

# Heart to Heart



## Tragic Loss of a HeartCycle Member



**Phil Howrey** had been a HeartCycle member since 2007. Phil was killed in a tragic cycling accident on June 17<sup>th</sup>, 2011. Phil was an expert, experienced cyclist who was always friendly, energetic and ready to help others with a smile. He and his wife, Sharon, were on the 2009 Death Valley tour and led training rides for HeartCycle near their home in Boulder. They were regulars at the annual meeting since joining HeartCycle in 2007. Phil's participation and strong support of HeartCycle will be missed by all his HeartCycle friends and riding companions.



The formal obituary can be found at:

[E. Philip Howrey - Boulder Daily Camera http://www.dailycamera.com/ci\\_18315913?source=most\\_email&ixzz1QK7qYaAb](http://www.dailycamera.com/ci_18315913?source=most_email&ixzz1QK7qYaAb)

## HeartCycle Contacts

### The Board

**Richard Crocker** (719) 481-2313 (2011)  
 President - [president@heartcycle.org](mailto:president@heartcycle.org)  
 Tour Director - [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

**Mickey Berry** (303) 779-3607 (2011)  
 Vice President - [vp@heartcycle.org](mailto:vp@heartcycle.org)  
 Social Events - [social@heartcycle.org](mailto:social@heartcycle.org)  
 Tour Souvenirs

**John Steele** (303) 300-3573 (2012)  
 Treasurer - [treasurer@heartcycle.org](mailto:treasurer@heartcycle.org)  
 Website Contact - [webmaster@heartcycle.org](mailto:webmaster@heartcycle.org)

**Barry Siel** (303) 470-8431 (2011)  
 Secretary - [secretary@heartcycle.org](mailto:secretary@heartcycle.org)  
 Newsletter Editor - [newseditor@heartcycle.org](mailto:newseditor@heartcycle.org)

**Harvey Hoogstrate** (303) 755-9362 (2012)  
 Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Jeff Messerschmidt** (303) 904-0573 (2012)  
 Supply Director - [sagmgr@heartcycle.org](mailto:sagmgr@heartcycle.org)

**Jay Wuchner** (720) 840-6467 (2012)  
 Sag Director - [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)

**Sheridan Garcia** (303) 638-0330 (2011)  
 Training Rides Dir. - [rides@heartcycle.org](mailto:rides@heartcycle.org)

**Alan Feiger** (303) 765-0706 (2011)  
 Marketing - [alanfeiger@gmail.com](mailto:alanfeiger@gmail.com)

**Chris Matthews** (303) 618-4789 (2012)  
 Recruitment & Leader Development Director

### Working Members

**Lee Cryer** (303) 778-2305  
 Map Maker - [maps@heartcycle.org](mailto:maps@heartcycle.org)

**Ira Goldschmidt** (303) 561-4817  
 Map Maker - [maps2@heartcycle.org](mailto:maps2@heartcycle.org)

**Andy Anderson** (404) 395-1491  
 Map Maker - [aanderson@tensarcorp.com](mailto:aanderson@tensarcorp.com)

**Ron Barton** (303) 798-2755  
 Co-Registrar - [ron.barton@comcast.net](mailto:ron.barton@comcast.net)

## Notes from the Board

### 2011 Board Elections

HeartCycle will have five director positions open for election this October as Rich Crocker, Mickey Berry, Barry Siel, Sheridan Garcia, and Alan Feiger complete their terms. Any member of HeartCycle can nominate themselves to run for a director's position for the period from November 2011 – October 2013. The HeartCycle Board is group of members that work in important functions, that keep HeartCycle running smoothly, such as training rides, tour scheduling, souvenirs, maintaining the SAG supplies and Sprinter van, registration, membership and on special projects for the club. Directors also serve as the officers of HeartCycle: president, vice president, secretary and treasurer. Board meetings are on the second Tuesday of every month. Nominations should be sent in writing to the Vice President, Mickey Berry, by August 9<sup>th</sup>, 2011. A slate of candidates will be presented to the membership for election at the annual meeting on October 22, 2011.

Additionally, any member interested in becoming a working member for functions like the newsletter, map making, social events, or marketing can contact any current board member to volunteer.

## Spring into Summer – Finger Lakes Region, New York 2011

By Janet Reilly

The tour began and ended in Corning, New York. The day we arrived was cold and rainy; the pouring rain that accompanied our first evening meeting was an ominous introduction to Finger Lakes weather! The first night at the hotel there was a wedding reception in the lobby. By week's end, we were the ones celebrating in the banquet room: safe conclusion of another fun tour with friends, "old" and new. While the first few days were cool and windy with rain clouds threatening, by the tours' end the weather was warm and sunny. The week was a welcome transition from spring into summer.

