

Heart to Heart



P's and Cues (or is it Q's and P's?) Cue Sheet Memoirs from a HeartCycle Newbie

**Grand Valley Ramble, June 1 – 4, 2012
by Beth Chase**

I needed a cue sheet holder for my bike so I could follow the route on the Grand Junction Ramble because I am directionally challenged ... “L onto Q Rd., R onto P Rd., L onto O Rd.” However, the bike shop mechanics in Grand Junction did not know what a cue sheet is and did not have a cue sheet holder in stock. Has technology taken over that much?



Wine Tasting at Carlson Vineyards (keep your helmet on for safety)

The winery tours (X 4) on the first day (40 miles) were very relaxing and provided a great intro for the three-day tour. I decided that I would buy one bottle of wine at each of the four vineyards where we stopped, because the SAG would bring back our purchases for us. (Sweet!)

On the way to the last vineyard, I missed the turn (not following the cue sheet), and then I proceeded to get a flat tire. My fellow HeartCyclists showed up to render aid. (How many HeartCycle riders does it take to change a tire?)

Rich Pickering stepped up to the “rim” and helped me put the stubborn rear tire back on. How embarrassing, but it was very much appreciated.



HeartCycle team riders are wonderful and have a great sense of humor. Yoga-in-the-park instruction at lunch by Diane Goldstein was delightful and rendered immediate relief to the screaming hamstrings.



“Are we playing Follow-the-Leader or Simon Says?”

Steve and Robin Heil, new HeartCycle members, graciously hosted a pool party at their home in Grand Junction on Saturday night and served up a GREAT green chili menu and relaxation by their pool. It can't get better than that after a very hot 95-degree day of riding.

The next day (64 miles) was even hotter (97 degrees), and sometimes a windy ride, on the Fruita plains. We had a gorgeous location for our lunch stop at Highline State Park with lots of shade, and SAG volunteers Lynda and Paul Marks served up a stupendous lunch, once again. Lynda even put a Band Aid on the brow of a 3-yr. old who had taken a tumble on his little bike (future HeartCycle rider?). I was looking forward to the Happy Hour in the hotel lobby which provided an opportunity to relax and get to know other members.

The Best of the Tour was saved for the last day when we biked the Colorado National Monument (32 miles with options). It was a challenging ride, but the breath-taking views were well worth the effort. I took my time; I took pictures; I took back memories of a great weekend and my first HeartCycle Tour. As Clare Bena and Alan Church were whizzing by me on their way down and my way up, I thought, "What great people; what strong bicycling enthusiasts/activists; what good food, camaraderie and support; what a wonderful trip."



Besides the Pro Link chain lube bottle that spilled into my right biking shoe on the way home, it was an uneventful trip back to Denver. I think that's a good excuse to buy a new pair of biking shoes.



HeartCycle Contacts

The Board

Chris Matthews (303) 618-4789 President - president@heartcycle.org	(2012)
Mickey Berry (303) 779-3607 Vice President - vp@heartcycle.org	(2013)
Joanne Speirs (303) 312-7252 Secretary - secretary@heartcycle.org	(2013)
John Steele (303) 300-3573 Treasurer - treasurer@heartcycle.org	(2012)
Harvey Hoogstrate (303) 755-9362 Registrar - registrar@heartcycle.org	(2012)
Richard Crocker (719) 237-3350 Tour Director - tourdirector@heartcycle.org	(2013)
Jeff Messerschmidt (303) 904-0573 Sag Supply Manager - sagmgr@heartcycle.org	(2012)
Jay Wuchner (720) 840-6467 Sag Vehicles & Insurance - sag@heartcycle.org	(2012)
Bob Rowe (303) 910-7230 Tour Leadership Director - tourleadershipdirector@heartcycle.org	(2013)
Steve Parker (970) 382-9551 parker3097@yahoo.com	(2013)

Working Members

Andy Anderson (404) 395-1491 Mapping - maps3@heartcycle.org	
Jerry Bakke (303) 738-9861 Insurance - sag@heartcycle.org	
Ron Barton (303) 798-2755 Co-Registrar - registrar@heartcycle.org	
Barry Siel (303) 470-8431 Newsletter Editor - newseditor@heartcycle.org	
John Steele (303) 300-3573 Website Admin. - webmaster@heartcycle.org	

Notes from the Board

Safe Cycling is Smart Cycling

by Rick Price

The League of American Bicyclists is the nation's premier bicycle advocacy group which, over the last forty years, has developed THE national standard in bicycle safety education. It is unfortunate that most people learned most of what they know about safe cycling in fourth grade and haven't updated that knowledge since. So this brief article is calculated to provide an update to those of you who bicycle for fun and for those who use the bicycle as practical transportation.

The premise of the entire League Cycling Instructor curriculum is that "cyclists fare best when they act and are treated as drivers of vehicles." As a recreational cyclist on tour, out for a fun day ride, or using your bicycle as an efficient means of running errands if you practice this principal in "driving" your bicycle you should be safe and sound.

As a bicyclist you should assume even more responsibility as a defensive "driver" than when you are in a motor vehicle. Defensive "drivers" should commit no driving mistakes and even more importantly, they should adjust their behavior on the road to compensate for the potential errors of others.

