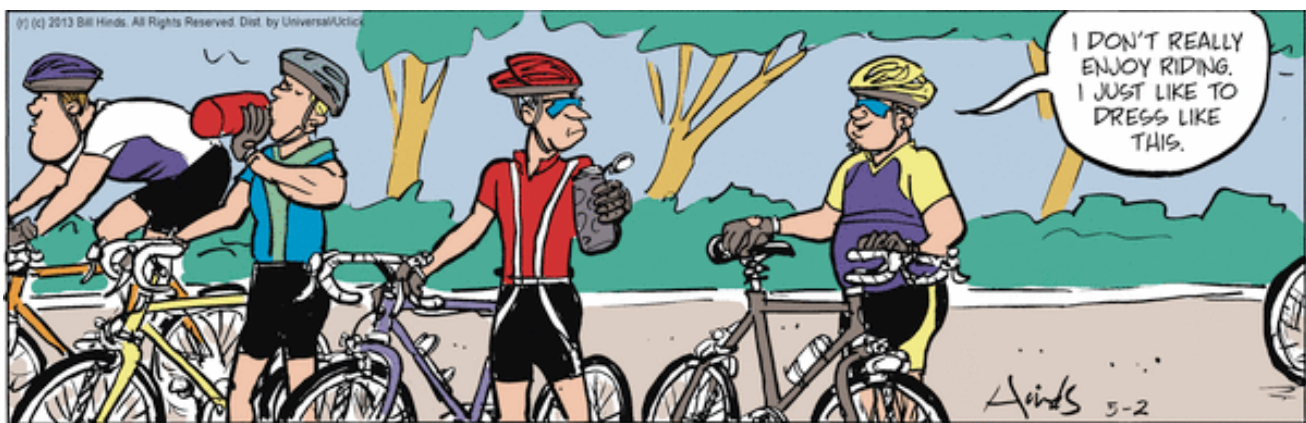


Heart to Heart



Retraction!!!

The article on the Santa Monica Tour in the May issue of this newsletter inadvertently published the wrong photo (see bottom) of The “Chargers”: Peter Padore, Steve Dertlinger, Sy Katz, and Graham Hollis. The correct photo is shown here. The editor apologizes for this error, (any resemblance between the men in these two photos is purely coincidental).



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HEARTCYCLE WELCOMES ITS NEW MEMBERS

HeartCycle Bicycle Touring Club is delighted to announce the addition of over 200 new members this year. On behalf of the club, I want to welcome our new members and thank you for your membership. Many of you from Washington and the Pacific Northwest have joined HeartCycle to continue riding with tour leaders, Ken Condray and Ralph Nussbaum; others have found our web site and signed up for one of our 2013 trips; and some of our new members heard about us from friends who are members. Regardless of how you found out about HeartCycle, we are happy that you have become members this year and our goal is to retain your membership for years to come.

As we near the midway point in our touring calendar, we have completed seven trips, and have ten remaining. Feedback has been very positive on each one and Ralph recently reported that he had over 80 new HeartCycle members combined on his Yakima Hill Country and Eastern Washington weekend trips and everyone had a great time. The goal at HeartCycle is for all of our members, new and old alike, to have fun and enjoy a positive and satisfying experience on our tours. We are committed to providing safe, well planned trips to interesting and scenic riding locations. Our club is committed to our members' safety, providing skilled leaders and support drivers, and offering you quality tours. For years HeartCycle was a well-kept Colorado secret but with our growing membership base from around the country, word is getting out that our bicycle tours are an excellent value and rival the experience of the professional tour operators.

To all of our new members, I personally hope you have an enjoyable bicycling experience this year with HeartCycle and I encourage you to consider future trips with new leaders and new friends. The 2014 schedule is being prepared and it looks like there will be new and exciting destinations to explore. I hope everyone stays safe, keeps rolling and has a little fun every day!

