while laws grant cyclists full access to our roads, they are not afforded the same legal status as drivers in terms of penalties drivers pay when involved in a car-on-cyclist accident.

" 'We do not know of a single case of a cyclist fatality in which the driver was prosecuted, except for D.U.I. or hit-and-run,'" Leah Shahum, the executive director of the San Francisco Bicycle Coalition, told me," the author, Daniel Duane, writes. "Laws do forbid reckless driving, gross negligence and vehicular manslaughter. The problem, according to Ray Thomas, a Portland, Ore., attorney who specializes in bike law, is that 'jurors identify with drivers.' Convictions carry life-destroying penalties, up to six years in prison, Mr. Thomas pointed out, and jurors 'just think, well, I could make the same mistake. So they don't convict.' That's why police officers and prosecutors don't bother making arrests. Most cops spend their lives in cars, too, so that's where their sympathies lie." Duane points out that this is changing in some states, albeit slowly. And that cities are becoming ever more densely populated, with more sharing of the road required. He ends with a very level-headed call for more respect from both sides: "So here's my proposal: Every time you get on a bike, from this moment forward, obey the letter of the law in every traffic exchange everywhere to help drivers (and police officers) view cyclists as predictable users of the road who deserve respect. And every time you get behind the wheel, remember that even the slightest inattention can maim or kill a human being enjoying a legitimate form of transportation. That alone will make the streets a little safer, although for now I'm sticking to the basement and maybe the occasional country road."

Here's a link to the [full New York Times column](#).

## HeartCycle Contacts

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<b>Jim Bethell</b> (518) 446-1766 CPR/Driver Training Coordinator <a href="mailto:bikes05@verizon.net">bikes05@verizon.net</a>	

## Notes From the Board

During the past couple of seasons we have seen an increase in fender benders on our tours. Therefore, the Heart Cycle Board of Directors felt it was time to institute a driver training program for all SAG's, Tour Leaders and Board Members.

The course from Smith Systems covers some of the basics of driving larger vehicles but also has a lot of good information that we as cyclists can all use out there on the road. They are called the FIVE KEYS. We suggest that you review them and incorporate them into your cycling habits. Here goes:

- **Aim High-** look down the road and be aware of what is coming your way;
- **Get the Big Picture-** in the airline business we call this being situationally aware or as your grade school teach used to say "pay attention!";
- **Keep Your Eyes Moving-** looking side-to-side as well as in front and behind (a mirror helps for this one);
- **Leave an Out-** always be looking for a trap door to get out of the situation;
- **Make Sure They See You-** the little LED flashing lights for front and rear; reflective clothing; bright colors and EYE to EYE contact with drivers. But, remember that just because you get eye to eye contact doesn't mean a driver is give you any consideration.

All of these keys are basic, and I'm sure we all say oh yeah, sure. But, it is the basics, the fundamentals that are the building blocks for everything we do. Our goal is to keep you on your bike for as long as possible and to keep us all safe. Over the next several months you'll be seeing more information regarding safe cycling.

Be careful out there and FINISH STRONG!

## **Mother/Daughter Tour** with Love, Sweat & Gears and HeartCycle

**DATES:** August 8-10, 2014

**RATING:** Easy

**LOCATION:** Keystone, Colorado (Summit County)

**COST:** \$350 due when signing up for the tour

Join Love, Sweat & Gears (Julie Lyons and Ann Lantz) for a fun-filled weekend in beautiful Summit County. A Girls Only Weekend focusing on spending time together, riding bikes and sharing a mountain town experience.

Bike rides will be geared toward the novice rider with a couple of options for those desiring a bit more of a challenge. Most will be “easy” rides and will be enjoyable for all levels. Riders can do as much or as little as they want!

We will stay 2 nights at the Inn at Keystone and all of our rides and activities will be based from that location. Girls and women over the age of 13 are invited to join us. Daughters, Granddaughters, Best Friends, or Sisters, all are welcome for this introduction to the joys of cycling and community. There will be an optional session on bike handling and safety skills for those who are interested in improving their cycling technique. Whatever your fitness level may be, we have something for you! Summit Country is not only a perfect backdrop for scenic and enjoyable cycling but also many opportunities for shopping, hiking, dining, and more.



