

Heart-to-Heart



4 tips on fitting in more cycling time

How to make more time to ride

1. Buddy up

Arranging group rides is great to ensure you don't back out due to bad weather. Pick friends who aren't as soft as you so you'll always end up riding! If you're planning a catch-up with a friend or colleague who's into cycling make it part of the event — two hours on the road then a coffee can mix business and pleasure.

2. Ready your ride

After every training ride, always clean your bike and carry out any necessary repairs so it's ready the next time you want to ride. As well as readying the bike, re-stock on spares like tubes or CO2 cartridges you may have used. If it's a particularly early start fill your drinks bottles and get the ride food ready the night before.

3. Book a bike appointment

If you're not cycling to work, schedule three rides a week into your diary or flag them up on the calendar at home and let everyone know you're going to be on the bike at that time.

Use the off-season to explore new routes and tell friends to do the same; make a plan or find a route that is fun, realistic and comes with a goal.

4. Get two bikes

The more bikes you have the greater the motivation to ride them. Ride a fixed gear bike around town to do errands but not for training, just for practicality. Then for longer distance take your road bike.

Consider renting bikes too. If you're going on holiday or visiting another town for a few days opt for bike rental schemes.

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Note from the Board

Sneak Preview of 2017 Jersey



Front View



Back View

The tour souvenir for 2017 will be a jersey by Primal. They will be made in both women's and men's sizes. **If you register for a tour for 2017, please be sure the size in your profile record is correct.** Jerseys will be ordered based on the profile information.

BUCKET LIST: SOUTH ISLAND NEW ZEALAND

By Judy Siel

We dreamed of bicycling the South Island from the north end of to the southern tip of New Zealand since prior visits in 2003 & 2014. So we set up a 3-week dream tour with Pedal Tours and started inviting bike friends from past bike tours. The result was 15 friends joining us in Christchurch, New Zealand last month (14 past or present HeartCycle members). We had two wonderful kiwi guides: Brett & Heather, who drove two 10-passenger vans with trailers to haul our luggage every day and sometimes all of the bikes and riders as well.



Cruise in Milford Sound after a hike up to Key Summit and picnic.



We shuttled with our guides up to Picton, where the bike tour started.

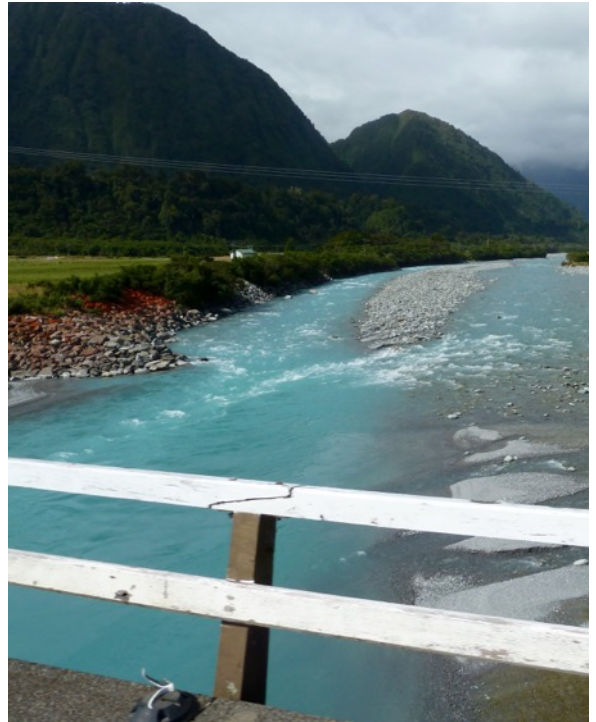


Walking suspension bridges is easy, compared to trying to bike across one.



Rugged coast line, one-lane bridges, stunning blue rivers, blow holes at Pancake Rocks, hikes in the rain forest, and glaciers coming off the Southern Alps made each day a treat to explore the west coast of the South Island.



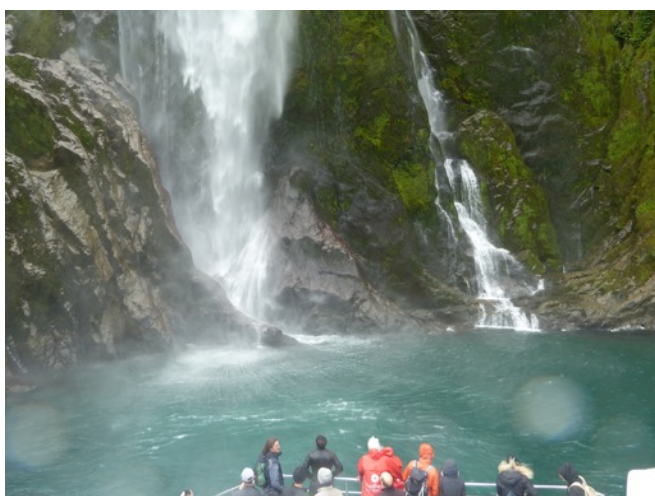


As they say in New Zealand we had "fine" weather for most of the 3 weeks. Our group had 14 biking days, 5 hiking and sightseeing days and one rest day.



