

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
March 2010



What to Do After Your Bike/Car Crash By John Duggan*

You might be on your club training ride, commuting to work or simply out riding with friends, and when you least expect it, your worst fear becomes a reality. The minivan approaching from the opposite direction makes a left turn in front of you. You lock up your brakes, skid and crash into the passenger side of the minivan. You have some road rash but quickly realize you're not dead, and your adrenaline kicks in. The minivan driver immediately takes the offensive and asks why you were riding in the roadway and why you did not stop.

Unfortunately, I've been in this situation twice, and both times I thought I wasn't injured and could ride away. In each instance, approximately a mile down the road, I realized I was injured, my bike was damaged and I was looking for the nearest emergency room. By this time, it may be too late to gather the information you need to make a claim against the at-fault driver. Through my personal experience on the bike as well as my experience representing injured cyclists, I have learned what you should and should not do if you find yourself a victim of a negligent driver. Keep in mind that as a cyclist, you are usually behind the eight ball. To preserve your rights, keep in mind the following:

- **Do** remain calm and non-confrontational.
- **Do** call the police and insist that the officer files a police report. In the event that an officer does not respond, go to a police station and file an accident report within 72 hours of the incident.
- **Do** get the vehicle driver's insurance information, address, phone number and license plate number.
- **Do** get the name, phone number and address of every witness.
- **Do** get the necessary medical treatment.
- **Do** have your bike thoroughly inspected by a reputable bike shop.
- **Do** take photographs of the accident scene, your injuries, your bike and all other involved vehicles.
- **Do not** lose your temper or argue with the vehicle driver.
- **Do not** minimize your injuries or your bike damage.
- **Do not** give a statement to the vehicle driver's insurance without first consulting with an attorney.
- **Do not** rush into any settlement until you know the full extent of your injuries and bike damage.

In most bicycle/motor vehicle accident claims, I demand that the insurance company declare the bike and all damaged clothing and accessories a total loss and pay full replacement value. As will be discussed in a future article, in most bicycle/motor vehicle accidents in Washington, regardless of who was at fault, the vehicle driver's insurance will pay reasonable and necessary medical bills and some wage loss.

Hopefully you will never find yourself in a situation where you need to use this information, but if you do, you will be prepared.

**John Duggan is an avid cyclist and attorney who represents injured cyclists. He is a member of the Cascade Bicycle Club, Bicycle Alliance of Washington, and the Washington State Trial Lawyers Association. He can be reached at (206) 343-1888 or johnd@warrenduggan.com.*



Heart to Heart

March 2010

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Notes from the Board

HeartCycle WebSite www.heartcycle.org

Many members are checking out HeartCycle's new redesigned website and are pleased with what they see. It has been professionally redesigned and all HeartCycle information is now in one place:

- √ Tour Information
- √ Training Ride Information
- √ Newsletters
- √ Registration for tours
- √ Membership renewal
- √ General information and club news

If you are a current HeartCycle member, or have been a member at any time since 2004, your record is in the secure database. Your record is protected by a UserID and Password. If you would like to login to your personal record, there is a link to request your personal UserID and Password.

In addition, there will soon be the capability for those who don't know their login credentials to answer specific questions for access to their personal record immediately without waiting for an email from the Registrar.

Take a look at it and see what many others are seeing, and if you have any suggestions, please send them to registrar@heartcycle.org



Colorado HeartCycle—Sprinting into the Future

Going on a HeartCycle tour is meant to be an adventure, a good adventure. The trip can be a bummer if the SAG vehicle isn't what it's supposed to be. Most of our tours are now using two vehicles. We have rented panel vans and box trucks from several vendors including: Budget, Ryder and this year Penske. In the last two years we have had some reliability problems that left some tour leaders stranded until a replacement vehicle arrived and transporting passengers without seats and seat belts.

The greater concern for the HeartCycle Board was the safety factor that is severely lacking when transporting riders for whatever reason in the back of these vehicles. We have been fortunate that we have not had any accidents in the past. With safety paramount on our minds the board has encouraged tour leaders to use passenger vans in their vehicle mix. We quickly found that passenger vans from rental companies are difficult to locate and the rates can easily be double that of the panel vans. For safety reasons we limited ourselves to 12 passenger vans. Therefore, the board made the decision to investigate the option to purchase a suitable van that could carry passengers as well as haul some of our gear on our tours.



The Board is very aware of our responsibilities to the members and so we wanted to find a vehicle that would be reliable and economical as well as fulfill our requirements for a safer vehicle. Looking at Ford and GMC we found vehicles that could do the job but, both only have gasoline engines available. The other choice was the Sprinter which has a diesel engine that traditionally last much longer than gasoline engines. The Sprinter was sold by Dodge until last year; they are now sold by Mercedes. Some of our tours have used them in the past and those who have driven them liked them.



Heart to Heart

March 2010

The Sprinter costs more than the Ford or GMC on the front end **but** (and it is a big one), over 250,000 miles @ \$2.50/ gallon of fuel our savings will be in the neighborhood of \$40,000, more if fuel costs go higher in the future. The Sprinter has an 188HP turbo diesel engine with 325lbs of torque. It is one of the cleanest burning engines on the market. What that means, this thing will get up the hills with no problem, something that tour leaders appreciate when hauling bags, bikes and coolers. The Sprinter will carry 12 passengers with room to spare; it also has a full array of safety equipment not found on the competition.



