

Heart to Heart



PRESENTING THE 2013 HEARTCYCLE TOUR SOUVENIR



The design for the 2013 HeartCycle jersey is based on requests of members during the Annual Meeting last October. As a result, it is mostly white with bright eye catching highlights that coordinate with HeartCycle tour souvenirs of the last few years. It will also have a full length zipper. Both of these features will make for a "cooler" jersey.

HeartCycle Contacts

The Board

Chris Matthews (303) 618-4789 (2014)
President & Legal- president@heartcycle.org

Mickey Berry (303) 880-1944 (2013)
Vice President, Souvenirs & Social Events -
vp@heartcycle.org

Joanne Speirs (303) 312-7252 (2013)
Secretary - secretary@heartcycle.org

John Steele (303) 300-3573 (2014)
Financial Planning - treasurer@heartcycle.org

Harvey Hoogstrate (303) 755-9362 (2014)
Registrar & Web Master -
registrar@heartcycle.org

Richard Crocker (719) 237-3350 (2013)
Leaders and Sags Development Manager -
tourleadershipdirector@heartcycle.org

Jeff Messerschmidt (303) 904-0573 (2014)
Sag Supply Manager - sagmgr@heartcycle.org

Jay Wuchner (720) 840-6467 (2014)
Sag Vehicles - sag@heartcycle.org

Bob Rowe (303) 910-7230 (2013)
Tour Director - tourdirector@heartcycle.org

Steve Parker (970) 382-9551 (2013)
Marketing Manager - parker3097@yahoo.com

Working Members

Andy Anderson (404) 395-1491
Map Maker - maps3@heartcycle.org

Jerry Bakke (303) 738-9861
Insurance - jerrybakke@msn.com

Ron Barton (303) 798-2755
Co-Registrar - registrar@heartcycle.org

Barry Siel (303) 470-8431
Newsletter Editor - newseditor@heartcycle.org

Notes from the Board

We have an exciting slate of tours lined up for 2013, beginning in March and continuing with at least one tour in every month through October. Again there are tours from coast to coast with several tours in the Northwest and California and the Northeast as well as states in between. Tours began to be posted last November and now 16 have been opened for registration. Several of the tours filled up quickly but there are still many that have slots open.

Review the slate of tours either at the end of this newsletter or on the HeartCycle website to see which of these tours will fit in with your schedule and cycling dreams.

The Katy Trail: Rails to Trails

By Mary Ann Loeffler

The Katy Trail, another HeartCycle Adventure along the Missouri River -

The day before our Katy Trail trip began, Clinton, Missouri became the Mecca for a group of 42 biking enthusiasts. Some drove from Montana and North Dakota. A large group of SkiMeisters came from Colorado. A few flew in from New York and Texas.

The HeartCycle welcoming meeting introduced Carole Nies and Kathleen Schindler, our support and sag wagon team. Teachers both, they reminded us that you have to tell people 3 times before you can get people to follow the rules. Chris Matthews and Jerry Bakke, our leaders, created a friendly and welcoming atmosphere for both returning and new cyclists that evening.

Day 1 Clinton to Sedalia – 37 miles

Monday morning the parking lot of the Hampton Inn looked like a bike shop...there were hybrids, recumbents, tandems, and even two electric bikes ready trail ahead. The Texas twosome, Kathleen and Carol, were busy organizing and loading deli-tables to sustain us along the trail. With our suitcases loaded (what happened to the 40 pound weight limit per person), one by one we departed. There was no mistaking our exodus. With vests and jackets of bright yellow, green, and orange, we made our way to the beginning of the Katy Trail. The enthusiasm and energy for the 263 miles ahead was high.



Highest Point



Grainery

The first day's ride was from Clinton to Sedalia. Under sunny skies we biked through open country and farmland. Cows grazed serenely. We pedaled through small towns past old depots with historical reviews of their founding and their ties to the railroad. We climbed to the highest point which at 954 feet is was worth a picture along the trail. The crushed limestone made the going easy. There were slight up and down grades more perceptible through pedaling effort than visually. Although there was sunshine, it was chilly the temperature in the morning around 48 degrees. The musty somewhat earthy smell of fertile land following a rain, were mingled with occasionally whiffs of farm animals.

The ride was short and following a wonderful lunch at the historic depot in Sedalia depot we pedaled to the equally historic Hotel Bothwell along main street. Our bikes were secured in the ballroom of the hotel. Some explored, took naps and we found our rooms very comfortable for a restful first night.

Day 2 Sedalia to Boonville (That's right...Daniel Boone) – 35 miles

Surprises were constantly ahead on day two's ride from Sedalia to Boonville. The countryside became more forested and hilly. We crossed small creeks over ancient trestles now supporting only bicycles when once they supported trains. We rode on a golden carpet of leaves with a canopy of color overhead, leaves filtering the sunlight. We discovered Hedgerow Apples aka Osage Oranges, Black walnuts, branches and acorns along the trail.