Elusive Mt. Cook and the Southern Alps are frequently covered by clouds. Lovely reflections at Lake Matheson hike. Kayaking at Lake Moeraki. Steep 10-20% climbs!





Did I forget to mention waterfalls, green pastures, sheep too many to count, and friendly locals. The roads were in good repair but NZ's has a love affair with rough chip seal. It was an amazing adventure with some wonderful friends and great support from our guides. Check it off your bucket list soon!! We cycled over 800 miles and hiked ~25 miles on our journey down the west coast. We completed our tour near Dunedin with a stay at Lanarch Castle.



Colorado HeartCycle 2017 Tours

Discover San Diego

San Diego, CA

March 18 - 25 Status: Completed
 7 days, Intermediate \$1,060.00
 Ken Condray, condray3@gmail.com
 Becky Bottino, bbottino7@gmail.com
 Sue Matthews, scmatt2@gmail.com

The Carolina Blue Ridge Mountains and Parkway

Greenville, SC

June 17 - 25 Status: Wait List
 8 days, Adv./Exp. \$1800.00
 John Aslanian, 22flatrock@gmail.com
 Bob Rowe, browe49@comcast.net

Bay Area Summits

San Francisco, CA

April 21 - 28 Status: Open
 7 days, Adv./Exp. \$1,825.00
 Bob McIntyre, dcx12@aol.com
 Bill Buckley, williambuckley87@gmail.com

South Central Alaska

Anchorage, AK

June 25 - July 2 Status Open
 7 days, Int./Adv. \$1,950.00
 Rod Nibbe, aktour@knebbe.com

Springtime in CA: Sonoma and Napa Wine Country

Santa Rosa, CA

May 19 - 28 Status: Open
 9 days, Adv.+ /Exp. \$2,050.00
 Janet Slate, j slate@ultrasys.net
 Alan Scott, ascott@comcast.net

Le Monastere - SESSION I

Limoux, France

July 1 - 8 Status: Open
 7 days, Int.+ /Exp. \$2,350.00
 Phil Stoffel, ptstoffel@gmail.com

Le Monastere SESSION II

Limoux, France

July 8 - 15 Status: Open
 7 days, Int.+ /Exp. \$2,350.00
 Phil Stoffel, ptstoffel@gmail.com

Normandy-Calvados, Camembert

Western France

June 3 - 13 Status: Wait List
 10 days, Int./Adv. \$2,500.00
 Fred Yu, frederickyu@comcast.net
 Graham Hollis, gramhollis@comcast.net

Passes of Summit County

Frisco, CO

July 15 - 22 Status: Open
 7 days, Int./Adv. \$900.00
 Sy Katz, skskatz@comcast.net
 Bob Rowe, browe49@comcast.net

Colorado Western Gems

Grand Junction, CO

June 3 - 11 Status: Open
 8 days, Int.+ \$1,475.00
 Ken Kaplan, kenneth.h.kaplan@gmail.com
 Rich Crocker, richcrocker@hotmail.com

Colorado HeartCycle 2017 Tours

Portandia Plus

Portland, OR

August 26 - Sept. 2 Status: Wait List
7 days, Intermediate \$1,420.00
Stephanie Oliver, skayoliver@gmail.com
Ken Condray, condray3@gmail.com

Womens Weekend

Colorado Springs, CO

August 31 - Sept. 3 Status: Open
3 days, Easy/Int. \$480.00
Julie Lyons, julie@lovesweatandgears.net
Margie Adams, margieadams@comcast.com

Aspen Highlights

Aspen, CO

September 7 - 10 Status: Open
3 days, Int./Adv. \$890.00
Joanne Speirs, jcspeirs1@gmail.com
Doug Moll, doug@aaplus.com

Coast-to-Coast Northern Tier, Year 2

Missoula, MT

September 9 - 24 Status: Wait List
15 days, Int./Adv. \$2,480.00
John Penick, jdpenick@gmail.com
Bob Raicer, rjr80544@gmail.com

Southern Indiana Hills

Bloomington, IN

Sept. 30 - Oct. 7 Status: Wait List
7 days, Int./Adv. \$1,175.00
Jim Schroeder, jimmyschweb@gmail.com
Alan Scott, ascott999@comcast.net