### Day 1 "Tumbling Waters" from Corning to Ithaca -- 63 miles, 4530 feet

The first day began rainy and cool. Riders donned shower caps on their helmets and "Showers Pass" or other rain jackets on themselves. Fortunately, before any of us even signed out, the rain stopped and rain gear was returned to the day packs or back pockets from whence they came. Then an intrepid band of riders headed out through the Tioga River Valley toward the town of Montour Falls. Thus began a day of farmland, forests and waterfalls. The first sag stop was at a lovely park beside Shequaga Falls, where we happened to meet riders from other bike groups, including two friends of the leaders and others on our tour! The route continued up along the eastern edge of Seneca Lake, through the Finger Lakes National Forest, stopping at Taughannock Falls for lunch where the sun finally came out. The day's ride was on quiet roads, along green pastures, with rolling climbs and descents. One rider noted that it was not hilly ALL of the time (just most of the time)! Another appreciated the beautiful vineyards along the lakes, and wildflowers along the roads. Highlights of the day included Elinor's homemade lemon nut bread, roosters crowing, cattle lowing, birds singing and lovely views through the morning mist. Some tour participants dined at the famous "Moosewood" while others enjoyed the variety of restaurants and brewpubs in Ithaca, home of Cornell University and Ithaca College.



### Day 2 "Wild, Wild Life" from Ithaca to Seneca Falls -- 56 miles 2300 feet

This was Gail's birthday, and as we rode north we were treated to sweet rolling hills and sweeping views of Cayuga Lake. Riders looked forward to seeing nesting birds at the Montezuma National Wildlife Refuge, and were disappointed that we were not allowed to ride through the Refuge because of wildlife biologists' concerns that cyclists and pedestrians would disturb the birds and



cause them to leave their nests, thereby endangering their young. We did enjoy having lunch at the Refuge, where we could see and hear many small birds. Before we resumed our ride, we sang "Happy Birthday" to Gail and shared a giant birthday cookie! Although we did not get to see any herons, we did see numerous osprey nests on top of telephone poles near the park. The parent birds put on quite a show for us as we completed our journey to Seneca Falls and the Hotel Clarence. This Hotel originally opened in 1920 as the Gould and, at the time, had a reputation as one of the finest small hotels in the country. In 2009 the property was renovated and restored. Tour participants enjoyed the creative modernization of the current owners as well as the visiting the town and bridge which was supposedly the inspiration for "It's a Wonderful Life."

### **Day 3 "Hobart College and More" Seneca Falls to Canandaigua -- 62 miles 3380 feet**

This day began and remained chilly and windy as we rode along the northern shore of Seneca Lake, through Geneva, home to Hobart and William Smith Colleges. From there the official route turned west, climbing and descending the long North-South hills between the lakes before turning north to follow the East shore of Canandaigua Lake. Two riders opted for an "easier" and shorter route which proved to be challenging as well, battling headwinds and multiple flat tires. After a strenuous day, all members of the group was relieved to reach a well deserved resting spot at the Inn on the Lake. Next door to the Inn is the New York Wine and Culinary Center where some members of the group sampled and bought wines produced in the Finger Lakes region. Others had dinner or lunch at the Culinary Center. Many enjoyed walking along the trail along the lake, swinging on swings beside the lake, lounging in the gazebo looking at the lake, and going for ice cream at Scoops!



### **Day 4 Canandaigua Loop ride, 61 miles, 3650 feet**

On the optional riding day, most riders opted to follow leader Jim west of Canandaigua Lake to explore the roads leading to Honeoye Lake, one of the smaller of the Finger Lakes. The day's adventure included an 8 mile downhill into "must see" Naples, no passport required! Riders enjoyed the quiet roads and scenic views. The lunch stop in the park between the cemetery and Bob & Ruth's roadside stand was a particular favorite. Some riders shopped at Joseph's Wayside farm market while others sampled Linnie-Louis' homemade ice cream. Most of those who did not ride elected instead to visit Sonnenberg Gardens and Mansion State Historic Park, strolling through the gardens, touring the mansion, having lunch on the grounds and discovering a

remarkable spiral coleus accenting the gorgeous planters around the property. Everyone seemed to have a spectacular day, as the weather was warm and sunny, and the lake was sparkling.