*Keystone Inn, Summit County, Colorado*

We will begin our experience at 11 am on Friday, August 8<sup>th</sup> with an introduction and orientation followed by a short late afternoon ride. On Friday evening, there will be an option to take a Gondola ride to the Summit House and enjoy a BBQ dinner while watching the sunset. Saturday will consist of two rides, one in the morning and an optional ride in the late afternoon allowing plenty of time for shopping, relaxing, exploring, hiking, or whatever suits your fancy. Saturday evening will be a group dinner at the Inn. Sunday is scheduled for a longer day ride through spectacular scenery, with a bit of a challenge. Lunch will be provided at which time we will enjoy the view from one of the best maintained and scenic bikeways in the state. After enjoying a breath taking and enjoyable descent back to our hotel guests are encourage to stay for dinner before returning back to civilization. There will be an option for a Sunday night hotel stay (not included) for those wanting to return to Denver on Monday.



*Ten Mile Creek on Vail Pass*

August in Summit County is perfect for a weekend getaway before the start of school and the frenzy of fall. Join us for a relaxing and joyful weekend escape.

For more information contact:

**Julie Lyons** at [j.julie.lyons@gmail.com](mailto:j.julie.lyons@gmail.com)

**Ann Lantz** at [jaralantz@comcast.net](mailto:jaralantz@comcast.net).



## **MISSISSIPPI HEADWATERS TOUR DESCRIPTION**

Dates: August 31 - September 6, 2014.

Rating: Easy, Tandem Friendly

Leaders: Paul and Lynda Marks

Price: \$1120 Deposit \$400

We invite you to join us for an easy ride in the relatively flat but beautiful terrain of Northern Minnesota where we will enjoy the back roads and paved trails through the backwoods and around many of the 10,000 lakes that Minnesota is famous for. Below is a summary of the rides we are planning for you. You may click on the blue underscored links to see more about the places we are staying and other attractions nearby.

**Sunday, August 31** – We gather together at the Best Western Bemidji Inn close to the Bemidji airport.



**Monday, September 1** – We ride on country roads to Itasca State Park, where we can put our toes or bike tires into the place where the Mighty Mississippi River starts its 2552-mile trek to the Gulf. The ride is 35 miles and only 545 feet of elevation gain. While in the park, you can do an additional 11-mile ride around the park or take advantage of some of the other activities that the park has to offer, such as boating or canoeing. We will be staying at the historic Douglas Lodge or nearby cabins.

**Tuesday, September 2** – We leave Itasca State Park and head south toward the town of Park Rapids. There we will join the paved Heartland Trail for the remainder of the ride to the town of Walker. The ride is 56 miles with the last 27 miles on the Heartland Trail. Total elevation gain is 656 feet, which is mostly accomplished on the first part of the ride. We will be staying at the Country Inn located on the shores of Walker Bay.





**Wednesday September 3** – We ride to downtown Bemidji on a section of the Paul Bunyan Trail for a relaxing 33-mile ride with a total elevation gain of 397 feet. We will have the afternoon free to explore the sites of this town from the Hampton Inn & Suites located on the shores of Lake Bemidji.

**Thursday September 4** – We ride around beautiful Lake Bemidji and into Lake Bemidji State Park before taking a back woods ride past many farms and lakes to the town of Cass Lake where we will be staying at the Palace Casino. Here you will have the opportunity to relax in their pool and hot tub or enjoy the various gaming opportunities at the casino. When you arrive, you will be given \$5.00 for free slot play and \$5.00 for free black jack play as well as a discount coupon for dinner. The ride is 41 miles and a total elevation gain of 505 feet.

**Friday, September 5** – We ride through thru the town of Cass Lake and ride around Pike Bay Lake on the Mi-Gi-Zi Trail where you will have opportunity of viewing various wildlife. The area is known to be the largest breeding area for the bald Eagle anywhere in the lower 48 states. Then we will continue south on the remaining part of the Heartland Trail back to the Country Inn in Walker. This ride is 35 miles with an elevation gain of 387 feet. Upon arriving in Walker, you can either relax and enjoy this quaint little town or continue riding on a more challenging loop south on the Paul Bunyan Trail. This loop contains a challenging section with some 8% grades and will provide you with a total of 57 miles and 840 feet of elevation gain.



