

# Heart to Heart



## 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@tensarcop.com](mailto:aanderson@tensarcop.com)

**Ron Barton** (303) 798-2755

Co-Registrar - [ron.barton@comcast.net](mailto:ron.barton@comcast.net)

**Judy Rutterford**, HeartCycle's bookkeeper for the past 17 years is retiring.



Her expertise and loyalty will be missed! HeartCycle could not have grown and developed as it has without her dedicated work behind the scenes. Judy is a bright and talented "seventy-something" who, in addition to juggling books for a variety of clients, raised two sons and still found time to play the piano and violin and support and volunteer for Energy Outreach Colorado. She has an impressive business resumé, including 13 years as the Director of Student Finance at Colorado Women's College, followed by a long stint at Bishop and Bishop, a local CPA firm. While there, she was assigned the HeartCycle account in 1994. When she retired from Bishop & Bishop in 2002, at the age of 65, she took all her accounts with her and started her own bookkeeping business. HeartCycle is lucky to have benefited from her outstanding talents.

Judy is a Colorado native, born in Denver and grew up in Greeley. She says Greeley was boring, so soon as she had the chance she moved back to the big city where she got married. Both her sons and their families now live in Texas, so that is where she's headed around the end of June. She's looking forward to being close to her family and especially the grandchildren and great-grandchildren. Judy, we wish you well and thanks from all of the members of HeartCycle!

# Wisconsin River Bluffs

**When:** 9/3/2011 - 9/9/2011

**Where:** Madison, WI

**Tour Profile:** Advanced

**Cost:** \$750.00

Gather in Middleton, WI on Saturday, September 3, 2011

Enjoy the fantastic network of paved, low-traffic secondary roads, unbeatable scenery and fabulous cycling terrain. Averaging 60-80 miles per day, this 6 day tour will explore the rural mini-mountains, valleys and river bluffs of the driftless area of Wisconsin, crossing the Mississippi River into Minnesota and crossing the Wisconsin River on the nation's last free ferry boat on the way back to Middleton (suburb of Madison). Expect a combination of flat and rolling with numerous short steep climbs and twisty, fast descents. Other cycling high points include climbing and descending the Baraboo Bluffs, the Ocooch Mountains and riding the Great River Trail along the Mississippi River. Cultural attractions include the birthplace of Frank Lloyd Wright in Richland Center, the Bicycle Museum in Sparta, the Kickapoo Valley Reserve, and Circus World Museum in Baraboo.

## **Day 1 Middleton to Richland Center (75 miles/2600ft)**

Ride into Wisconsin's driftless area—the land the glaciers forgot. Rest your legs and lungs at the top of Capitol View and see Madison's lakes and state capitol building. Visit the artsy little village of Mazomanie (one of the top 10 small towns in the USA in a recent magazine article) and make a small side trip—if you wish—to the Midwest's premier nude beach on the Wisconsin River. Look for eagles as you cross the river at Sauk City. From the Sauk Prairie, contemplate the climbs to come as the Baraboo Bluffs come into view. At the end of the day, take a break from the flats with the hills outside Richland Center.

## **Day 2 Richland Center to Sparta (70 miles/3600ft)**

Today we travel into the heart of rural Wisconsin and discover the Ocooch Mountains. Riding along the Kickapoo River, we have the option to visit the Kickapoo Valley Reserve and learn about this unique natural area. Except for the thick air, we could be in Colorado as we climb up to Wildcat Mountain and descend into the Amish country around Ontario. Later in the day we take the hilly, road route that parallels the nation's first rails-to-trails conversion—the Elroy/Sparta trail.



**Day 3 Sparta to Winona (80 miles/4200ft)**

Day 3 travels into the undiscovered bicycling gem of Trempealeau County—the nation’s largest connected bicycle trail system (with traffic volume of 3 cars per hour!). A road cyclist’s paradise, we visit a few small towns and meander around the hills and valleys. At the end of the day, we come to the banks of the Mississippi River, descending from the bluffs to the Great River Trail. Our motel is across the river in the town of Winona, Minnesota.

