

# Heart to Heart



## Study Finds that U.S. Bicyclist Deaths are on the Rise

The number of bicyclist fatalities in the United States is increasing, particularly among adults in major cities, a recent study shows.

After decreasing from 1975 to 2010, the number of bicyclists killed annually increased by 16 percent from 2010 to 2012. More than 700 bicyclists died on U.S. roads in 2012, according to the Governors Highway Safety Association.

The study also reported that the percentage of these deaths that occur in densely populated urban areas has risen from 50 percent in 1975 to 69 percent in 2012.

"We've seen a gradual trend over time where more adults are bicycling in cities, so we need cities to develop ways for cyclists and motorists to share the road," said report author Allan Williams, former chief scientist at the Insurance Institute for Highway Safety.

But, the report also pointed out that many of the deaths were potentially preventable. **Two-thirds of the deaths occurred in people who weren't wearing a helmet**, the researchers found. And, in 2012, almost 30 percent of the deaths were in people who had a blood alcohol content level above the legal driving limit of 0.08 percent, according to the study.

One of the biggest shifts in cycling deaths was the average age of the victims. Eighty-four percent of bicycle deaths were in adults in 2012. That compares to just 21 percent in 1975, according to the study. Overall, adult males accounted for 74 percent of the bicyclists killed in 2012, the researchers reported.

The new research also found that states with high populations and multiple cities accounted for the majority of bicycle fatalities. Between 2010 and 2012, California, Florida, New York and Texas had nearly half of the country's total bicyclist fatalities.

Part of the explanation for the increasing number of bicycle deaths is that more people are bicycling to and from work, the report suggested. Nearly 300,000 more people biked to work in 2008 to 2012 than in 2000, according to U.S. Census data.

While it is important to encourage more people to walk and bike, policy makers who are vocal advocates for walking and biking need to also be vocal advocates for creating safe environments for bicyclists and I'm not sure that always happens.

Another important step in reducing bicycle fatalities is the consistent use of a helmet. Wearing a properly fitted helmet significantly reduces the chances of having a serious head injury, according to Williams. But, nearly half of American adults never wear a helmet while riding a bicycle, according to background information from the report.

"It's unfortunate that there is no adult law requiring helmets," said Williams, who noted in the report that 21 states have helmet laws for minors. "The best we can do is to take an educational approach by telling people that helmets can protect people from traumatic head injuries, and that many fatal accidents involve injuries to the head," Williams said.

**Bicyclists must remember that they have to follow the same rules as motor vehicles.**

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## Notes From the Board

### **Spring is in the air!**

The days are gradually getting longer again, daily average temperatures are on the rise, prevailing wind direction is changing, ice is clearing off the local rivers and the incredible urge to get out on the road and experience another bicycle touring adventure is on the increase.

Bicycle touring isn't just about the equipment. In the past there have been very successful tours using a variety of reasonably well maintained bicycle types. Do not to let a lack of "proper" touring equipment deter you from giving a bicycle tour a try.

The best parts of bicycle touring involve the unexpected. This could be meeting new people, discovering new places or even seeing your friends and family as they try something new.

A bicycle tour can be whatever length of time or distance that you would like it to be. From two days to two weeks and from 20 to 100+ miles a day. Add in some steaming mugs of hot chocolate, and maybe some marsh-mellows and you have a recipe for what should be a great time with numerous stories to tell (or make up) after the fact.

Bicycle Touring is all about good times and that, more then anything else, is what you should find when go on a bicycle touring adventure.

There are still several HeartCycle 2015 tours with openings, check them out!

# New England Seacoast

Sept 7-14, 2014

By Judy Siel

A hearty group gathered in Manchester, NH for the departure of a week long tour in New England with leaders Jim Bethel and Janet Reilly. The first day was a beautiful September morning when we departed the Marriott and followed back roads out of town into the countryside as we pedaled south. After 30 miles the group crossed into Massachusetts. I was so glad to have a Garmin on the bike for routing us through the busy village of Amesbury. Many of our group explored extra roads to sight-see in circles or get bonus miles. We rode over the Merrimack River and through Newburyport. Our goal was the Wildlife Refuge for lunch. The ranger didn't want us to picnic inside the park, so resourceful sag Anne found a parking lot within a mile of the Refuge. Post lunch we cycled into the refuge to see marsh areas, many birds, and a sandy barrier island. Our home for the next two nights was the Essex Inn in downtown Newburyport. A cute seaside town with many restaurants to feed the hungry cyclists. The route was 56 miles, but several accumulated more with their wanderings.