Chris Matthews
President

Holland Bike & Barge Tour

June 21 – July 1, 2014

Ride Leaders: Ralph & Carol Nussbaum

Tour cost: Under \$2,000
transportation to and from
Amsterdam not included)

Registration Opens in July, 2013



Next summer (2014) HeartCycle will be running a Bike and barge Tour in Holland. Ralph & Carol Nussbaum will be leading this tour June 21 – July 1, 2014. It may be worth pointing out that Ralph and Carol both speak Dutch. Ralph grew up in Amsterdam and Carol has learned the language from all of his family. This tour is limited to only 20 participants as that is all the Sarah, our floating barge will hold. We will be fed three meals each day on board the Sarah (see photo on next page). (Actually lunch will be packed for us each morning so we can eat it as we cycle through the beautiful Dutch countryside.) All the cabins have two beds and they are not **bunk** beds! Please do be aware that the rooms are not air conditioned but that really shouldn't be an issue in Holland in June where the average temperature is a high of 68 and a low of 50.

Here is a brief glimpse of what to expect. We will start and end in Amsterdam. Our first day will include a gorgeous ride along the Vecht to Utrecht and will include a tour of a 17th century working windmill. Next day we ride from Utrecht to Tiel along the Linge Route full of farms with berries and cherries and wonderful cafes. Then on to the old city of Nijmegen

along a lovely route part way on old dikes and along with a visit to the Wooden Shoemaker and to the bicycle museum in Nijmegen. The Sarah will spend a rest day in Nijmegen giving you the opportunity to either just explore that very old city first founded by the Romans or ride your bikes to Kleve, Germany a beautiful medieval town. Wednesday you cycle to and through the National Park–Hoge Veluwe and visit the Kroller/Muller Museum. From there it's on to the beautiful old town of Deventer with a stop at Het Loo Palace, one of the most beautiful in the Netherlands.



From Deventer we move on to Kampen via Zwolle. We will be cycling in the historic region of the Overijssel formerly a major shipping area along the Zuiderzee for trade with the Baltic countries. All the towns are rich in history and beautiful architecture from the 1400s and later. On our way to Sparkenburg we have one of our most scenic cycling days with little towns and beautiful countryside. We will pass through the Veluwe region with its lovely forests on our way back to Amsterdam. On the way you stop in Nunspeet which is famous for its monuments, one called the Hidden Village is famous for hiding Jews during WW II. We will spend our last day cycling in Amsterdam one of the world's most bike friendly cities.

Watch for an announcement soon from our registrar letting you know the tour is open for registration. You don't want to miss the opportunity to join us!

Yakima Hill Country Weekend - 4 Day Tour

By Jen Woyski

Photos by Ken Condray

This tour was a hub-and-spoke tour, based from the Oxford Suites Hotel in Yakima. Each day we took a different route out of town with varying lengths and elevation gains, offering riders challenging early season rides.

On the evening of Thursday, May 16th, riders met our fearless leaders, Ralph and Carol Nussbaum. We also met our fantastic SAG team consisting of Ken Condray, Becky Bottino, Howard Strickler, and Dave Lee. We signed the waivers, were given our safety triangles, and received the route sheets for our Day 1 ride into the Rattlesnake Hills, while we greeted friends old and new.

On Friday, May 17th, after a hearty breakfast, 40 riders headed south and east into the hops, vineyards and orchards of Yakima. Rain threatened in the morning but the weather improved as the day went on. Heading into our first SAG stop, at the Maison de Padgett Winery, Ralph veered from the meticulously crafted cue sheet, and led several trusting friends on a brief but wild goose chase. They were rounded up by Becky, our fearless SAG captain. Upon arriving at the winery, riders were able to taste and then buy wine which was sagged back to our hotel. The 73-mile day was a lovely loop through the Rattlesnake Hills with an elevation gain of 2,500 feet.



