

Heart to Heart



CDOT Launches Share the Road, Friend Campaign

Statewide Transportation Plan - "Life has enough problems. Share the road, friend."

In an effort to reduce injuries and fatalities on Colorado roads, the Colorado Department of Transportation (CDOT) launched a statewide public awareness campaign that encourages all road users to uphold their mutual responsibility to share the road. Since 2002, Colorado has seen an increase in pedestrian fatalities by 9.8 percent and bicyclist deaths by 44 percent. More recently, Colorado experienced a 66 percent increase in pedestrian fatalities and a 63 percent increase in bicyclist fatalities from 2011 to 2012.

To address this problem, CDOT's new campaign, *Share the Road, Friend*, speaks to all road users—motorists, bicyclists and pedestrians—reminding them that life has enough problems, sharing the road shouldn't be one of them. The campaign will be supported through PR and grassroots outreach statewide as well as billboards, print ads, and radio in two of the most at-risk communities for bicycle and pedestrian fatalities, Denver and Pueblo.

"Warmer weather means an increased number of users on Colorado roadways," said Betsy Jacobsen, Colorado Department of Transportation Bicycle/Pedestrian/Byways Section Manager. "*Share the Road, Friend* reminds everyone to be courteous on the road, obey the rules and together help prevent crashes on the state's roadways." *Share the Road, Friend* embraces Colorado's culture of multimodal transportation and does not isolate the issue to any one particular mode with its message: "Life has enough problems. *Share the Road, Friend.*" By recognizing that everyone is equal on the road, CDOT aims to help foster a culture that exercises caution and respect on the road.

For the past two years, CDOT has been working with numerous communities to engage their local citizens and leaders on the issue of sharing the road. "We understand that the issue of who uses the road can be polarizing and often pins one mode against another," said Jacobsen. "Bringing different road users together has brought greater understanding that no single mode owns the road. This campaign is an extension of that effort and encourages all users to be mindful of others and share the road."

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

"FREE/GRATIS/KOSTENLOS 8 (count 'em) 8 place Yakima roof rack for metal rain gutter van, no longer used by HeartCycle, will be yours by emailing Jeff Messerschmidt at: sagmgr@heartcycle.org but wait, there's more, if you act now, an adjustment wrench will be included"

Eastern Washington Tour – The 4-Day Route

June 6 – 10, 2013

By Carol Nussbaum

Ralph Nussbaum, Pam Austin, Ken Condray and I led the 16th edition of the Eastern Washington Tour, but this was the first time running this tour for HeartCycle. Geography is the main explanation for the tour's enduring popularity. Western Washington is wet and cold long into June and sometimes even July. Eastern Washington is very cold in the winter, but warms up quickly in May and is the perfect temperature by June. In addition, Western Washington has many short hills, while Eastern Washington has big hills with long descents. Thus, June is the perfect time to go east for an early training ride and to get some relief from the cold rain and make friends jealous with a quick tan.



We first ran the tour with Ken in the year 2000, then after a 2-year hiatus, we started running it again in 2003. Since Ken is a long time HeartCycle tour leader, we always led our tours based on the HC tour model. From 2003 until 2006, we filled our 3-day tour with avid repeats and some new folks each year and had a great time every year. I got bored and swore I was done with Eastern Washington Tours. This statement was greeted with howls of protest. Fine, I said, but I'm re-routing it. Thus began the four day version with a reversed route in 2008. This route met with great approval and word spread such that the next year, we were forced to run two of them to meet the demand. We have run two every year through last year. This year our old club ran one without us and we happily ran ours with HeartCycle. Most of our old crew followed us to HC, some to do Eastern Washington and some to do the Yakima Tour in May.

This year the weather was perfect, with clear skies, bright sun, and minimal “demon headwind” every day. The first day started from scenic Chelan, up the Colombia River and then up the gorgeous Methow River and over lovely Loup Loup Pass at just over 4,000 feet, roughly a 3,000 foot climb, to our first night in Omak. The next day’s route led us up a meandering path through ranch land and forest to Wauconda Pass for lunch at 3600 feet. From here riders could choose to climb 700 more feet and zoom down to the hotel in Republic for a 63-mile day, or they could choose to coast gently down another valley of ranch land and forest and a few rollers and then climb back up to Republic for a 101-mile day. Most of the riders chose the century option. The third day started out with a 1-2% downhill cruise along the Sanpoil River, our favorite valley, the kind that makes you think you’ve really gotten stronger as you cruise down an apparently flat road several miles-per-hour faster than you usually go. The great feeling ended with the turn up the hill to the top of a ridge. Not as long a climb as the previous two days, but definitely steeper. Lunch was at the top; then there was an easy descent to the Columbia River again to stay at the foot of Grand Coulee Dam. The final day started with an immediate climb, up to a high desert plateau, with beautiful wild flowers and just sprouting wheat fields as far as the eye can see. Crossing through the tiny town of Mansfield we plummeted down a breathtaking descent to the Columbia River again, and a final short climb back to our cars in Chelan.



