

Heart to Heart



Circle the Summit 7th Annual Bob Guthrie Memorial Ride Summit County, Colorado August 16, 2014



The Circle the Summit bike ride is a celebration of the inspirational lifestyle of Bob Guthrie. Past proceeds from this ride were instrumental in completing the path to the top of Swan Mountain at Sapphire Point. The ride is also a celebration of the beautiful cycling options we have in Summit County. Our challenging climbs and magnificent scenery draw the USA Pro-Cycling Challenge back to the area, year after year. Don't miss your opportunity to experience the same riding as the world's best cyclists.

The Circle the Summit rides all begin in the Town of Frisco, then circle Lake Dillon before taking off on your choice of four routes. Depending on the route you select, you can cycle south and climb to the top of Ute Pass with rugged views of the Gore Range. Ride east and summit Loveland Pass, with summertime views of Arapahoe Basin Ski Resort. Ride west for great views of the Ten Mile Range and Copper Mountain Ski Resort. Continue on to the top of Vail Pass for splendid views all around, Gore Range, Ten Mile Range and beyond.

Besides the out-of-this-world views, you'll enjoy well-marked routes, incredible aid station snacks, and a delicious after-the-ride lunch – catered by the Arapahoe Café and Pub/Bonnie Q BBQ. Don't miss out on this year's event. We cap the ride at 750 riders, so register now and secure your spot on this memorable ride.

For more information: www.circlethesummit.com

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Notes From the Board

There is a new feature on the HeartCycle Web site: Member Posted Rides

It is accessible as a top level menu item.

AS the name suggests, members can go on line and post a ride. This would typically be a weekend ride. After the ride is posted, riders can add to the posting so that the organizer would know who would be riding.

Regarding the posting, as stated on the web page:

HeartCycle has established this page for members who want to organize and/or ride informal group rides. Please contact the organizer for additional information about the ride. It is anticipated that the rides will be "show and go". The rides are not HeartCycle sanctioned or organized and therefore HeartCycle provides no support and assumes no liability or responsibility. Please join your fellow club members and get out there and ride!

Omak Hill Country Weekend Tour Report

May 1-5, 2014

Text by Scott Springer

Photos by Becky Brady

Omak is located in central Washington about 50 miles south of the Canadian border. It is poised between the Cascade Mountains to the west and the high desert of the Columbia Plateau to the east. The town is familiar to many cyclists as the stopover on the second night of the popular and long-running Eastern Washington Tour loop. Ralph and Carol Nussbaum designed and led the new Omak Hill Country Weekend Tour to more thoroughly explore the surrounding area in a relaxing, hub-and-spoke format. Our home base for the next four days was the new and very comfortable Peppertree Best Western Hotel. Forty cyclists from the Pacific Northwest gathered here to meet friends old and new on the unseasonably warm evening of May 1.