### **Day 5 “Through Italy Valley” Canandaigua to Bluff Point -- 59 miles, 4335 feet**

Although the group was reluctant to leave the beautiful Inn on the Lake, they all enjoyed the way back to Naples, along the west side of the Lake, especially those who missed it the day before. After leaving the familiar sag stop, the riders began the climbs which give the Italy Hill region its name and reputation as a challenging area to bike. After a few warm up hills, we came around the curve on Italy Valley Road and faced the intimidating “long climb” referred to on the cue sheet: three miles straight up Italy Turnpike. Later we were rewarded by a five mile descent past Hunt Country Vineyard! After lunch at the scenic view above Keuka, the Y shaped lake, we rode along the Y close to the lake as well and its impressive lakeside homes and “camps.” This part of the ride started off sunny and delightful, but storm clouds began to gather and some riders were caught by the rain. Fortunately, it remained a warm day, so even those who got wet did not get too chilled. Bikes got dirty in all cases, as portions of Bluff Drive were barely paved: “tarred dirt” as one rider described it. Other than that, and the final steep ascent leading up from the lake toward our accommodations at the Inn at the Esperanza, overlooking the lake, most riders enjoyed the day and the impressive view from our rooms.

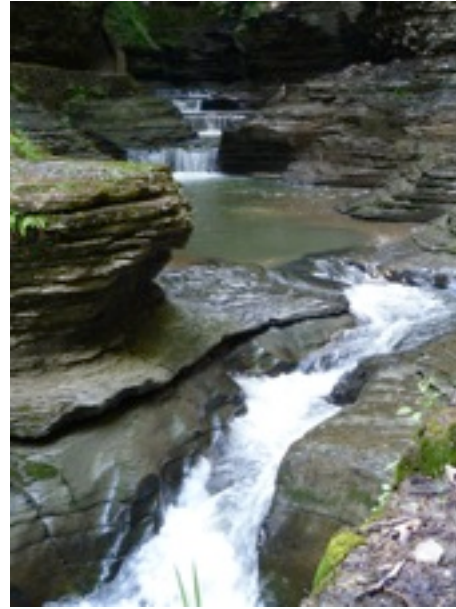


### **Day 6 “Zoom, Zoom” Bluff Point to Corning -- 55 miles, 2080 feet**

The morning's route was perhaps the most peaceful, pastoral and picture-book perfect of the week. Each farm, with its silos and sweeping fields was more tranquil, green and lush than the one before it. Amish carriages trotted by, adding to our sense that we had transcended some time zone and entered another century. Our sag stop was at another cemetery, the final resting place of those who had worked this land long before. Just beyond there, our course turned south to follow the West shore of Seneca Lake, the largest of the Finger Lakes. Upon seeing the lake, one rider was heard to exclaim: “I thought we had reached the ocean!” We rode with views of the lake and more than a dozen wineries until we reached Watkins Glen where we stopped at the State Park for lunch and a hike up into the gorge. Everyone donned their hiking footwear and made their way up the rocks to see the waterfalls and ledges. The cool spray of water over the walkway was welcome, given the warmth of the day. Following lunch, we faced a steep climb from the lake's edge. One more challenge before continuing on the relatively rolling route 414 back to our final stay at the Radisson in Corning.

**Day 7 Bath & Hammondsport or Caton Loop options 70 or 30 miles**

The group selected between two ride options for what became the last day of riding. The larger group opted for the longer ride, but decided to change the route with the intent of making it shorter. Ultimately, they ended up with approximately the same miles, just choosing a different way back from Hammondsport so as not to repeat the route back through Watkins Glen. The smaller group decided upon the “relaxed” route through the tiny crossroads of Caton. They were treated to fresh fruit and other goodies that the self-appointed “sags for the day,” Jim and Janet found for sale at a house in town while they waited for the group to come through. The short loop was a rural route over rolling hills which proved an ideal distance for those who needed to get their bikes back and packed up for the flight home.



The group dinner at the Radisson was delicious and plentiful, the performance by Deb & Don delightful, but the surprise emcee and entertainer, Chris Prieto, stole the show. A good time was had by all. It was sad to leave friends and the lovely lakes region, especially since the weather was so beautiful by the end of our week there – but on Sunday everyone headed back home. Best trip safety news: no one injured, no serious reported mechanicals, not many flat roads, although quite a few flat tires!

Happy Summer everyone!







**Tony's to Tony's Bike Ride**  
**2011 Presenting Sponsor - The Wellness Bridge**

What: A 71-mile bicycle tour stopping at all 4 Tony's Market locations with an assortment of Tony's culinary specialties at each stop and an Italian luncheon at the finish.

