

Heart to Heart



HeartCycle Web Upgrade

Please note that the www.heartcycle.org web site has been upgraded:

Change to your Personal Record Window

When you log in to your personal record, you will notice a difference in appearance. The changes are intended to clarify updating your personal record, for example changing your email address, phone number or address. The ability for you to add family members is also provided.

Addition of Personal Information: “Once and Done”

On your personal record window, please notice an additional button: “**Enter Additional Information**”. Clicking this button will open a new window where the capability is provided to:

- Select garment sizes,
- Correct your birth date, and
- Enter emergency contact information.

This information is stored in the database in your personal record. When you register for HeartCycle Tours in the future, this information will be pre-populated into the registration screen for you. Please note that this information was derived from the latest of your previous tour registrations, if available, and may need to be updated. In particular, the birth date will not be completely accurate.

It is recommended that you login to your personal record at www.heartcycle.org to check and if needed, correct this additional information. Once you do that it will be “once and done” for you.

Please note that selection of sizes for jerseys, jackets, and arm warmers is available. These items are not all being provided in 2013 tours, but may be provided on future tours. So your selections will be available for future tour registrations

This information will then be used in your current tours, and will be pre-populated into future tours to which you may choose to register.

Please send comments to harvhoog@gmail.com

HeartCycle Contacts

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Notes from the Board

HeartCycle has about 550 riders registered for our 2013 tours which is a dramatic increase from 409 riders in 2012. Much of the increase is due to the addition of the tours that came over from the Cascade Bicycle Club with Ken Condray and Ralph Nussbaum. Welcome to all of our new members, Heartcycle is excited to have you join us this year.

The board is working on the 2014 tour Schedule. Some of the potential tours include: The Grand Canyon; San Diego Easy; Spring Training Camp with Ann Lantz and Julie Lyons of the Love, Sweat and Gears RAAM team; Solvang; Yakima Hill Country; Jasper Canada; Holland Barge Tour Easy; San Juan Islands; Black Hills of South Dakota; Alaska; a Mystery Tour; and a few more that are under development.



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www.lovesweatandgears.net

Hello!

Love Sweat and Gears (LS&G) is at it again! On June 15, 2013 LS&G will Race Across America (RAAM) with 2 new team members in an attempt to set the new course record for their division. For those of you who missed Heartcycle's 2012 annual meeting at Mount Vernon Country Club with LS&G's provided a recap of the 2012 race. A team of four Colorado women cyclists will compete in 2013 RAAM, an event considered by many as the premier, ultimate endurance contest of it's kind in the world. In addition, LS&G's goals are to inspire, train, and educate people of all ages to the benefits of endurance cycling as a pathway to excellent health. They do this by offering workshops, rides, and training opportunities at minimal to no cost to any community member. Here are a few facts about RAAM.

RAAM's (www.raceacrossamerica.org) reputation stems from being the only 3,000 mile, non-stop, non-drafting race starting in Oceanside, CA and finishing in Annapolis, MD. Racing coast to coast, competitors ride around the clock with minimal rest on a course that is 30% longer than the Tour de France, through 13 states with 170,000 total vertical feet of climbing, all within a projected time frame of less than seven days!

In 2012, LS&G competed in RAAM, winning the overall women's competition but narrowly missing a new course record. With a few changes in personnel, 2013 looks to be the year to reach their goal. Introducing team Love, Sweat & Gears for 2013:

Ann Lantz – Centennial, Colorado – Returning in 2013, Ann is a World Champion Triathlete, an Inductee into the Colorado Sportswoman Hall of Fame, Colorado State Cycling Champion, personal trainer, coach, and the mother of two.

Lisa Renee Tumminello – Steamboat Springs, Colorado – New to the team in 2013, Lisa Renee is an established athlete competing as a professional road cyclist with the Primal woman's team, she finished in 2nd place over all in the Race Across the West 2012, is the owner of Specialized Training Inc., and is the mother of two.

Heather Gollnick – Steamboat Springs, Colorado – New in 2013, Heather is a five time Ironman Champion with too many podium finishes to name. She is a successful professional athlete as well as sought after coach and owner of IronEdge Coaching, and is the mother of three.

Julie Lyons – Greenwood Village, Colorado –Returning in 2013, Julie has represented the USA in world Triathlon and Aquathlon competitions racing at all distances with multiple podium finishes. Julie and Ann, competed on the 2012 Love, Sweat & Gears team, as well as setting a course record for the Race Across the West in 2010, is a USA Certified Triathlon coach as well as a USA Cycling coach and is the mother of two.

We invite you to contribute to our race and our cause, Bikes for Kids. LS&G is a nonprofit corporation with a pending 501(c)(3) status so all donations are tax deductible. They support other Colorado organizations with a similar mission. You can read more about LS&G and make a donation at their website www.lovesweatandgears.net. For 2013 they are earmarking all of their proceeds to support “Bikes for Kids” a charity which provides bicycles for disadvantaged kids in Denver and the surrounding areas. Please contact us at lovesweatandgears@gmail.com for any additional information.

Love, Sweat & Gears Open House and Silent Auction
Saturday, April 13
6:00 - 9:00 pm

Hosted by Frame de Art

Frame de Art is a custom framing store located four blocks north of Hampden at 3065 S. Broadway, Englewood, CO 80113

www.framedeartonline.com

Stop by Frame de Art on April 13th and support the LS&G racers as they prepare for their record breaking attempt in the 2013 Race Across America (RAAM).