**Saturday, September 6** – We end our tour with a ride back to the Bemidji airport by way of the Paul Bunyan Trail and/or back country roads for a distance of 46 miles and an elevation gain of 620 feet.

For more information contact:

Paul Marks: [paulhmarks@gmail.com](mailto:paulhmarks@gmail.com)

Lynda Marks: [lyndamarks@q.com](mailto:lyndamarks@q.com)

## Wisconsin - Explore the Door Mellow Out Tour 2014

Often called the Cape Cod of the Mid-west, Door County is a picturesque ninety-mile long peninsula north of Green Bay, WI. We'll enjoy quiet country roads, dairy farms, cherry orchards, wineries, art galleries, fishing villages and beautiful sunsets. You can take part in a traditional Fish Boil dinner; take in an original musical comedy and some fresh cherry pie. We'll meet on Sunday September 7, 2013 in Green Bay then make our way to Sturgeon Bay, Fish Creek, Bailey's Harbor and Algoma before returning to Green Bay. The landscape includes gentle rolling terrain and roads that have little to no traffic. Our daily rides will vary from 30 to 55 miles per day. Come enjoy the beautiful scenery, relaxing rides and a fun time.

### Sunday, Sept 7

Arrive in Green Bay and meet at 6:30 at Mackinaw's for a group dinner. We'll be staying at the County Inn & Suites for the night.

### Monday, Sept 8 – 50 miles

Ride the west side of Door County along the Green Bay, stopping at Renard's Cheese shop for a sampling of Wisconsin cheddar cheese. We'll have lunch in Potawatomi State Park, then arrive at Stone Harbor Resort which is located on the waters of Green Bay, just steps away from historic downtown Sturgeon Bay.

### Tuesday, Sept 9 – 30 miles

Leaving Sturgeon Bay we'll ride along quiet, backcountry roads. We'll stop in the town of Carlsville for a visit at Schopf's Dairy to watch the cows being milked, visit Door County Coffee for a tour of this local coffee roaster, then on to the Village of Egg Harbor. From there we'll visit Peninsula State Park and the Eagle Bluff Lighthouse before continuing to the town of Fish Creek for a two-night stay at the Homewood Suites. Along the way we'll have the opportunity to stop at the Edgewood Orchard Galleries featuring paintings, glass, clay, wood and a sculpture garden. This is one of the Midwest's most respected art galleries. In Fish Creek we'll take in an original musical comedy production at the American Folklore Theater.





**Wednesday, Sept 10 – 30 mile or 50 mile option**

This is a loop day. Ride the peaceful, tranquil roads of the northern end of Door County with stops in the towns of Ellison Bay and Ephraim. Optional ride up to the tip of the peninsula to the fishing village of Gills Rock and ride the picture perfect road – a road designed by Jens Jensen, a landscape architect. It is smoothly paved, perfectly lined with trees and composed of a long series of curves. It's truly a perfect ride.

**Thursday, Sept 11– 26 miles**

We leave Fish Creek and enjoy a short ride to Bailey's Harbor. Just north of Bailey's Harbor is Cana Island Lighthouse, the most visited lighthouse in Door County. After a leisurely visit at the lighthouse we will ride to the Bailey's Harbor Yacht Club, our accommodations for the evening, where we will enjoy a picnic lunch on the shores of Lake Michigan. In the afternoon we'll have the option of visiting the Bailey Harbor Range Lights (a pair of small lighthouses) and the Ridges Sanctuary. The Sanctuary is a 1600-acre wildflower preserve with five miles of rustic trails and bridges.

**Friday, Sept 12 – 50 miles**

Today we ride the quiet side of Door County, along the shore of Lake Michigan passing million dollar homes. We'll ride through Cave Point County Park, known for its underwater caves and wave-worn limestone cliffs. We'll revisit the town of Sturgeon Bay on our way to the fishing village of Algoma. In the afternoon we'll have the opportunity to visit the Von Stiehl Winery, the oldest licensed winery in Wisconsin. The award-winning winery is housed in a structure built in 1850. The house specialty is cherry wine. In the evening we'll enjoy a group dinner at the Caffe Tlazo.