When: Sunday, October 2, 2011. 8 am start time.  
Rain/Snow Date Sunday, October 9, 2011

Who: Open to all members of Colorado Heart Cycle, Customers and Employees of Tony's Market and other Colorado cyclists.  
Registration opens August 1<sup>st</sup>. Rider limit: 150

Why: A great early autumn ride with unique foods at each stop and to raise money to purchase bicycles for inner city Denver children distributed through the Boy's and Girl's Club of Denver. Also used bike drive collection to donate to kids in Open Doors Gang Youth Prevention.

Cost: \$40 per rider includes all SAG stops, goodie bag and an Italian luncheon at the finish.

Commemorative Jerseys will be available for \$45.

3-Fully staffed and stocked rest stops with foods, electrolyte drinks, water and bath rooms. We provide the route maps and cyclists are free to travel the route at their own pace.

Honorary Ride Leader Suzie Wargin Channel 9 News  
SAG vehicle support provided by Colorado Heart Cycle  
Bike mechanics provided by Bicycle Village  
Food and Locations provided by Tony's Market  
Route Maps provided by Closet Factory

An email announcing the exact web address will be sent out in late July. This year the ride is also a charity ride to provide bicycles for children and young adults in the Denver area. The bikes will be provided in two ways: first, the ride's goal is to raise \$4,000 to buy new bikes for deserving members of the Boy's and Girl's Clubs of Denver, and second, riders are encouraged to bring old, unused, dust gathering bikes that will be refurbished by the 3<sup>rd</sup> Treasure to Treasure ministry and then donated to the Open Doors Gang Youth Prevention organization.

## The Cycle Life - Your Own Tour of California

The 2011 Amgen Tour of California was one for the old men, and I'm not only talking about the GC. Yes, 39-year-old Chris Horner ran away with the race by beating up on riders young enough to be his son. And yes, older racers dominated the podium (2nd place Levi Leipheimer, 37; 3rd place Tom Danielson, 33; and 4th place Christian Vande Velde, 35). What many people missed, however, was a Masters Class ride called the Carmichael Training Systems ATOC Race Experience that ran concurrently with the Tour.

Organized by pro-racer-turned-coach Chris Carmichael this event saw 21 amateur cyclists, age 41 to 71, including **HeartCycle member Sy Katz**, take on the entire 765-mile Tour of California, riding each stage just a few hours before the peloton roared through. I tagged along with the group for the final stages, and the riding I saw was as impressive as the pros—perhaps more so considering that these CTS riders are doctors, financiers, lawyers, and business men who still managed to train for such a demanding event.

The ATOC Race Experience stems from Carmichael's personal bucket list. Last year, in the run-up to his 50th birthday, Carmichael decided he wanted to celebrate by doing La Ruta de Conquistadores, the treacherous, four-day mountain bike stage race in Costa Rica. He mentioned it to a few friends and clients, and before he knew it 15 people had signed up to train and compete alongside him. "It made me realize that there are a lot of guys like me out there who want to do something big and challenging," Carmichael says. To address those aspirations, CTS has launched the Epic Endurance Bucket List, a series of high-commitment, big-ticket adventures, and the Tour of California Race Experience was the centerpiece of the 2011 schedule.

The ATOC Experience wasn't for the casual rider. Since they were riding the same stages as the pros on the same days, the CTS crew had to start early and ride hard or risk being unceremoniously yanked off the course by the official pre-race sweep. That sometimes meant 4:30 a.m. breakfasts, long transfers to and from the start, and hard miles in the saddle with few, brief nature stops. "The goal was to give these guys a real taste of what it's like to be a professional racer," said Carmichael, whose *palmarès* includes a spot on the 1984 US Olympic team and a trip to the Tour de France in 1986 with the 7-Eleven squad. "This has been a week of hard, fast-paced riding with plenty of stress and bad weather. It's been tough, but that's what makes it rewarding."

By the time we reached the foot of the day's final challenge, the *hors categorie* Mt. Baldy Road, we had ridden 72 miles and ascended some 9,000 feet. But the climb ahead, with 10 daunting switchbacks and ramps up to 15 percent, was the one that struck fear in the hearts of CTS riders

---



and pros alike. The climb wouldn't be bad on its own, but cumulatively it was plenty tough, and I soon found myself crawling and gapped by Lehman's rugged pace. He pulled Brizel with him, and the pair finished well ahead of me. Their solid riding reflected the meticulous and effective training that Carmichael had set out for all the CTS participants. The Carmichael ATOC Race Experience isn't just about taking a bunch of guys on a pro-level tour, but about preparing them physically and mentally to ride the event well and come out stronger at the end. Later, from the comfort of our course-side easy chairs, we swilled beers and watched the pros grind and grimace up Mt. Baldy Road. To see Chris Horner, Levi Leipheimer, and the other kings of cycling fighting up those steep ramps validated our day (and for the CTS guys, days) of suffering.