Several of our returning riders deemed this tour the Best Ride Ever and of course we attribute this all to the move to HeartCycle. We know it’s a long trip from Colorado or elsewhere to ride four days, but if you ever feel like coming out this way, we’d love to have you along!

Northern Michigan Tour – June 2013

By Fred Yu and Ray Satter

Northern Michigan (not to be confused with the Upper Peninsula or “U.P.”) was HeartCycle’s first tour in this area in many years, and new territory to many of the riders. Our tour leaders, Bob Rowe, a Michigander by birth, and Lynn Driver, a Michigander by choice, assembled a tour that did not disappoint. Lynn knew where to find the best chocolate, the choice local restaurants (sautéed fresh morels in cream sauce, anyone?), quiet routes, and other local secrets. Any Bob Rowe-led itinerary is sure to include climbs, and anyone who thought the Midwest was totally flat learned otherwise: total mileage for the week (without options): 475 miles; total vertical gained: 18,500 feet. Colorado riders were grateful for the higher oxygen content of the lower elevations. No switchbacks, just straight up and over.



Typical Michigan Rollers

Riders Enter the Tunnel of Trees



Traverse City was the start and finish for the tour. The first part of the week went northeast from Traverse City to Petoskey, MI where we stayed for two nights in the historic Stafford's Perry Hotel and celebrated Rich Crocker's 60th birthday at the group dinner. Petoskey, Harbor Springs and Charlevoix were all beautiful, well-kept towns along the shore of Lake Michigan, boasting magnificent second homes built decades ago by Gilded Age wealth. Riders were never far from water. Besides Grand Traverse Bay and Little Traverse Bay on Lake Michigan, we pedaled past Torch Lake, Lake Charlevoix, and countless smaller bodies of water. We visited several lighthouses and many SAG stops were lakeside. The second half explored the Leelanau Peninsula west of Traverse City and Sleeping Bear Dunes National Park.



The rural countryside had picturesque farms



**Betsie Lighthouse
on Lake Michigan**



Michigan also offered some unique roadside folk art

Pedaling the hilly Pierce Stocking Loop in Sleeping Bear Dunes National Seashore was a highlight. It had scenic vistas of Lake Michigan and the dunes and a “climax forest” of hardwood trees.



Ann Lambert and Fred Yu at Sleeping Bear Dunes NLP



Rich Crocker likes the riding in northern Michigan

What ultimately makes a HeartCycle trip special is, of course, the people: the leaders, the riders, and our two queens of SAG, Carol Nies and Mayoma Pendergast, who cheerfully fed, tracked and generally wrangled the group each day. Our fellow riders were convivial, accomplished individuals: great folks to ride with.



The hardest working women in the Sag business

Lost Boys Traveling Traverse City

A short memoir by Ray Satter

Since Fred and I volunteered as the chroniclers of the Traverse City bike ride, here are my daily thoughts!

Day 1: Traverse to Petoskey - Fred Yu and I did pretty well riding out of town, missing relatively few turns. We were intent on increasing our mileage for the week. When we did miss a turn, we usually blamed ourselves or each other. At mile 24.8 we completely ignored the very obvious **OASIS RED BULL** sign and continued straight, as a result another 1.5 miles were added. We came back to Indian Road somewhat chagrined. The 6.7 miles of the Old Dixie Highway were worth it all. Once again, north of Charlevoix, we were directionally challenged, trying to find Waller Road. We came to a stop at an intersection (the wrong one) and a kind woman came out of her housie to ask if we were looking for the bike path. Saved again!

Day 2: Petoskey Loop - The day of the novice (Satter) I left the hotel late due to a slight misunderstanding (my fault) and got completely confused, with no Fred to lead the way. I discovered the “wheelway” was actually a city sidewalk. Fred patiently waited for me. The travel through the tunnel of trees on M119 was spectacular. Doug Kelbaugh gave us all a great architectural tour of Harbor Springs and then I redeemed myself by saving Laura Schiff from an errant turn.