**Overlook Tower in the Wildlife Refuge**



**Gloucester Statue**

September 8th was a loop ride south through the towns of Ipswich and Gloucester. Another sunny day greeted us for our day of cycling. A downed power line and a grumpy police officer re-routed us through Ipswich and caused quite a traffic jam for the small town. The famous statues in Gloucester was a fun place to get some photos. We found lovely meandering roads in the coastal forest taking us back to Essex for lunch and battle with the bees. After 58 miles, back to Newburyport with time for gelato and walk around town and harbor. The evening sunset along the marina was spectacular.



A cooler morning greeted us as we departed Newburyport on Sept. 9th. This day we headed north on Highway 1A along the beach. A headwind made sure we were burning all the calories we ate at breakfast and the sag stops. 10 miles into the ride, we were back into New Hampshire where everyone enjoyed seeing the large estates along the coast, the quiet route into Portsmouth, and the large naval yard where David Durst pointed out his old work home. Lunch was at a wonderful park with large flower beds. As we crossed over the steel bridge into Maine the wind had calmed. Everyone visited the lookout to Nubble Lighthouse and were disappointed that Brown's Ice Cream had closed for the season. There were some very curvy, hilly roads taking us north to Ogunquit, Maine and the Mariner Resort with it's hot tub that invited many for a post ride soak to recover from the 55-mile ride today.

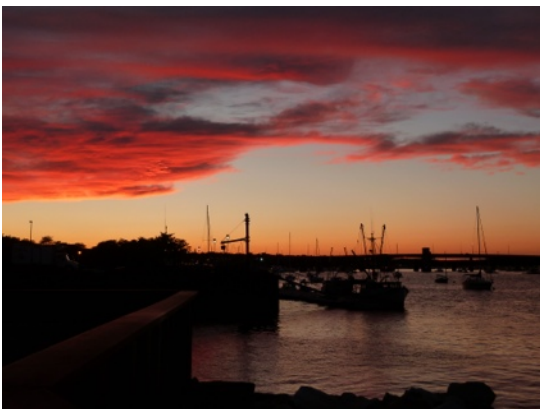


**Cruising Along the Seashore**



**Nubble Lighthouse**

The 4th day of our bike tour was little cloudy and cool for a loop ride north. Only about 2/3 of the group hit the road this morning and with two routes to choose from, it was the longer route for us! It was mostly flat roads along forests, ponds and some seashore at the northern most point. We cycled through Wells, Kennebunk, Bideford, Old Orchard Beach and Kennebunkport, alas no Bush family sightings. By late morning the sun returned for our nice picnic sag lunch. Our wandering route took us along quiet roads and 65 miles of nice biking. After the happy hour/meeting we headed into downtown Ogunquit via one of the trolleys named "Molly" and "Lolly" that shuttled us several miles into the tourist shops and restaurants.



**Newburyport  
Sunset**



**Steel  
Bridge**



**Follow the Leader on the Bike Path****One of Many Forested Roads**

Rain was threatening on September 11th and many departed early. The route today was inland to see the Maine forests around North & South Berwick. Around 11 am we get the only rain shower of the trip for about 1 hour, but the rain stopped just as the late departing cyclists reach the lunch stop. Someone placed a short steep hill right after our lunch stop and paved it, so up we went!! The route back to Portsmouth, NH was scenic and enjoyable and only 50 miles. We crossed the steel bridge that directed us right into downtown Portsmouth and to our hotel, the Hilton Garden Inn, with less than a mile of city biking. Portsmouth is a great small town with so many restaurants and fun shops.



