

Heart-to-Heart



Mickey Berry - April 17, 1943 to March 3, 2016

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Notes from the Board

On March 3 we lost not just a Board Member but a great friend and a beautiful person, Mickey Berry.

Mickey and Jim were among the original members of HeartCycle, have completed countless tours as well as led HC tours in Vietnam and have always been great supporters of the club.

Mickey has volunteered on the Board of Directors since fall of 2007 where she worked as President, Vice President, organized many of the Annual Luncheons, and coordinated the selection of tour souvenirs.

The 2016 HeartCycle tours schedule begins at the end of this month with "In Search of Texas Bluebonnets" with tours nearly every month through early October. There are still openings on many of the 2016 tours, check out the website tour schedule for details. Please submit articles on tours (with photos) or other biking topics to the Newsletter Editor at newseditor@heartcycle.org

Remembering Mickey



The Berry's were original Heartcycle members and possibly did more tours than anyone. I don't think I ever knew anyone who could keep on smiling in the face of such ongoing pain. - Ken Kaplan





I remember when we met in 2001 on the North Rim of Grand Canyon Tour. Mickey was having trouble swinging her leg over her bike, so she laid it flat and stepped over it and then started riding. Hard to stop a determined woman like Mickey! It was after her first hip replacement and it was too loose. Or the ride up Galena pass in Idaho a year later when she circled around us twice and asked for help in stopping since she couldn't click out in her extra big bike shoes to accommodate her swollen feet! Or her mad descending skills! Our tour in Vietnam was another fun adventure behind you on the elephant in the lake. Or the several times I saw you in preop at Porter Hospital for her knee replacements or when you flew in from France after her pelvis fracture. Mickey always had a smile no matter what was happening. I will miss her spunk and spirit.

- Judy Siel



Mickey was the person that recommended we get involved with Colorado HeartCycle tours, and we went on many trips with Mickey and Jim. Mickey was a decent climber but loved to "scream" down mountain passes and was a fearless descender. I was always amazed that this trim woman would pass me like I was standing still. The 60 +/- pounds I had on her couldn't overcome her "need for speed!" - Mark Lestikow



A group of us would ride the Leadville Loop on summer weekends out of Vail. Mickey and Jim would always beat us to the lunch stop in Leadville, the Golden Burro. Their lunch consisted of the famous Golden Burro cinnamon rolls.

Mickey and Jim graciously let us use their townhome in East Vail to celebrate my birthday back in 1990. We fell in love with the community and, shortly thereafter, purchased a place close by which has led to many great family experiences and memories.

With all the physical challenges Mickey faced she never complained and was always pushing herself to get to a point where she could once again ride her beloved road bike with her friends.

When Mickey finally decided she couldn't ride her Moots road bike any longer she offered to sell it to someone in the Heartcycle community. Polly was lucky enough to buy it, and has loved riding it. Mickey seemed pleased to keep her treasured Moots "in the family". We're honored to be caretakers of something that meant so much to Mickey. - Mark and Polly Lestikow



I have had a long time friendship with Mickey and Jim. I joined Heartcycle in the early 1990's because of Mickey and Jim. I remember visiting a friend in Vail and being invited to ride the Leadville Loop (a.k.a Copper Triangle) with some mutual friends. There were about eight of us and Jim and Mickey were two of the riders. I learned in the course of the ride that four of the riders, including Mickey and Jim, were in their final training for the Ironman Triathlon in Hawaii.

Jim has done eleven, I think, and Mickey had done four. I was able to keep up with them during the ride and, at the finish, I was quite proud of myself. As we were standing there at the end of the ride, Jim said to the group: "well should we do our run next or swim first?". I was astounded that after a 72 mile ride with 5000' or more elevation gain that they were still doing more training. At dinner that night they told me about HeartCycle and I joined right away. Jim and Mickey were always strong riders and great company. Mickey would never tell you about her athletic achievements but would admit to many marathons and Ironman Triathlons if you asked her directly. In my 25 or so years in HeartCycle I have done about 40 tours and many of them with Mickey and Jim. They are great friends and I will miss Mickey very much. - Don Stevens

How I Finally Stopped Saying Sorry by Syd Schultz

“Sorry, I’m slow.”

I used to say this a lot — or variations of it.

Sorry, I’m feeling slow today. Sorry, I’m so bad at this. Sorry, I’m so much slower than everyone else. Sorry, this trail is really hard for me. Sorry I’m so slow, I had a crash and got my chain stuck and then you wouldn’t believe it, but I got chased by a rabid badger, but really, just, sorry for being slow. Blah blah blah.

It wasn’t really because I thought I was slow (although, sometimes I did), but because I was so often riding in situations where I was slower than everything else, or at least towards the back of the group. This is the reality of being a new racer and dating a male professional mountain biker who has lots of male pro biker friends. I knew this, on some level, but I still felt shitty every time people were waiting for me. Hence, the apologizing.