**Saturday, Sept 13 – 30 miles**

We'll head back to Green Bay arriving in time to shower and have lunch before afternoon flights out.

Bicycle transportation is available to and from Denver for a \$75.00 charge, space is limited.  
Tour Leaders: Jay and Deb Wuchner

For further information please contact:

Jay Wuchner at (720) 840-6467 or [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)

Deb Wuchner (303) 792-2111 or [debwuchner@comcast.net](mailto:debwuchner@comcast.net)



# Colorado HeartCycle 2014 Tours

## Great Rivers - Year 1

March 15 - 27 Status: Open  
 12 days, Intermediate/Advanced \$1,920.00  
 Steve Parker, [parker3097@yahoo.com](mailto:parker3097@yahoo.com)  
 (970) 382-9551  
 Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
 (303) 618-4789

## Mallorca, Spain

May 3 - 17 Status: Full  
 14 days, Intermediate/Advanced \$2,450.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (304) (719) 237-3350  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)  
 (303) 910-7230

## Springtime in Texas with Love, Sweat and Gears

March 16 - 22 Status: Open  
 6 days, Intermediate \$995.00  
 Ann Lantz, [jaralantz@comcast.net](mailto:jaralantz@comcast.net) 720-272-0691  
 Julie Lyons, [j.julie.lyons@gmail.com](mailto:j.julie.lyons@gmail.com) 720-771-5219  
 Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
 (720) 840-6467

## Solvang Spring Break

April 5 - 12 Status: Full  
 7 days, Intermediate/Advanced \$1,150.00  
 Ralph & Carol Nussbaum,  
[rnussbau@earthlink.net](mailto:rnussbau@earthlink.net) (206) 783-6450

## Central California Coast

April 12 - 19 Status: Full  
 7 days, Advanced \$1,165.00  
 Tom Groves, [u4eahnrg@aol.com](mailto:u4eahnrg@aol.com) 720.560.1527  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)  
 (303) 910-7230

## Omak Hill Country Weekend

May 1 - 5 Status: Full  
 4 days, Advanced \$475.00  
 Ralph & Carol Nussbaum,  
[rnussbau@earthlink.net](mailto:rnussbau@earthlink.net) (206) 783-6450

## Belgium and Holland Bike and Barge

May 12 - 22 Status: Full  
 10 days, Easy/Intermediate \$1,940.00  
 Ralph Nussbaum, [rnussbau@earthlink.net](mailto:rnussbau@earthlink.net)  
 (206) 783-6450

## Aspen Highlights

May 22 - 26 Status: Open  
 4 days, Intermediate/Advanced \$445.00  
 Diane Short, [dianbike@eazy.net](mailto:dianbike@eazy.net) 303-763-9874

## Eastern Washington

June 5 - 9 Status: Full  
 4 days, Advanced \$440.00  
 Pam Austin, [freeandflying@live.com](mailto:freeandflying@live.com)  
 206-525-1020  
 Mike Nelson, [mikenelson@seanet.com](mailto:mikenelson@seanet.com)  
 206-325-9068

## Holland Bike and Barge Tour

June 21 - July 1 Status: Full  
 7 days, Intermediate \$1,940.00  
 Ralph Nussbaum, [rnussbau@earthlink.net](mailto:rnussbau@earthlink.net)  
 (206) 783-6450

## South-Central Alaska

## New England Seacoast

## Washington British Columbia Loop

## Explore the Door

## Oregon Coast

## Southern Utah National Parks

## Northern Rockies - Jasper to Glacier

## Estes Park Weekend

## Colorado Central Mountain Beauty

## Best of the Bay Area

## Mississippi Headwaters

August 31 - September 6                      Status: Open  
6 days, Easy                                        \$1,120.00  
Paul & Lynda Marks, [paulhmarks@gmail.com](mailto:paulhmarks@gmail.com)  
[lyndamarks@q.com](mailto:lyndamarks@q.com)