Trestle with Fall Colors

Boonville Depot



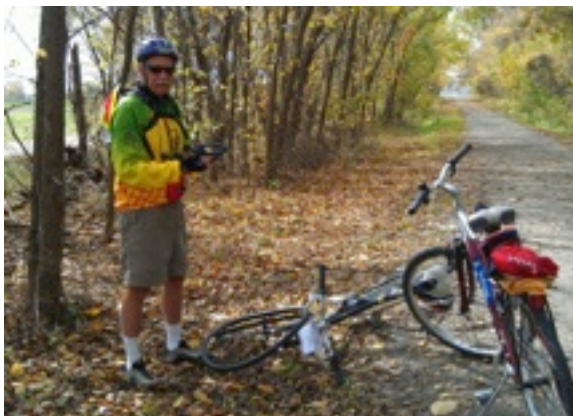
Our reward at days end was a wine tasting at the La Beaujolais winery arranged by Carol followed by a sunset dinner at the Beaujolais restaurant overlooking the Missouri River. Boy those Missourians sure like sweet wines! Our evening concluded with Jerry herding us like illegal immigrants into the back of our panel truck. We arranged ourselves among coolers, folding chairs and plastic bins. The enclosed, overheated, unventilated space was pitch black. We used the light of an iPhone and only had to stop once for air. We made it home safely either due to Jerry's skillful driving or dumb luck. Thinking they were on a roll, some found the energy to try the Casino at our hotel before retiring.

Day 3 Boonville to Jefferson City - 48 miles

Day three started from Boonville to Jefferson City in a mist with grey foreboding clouds overhead. As drizzle turned to rain, shower caps on helmets and trash bags over socks did the job. Leaving the casino, some gambled and lost as multiple punctures from goat heads made staying on the trail a better bet. We joined the Missouri River and followed the Lewis and Clark trail. As with Lewis and Clark, when we became lost on our arrival in Jefferson City we sent scouting parties went north, south and east, all converging on the spiral metal ramp just as thunder and lightening electrified the route over the Missouri River and into Jefferson City. Soaked thru and caked with mud as we arrived at the freight entrance of the Capitol Plaza Hotel to be hosed off. Bikers found space in their rooms to hang all their clothes out to dry. It was chilly in the evening as we walked the streets exploring the capital city of Missouri.

**A Hose Down is Needed****Tunnel Ahead****Day 4 Jefferson City to Hermann – 42.4 miles**

Day four from Jefferson City to Hermann started with overcast skies in the morning. Many were dressed as if it would rain again but shortly into the ride, the skies cleared while the musty smells after a rain prevailed. Our trail held up, no puddles. A young deer was spotted along the trail by an early rider. An owl hooted and kept a watchful eye we passed him. On this section of the trail bluffs loomed above while historical markers related Lewis and Clark's adventures along the Missouri. There were many stops: most to enjoy the vistas and take pictures; some to fix a flat. We saw sprawling white-barked trees along the hillside. We were reminded of the season when we came across an open field dotted with hundreds of pumpkins.

**Another Flat****Fire Pit**

At days end, our group was split between the Wine Valley Inn and the Captain Wohlt Inn. Both awaited with charm and comfort. We rested and warmed our weary bones. Despite the chill, we gathered around the fire pit of the Wine Valley Inn for happy hour. Like Lewis and Clark we shared adventures and told of discoveries of the day.

Day 5 Herman to St Charles – 61 miles

A slight drizzle with the temperature in the low 40's and a slight breeze set a challenging stage for this our longest ride. With 41 miles to go before lunch, our sag wagon filled with cold riders. After lunch, the sag wagon filled with tired riders. The hardy riders continued on with jackets pulled snug, gloves and long pants for the remaining 20 miles. We passed impressive limestone bluffs near Trelor and continued thorough "Missouri's Rhineland." By the time the last rider reached the Comfort Inn and Suites in St. Charles, the sun managed to shine for a short time. We walked the five blocks through historical downtown St. Charles passing charming well-preserved mid-1800 homes. Our final dinner at Mother In Law's, was noted for its tales of the resident ghost.



Limestone Bluffs



Spectacular Color

Day 6 St. Charles to Clinton – 37 miles

We made our return to Clinton by bus, train and bike. Jerry and Chris managed the logistics of transporting bikes and luggage to Sedalia where we would meet for lunch and resume our ride finishing at Clinton. We started with an early morning bus ride to Kirkwood. Then a short wait at the Amtrak Station and the train arrived. It was packed with Oktoberfest celebrants en-route to Hermann. The ride was comfortable and smooth as we retraced our route and arrived on time in Sedalia. We shared our last lunch, told our last stories and said our good-byes at the Sedalia Depot. Then set off for the ride back to Clinton.



The Katy Trail Group

Note to riders: It would appear that sore butts, sore necks, sore wrists and sore backs are all cured by recumbent bikes.

Further note to riders: Do not ostracize electric bikes or their riders. **Someday it may be you!**

Colorado HeartCycle 2013 Tours

Texas Two Step

March 17 - 23 Status: Open
 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: Open
 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

Glacier Park

Moab Weekend