Sorry, I’m slow. Sorry you had to wait for me. Blah, blah, blah.

The problem with saying “I’m slow” all the time, whether you believe it or now, is that it’s pretty much the opposite of what you should be telling yourself if you want to race fast. Our friends in Santiago did an experiment where they put two kiwifruits in different jars and labeled one “beso” (kiss) and the other “poto cara” (butt-face). They kept the jars in the same conditions and three weeks later the butt-face kiwi is covered in mold and the beso kiwi is fine. Now, don’t ask me how that works, but apparently it does, and the point is — what you say, matters, and it matters a lot.

I’ve tried to stop saying stuff like this in the past, but it’s never really stuck, because when I get to the bottom of the trail and see a bunch of people sitting around tapping their feet, I feel obligated to say something. This is because I’m a woman and have been indoctrinated by society to think that the only thing worse than drowning puppies in a swimming pool is inconveniencing people. (To be fair, I’ve heard guys say “sorry, I’m slow” but not NEARLY as often.) But, in all seriousness, when you’re the last person to roll up, saying nothing feels like ignoring the big, purple elephant sitting on the side of the trail. You can’t just pretend nothing is going on. If you do, people will probably assume you’re pissed off and they’ll be all “are you okay? did you crash?” and then you *will* be pissed off, and probably say something testy like “no, I’m just actually this slow, believe it or not” and then everyone will feel awkward and you will feel bad about yourself, all over again. Not that I’m speaking from personal experience or anything.

And so, over the past few months I've made a concerted effort to replace "sorry I'm slow" with "thanks so much for waiting for me," and the results are pretty astounding. (Obviously I should have titled this "She changes 3 words in her vocabulary and what happens next will amaze you." I would have gotten a lot more clicks, missed opportunity.)

I first tried out this strategy on a moto ride, and the end result was having two motocross bros bending over backwards to help me dig my bike out of trenches and make it up hills, all the while constantly assuring me that this was the most difficult trail in the area (which does beg the question why they brought me on it on my 7th ever moto ride, but hey, we all had fun). The second test run was on a XC ride where I was seriously imploding and crawling up the hills. To be honest, I was going slow, but instead of saying that, I just thanked everyone for waiting for me and being so patient. It worked. Someone even said "it's nice to ride with someone who just goes their own pace and has fun," which was a nice affirmation.

Here's why I think this works. When you thank someone for waiting for you, they feel good about themselves. They feel like they're helping you out (which they are, of course), and doing a good thing. They feel appreciated. And, to be honest, they probably had a fairly good idea of what your ability level was before they rode with you, so they probably knew they would be doing some waiting, and now they're just happy that you're appreciative of their time. When you say "sorry, I'm slow" it's awkward for everyone involved. Whether you mean it or not, it comes off like you're fishing to be told that you're not slow, kind of like when you tell your boyfriend "my stomach looks fat in this shirt" and you really just want him to say "but you're so skinny!" (Hint: don't do that either.) The truth is, if they're that much faster than you, they probably do think you're slow. And they probably don't care. And even if they do care? You shouldn't care, because you know what — you're out there, doing your best and it doesn't make one iota of difference whether someone thinks you're fast or slow or average or whatever. It changes NOTHING.

But when you thank people for waiting for you, or compliment them on how fast THEY were going, it turns the whole dynamic of the ride into something more positive. Not only do you stop sending yourself the wrong message, you make other people feel better about themselves and encourage them to help you with your riding, instead of just waiting and feeling awkward. In other words, everyone wins.

Colorado HeartCycle 2016 Tours

In Search of Texas Bluebonnets

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

Durango Fixed Base Sampler

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

Paso Robles Wine Country

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

New Mexico - Land of Enchantment

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

The Island of Mallorca, Spain

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

Re-Living the Pro Challenge

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

Heart of Holland Bike & Barge

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

Le Monastere - SESSION 1

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

Friesland Bike & Barge

June 1 - 11 Status: Open
10 days, Easy / Int. \$1,940.00
John Penick, jdpénick@gmail.com
(203) 232-8946

Le Monastere SESSION 2

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

Colorado HeartCycle 2016 Tours

Cowboy Country

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

Grand Valley Ramble

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

Mothers Daughters Weekend

July 28 - 30 Status: Open
2 days, Easy \$415.00
Julie Lyons, julie@lovesweatandgears.net
Ann Lantz, 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 (518)
446-1766
Janet Reilly, janet@bikes5.com

Coast to Coast, The Northern Tier: Year 1

September 19 - 23 Status: Wait List
13 days, Int. / Adv. \$2,490.00
Steve Parker, bsparker116@gmail.com
(970) 382-9551
Chris Matthews, chriswmattthews@msn.com
(303) 618-4789