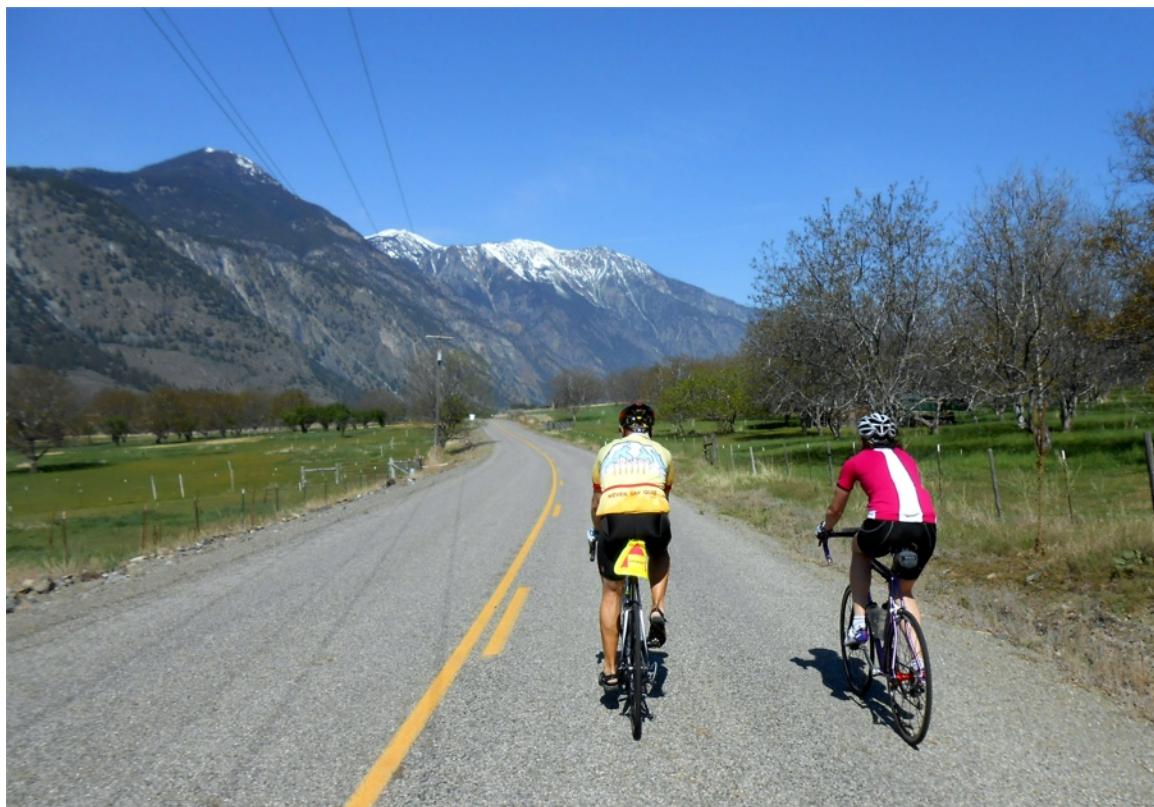


Figure 1: On the way to Nighthawk after the morning sag stop.

The first day was relatively easy in order to reacquaint ourselves with the rhythms of a bike tour. After driving to the town of Tonasket, we rode north on quiet country roads through orchards to the small settlement of Loomis and then by a series of pretty lakes backed by snow-capped peaks. After the morning sag stop, we passed through Nighthawk, a mining and timber town founded in the late nineteenth century but now nearly abandoned. Just a couple of miles before reaching the Canadian border, we

turned east and followed the Similkameen River through a scenic canyon to Osoyoos Lake. At our lunch stop we discovered that sag driver Sharon O'Grady had prepared tasty salads the night before, an effort we grew to appreciate more and more each day. We continued southward along the Okanogan River and back to Tonasket. Many of us from the cool west side of the Cascade Mountains appreciated the shorter day (60 miles and 2100 feet elevation gain) so that we would not have to ride in the unfamiliar heat as the afternoon temperatures soared into the high 80s.



Figure 2 A relaxing lunch in Brewster after battling a strong headwind.

The hot weather was not to last. With wetter, colder weather in the forecast, Ralph and Carol decided to switch the planned sequence to complete the longest and most mountainous day before the change. Most of us chose to drive to the town of Okanogan to cut twelve miles off the route to make it 85 miles and 4500 feet of gain. The disadvantage of this strategy was that we had just a couple miles to warm up our legs before we started a steady, two-hour climb. At Loup Loup Pass we found the sag stop and welcomed warm clothing, as suddenly we were in a strong, cold wind. A speedy descent down the west side dropped us back to warmer temperatures, but we did not escape the wind. As we followed the Methow River southward, a powerful headwind for the next couple hours made us appreciate the value of drafting and a slight downgrade. Even with our heads down, though, we appreciated the pastoral beauty of the Methow Valley. Pete Weiner, our sag driver, was kept busy helping with

mechanical troubles and retrieving forgotten gear, and eventually everyone arrived in Brewster on the Columbia River ready for another excellent lunch in the warm sun. Turning northward put the wind at our back, and we pedaled almost effortlessly along a beautifully paved, quiet back road to end the day conveniently near a café well known to cyclists for its milkshakes and smoothies.



Figure 3 Riding along the Columbia River Road on the Colville Reservation under increasingly threatening clouds.

