

# Heart-to-Heart



## Haven't got a Garmin - try the Ridewithgps.com Smartphone App By Bob Rowe

For most HeartCycle tours the Tour Leaders provide maps and cue sheets, and electronic files (or links to such files, usually from [www.ridewithgps.com](http://www.ridewithgps.com)) that can be used with a Garmin unit to guide you with maps and cues. This greatly simplifies riding a new route.

Recently, Ride With GPS came out with a smartphone app for both Apple and Android devices. You can accomplish many of the same functions of a Garmin, including ride statistics, maps with the route on it, seeing the ride profile and where you are on it, and seeing the cues for upcoming turns. All you need to do is invest about \$20 for a phone bike mount (readily available at Amazon, or [ridewithgps.com](http://ridewithgps.com) - see pictures on next page), and some time and curiosity to learn how to use the app. Most important, if you download a route in advance (with the maps and route information), you do not need to use your mobile data allowance. If you are not riding a pre-programmed route, the phone app works just like a standard bike computer.

A few of the pros of using the phone app versus acquiring a Garmin are: much lower costs if you already have a smartphone; typically a larger screen than the Garmin; and when following a route, the program gives you voice commands for turns (well in advance and just before the turn) - you don't need to look at the screen very often.

Some of the cons of the phone app versus a Garmin are there are a few less functions, it uses some of your phone's battery and storage (delete downloaded rides when not using them); I don't find my phone to be as easy to see or use in sunlight, and to save battery the phone screen goes dark after a bit until you hit the phone's home button to bring it back up; your phone may be exposed to the elements, including rain (bring a plastic bag and rubber band, buy a more protective mount, or just put it in your pocket while it's raining!), or damage if you tip over. I've found the phone app ride data (current and average speed, ride time, distance, etc. to be consistent with the Garmin, but the amount of climbing to be reported as 5 to 10 percent higher on the phone app. Finally, for the app to work best, the computer generated route must be carefully checked and the cues should be edited. Often with computer generated routes, there are mistakes or confusing cues, which I find easy to ignore with my Garmin (by just looking at the route on the map), but hard to ignore on the phone app with its voice and tone prompts guiding you while the screen is dark to save battery.

In many ways, the Garmin and phone app are similar - when riding a programmed route, you still need to download the route in advance, you need to learn how to follow routes on maps, and you need to be willing to fiddle with it a while to learn just how this thing works!

Overall, I think Ride with GPS has done a good job with its phone app, and I use it as a back-up (like when I forget my Garmin), but personally I prefer the Garmin. If you only occasionally want to do guided riding, then, yes, skip the cost of a Garmin and absolutely use the phone app when riding a tour. (continued on page 4)

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## **Notes from the Editor**

Have you been on a HeartCycle tour or are you planning to go on one later this year? A great way to share your great adventures with other HeartCycle members is to write an article for this HeartCycle newsletter and include a few of your favorite photos. It's fun, easy and there are no guidelines on length or format (the Editor reserves the right to make spelling and grammatical corrections as well as to modify unseemly language).

Things are beginning to come together for the 2017 HeartCycle tour schedule but we are looking for more tour suggestions and especially tour leaders. If you have never been a tour leader but think you might like to try it, HeartCycle can pair you with an experienced tour leader and you can lead an established tour, maybe one that you went on in the past and would like to do again, or maybe a new tour to place your where you love to ride or have always wanted to go on a tour. For more information, contact Bob Rowe, Tour Director, at (303) 910-7230 or [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

# HeartCycle Training Rides

Remember when HeartCycle use to have weekend Training Rides? Well, thanks to Diane Short, IT'S BACK! Why wait until the Fall annual meeting to see friends, reminisce about your adventures on recent HeartCycle tours or talk about your upcoming HeartCycle tours? This is also a great way to train-up for your next tour or just get out and ride with HeartCycle friends. Training rides began on May 14 and the schedule for training rides through early July is shown below.

## HEARTCYCLE TRAINING RIDE SCHEDULE

Date	Time/ Start Location	Ride	Rating
Saturday May 21	9:00 Parfet Park Golden (10th@Washington)	Golden Gate, Crawford Gulch, Drew Hill (unimproved dirt 2.5 miles), Golden Gate	Intermed./Advanced
Friday June 10	9:30 Empire CO, soccer field 2 blocks south on Bard Creek Rd	Berthoud Pass to Fraser and back	Advanced
Saturday June 18	9:00 bike path start across from old Kermits on Clear Creek, just before merges with I-70	Idaho Springs, Georgetown, to Loveland ski area (option to do the pass)	Intermed to Advanced
Monday July 4	9:00 Bergen Park RTD lot	Squaw Pass/ Echo Lake/ Summit Lake (Mt. Evans option. weather dependent)	Advanced
Call the ride leader to confirm; 3 riders required for ride to go. Diane Short 303-763-9874 ; danielshort@yahoo.com			

Here's a quickie overview of some key steps.