There may be no better way for amateur cyclist to get a taste of life as a pro than with Carmichael Training Systems ATOC Race Experience. The event, which includes a pre-race training plan, all transfers, hotels, and meals, a full Carmichael team kit, and lots of other goodies, cost \$10,000 this year and will be back in 2012. Also on tap this year are the Leadville 100 races in August and another trip to La Ruta in November. In 2012, Carmichael will add the Trans Andes Challenge to the Bucket List and has his eye on a few other big events. For more information or to book a slot, visit Carmichael Training Systems.



At the finish line of the Carmichael Training Systems ATOC Race

## Colorado HeartCycle 2011 Tours

### Vietnam

February 23 - March 9 Status: Completed  
14 days, E37 - I75 \$2,520.00

Jim Berry, [jimberry@qwest.net](mailto:jimberry@qwest.net)  
(303) 779-3607 or (303) 880-4282

### California - Springtime in San Diego

April 22 - May 1 Status: Completed  
9 days, A60 - E80 \$1,060.00

Sy Katz, [SKSKATZ@Comcast.net](mailto:SKSKATZ@Comcast.net)  
(303) 789-5268 or (303) 550-2073 (Cell)  
Bob Rowe [browe49@comcast.net](mailto:browe49@comcast.net)  
(303) 762-0494 or (303) 910-7230 (Cell)

### Utah Southern Canyonlands

May 20 - 29 Status: Completed  
9 days, I59 - A78 \$1,190.00

Ken Condray, [condray3@comcast.net](mailto:condray3@comcast.net)  
Becky Botino, [bbottino7@comcast.net](mailto:bbottino7@comcast.net)  
(425) 745-1159

### California's New Wine Country

May 21 - 28 Status: Cancelled

### California Middle Kingdom

June 4 - 12 Status: Cancelled

### New York Spring into Summer Finger Lakes

June 11 - 19 Status: Complete  
8 days, I70 - A75 \$1,195.00

Jim Bethel & Janet Reilly  
[jim@bikes5.com](mailto:jim@bikes5.com) (518) 446-1766

### Colorado Never Summer Challenge

July 1 - 4 Status: Full  
3 days, I56 - A86 \$425.00

Sheridan Garcia, [sheridangarcia@yahoo.com](mailto:sheridangarcia@yahoo.com)  
(303) 638-0330

### Colorado Northern Rockies

July 16 - 24 Status: Open  
9 days, A115 - E89 \$1235.00

Duncan Rollo, [duncanrollo@msn.com](mailto:duncanrollo@msn.com)  
(970) 224-2783

Alan Feiger, [alanfeiger@gmail.com](mailto:alanfeiger@gmail.com)  
(303) 981-7320

### Colorado Chama Challenge

August 5 - 8 Status: Full  
3 days, I49 - A90 \$395.00

Sheridan Garcia, [sheridangarcia@yahoo.com](mailto:sheridangarcia@yahoo.com)  
(303) 638-0330

### Colorado Western Gems

August 20 - 27 Status: Full  
7 days, I37 - A72 \$1,025.00

Harvey Hoogstrate, [harvhoog@gmail.com](mailto:harvhoog@gmail.com)  
(303) 755-9362  
Ken Condray, [condray3@comcast.net](mailto:condray3@comcast.net)  
(425) 745-1159

### Wisconsin River Bluffs

September 3 - 9 Status: Open  
6 days, I45 - A80 \$750.00

Jay DeNovo, [jdenovo@tds.net](mailto:jdenovo@tds.net)  
(608) 241-2601  
Gary Angerhofer, [garyangerhofer@gmail.com](mailto:garyangerhofer@gmail.com)  
(303) 919-2818

### Pacific Coast Border to Border

September 10 - 24 Status: Full  
14 days, I27 - A78 \$2,190.00

Jerry Bakke, [jerrybakke@msn.com](mailto:jerrybakke@msn.com)  
(303) 738-9861  
Steve Parker, [parker3097@yahoo.com](mailto:parker3097@yahoo.com)  
(970) 382-9551

### Wisconsin Explore the Door

September 11 - 18 Status: Full  
7 days, E50 \$1,120.00

Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
(720) 840-6467  
Deb Wuchner, [debwuchner@comcast.net](mailto:debwuchner@comcast.net)  
(303) 792-2111

### Pennsylvania Autumn Harvest

October 8 - 15 Status: Open  
7 days, I63 - A81 \$975.00

Bob Eaches, [bob.eaches@gmail.com](mailto:bob.eaches@gmail.com)  
(201) 384-0740  
Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
(719) 481-2313