We will continue to rent vehicles for tours for hauling equipment and bikes but when the need arises for transporting people we now have the Sprinter which brings Colorado HeartCycle members safety, reliability, and great fuel economy which will create a better tour experience. We hope you will enjoy the addition to Colorado HeartCycle.



Heart to Heart

March 2010

Colorado HeartCycle 2010 Tours

Arizona- Missions, Mines and Missiles

February 21, **22-28** Arizona Status: completed
300 miles/7 days (6 riding, 1 rest day) \$1030
Leaders: Rich Crocker, richcrocker@hotmail.com
Bill Stone, 719-598-6329, bill.stone@q.com

Ride Across America – Part 3

March 12, **13-29**, TX to FL Status: full
1129 Miles/ (13 days riding, 2 days off) \$2075
Leaders: Jerry Bakke, (303) 738-9861
Steve Parker, (970) 382-9551

Springtime in San Diego County

April 22, **April 23-May 1** California Status: full
415 miles/8 days (1 rest day) \$1095
Leaders: Sy Katz, 303-789-5268, 303-550-2073 (Cell),
SKSKATZ@Comcast.net
Bob Rowe, 303-762-0494, 303-910-7230 (Cell),
browe49@comcast.net

East Coast Easy

May 8, **May 9-15** Virginia Status: 10 slots open
270 miles/6 days \$1100
Leaders: Jay Wuchner, (720) 840-6467,
jaywuchner@comcast.net
Deb Wuchner, (303) 792-2111, debwuchner@comcast.net

Crater Lake National Park to Lava Beds National Monument

June 25, **June 26-July 3** Oregon Status: open
400 miles/8 days (2 rest days) \$1,355
Leaders: Duncan Rollo, (970) 224-2783,
duncanrollo@msn.com
Dan Pappone, (408) 316-1667, danpappone@att.net

Rocky Mountain Ramble

June 26, **27 June-3 July**, Colorado Status: open
300 miles/7 days (6 riding, 1 rest day) \$875
Leader: Sheridan Garcia at (303) 638-0330 or
sheridangarcia@yahoo.com

Colorado's San Juan Mountains

July 16, **July 17 – 24**, Colorado Status: open
506 miles/ (8 days, 1 rest day) \$1,050
Leader: Gary Angerhofer, 303-989-2015,
garyangerhofer@gmail.com

San Juan Islands & Western Washington

August 7, **August 8 – 14**, Washington Status: full
420 miles/ 7 days (6 riding, 1 rest/ride) \$850
Leaders: Ken Condray & Becky Bottino,
425-745-1159, condray3@comcast.net or
bbottino7@comcast.net

Idaho Panhandle, Lakes, Rivers & Silver Mining

August 21, **22 – 28 August**, WA, ID, MT Status: open
400 miles/7 days (1 day off) \$950
Leaders: Harvey Hoogstrate, (303) 755-9362,
harvhoog@gmail.com
Ken Condray, (425) 745-1159, condray3@comcast.net

Black Forest Loop, Germany

August 28, **Aug 29 –Sept 11**, Germany Status: open
840 miles/14 days (3 rest/ride days) \$2475
Leaders: Joachim Kuhlmann, kuhlmanjoachim@aol.com
Rich Crocker, (719) 481 -2313, richcrocker@hotmail.com

Fireworks of Fall - The Notches of New Hampshire

Sept 11, **12-19**, New Hampshire Status: open
425 miles/8 days (1 day off/ride) \$1055
Leaders: Jim Bethell and Janet Reilly
518-446-1766, jim@bikes5.com

Volcanic Skylines: Lassen to Mount Shasta

Sept 24, Sept 25 – Oct 2, California Status: open
468 miles/ 8 days (1 rest day) \$1,180
Leaders: Duncan Rollo, (970) 224-2783,
duncanrollo@msn.com
Dan Pappone, (408) 316-1667, danpappone@att.net

Moab Skinny Tire Ride

October 8, **9 - 11**, Utah Status: open
148 miles/3days \$410
Leaders: Mark Berenson & Charlotte Patterson,
(970) 626-5649 or racemark@aol.com

For more information on, and to register for, all the 2010 HeartCycle tours go to the website at www.heartcycleregistration.org or contact the tour leaders listed. Email addresses for tour leaders available on the website.



Heart to Heart

March 2010

Colorado HeartCycle – Spring 2010 Training Rides

To see what is coming up beyond this month, to obtain a copy of Training Ride Starter Guidelines, or if you would like to volunteer to start a ride, go to the HeartCycle website, www.heartcycle.org and click on Training Rides.