Lunch Time

On Saturday, May 17th, we headed part way up White Pass, and then circumnavigated Rimrock Lake, which is a man-made lake that is used as a storage reservoir for irrigation water. Riders could ride 94 miles from the hotel, or they could choose to shorten the ride 30 miles by leaving their cars at the Naches Park-N-Ride. It was cloudy and there was some light rain. At our lunch stop we were all really cold, so Shannon built a roaring fire, (no easy feat) which we all greatly appreciated. She even won the golden helmet award later that evening for her good deed. The coveted golden helmet is actually a psychedelic orange cowboy hat with a pheasant feather in the brim. It is compliments of Don, who bought it while on a bike tour led by Ken, Ralph and Carol in Southern Utah last September. Anyway, after riders fueled up and warmed up, we headed down the road and found ourselves delayed for half an hour due to blasting on US 12. Shortly after the flagman waved us through, Ralph and Carol came riding up. That was really great timing. My husband and I rode through a short tunnel with them and were serenaded by Ralph's melodious yodeling. Who knew? All-in-all, it was a good ride around Rimrock Lake with 3,300 feet of climbing.



Lunch off the Truck



Vineyards and Orchards

On Sunday, May 18th, we rode up Chinook Pass. Riders could ride either 94.6 miles, up to the gate that had just been opened the day before, or they could add another 9 miles by riding 4.5 miles up to the summit and then back down to the lunch stop. This ride began in Naches and from the start, we immediately faced brutal headwinds, which didn't let up until after the first SAG stop. We faced moderate headwinds from this point on. As we rode higher in elevation the temperature dropped into the 40s. Riders layered up at the lunch stop and didn't hang around long before heading down the mountain. The 40 or so miles back to Naches was a smokin' descent with a roaring tailwind and a beautiful ride along the Tieton River. This was a challenging and rewarding ride through very scenic terrain with an elevation gain of 5500 feet.

Monday, May 19th was a more relaxing ride through the Yakima River Canyon. Riders could start at the hotel for a mere 66-mile ride with 2300 feet of elevation or start at a park which cut out the trail and the jaunt through the town of Selah, but none of the elevation. The canyon may well be the most scenic ride on the tour with its steep wall of basalt contrasting with a meandering river with trees and greenery and just enough whitewater to make it interesting. The south entrance to the canyon involved the biggest climb of the day of about 500 feet over a headland. There were ups

and downs all along the canyon, past the sag stop and on to lunch at the other end of the canyon. It was a great ride without the wind that had plagued us the last few days. Everyone managed to arrive at lunch at the same time. So we could pose for a group picture. We returned exactly the same way we biked out, our speed varied depending on how quickly we felt we needed to get back home.



The Beautiful Yakima Canyon



One of Many Wineries

The Yakima Hill Country Tour was well organized as usual. You can always expect this when Ralph and Carol are the tour leaders. Our SAG team was terrific. The rides each day were varied, scenic and challenging. It was a very enjoyable early season tour.



2013 Yakima Tour Participants

Pacific Coast: Border to Border Part 3

By Ruth Billings (photos contributed by Steve Linari, John Penick, and Nancy Lockspeiser)

This was the 3rd and final two-week leg of our ride down the Pacific Coast from the Canadian Border, near Vancouver, to the Mexican border at Imperial Beach, California. USA Today recently rated the Pacific Coast Highway to be the top Road Trip anywhere in the USA and we did it on our bicycles! Our 3-year route totaled about 2000 miles and was completed by 22 riders and our two Sag Queens, Kathleen Schindler and Carol Nies. To top that accomplishment, 12 riders, plus Kathleen and Carol, also did the entire Ride Across America the previous 3 years.



Ralph and Ron, Parker, Geni, Henry



Patti, Terri, Emily, Ruth



Mission Beach in San Diego at the location where Ride Across America started 6 years ago. These adventurers completed all 6 years.

The ride this year started in Half Moon Bay, California and ended at Imperial Beach, a mile or two from the Mexico border (but not within shooting distance). The two previous legs we rode in early September but this year we took advantage of better weather and started May 5, and ending May 18. There were 31 adventurers, including Carol and Kathleen, who traveled the 650 miles.