The expected cold front arrived during the night, and we awoke on Sunday to cooler temperatures, wet pavement, and low clouds, but patches of blue sky encouraged us. As soon as we crossed the Omak city limits to the east, we were on the Colville Indian Reservation. We rode upward along the Columbia River Road until we looked down at beautiful Omak Lake, which occupies an ancient, abandoned channel of the Columbia River and is now the largest saline lake in the state. We passed through high desert vistas straight out of an old western movie, complete with a large herd of horses running over a ridge out of sight and a horseback rider rounding up a cow and her calf. The sense of time travel was preserved by the near-complete lack of automobile traffic. After descending to the morning sag stop along the Columbia River, we climbed steeply out of the canyon to the village of Nespelem, the site of a Nez Perce cemetery in which Chief Joseph is buried. An impromptu sag stop gave riders the opportunity to pick up raincoats when a dark cloud hung menacingly ahead, and, indeed, rain and hail fell sporadically on some riders. Warm clothing was welcomed at lunchtime near Disautel Pass. We then headed west and mostly downhill on Highway 155, which was the only long stretch of road on this tour that had significant car

traffic. After 80 miles and 4200 feet of elevation gain for the day, we dropped steeply back into downtown Omak.

Monday dawned with clearing skies and even cooler temperatures. Again we drove to Tonasket before getting on our bikes. We rode east out of town on a steady upward grade through ranches and dry land farms through the hamlet of Havillah. As we continued to climb relentlessly upward, we began to see that the surrounding hills had a bit a fresh snow on them. Sure enough, upon arriving at the tiny Sitzmark Ski Area (one chairlift), we found a dusting of fresh snow. We enjoyed a snack in the bright, cool air, and put on warm clothing for the descent to Chesaw, another virtual mining ghost town. As we continued south, the terrain became forested, and we rode along a chain of pretty lakes to our lunch spot in a National Forest Campground. From there we took a single lane road that took us past Lake Bonaparte and eventually back to State Route 20. This was a familiar stretch of road, which is a long climb on the Eastern Washington Tour, but this time we got to ride down it. After riding 70 miles with 4200 feet gain, we were back at the cars by mid-afternoon so that people had time to drive home.



The excellent planning and logistical support of Ralph, Carol, Sharon, and Pete made for the inaugural Omak Hill Country Weekend a great success. I expect it will become a highly demanded spring tour in the future. The routes are challenging enough to provide motivation to train during the winter and to provide a base for early summer rides. Whether your preferred touring style is more oriented toward sightseeing and history or fast group riding, the quiet and scenic roads of north central Washington have a lot to offer.

Figure 4 A dusting of new snow at the sag stop at Sitzmark Ski Area.

HeartCycle Memorial Day Aspen Tour

May 23-26, 2014

By Cassie Klumpp and Tom Biggi

Twenty five riders came to ride from Carbondale to McClure Pass and then on to Aspen to complete a 4 day weekend of beautiful mountains and great rides. The ride was led by the Diane Short. Our special sag drivers were Maryann and Rich Loeffler. Diane is a unique tour leader because she brings her years of experience, intelligence and wonderful insight into others to each tour. Maryann Loeffler will be sought after by other tour leaders because of her many home-made treats. The treats vanished quickly. Rich Loeffler is a special sag driver, because he is also an avid rider and knows when riders might need help on the mountain passes.



Each day we rode between 30 and 55+ miles with elevation gains from 3,000 to 4,000 feet. The weather was a bit of a challenge and caused Diane to change the longer ride from Aspen to Ruedi Reservoir. Everyone was easy-going, and Diane made changes as necessary depending on the weather. On two days, she had one of

the sag drivers remain at the hotel where delicious lunches were provided. These days had rides out of the Lodge for out-and-back rides given the weather. The Aspen Mountain Lodge was a great location for us with all of the tables downstairs that allowed for flexibility with the lunches and evening meetings. We were able to set up there the DVD 'Rising from Ashes' (see last month's newsletter) for the riders to enjoy one of the evenings.

You will see from all of the pictures that every ride was unbelievably beautiful. I thought that I would pick the Maroon Bells as my favorite ride, but as you can see from the pictures, Snowmass Village, McClure Pass, Independence Pass and Ruedi Reservoir were also amazing rides. Thanks go to Diane, Maryann and Rich for a wonderful weekend and to everyone who brought a great weather attitude so we stayed high and dry (mostly)!

Carbondale to McClure Pass - ~55 miles, ~2900 vert.

The ride out to McClure Pass started on 5 miles of bike path, then followed along CO133 and Avalanche Creek with some gentle climbing and a few water falls from the snow melt making their way into Avalanche Creek. On the way we went through Redstone, Co where we took a break. Just outside of Redstone are the well preserved coke ovens used many years ago in the manufacture of coke 'bricks'.



