

Heart to Heart



Safe Bicycling on the Road



Bicyclists have all the rights and duties applicable to the driver of any other vehicle and can be penalized for violating traffic laws.

- Obey traffic laws, signs and signals
 - Ride in the right lane, except when passing another vehicle, preparing for a left turn or avoiding hazards
 - Ride on paved shoulders and bike lanes when present and free of hazards
-
- Ride on the right, never ride against traffic
 - Ride no more than two abreast, returning to single-file if riding two abreast would impede the flow of traffic. Ride two abreast only when no motor vehicle traffic is approaching within 300 feet (front or rear)
 - On curving canyon roads without bike lanes or shoulders, play it safe and ride single file
 - Use hand signals to indicate right or left turns, slowing or stopping
 - Use a headlight, taillight and reflectors at night
 - Act like a vehicle on the roads -- bicycles have the same rights and responsibilities
 - Never assume motorists see you or that you have the right-of-way
 - Wear appropriate gear to protect yourself: helmet, glasses and gloves
 - Expect the unexpected; your first responsibility is to be safe

Click here to read the current [Colorado Bicycling Statutes](#)

There have been recent reports of Heartcycle Club members riding more than two abreast on 2012 tours. **This is never legal in any state!** Know the rules for where you are biking, not all states allow biking two abreast. Whether riding in traffic or on quiet county roads, please bike safely at all times.

HeartCycle Contacts

The Board

Chris Matthews (303) 618-4789 (2012)

President - president@heartcycle.org

Mickey Berry (303) 779-3607 (2013)

Vice President - vp@heartcycle.org

Joanne Speirs (303) 312-7252 (2013)

Secretary - secretary@heartcycle.org

John Steele (303) 300-3573 (2012)

Treasurer - treasurer@heartcycle.org

Harvey Hoogstrate (303) 755-9362 (2012)

Registrar - registrar@heartcycle.org

Richard Crocker (719) 237-3350 (2013)

Tour Director - tourdiretor@heartcycle.org

Jeff Messerschmidt (303) 904-0573 (2012)

Sag Supply Manager - sagmgr@heartcycle.org

Jay Wuchner (720) 840-6467 (2012)

Sag Vehicles & Insurance - sag@heartcycle.org

Bob Rowe (303) 910-7230 (2013)

Tour Leadership Director - tourleadershipdirector@heartcycle.org

Steve Parker (970) 382-9551 (2013)

parker3097@yahoo.com

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

Cycling Safety Tips

In addition to the information on the first page of this newsletter, a few other things to keep in mind are:

Visibility

The first rule for safe cycling on roads with heavy traffic is to be seen. Wear bright colors such as red, yellow and orange, and use lights and reflectors when light is low.

Road Position

Ride far enough into the traffic lane to avoid being struck by opening doors on cars that are parallel parked. You'll likely attract some honks from following motorists who don't understand why you won't pull to the right to let them pass immediately, but at least you'll know that they see you.

Don't gain ground at red lights by passing a line of cars on the right (unless you're in a bike lane). It's illegal, and irritates motorists, because they have to pass you again after lights change.

Always ride in as straight a line as possible so motorists can sense how far left they have to go to get past you safely. Never weave in and out between cars that are intermittently parallel parked.

Assertive Riding

Ride defensively, but this doesn't mean timidly. Be predictable and go about your business with self-assurance that shows. This will help motorists feel comfortable with you.

If you have the right of way at an intersection, don't coast through or drivers may assume they can cut in front of you. Keep pedaling, but be prepared to stop.

HeartCycle in Mallorca, Spain

Photos by Ken Kaplan



A typical “Cami”, quiet, back road with rock walls.



Harry, our German guide for the day, with the ladies.



Very impressive winding road down to Sa Colobra and the Mediterranean.



Bikers, bikers, everywhere, enjoying a cafe and cake.



Julia and Polly enjoying local treats in Soller on a rainy day.



Weather along the coast or inland, Mallorca was a magical biking experience.



View from our hotel - hard to beat!!



Group picture on the first day

A Memorable Memorial Day Weekend Tour



HeartCycle members, Barry and Judy Siel with Colorado Springs friends, Aaron and Janet, are seen off by Colorado Governor, John Hickenlooper and his son in Antonito, Colorado before their three-day, self-supported tour around northern New Mexico.

The riders receive a hardy welcome to New Mexico and are happy to be there, despite the 30 to 40 mph head winds.



Joined in Chama, NM by HeartCycle members Clare Bena and Alan Church and their friend Mark, they make the beautiful climb up to Cumbres and La Manga passes.

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: Full
 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: Open
 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