1. Go to the Google or Apple Play store and download the Ridewithgps app - its free!
2. If you don't have an account, you can get basic functions for free (and advanced functions for a small annual charge). Sign-up for an account. If you have an account, just sign-in
3. If you are on a tour with GPS routes, ask the Tour Leader for the name, key words and, when you have internet, search for the routes ("Search routes" under the menu bars top left) Download the desired route to your phone for off-line use Once downloaded, you no longer need internet (or cell towers) to follow the route - your phone uses your GPS and the downloaded file to track you and guide you.
4. While riding:
  - Following a downloaded route. Open the app, click the three bars on left top to open the menu, select "available offline," select the route you are riding. At the top of that page, hit the black diamond with an arrow and you are ready to start riding (but do try every other button to see what happens). The program auto pauses if you are not moving. You'll see the map (you can zoom in/out), swipe the bottom panel to see the data fields (speed, distance, etc., which can be changed by pressing and holding), the profile, and the next cues. When you are done riding, press and hold the pause button (X to delete, . To save. When you are back on the internet, your ride is transferred to your Ridewithgps.com account, along with an option to include pictures you took during the ride.
  - Just out riding. Just use the program like a computer to measure speed, distance, climbing, etc.

Have fun and be safe.

Vibrelli Universal Phone Mount (left). \$20 at Amazon. Takes a couple minutes to put on bar or stem. Phone is then easy in/out and very secure. Phone can be rotated and tilted. Phone screen is not obstructed, but some buttons may be obstructed (not on my Samsung S6). Mounts like this are generally better if you are going to use it regularly. Adjustable for small to larger bars and stems.



Ridewithgps.com 's (under their Store tab) Universal Mount (right). \$18. Seconds to attach/detach to bars or stem and to wrap around the phone. Very secure, but it obstructs some of the screen and may obstruct some buttons (not on my Samsung S6). If you are only going to use your phone once in a while (or as a back-up in your travel gear kit for when you forget your Garmin/computer), this is a good choice because of how quick it is to put on and off.

## The Island of Mallorca, Spain

By Rob Weaver

The Mallorca tour was fantastic! This was my first tour with HeartCycle Bicycle Touring Club and my first overseas bike trip. My wife and I arrived at the Palma, Mallorca airport after a very long trip starting at the Durango airport and ending about 20 hours later in Mallorca, Spain. We were jet lagged and spoke just a little Spanish. When we arrived at our hotel the check in clerk gave us a hand written note from Rich Crocker asking us to pick up our bike when we checked in and meet the group for dinner. Rich knew when we were arriving and was there for us from our check in at the beginning to arranging for transport back to the airport at the end. We got our bikes per Rich's instructions and when we walked to the hotel's dining buffet for dinner Rich was there wearing a HeartCycle jersey. I didn't recognize the jersey, but Rich asked us as we passed if we were the Weavers.



I asked fellow riders what was their favorite memories of the tour:

The most common response was the camaraderie of the riders and the friendliness of the locals. I have to agree. The entire group of us supported each other. We did not have a sag support except for the on last ride for "the coastal classic". Instead we usually stopped to regroup in squares of the small towns and cafes along the way. I loved the stops and would look forward to cappuccinos and pastries. One day on my lunch stop I had wood smoked suckling pig!



Being treated as equals to cars and trucks was mentioned. The island was incredibly bike friendly and I can see why it is considered the Mecca of European biking. There were easily more bikes on the road than cars. Many of our daily rides were along “camis” which are narrow roads, some no wider than a two way bike path. The occasional car or truck on them was very respectful of the bike traffic. When you made eye contact with the approaching drivers they were smiling and did not look annoyed or put out over the bike traffic.



One of our riders commented on the wonderful natural environment of Mallorca, including this old growth olive tree which looked to me to belong in the realm of fantasy.