Waterfall on the way to top of McClure Pass

A few miles down the road you could see the beginning of that 3 mile climb of ~8%. At about mile 18 the gentle 3% grade we have been enjoying gave way to a few more percent. Then there was the hairpin turn ... and the beginning of nearly 8 – 10% grade to the top – 3 miles away and 8,755 ft above sea level. It was a bit cool at the top but the descent back down that 3 mile climb was awesome as was the gentle descent all the way back to Carbondale. Not a bad warm up for the days to come!

Aspen to Maroon Bells to Ashcroft - ~44 miles, ~ 4,000 vert.

Today we rode from Aspen to the Maroon Bells and back down; then up to Ashcroft then back to Aspen. The ride to the Bells is always a wonderful ride. There was little traffic and with the view of the Bells getting ever closer there's great anticipation of

what one will see at their destination. Many folks took some great pictures with the lake and the snowcapped Bells in the background. This ride did have some climbs but what you go up you get to come down ... and usually at least twice as fast and far less than the time it took to get there!



Tom, Deb, Leslie, John, Diane, Robert, Luanne, Dana

With the Bells done, our next ride was up to the Ashcroft town site as we followed Castle Creek Road along Castle Creek. Castle Creek was flowing with plenty of water to accommodate those who were fishing along and in the creek. Another gentle climb along the creek, at least until we followed the road away from the creek where we began the real climb up to Ashcroft. At points it appeared flat and you'd wonder why you were putting in such an effort – until you looked back and saw what you were climbing. There is little left at Ashcroft except for a parking lot in the general area of what used to be Ashcroft. Here we had our break and prepared for the ride back down as the clouds were looming and rain was on its way. And – yes, we missed it!

Aspen to Basalt to Ruedi Reservoir ~ 35+ miles and 2000 ft to the dam overlook
The forecast was for rain to start early, like before noon! Therefore, for this ride it was decided to carpool to Basalt and start there to minimize our chances of getting soaked on the way back. It was a good decision!

Starting from Basalt we followed Fryingpan Road for about 12.5 miles with a gentle climb. It was relaxing with fishermen in the river on the right and red colored cliffs off to our left. As we approached the area of the dam, you could see the climb start but the dam was not yet in sight. Down to the right in the river below you could see a fly fisherman or two doing their best. You could see up another valley with lots of pine trees, another stream, road, more red tinted cliffs and snow along the ridgeline. As we rounded the corner there it was – Ruedi Dam and Reservoir – Fryingpan Arkansas Project. For those who wanted more miles and vertical, they went on past the dam and climbed more above the reservoir where there were great views looking back down on the reservoir and dam followed by yet another great descent.

**Phil, Helayn, Sherri, Luanne****Deb honoring the Wisdom of the sage**

Time to head back to Basalt. The clouds were closing in and the rain was looming. Some got a little but not too wet on the descent. Back in Basalt some enjoyed a giant hot chocolate with whipped cream and German chocolate shavings on top at Café Bernard. Now here comes the rain ... off to the cars to pack up and get back to Aspen. Another great day!

A few of the riders decided to do out-and-back rides out of Aspen where the lunch sag was stationed. Great day for all – and a few 'hail' riders' who defied the weather gods up Independence Pass as the sag headed out to rescue them.

Aspen to Snowmass Village and beyond- 28 miles and ~ 2000 ft to the top of Divide Rd

Today we had bright blue Colorado skies and snowcapped peaks for viewing as we made our way to Snowmass Village. We had plenty of climbing to enjoy along with the blue sky and sun!

**Jon atop Independence Pass**

On the way to Snowmass Village along the bike paths after ascending to McClain Flats and enjoying the views across the valley towards Snowmass there was this blind left hand turn (Diane warned us about this) where a number of folks got caught in the wrong gear. Even in the correct gear, that little corner went to 3%, 4%, 6% ... 10%,

11% and finally peaked at 12% but it seemed like it took forever to flatten out. That 'forever' was only a quarter of a mile climb. Glad that one was over with.

The climb to the end of the road above Snowmass Village was a steady 6-8% for about 2 miles. Lunch was back down in the Village. After lunch we had a great descent until we turned right on Owl Creek Road and had another mile or more climb of 7-9%.

Back to Aspen we went along some creeks via bike paths relaxing as we came to the end of a wonderful Memorial Day weekend in Aspen, Colorado with fellow HeartCycle riders!