Day 6 found the group following our leaders out of town along a bike path, past an air force base and over a rusted bridge closed to cars, and then NW to Durham and Dover. Many of the group took a short guided tour of Independent Fabrication with Ryan Waters (Graphic Designer) in Durham. The lunch stop was at a nice bike shop in Dover, then we cycled back into Maine with quiet roads through the forest and along a river. A sunny day had everyone enjoying the scenic route. Then it was back across the steel bridge for the 3rd time into New Hampshire and Portsmouth. Tonight was the group dinner at Warren's Fish House. The group strolled across our familiar steel bridge just in time to see the center lift for several boats to pass with the bridge operator coming over the intercom to remind us to stay behind the yellow line!! We were treated to another stunning coastal sunset while we enjoyed our last fresh seafood dinner.

It was a cool 48 degrees when we departed Portsmouth to return to Manchester and tackle the biggest hills of the week, several reaching more than 12%. A few directionally challenged riders took the opportunity to log some extra bonus miles on the way back to our start town. But everyone was back in time to enjoy the last sag lunch, a shower, and then pack the bikes and make their flights home. It was a wonderful week of bicycling along the New England Seacoast, enjoying fresh seafood and quaint small towns. Thanks to our leaders Jim & Janet for another spectacular New England tour and our hard working sag team Anne & Steve!!



**Leaders: Janet and Jim**



**Sags: Anne and Steve**



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## Fabulous FootHILLS, May 9 - 16, 2015



I have enjoyed riding with many of you on past HeartCycle tours and am sending you this invitation to join me on some of my favorite rides here in Colorado. The holidays are over and if you did not get an incredible HeartCycle tour in your stocking - we have the Perfect gift for you! Santa Barbara (Solvang), San Diego and Tucson can't compare with the breath-taking beauty of our Colorado Front Range. This IS the Spring Training ride to do this year. It includes the routes the 'locals' do to train for the Triple ByPass, the Mt. Evans Hill Climb, and to follow the USA Pro Challenge. We will ride through Red Rocks formations that watch guard over the entrance to the southern foothills, climb Lookout Mountain as it hovers over Golden and the School of Mine, view Pikes Peak and Mt. Evans with their snow suits still shimmering in contrast to the May sun, emerging wild flowers and greenery. We will summit the 'Buffalo Herd Overlook' that opens up the magnificence of the entire Front Range and its array of '14'ers. We will do climbs with elevation comparable to some of the historic HeartCycle mountain rides, but with a bit more oxygen!! The rides are set up to serve an advanced moderate rider with options for the climbers who would like to take on a bit more of a challenge. We will fix base at 2 locations so you don't have to move around every day. If you have family or friends in the Denver area, there is a no-lodging option. The day off can take you to visit downtown Denver (there is a light rail near by which is incredibly convenient), mosey on over to Golden and the Coors tour, or head up to Evergreen and take on as much of the Mt. Evans Hill climb as is open this time of year. You all come!

Diane Short

[dianbike@eazy.net](mailto:dianbike@eazy.net)

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# Colorado HeartCycle 2015 Tours

## Southern Arizona Spring Training

March 15 - 22 Status: One Male  
 7 days, Int. \$1,060.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 237-3350  
 David Durst, [dursteam@gmail.com](mailto:dursteam@gmail.com)

## Discover San Diego

March 21 - 28 Status: Wait List  
 7 days, Int. \$980.00  
 Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)  
 (206) 683-9220  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 (425) 334-1444

## Colonial Virginia

April 3 - 12 Status: Open  
 9 days, Int. / Adv. \$1,695.00  
 Ralph & Carol Nussbaum,  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 713-9417

## Great Rivers II: Springtime on the Rivers

April 25 - May 9 Status: Open  
 14 days, Int. / Adv. \$2,060.00  
 Steve Parker, [bsparker116@gmail.com](mailto:bsparker116@gmail.com)  
 (970) 382-9551  
 Chris Matthews, [chriswmatthews@msn.com](mailto:chriswmatthews@msn.com)  
 (303) 618-4789

## Omak 4 Day Fixed Base

May 7 - 11 Status: Wait List  
 4 days, Int. / Adv. \$460.00  
 Ralph & Carol Nussbaum,  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 713-9417