Date	Time	Length	Start Location	Ride Description	Leader/Phone
Mar. 6	10:45	20	NW corner of 25th & Sheridan Blvd	Sloans Lake and nearby trails	Gaar P. / Jeannie C. 303-691-0938
Mar. 13	10:45	20	Cherry Creek State Park at SE corner of Cherry Creek HS across from main reservoir entrance	3/13/2010 10:45 AM 10 Cherry Creek State Park roads	Sheridan G. 303-638-0330
Mar. 20	10:45	30	King Soopers parking lot NW corner at Wadsworth & Chatfield	Chatfield State Park roads	Luanne R. 720-280-4555
Mar. 27	10:45	30	NW corner of C470 & Morrison Road	Bear Creek State Park roads	Sheridan G. 303-638-0330
Apr. 3	9:45	25-35	120th & Huron PnR in Northglen	Show & Go - DIA Loop	Sheridan G. 303-638-0330
Apr. 10	9:45	25-35	Mineral PnR at Santa Fe in Littleton	Show & Go - Chatfield Reservoir	Diane S. 303-763-9874
Apr. 17	9:45	25-35	120th & Huron PnR in Northglen	Show & Go - Starter's choice	Ride Starter Needed
Apr. 24	9:45	25-35	Mineral PnR at Santa Fe in Littleton	Show & Go Starter's choice	Ride Starter Needed
May 1	8:45	25-45	Tom Watson Park at 63 rd & Diagonal Hwy, Boulder	Carter Lake out and back	Gaar P. / Jeannie C. 303-691-0938
May 8	8:45	25-45	Mineral PnR at Santa Fe in Littleton	Roxborough Park out and back	Luanne R. 720-280-4555
May 15	8:45	25-45	So. Boulder Rec Center, 6650 Sioux Dr. meet west of tennis courts	Outskirts of Boulder	Cindy D. 303-431-4026
May 22	8:45	25-45	Writer Vista Park, Mineral & Peninsula St., Littleton	Castlepines Loop	Ride Starter Needed
May 29	8:45	25-45	Hygiene Elem. School at 75 th Street in Hygiene	Starter's choice	Gaar P. / Jeannie C. 303-691-0938



Heart to Heart

March 2010

RIDE2RECOVERY CHALLENGE TOURS—2010 **CALENDAR POSTS FOR LOCAL BICYCLING CLUBS**

Ride2Recovery assists veterans in their mental & physical rehab programs (many will be on the ride); proceeds from this tour provide bicycles, equipment, clinics, & outings for wounded vets.

One Day Rides: \$75 (includes T-shirt)

Full Ride Limited to 200 participants, with a minimum donation of \$3000. (Includes: hotel, support, meals, rest stops, jersey, T-shirt, socks and more!)

Captains: Sandy and Dave Hahn; blondiehahn@gmail.com, 734.455.6581

April 6 -11, 2010 (Tue-Sun); or **ANY** one day during tour.

Ride2Recovery - Don't Mess with Texas Challenge <http://www.ride2recovery.com>

San Antonio to Arlington TX. *From the start in San Antonio to the state capitol of Austin to the finish at the baseball game at Texas Ranger's Ameriquest Field vs. the KC Royals, this event will also feature visits to Brooke Army Medical Center, Randolph AFB, and Ft. Hood. Wounded Warriors from the Center for the Intrepid, Ft. Bliss, and Ft. Hood are expected to participate.*

May 31 – June 5, 2010 (Mon-Sat); or **ANY** one day during tour.

Ride2Recovery - Memorial Challenge <http://www.ride2recovery.com>

Washington DC to Virginia Beach VA. *Follow historical roads and live American history as you leave the National Memorial Parade on your way to your final destination of Virginia Beach. Along the way, you will pass by Mt. Vernon, the famous civil war battlefields of Manassas or Bull Run, Fredericksburg, Mechanicsville, and Richmond. The settlements of Williamsburg, Jamestown, and Yorktown stopping in the heart of the largest military bases in the U.S. The event ends with a USO sponsored VIP concert experience featuring American Idol winner David Cook.*

July 30 - Aug. 4, 2010 (Fri-Wed); or **ANY** one day during tour.

Ride2Recovery - Rocky Mountain Challenge <http://www.ride2recovery.com>

Cheyenne WY to Colorado Springs CO. *The ride begins at the Cheyenne Days Rodeo. The participants will head south along the foothills of the rocky mountains. With an route that incorporates some of the best cycling roads in the US. Many areas in the route have been used in such famous races as Coors Classic, Red Zinger Classic, and the World Championships. The ride concludes with a visit to the Garden of the Gods before a grand finish at Ft. Carson.*

October 3 - 9, 2010 (Sun-Sat), or **ANY** one day during tour.

Ride2Recovery – Golden State Challenge <http://www.ride2recovery.com>

San Francisco CA to Los Angeles CA. *Travel down the beautiful and scenic Highway 1, while enjoying stunning views of the Pacific Coast at every turn! From San Francisco the pacific ocean will be off your right shoulder as you head south through great cities like Santa Cruz, Big Sur, San Simeon, Pismo Beach, Solvang and Ventura.*

December XX – XX, 2010 (Sat-Thu), or **ANY** one day during tour.

Ride2Recovery – Florida Challenge <http://www.ride2recovery.com>

Tampa to Jacksonville, FL.