Colorado HeartCycle 2014 Tours

Great Rivers - Year 1

March 15 - 27 Status: Complete
 12 days, Intermediate/Advanced \$1,920.00
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551
 Chris Matthews, chriswmatthews@msn.com
 (303) 618-4789

Springtime in Texas with Love, Sweat and Gears

March 16 - 22 Status: Complete
 6 days, Intermediate \$995.00
 Ann Lantz, jralantz@comcast.net 720-272-0691
 Julie Lyons, j.julie.lyons@gmail.com 720-771-5219
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467

Solvang Spring Break

April 5 - 12 Status: Complete
 7 days, Intermediate/Advanced \$1,150.00
 Ralph & Carol Nussbaum,
RENussbaum@outlook.com (206) 783-6450

Central California Coast

April 12 - 19 Status: Complete
 7 days, Advanced \$1,165.00
 Tom Groves, u4eahnrg@aol.com 720.560.1527
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Omak Hill Country Weekend

May 1 - 5 Status: Complete
 4 days, Advanced \$475.00
 Ralph & Carol Nussbaum,
RENussbaum@outlook.com (206) 783-6450

Mallorca, Spain

May 3 - 17 Status: Complete
 14 days, Intermediate/Advanced \$2,450.00
 Rich Crocker, richcrocker@hotmail.com
 (304) (719) 237-3350
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Belgium and Holland Bike and Barge

May 12 - 22 Status: Complete
 10 days, Easy/Intermediate \$1,940.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450

Aspen Highlights

May 22 - 26 Status: Complete
 4 days, Intermediate/Advanced \$445.00
 Diane Short, dianbike@eazy.net 303-763-9874

Eastern Washington

June 5 - 9 Status: Complete
 4 days, Advanced \$440.00
 Pam Austin, freeandflying@live.com
 206-525-1020
 Mike Nelson, mikenelson@seanet.com
 206-325-9068

Holland Bike and Barge Tour

June 21 - July 1 Status: Complete
 7 days, Intermediate \$1,940.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450

South-Central Alaska

June 25 - July 2 Status: Complete
 7 days, Intermediate/Advanced \$1,725.00
 Rod Nibbe, aktour@rknibbe.com

Colorado HeartCycle 2014 Tours

Washington British Columbia Loop

July 11 - 20 Status: Complete
9 days, Intermediate/Advanced \$1,320.00
Ralph Nussbaum, RENussbaum@outlook.com
(206) 783-6450
Rod Lee, kennedy6017d@yahoo.com
206-604-7145

Oregon Coast

July 26 - August 2 Status: Open
7 days, Intermediate \$1,160.00
Ralph & Carol Nussbaum
RENNussbaum@outlook.com (206) 783-6450

Mother and Daughters - Keystone, CO

August 8 - 10 Status: Open
2 days, Easy \$350.00
Ann Lantz, jaralantz@comcast.net
Julie Lyons, j.julie.lyons@gmail.com

Northern Rockies - Jasper to Glacier

August 9 - 23 Status: Full
14 days, Advanced \$2,790.00
Sue Matthews, scmatt2@gmail.com
Becky Bottino, bbottino7@gmail.net

Colorado Central Mountain Beauty

August 23 - 29 Status: Open
6 days, IntermediateAdvanced \$985.00
Harvey Hoogstrate, harvhoog@gmail.com
(303) 755-9362

Mississippi Headwaters

August 31 - September 6 Status: Cancelled
6 days, Easy \$1,120.00
Paul & Lynda Marks, paulhmarks@gmail.com
lyndamarks@q.com

New England Seacoast

Sept. 6 - 13 Status: Full
7 days, Intermediate \$1,325.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Janet Reilly janet@bikes5.com

Explore the Door

September 7 - 13 Status: Full
6 days, Easy \$1,120.00
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467
Deb Wuchner, debwuchner@comcast.net
(303) 792-2111

Southern Utah National Parks

September 12 - 22 Status: Full
10 days, Intermediate/Advanced \$1,425.00
Ralph Nussbaum, RENNussbaum@outlook.com
(206) 783-6450
Ken Condray, condray3@gmail.com
(425) 334-1444

Estes Park Weekend

September 19 - 22 Status: Cancelled
3 days, TBD \$425.00
Rosemarie Lueke ree22@msn.com
(970) 286-3989
Nate Dick npdick@gmail.com (970) 231-1068

Best of the Bay Area

September 26 - October 4 Status: Open
8 days, Advanced/Expert \$1,635.00
Bob McIntyre, dcx12@aol.com
Ken Condray, condray3@gmail.com
(425) 334-1444