Highlights of the trip included miles and miles of white sandy beaches, seals basking on rocks and on beaches, endless vegetable fields, many spectacular sunsets, flowering plants lining the road (the ice plants in full bloom were especially beautiful and special), and an optional tour of the Hearst Castle at San Simeon.



Sag stop among the vegetable fields



Beautiful flowers lining the road



Gary enjoying the view along the magnificent 17 Mile Drive in Carmel/Monterey area



Elephant Seals at Pt. Piedras Blancas near San Simeon. This is “birthing” season and the population is about 15,000.



Hearst Castle near San Simeon



Lunch at a beach pavilion in Santa Barbara

A characteristic of the trip was the numerous bike paths that we followed, many directly along the beach. This was especially helpful in the Los Angeles area where we cycled along all the famous L.A. beaches, including Santa Monica Pier, Muscle Beach, Venus Beach, and ultimately Manhattan Beach where we spent the night. Of course, this was balanced by doing some miles on busy highways including U.S. 101 and CA1, but this was minimal, especially considering the populated areas that we were traversing. Overall the route was excellent and very beautiful.

Our overnight stops were in Santa Cruz, Carmel, Ragged Point, Cambria, Prismo Beach (beach community of San Luis Obispo), Lompoc (near Vandenberg Air Force Base and the only inland location), Santa Barbara, Oxnard, Manhattan Beach, San Juan Capistrano, and Pacific Beach in San Diego. Accommodations were either on the ocean or within a few blocks. Our leaders, Steve Parker and Bill Stone are to be congratulated on the quality of our hotels as well as all aspects of the trip. A job well done!



Cycling along the beach in the L.A. area and women doing what we associate with these beaches, playing beach volleyball in skimpy bikinis. Stu was overheard to say, “I’m hoping for a wardrobe malfunction.”

Following the cue sheets when there were dozens of turns, especially on the bike paths, was sometimes a challenge. In one instance, correctly following the cue sheet led to a dirt road!



Are we on the right bike path?



The route to Carmel included a dirt road



Parker with his big laugh at one of our nightly meetings. He is happy because nobody got hopelessly lost today.



Not everything went according to plan. In San Juan Capistrano, the lock on the truck failed and required engineer, Henry, to remove it with a bolt cutter.

**Big Sur****Sunset at Ragged Point, one of many**

We spent the last two nights of the trip at a beachfront hotel at Pacific Beach. On the last day we rode from the hotel to the docks in downtown San Diego where we took a ferry to Coronado Island, then rode on a bike path down to Imperial Beach, on the Mexico border. Most of us stopped within a couple of miles of the border, but Stu and Henry rode down a dirt trail to get closer and attracted the attention of the border patrol. John suggested they shoot first and ask questions later.



Waiting for the ferry to take us to Coronado Island. This was a perfect ending to our 3-year adventure since we used so many ferries in Washington, the first year of our adventure.

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

Colorado HeartCycle 2013 Tours

Harrison Hot Springs Weekend

August 7 - 11 Status: Full
4 days, Easy/Intermediate \$515.00
Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Hudson River Ramble

Sept. 29 - Oct. 5 Status: Full
6 days, Intermediate/Advanced \$1,395.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Janet Reilly janet@bikes5.com

Glacier Park

August 9 - 17 Status: Full
8 days, Intermediate/Advanced \$1,295.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Sue Matthews, scmatt1@comcast.net

Moab Weekend

October 11 - 14 Status: Open
3 days, Intermediate/Advanced \$450.00
Chris Matthews, chrismatthews@msn.com
(303) 618-4789
Mike Cota jmichelcota@msn.com
(720) 530-8041

Oregon Coast

August 17 - 24 Status: Open
7 days, Intermediate \$1,050.00
Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Explore the Door

September 8 - 14 Status: Full
6 days, Easy \$1,120
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467
Deb Wuchner, debwuchner@comcast.net
(303) 792-2111

Northern Utah

September 13 - 22 Status: Full
8 days, Advanced/Expert \$1,065.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Ralph Nussbaum, rnussbaum@earthlink.net
(206) 783-6450