## Fabulous FootHILLS of Colorado

May 9 - 16 Status: Open  
 7 days, Int. + \$950.00  
 Diane Short, [dianbike@eazy.net](mailto:dianbike@eazy.net) 303-763-9874

## Springtime in California Sonoma and Napa

May 15 - 23 Status: Wait List  
 8 days, Adv. / Exp. \$1,675.00  
 Alan Scott, [ascott999@comcast.net](mailto:ascott999@comcast.net)  
 (720) 840-6630  
 Bob Rowe, [browe@comcasst.net](mailto:browe@comcasst.net) (303) 910-7230

## Eastern Washington 4 day tour

May 28 - June Status: Wait List  
 4 days, Int. / Adv. \$460.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 713-9417  
 Pam Austin, [freeandflying@live.com](mailto:freeandflying@live.com)  
 206-525-1020

## San Juan Mountains

June 19 - 28 Status: One Male  
 9 days, Adv. / Exp. \$1,345.00  
 Tom Groves, [u4eahnrg@aol.com](mailto:u4eahnrg@aol.com)  
 Peter Podore, [ppodore@gmail.com](mailto:ppodore@gmail.com)

## Central Oregon High Desert

June 21 - June 28 Status: Wait List  
 7 days, Int. / Adv. \$1,495.00  
 Ann Werner, [acwerner@comcast.com](mailto:acwerner@comcast.com)  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (719) 237-3350



# Colorado HeartCycle 2015 Tours

## British Columbia Coast

July 4 - July 12 Status: Open  
 8 days, Adv. / Exp. \$1,600.00  
 Dean Karlen, [dean@karlen.email](mailto:dean@karlen.email) (250) 595-1371  
 Bob Rowe [browe49@comcast.net](mailto:browe49@comcast.net) (303) 910-7230

## Washington British Columbia Loop

July 17 - 26 Status: Open  
 9 days, Int. / Adv. \$1,325.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450  
 Mike Parent at [mrparent@arifleet.ca](mailto:mrparent@arifleet.ca)

## Upper Hudson River Ramble

July 18 - July 26 Status: Open  
 8 days, Int. \$1,420.00  
 Jim Bethell, [jim@bikes5.com](mailto:jim@bikes5.com) (518) 446-1766  
 Janet Reilly [janet@bikes5.com](mailto:janet@bikes5.com)

## San Juan Islands

August 1 - 9 Status: Wait List  
 8 days, Int. \$1,425.00  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 (425) 334-1444  
 Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)  
 (206) 683-9220

## Mothers, Daughters, Sisters with LSG

August 6 - 8 Status: Open  
 2 days, Easy \$390.00  
 Julie Lyons, [julie@lovesweatandgears.net](mailto:julie@lovesweatandgears.net)  
 Ann Lantz, [ann@lovesweatandgears.net](mailto:ann@lovesweatandgears.net)

## The Idaho Panhandle

August 15 - 22 Status: One Female  
 7 days, Int. / Adv. \$1,420.00  
 Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
 (303) 618-4789  
 Richard Loeffler, [RichardTLoeffler@gmail.com](mailto:RichardTLoeffler@gmail.com)  
 (303) 981-2963

## Danube River Passau to Vienna

September 5 - 13 Status: Wait List  
 8 days, Easy \$1,465.00  
 Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
 (720) 840-6467  
 Deb Wuchner, [debwuchner@comcast.net](mailto:debwuchner@comcast.net)  
 (303) 792-2111

## Black Hills of South Dakota

September 7 - 11 Status: Open  
 4 days, Int. / Adv. \$665.00  
 Barry & Judy Siel, [bjsiel@msn.com](mailto:bjsiel@msn.com) 303-470-8431

## South Oregon and Crater Lake

Sept. 11 - 19 Status: One Male  
 8 days, Adv. \$1,470.00  
 Ralph & Carol Nussbaum,  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 713-9417

## South Utah National Parks

September 23 - October 4 Status: Wait List  
 11 days, Int. / Adv. \$1,590.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450  
 John Penick, [jdpenick@gmail.com](mailto:jdpenick@gmail.com)