In short, it is YOUR responsibility to

1. Not fall off your bike;
2. Not allow anyone else to knock you off your bike;
3. In the event a rare crash DOES occur, wear proper protective gear to avoid injury (that would be a helmet and gloves, at the very least).

(Rick Price is a certified "League Cycling Instructor," with the League of American Bicyclists.)

HeartCycle Roundup in Cowboy Country

by Barry Hannigan

The Cycling Cowboy Country tour left Wyoming under perfect blue skies toward Colorado, a state in peril, as many riders drove to the start in Laramie through smoke from the second-most destructive forest fire in Colorado history.



Seven perfect--if hot--days followed. The weather was unusual, because a huge high pressure system created strong southern winds. Two and a half days of hard work, or 178 miles into headwinds, were finally rewarded by three days with tail winds, including a phenomenal 40-mile, high-speed cruise into Steamboat Springs pushed by very strong gusts. All the riders sported huge grins! The final, gorgeous day featured a 5400 ft. climb over the beautiful Snowy Range Mountains from Saratoga back to Laramie.



Unfortunately, the headwinds returned for most of the day, making the final 80 miles a difficult finish. An exceptional bonus for the riders were hot springs in both Steamboat Springs and Saratoga. It felt wonderful to soak after a long day in the saddle.



At each day's end, riders nominated each other for the "Oh S...!!!" award, the pictured statue of Kokopelli doing a face plant. Trip leader Nate Dick received the award before the tour from a thoughtful group of friends for his crash caused by a broken crank. Nominations ranged from forgotten wallets, wrong turns, spilled food, trapped chains....and the descriptions and voting process were greeted with howls of laughter. The daily winners demonstrated gracious humor in spite of their misfortunes. The final recipient was sag-driver Kathleen Schindler, so be on the lookout for Kokopelli on future Heartcycle trips.



The tour featured the incomparable sag duo of Carol Nies and Kathleen Schindler, who kept the unruly crowd under control. As you can see from their picture, the riders learned the lesson: "Don't mess with Texas women!"

One other feature of the tour provided much entertainment for all: the female riders speaking rather openly about "chicking" male riders whom they passed on the hills. As we all know, most guys will turn themselves inside out rather than have a female go by them, but the "victims" on the Cowboy Country Tour took the kidding in excellent humor.



It was a wonderful tour, beautifully planned and executed by leaders Nate Dick and Chuck Curless, with the invaluable assistance of Lennie Curless. They provided superb support for the riders from start to end.. **Don't hesitate to sign up for their next adventure!**



Colorado HeartCycle 2012 Tours

Arizona - Tandems to Tucson

March 18 - 25 Status: Complete
 7 days, I45 - A71 \$1,060.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467

Spain - Mallorca

April 14 - 28 Status: Complete
 14 days, E20 - X60 \$2,395.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313
 Jo Kuhlmann, kuhlmannjoachim@aol.com

California - Springtime in Solvang - In Style

April 22 - 29 Status: Complete
 7 days, A60 - X80 \$1,150.00
 Bob Rowe, browe49@comcast.net (303) 910-7230
 Tom Groves u4eahnrg@aol.com (720) 560-1527

Texas - Wildflowers in May

May 6 - 12 Status: Complete
 6 days, E30 - I50 \$920.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Deb Wuchner, debwuchner@comcast.net
 (303) 792-2111

Colorado - Grand Valley Ramble

June 1 - 4 Status: Complete
 3 days, E64 - I38 \$350.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313

Wyoming - Cycling Cowboy Country

June 23 - 30 Status: Complete
 7 days, A60 - E80 \$1,050.00
 Nate Dick, npdick@gmail.com (970)-231-1068
 Chuck Curless, chucklenn@gmail.com
 (303)-880-5480

Colorado - Passes of Summit County

July 21 - 28 Status: Open
 7 days, I45 - A95 \$790.00
 Sy Katz, skskatz@comcast.net (303) 550-2073
 Bob Rowe, browe49@comcast.net (303) 910-7230

Wyoming - Cowboys, Buffalo Bill and Scenery

July 28 - August 4 Status: Full
 7 days, A54 - I74 \$1180.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362

Montana - Glacier Park

August 12 - 18 Status: Full
 7 days, I53 - A60 \$1225.00
 Ken Condray, condray3@comcast.net
 (425) 745-1159

Colorado - Northern Front Range

September 3 - 8 Status: Cancelled
 5 days, E35 - A70 \$565.00
 Jeff Messerschmidt, (303) 904-0573
jefmesserschmidt@hotmail.com

Colorado - Aspen HighLights

September 6 - 11 Status: Full
 3 - 5 days, I21 - A69 \$ 535.00
 James/Friedman

New England Seacoast - Port of Call

September 8 - 16 Status: Full
 8 days, I45 - I60 \$1230.00
 Jim Bethell, jim@bikes5.com (516) 446-1766
 Janet Reilly janet@bikes5.com

Pacific Coast Border to Border - Part II

September 9 - 23 Status: Full
 14 days, I24 - E70 \$ 2170.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551

Missouri - Katy Trail

October 15 - 20 Status: Full
 5 days, E38 - I61 \$ 1035.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Chris Matthews, (303) 618-4789