**Day 4 Winona to Viroqua (66 miles/3600ft)**

In Winona, we absorb a bit of the local ‘Minnesota nice’ culture and perhaps learn a few words of Minnesotan. Climbing out of Winona, we ride south on top of the Mississippi River Valley bluffs, descending and crossing the river back into Wisconsin at LaCrosse, where we can view the world’s largest six-pack at the local brewery. Back in Wisconsin’s driftless area, we follow the familiar hill and valley landscape through the village of Chaseburg and on to the organic vegetable growing region around Viroqua.

**Day 5 Viroqua to Baraboo (80 miles/3900ft)**

Our longest day takes us east out of Viroqua through country that will remind us of Day 2. Visiting the small agricultural towns of Viola, Rockbridge and Lime Ridge, we enjoy plenty of climbs and descents through the Baraboo Bluffs to our destination of Baraboo. Close to the tourist mecca of Wisconsin Dells, Baraboo boasts attractions such as the Circus World Museum, the International Crane Foundation, and the Ho-Chunk casino.

**Day 6 Baraboo to Middleton (45 miles/2100ft)**

On our final day, we climb the Baraboo Bluffs for the last time and pay careful attention during a short, brake scorching descent into Devil’s Lake State Park. Leaving Devil’s Lake, we descend into the Wisconsin River Valley, crossing the river on the nation’s last free ferry at Merrimac. From Merrimac, it’s a short but pretty ride back to the start in Middleton.

Leaders: Jay DeNovo (608 241 2601) [jdenovo@tds.net](mailto:jdenovo@tds.net)

Gary Angerhofer (303 919 2818) [garyangerhofer@gmail.com](mailto:garyangerhofer@gmail.com)

Sag drivers: Steve & Anne Burchby

---

# HeartCycle - The Early Years

HeartCycle was born from the ideas of Denver cyclists Robert Kubik and Dr. Phillip Oliva. In October 1977, they proposed that the Colorado Heart Association sponsor a long-distance bicycle tour of Colorado to promote bicycling for cardiovascular fitness and health. Dr. Oliva, a noted cardiologist, sought to refute the commonly held notion that strenuous exercise at high elevations was injurious to the heart and lungs.



The Colorado Heart Association warmly endorsed the proposal as one of its major activities for 1978. Twenty-four cyclists took part in the first HeartCycle tours in 1978, a 1000-mile route and a 1000-kilometer (621-mile) route. The riders participated in a bicycling training program before the tour, taking cardiovascular stress tests before, during and after the tours. The results of the tests confirmed that, with proper physical conditioning, strenuous aerobic exercise dramatically increases the heart's ability to withstand stress.







In 1979, HeartCycle expanded to 4 routes with 41 cyclists taking part. The Colorado news media gave wide coverage to the tours. HeartCycle helped heighten the public awareness of the importance of exercise and the value of cycling.







The success of the first two years of HeartCycle led to the incorporation of the Colorado HeartCycle Association, Inc. as a non-profit Colorado corporation in April 1980. This new independent status permitted HeartCycle to become self-supporting, no longer dependent on the Colorado Heart Association and other contributors. With its new status, HeartCycle blossomed in 1980 into a national event with 8 routes and a total of 104 riders from 28 states taking part.



HeartCycle grew steadily. In 1985, it conducted its first tours outside the Front Range area. HeartCycle conducted its first out-of-state bicycle tour in 1986 to New Mexico, the Land of Enchantment Tour. HeartCycle began its cross-country skiing program in 1988. That same year, the club sponsored its first mountain bike tour, the Hard Rock Tour, and its first foreign tour, the Canadian Rockies Tour.

Story written by **Steve Brown** in 1989. He has served as the organization's president; his name and HeartCycle are considered the same by certain individuals.

Photos were provided by **Ken Kaplan**.

## 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: Open  
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