Day 3: Petoskey to Traverse City - “The day of rain”. The 30% chance of rain became 100%. Light rain throughout the morning became more pronounced at rest stop 2, the small dirt boat ramp. I put on all of my rain gear & then it stopped raining! The 43rd Bunker Hill road which we encountered in Michigan was picturesque. Fred and I left the lunch stop together and as a result I didn’t get lost! Of course the rain returned.

Day 4: Traverse City to Glen Arbor - Fred took pity on me & we rode together for a while. As we proceeded over Philosopher’s hill, Fred opened with a quotation from Yogi Berra. I responded “reality is the shifting face of need.” There were wonderful, exquisite and bucolic roads on this leg, as there were every other day as well. Perspiration Point was terrific. Pierce Stocking Loop was a thrill. I was proud to be one of the four or five walkers up some monster 17% hill. The bike path from Sleeping Bear Dunes into Glen Arbor was a dream. Thanks to cunning and luck, Fred was able to lead Mike Parent and me to the Homestead.

Day 5: Rest day! The hills were unremarkable.

Day 6: Leelanau Loop - “Never piss off the Wind gods.” A substantial wind blew in our face out of the north most of the day. Then it seemed to come from every direction. A cold wind came off of the white-capped Lake Michigan. Poor Fred was stymied when I pulled my wind gauge out of the steamer trunk for a measurement! Fred and I took the Little Traverse Lake road off of M22, which was serene. We can see why there is an M-22 cult up there!

Day 7: Crystal Lake Loop —This was truly another day in paradise. Bright blue sky, warm temperatures, little wind, and a few challenging hills. Fred and I battled the last 23 miles together on some bucolic back roads, and a few tunnels of trees. Despite Bob's promises of nothing more than a 10% hill, we battled some good ones on County Road 677 and it's iterations after the Honor lunch stop.

Overall impressions: This was my first Heart Cycle Tour but not my last. What a great group of riders and staff. I was impressed by the detail Bob Rowe and Lynn Driver put into the planning of the routes. The dedicated SAG team of Carol Nies and Mayoma Pendergast made everything so much better. They-all made y'all feel like family. Thanks to everyone for making this one my best bike tours ever!



Colorado HeartCycle 2013 Tours

Texas Two Step

March 17 - 23 Status: Complete
 6 days, Easy/Intermediate \$1,075.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Jim Bethell, jim@bikes5.com (518) 446-8490

Eastern Washington Weekend

June 6 - 10 Status: Complete
 4 days, Advanced \$395.00
 Ralph Nussbaum, rnussbaum@earthlink.net
 (206) 783-6450
 Pam Austin, freeandflying@live.com

Springtime in Santa Monica

April 14 - 21 Status: Complete
 7 days, Advanced/Expert \$1,165.00
 Sy Katz, skskatz@comcast.net (303) 550-2073
 Bob Rowe, browe49@comcast.net (303) 910-7230

Traverse City

June 7 - 15 Status: Complete
 8 days, Intermediate/Advanced \$1,325.00
 Lynn Driver, ldriver@med.umich.edu
 (734) 646-0307
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Pacific Coast Border to Border 3

May 4 - 16 Status: Complete
 12 days, Easy/Intermediate \$2,260.00
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551
 Bill Stone, bill.stone@q.com (719) 598-6329

Lake Champlain and Vermont

June 22 - 29 Status: Complete
 7 days, Intermediate/Advanced \$1,345.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362
 Kristen Wright, k27wright@gmail.com

Yakima Hill Country Weekend

May 16 - 21 Status: Complete
 5 days, Advanced \$475.00
 Ralph & Carol Nussbaum
rnussbau@earthlink.net (206) 783-6450

Willamette Valley Cruise

July 13 - 20 Status: Full
 7 days, Intermediate \$995.00
 Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

South Fork Soujourn

May 24 - 27 Status: Complete
 3 days, Intermediate \$325.00
 Diane Short, dianbike@eazy.net 303-763-9874

Washington Coast

July 27 - August 4 Status: 1 male
 7 days, Intermediate/Advanced \$1,175.00
 Rod Lee, kennedy6017d@yahoo.com
 (206) 604-7145
 Ken Condray, condray3@comcast.net
 (425) 334-1444

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