Light snacks and beverages will be provided and there will be a presentation of LS&Gs 2012 RAAM experience.

If you would like to contribute to LS&G's fundraising efforts but are unable to attend the Open House please feel free to contribute on the Team website,

www.lovesweatandgears.net

The (Almost HeartCycle) Tour of North Island, New Zealand

by Barry and Judy Siel

In the down-under summer month of February a group of 18 riders, of whom 11 are HeartCycle members, went on a two week bike tour of the North Island of New Zealand, (the other seven riders and the guides indicated an interest in joining HeartCycle soon) with Auckland based Pedaltours.

In addition to the beautiful and challenging cycling, there were many natural and cultural attractions along the way that made the trip so much more than just a bike tour. Some of the favorites were: a hike to secluded Cathedral Cove, a walk around the picturesque Rapaura Water Gardens, a ride on the Driving Creek Bush Railway, Whakarewarewa Thermal Village with geysers and mud pots, Mitai Maori Village Cultural performance, Tongariro National Park, a farm-stay at Piopio, and the glow-worm caves of Waitomo.

The first week of the tour featured steep climbs of the Hunua Range with amazing coastal views, followed by the rolling hills and flat coast runs along the coast of the Coromandel peninsula. The second week the group moved inland to ride around calderas and volcanos (Mt. Taranaki was actively smoking, Mt. Ngauruhoe was featured in the Lord of the Rings movies as Mt. Doom), sheep and dairy farm, and beautiful turquoise lakes.



Guide Alex Anderson



Guide Owen Mills

We were fortunate to have two of Pedaltours best guides on our tour. Alex and Owen took such great care of us and provided wonderful picnic lunch spreads that were delicious and plentiful. Some days included a mid-morning stops at a pastry shop for a treat and a cappuccino, and in the afternoons some riders were able to locate ice cream shops or local beer vendors. Nobody lost weight on this tour!

A favorite of everyone was the Driving Creek Bush Railway (www.drivingcreekrailway.co.nz) a small gauge railway built by Barry Brickell, starting construction in 1975 and constructed entirely with materials fabricated on site. Barry Brickell is a world renown potter and many of his works adorn the railroad right-of-way. The railway includes tunnels, a double-deck viaduct and several “zigzags” that allowed the train to reverse directions as it swichbacked up the hill side.



Ken and Jody on the Driving Creek Railroad A tight tunnel and Brickell artwork

At Tongariro National Park we stayed two nights at the elegant and historic Chateau Tongariro Hotel where we had spectacular views of the parks three volcanos, Tongariro, Ruapehu and Ngauruhoe, also known as Mt. Doom from the Lord of the Rings movies. The day off activities included hikes to Taranaki Falls and the challenging Skyline trek.

Upon arrival at Piopio, the group split up into groups of 3 and 4 as we were greeted by our farm-stay hosts and transported to the various farm locations for a cultural New Zealand experience.

At Waitomo we went for a walk through the Waitomo Caves ending with a boat ride through the glow-worm cave. This was followed by a beautiful hike through the nearby Scenic Reserve.

Despite the rough chip seal roads, everyone enjoyed cycling on the quiet rural roads of the North Island. Most of the group cycled over 500 miles during the two week tour with nearly 30,000 vertical feet of climbing with too many dairy cows and sheep to count. The many group dinners were a sampling of the excellent New Zealand cuisine.



Lunchtime on the shore of the Firth of Thames



On the Eyeful Tower at the final terminus of the Driving Creek Railway

Pacific Coast Border to Border - Part 3

There is still space available for this tour!!

We will continue the third year and finish the Pacific Coast adventure as we head south from the San Francisco area and continue to the United States/Mexico border. Like last year, we will be treated to some great views of the California coast as well as some amazing growing areas: particularly with strawberry and artichoke plants lining the roadways. Many of the lodging properties are prime beach front locations.

A group shuttle will pick up everyone flying into the San Francisco airport for transport to Half Moon Bay. The pre-ride meeting will be at the Best Western in Half Moon Bay on the evening on May 4th.



The tour will begin on Sunday, May 5th biking to Santa Cruz. Everyone will enjoy a day off in Monterey to allow riding 17 Mile Drive and checking out the Aquarium and other attractions. There will be a very challenging day similar to the route from Garberville to Ft. Bragg with substantial climbing along Big Sur to Ragged Point. After that tough day, there will be a light day into Cambria after SAG at the Hearst Castle. After Cambria, we will stay in Pismo Beach and Lompoc. We will also have a day off in Santa Barbara a week into the ride. After Santa Barbara, the climbing is substantially diminished as we will ride through the Los Angeles area south to San Diego. We will finish up in the Pacific Beach area of San Diego and will be staying right on the beach on May 17th and 18th.

This is going to be another great ride! Sign up while there are still openings.

Tour leaders: Steve Parker at (970) 382-9551 or parker3097@yahoo.com and Bill Stone at bill.stone@q.com or (719) 598-6329.

Colorado HeartCycle 2013 Tours

Texas Two Step

March 17 - 23 Status: Full
 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: Full
 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: Full
 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: Full
 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: Open
 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: Open
 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: Full
 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: Open
 3 days, Intermediate \$325.00
 Diane Short, dianbike@eazy.net 303-763-9874

Washington Coast

July 27 - August 4 Status: Full
 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: Full
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