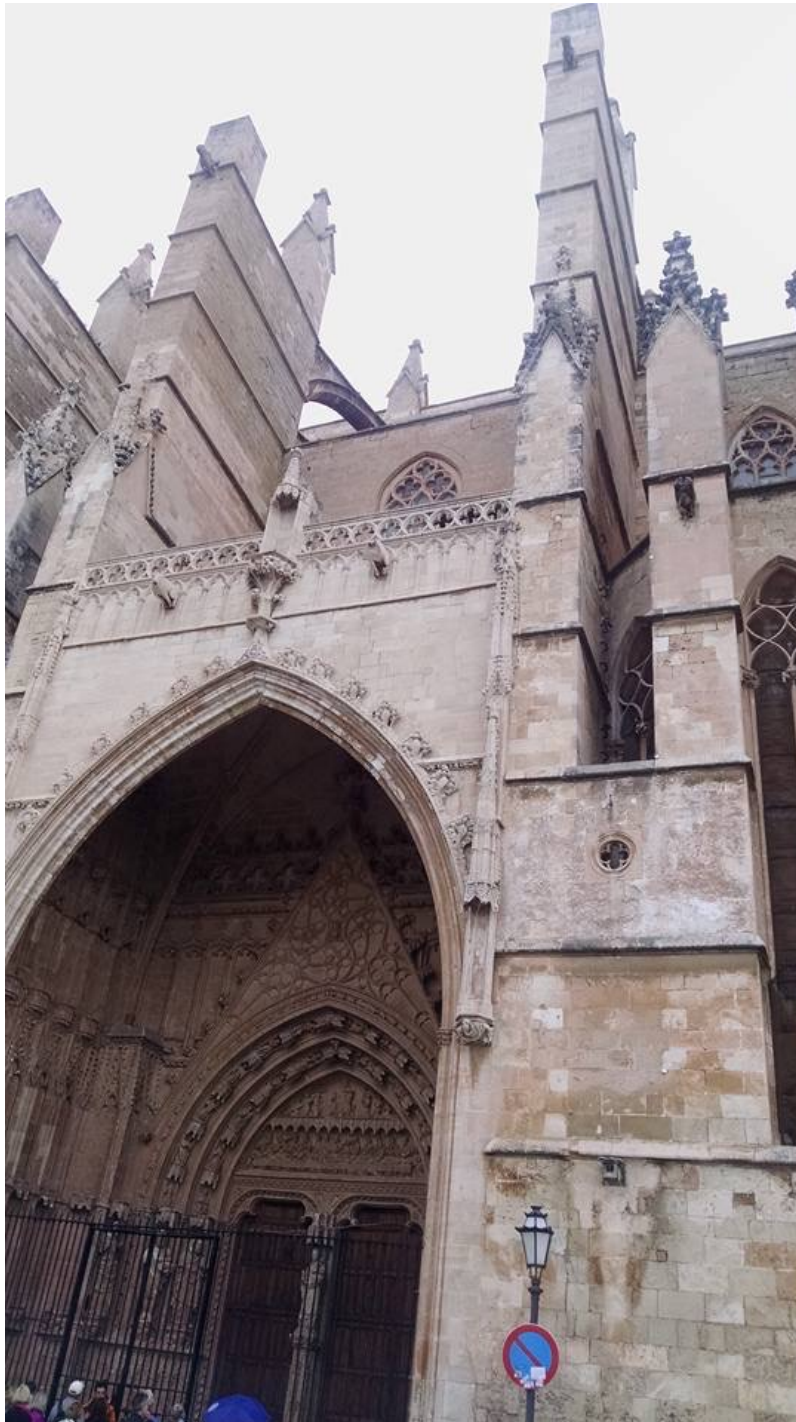
There were ubiquitous red poppies growing wild along every path.



Many of the roads and camis were lined by stone walls. The houses and other buildings had a look of permanence with many made of stone.



The architecture included a cathedral in Palma which our architect rider (A College Dean of Architecture no less!) described as dematerialization. The cathedral had many supporting structures such as arches replacing walls and eliminating much of the usual support mass making the building more ethereal.



My favorite ride was Sa Colabra with 6700 ft of climbing. A 72-mile ride with impressive views on descent and climb out.



I did enjoy the impressive daily buffets for breakfast and dinner, the incredible rides with challenging climbs and descents, the rest breaks frequently located in a central square of a Mallorcan town, and the “Coastal Classic” ride, featuring impressive views of the Mediterranean during an 85-mile ride with 8500 feet of elevation gain!



My sincere thanks to Rich, Polly and Bob. Their organizational skills are unmatched (except maybe by Fred 268, you will have to ask one of the riders!), and their passion and compassion for biking and people which made this my favorite biking experience. Thank you!

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# Colorado HeartCycle 2016 Tours

## In Search of Texas Bluebonnets

March 30 - April 6                      Status: Complete  
7 days, Int. / Adv.                      \$1,180.00  
Jim Bethell, [jim@bikes5.com](mailto:jim@bikes5.com) (518) 446-1766  
Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
(720) 840-6467

## Paso Robles Wine Country

April 23 - 30                              Status: Complete  
7 days, Int. / Adv.                      \$1,365.00  
Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)  
(206) 683-9220  
Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
(425) 334-1444

## The Island of Mallorca, Spain

April 30 - May 14                      Status: Complete  
14 days, Int. / Adv.                      \$2,400.00  
Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
(719) 237-3350  
Bob Rowe, [browe@comcasst.net](mailto:browe@comcasst.net)  
(303) 910-7230

## Heart of Holland Bike & Barge

May 21 - 31                              Status: Complete  
10 days, Easy / Int.                      \$1,940.00  
Joanne Speirs, [jcspeirs@aol.com](mailto:jcspeirs@aol.com)  
(303) 312-7252

## Friesland Bike & Barge

June 1 - 11                              Status: Complete  
10 days, Easy / Int.                      \$1,940.00  
John Penick, [jdpenick@gmail.com](mailto:jdpenick@gmail.com)  
(203) 232-8946

## Durango Fixed Base Sampler

June 4 - 8                              Status: Complete  
4 days, Int.                              \$750.00  
Steve Parker, [bsparker116@gmail.com](mailto:bsparker116@gmail.com)  
(970) 382-9551  
Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
(303) 618-4789

## New Mexico - Land of Enchantment

June 11 - 18                              Status Complete  
7 days, Adv.                              \$1,330.00  
Rich Loeffler, [richardtloeffler@gmail.com](mailto:richardtloeffler@gmail.com)  
(303) 981-2963  
Bob Raicer, [rjr@raicer.com](mailto:rjr@raicer.com)

## Re-Living the Pro Challenge

June 25 - 29                              Status: Open  
4 days, Int. / Adv.                      \$565.00  
Diane Short, [dianbike@eazy.net](mailto:dianbike@eazy.net)  
303-763-9874

## Le Monastere - SESSION 1

July 2 - 9                              Status: Closed  
7 days, Int. / Exp.                      \$2,350.00  
Bob Rowe, [browe@comcasst.net](mailto:browe@comcasst.net)  
(303) 910-7230

## Le Monastere SESSION 2

July 9 - 16                              Status: Closed  
9 days, Int. / Exp.                      \$2,350.00  
Bob Rowe, [browe@comcasst.net](mailto:browe@comcasst.net)  
(303) 910-7230

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# Colorado HeartCycle 2016 Tours

## Cowboy Country

July 16 - 23                      Status: Wait List  
7 days, Adv                      \$1,225.00  
John Penick, [jdpenick@gmail.com](mailto:jdpenick@gmail.com)  
(203) 232-8946  
Fred Yu, [fredericky@comcast.net](mailto:fredericky@comcast.net)  
(303) 321-4530

## Grand Valley Ramble

September 22 - 25              Status: Canceled  
3 days, Int. / Adv.              \$485.00  
Joanne Speirs, [jcspeirs@aol.com](mailto:jcspeirs@aol.com)  
(303) 312-7252  
Doug Moll, [doug@aaplus.com](mailto:doug@aaplus.com)  
(720) 312-1203

## Mothers Daughters Weekend

July 28 - 30                      Status: Open  
2 days, Easy                      \$415.00  
Julie Lyons, [julie@lovesweatandgears.net](mailto:julie@lovesweatandgears.net)  
Ann Lantz, [ann@lovesweatandgears.net](mailto:ann@lovesweatandgears.net)

## Fireworks of Fall, Upper Hudson River

Sept. 26 - Oct. 2                Status: Open  
8 days, Int.                      \$1,260.00  
Jim Bethell, [jim@bikes5.com](mailto:jim@bikes5.com) (518)  
446-1766  
Janet Reilly, [janet@bikes5.com](mailto:janet@bikes5.com)

## Coast to Coast, The Northern Tier: Year 1

September 10 - 23              Status: Wait List  
13 days, Int. / Adv.              \$2,490.00  
Steve Parker, [bsparker116@gmail.com](mailto:bsparker116@gmail.com)  
(970) 382-9551  
Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
(303) 618-4789