

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
May 2010



BLUE RIVER CENTURY



Jeanette. Lewis. Patricia. Michael

The 3rd Annual Blue River Century is dedicated to the memory of Lewis and Jeanette Hagerman, parents of Patricia and in-laws to Michael Birdsong. Unfortunately, Patricia lost her parents last year, both to cancer, within 8 months of each other. Michael Birdsong has supported the Blue River Century since the beginning. He and his wife Patricia, both survivors, have raised \$90,000 for various cancer organizations and do a tremendous job supporting the cause. This family has endured the worst and have overcome many obstacles of battling cancer and yet they give us hope in their strength, courage and passion to make a difference, which will truly inspire others.

Jeanette C. Huff was 15 years old when she first met 16 year old Lewis (Lew) C. Hagerman. They were high school sweethearts, got married when she was 18 and he was 19, and celebrated their 50th Wedding Anniversary in October 2008. Lew worked for the Ford Motor Company for 30 years and was always the proud owner of at least one Ford Mustang. With a constant sparkle in her eye, and a mischievous look on her face, you never knew what was going to come out of Jeanette's mouth next; but you knew it was going to be funny.

Jeanette beat breast cancer in 1993 with the constant support of Louie and her daughters. In 1999, they helped Patricia also beat breast cancer. In 2007, Jeanette was diagnosed with advanced colon cancer. After more than two rounds of chemotherapy and constantly fighting the disease, she died of cancer on March 19, 2009. Again, her daughters and Louie were with her continuously until the very end. In early October 2009, Louie was diagnosed with advanced lung cancer. He died on November 7, 2009 with his daughters at his side every step of the way.

The Blue River Century has three finishes for the 100 mile century and also offers a metric century. The ride will be August 22, 2010 and starts at River Run at Keystone, Summit County, Colorado with a mass start at 7:00 a.m. The Blue River Century offers a route for all intermediate and advanced riders. You can choose your route the day of the ride, at the final aid station.

The Blue River Century follows the same route until the last aid station, at which point you can select from three different finish routes which vary in difficulty, so you can determine the finish that fits your skill level. For more information including registration and ride details go to:

www.bluerivercentury.com



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Notes from the Board

www.bicyclesafe.com

This webpage shows you common ways you can get hit by a car and real ways to avoid them. This is a far cry from normal bicycle safety guides, which usually tell you little more than to wear your helmet and to follow the law. But consider this for a moment: Wearing a helmet will do absolutely nothing to prevent you from getting hit by a car. Sure, helmets might help you *if* you get hit, but your #1 goal should be to avoid getting hit in the first place. Plenty of cyclists are killed by cars *even though they were wearing helmets*. Ironically, if they had ridden *without* helmets, yet followed the guidelines listed below, they might still be alive today. Don't fall for the myth that wearing a helmet is the first and last word in biking safety. In truth, an ounce of prevention is worth a pound of cure. It's better to not get hit. That's what real bicycle safety is about.

The next most common bike safety advice after "wear a helmet" is "follow the law," but most people are already aware that it's stupid to race through a red light when there's cross traffic. So the "follow the law" advice isn't that helpful because it's too obvious. What you'll find here are several scenarios that maybe *aren't* that obvious.

The other problem with the "follow the law" message is that people may think that's all they need to do. But following the law is not enough to keep you safe, not by a long shot.

This page doesn't focus on the law, it focuses on how to not get hit by cars. Now let's see how to do so.



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Ride Across America:

Year Three: Kountze, TX to St Augustine, FL

by Julia Brown

It all began with an idea that sprouted in Steve Parker's head (frightening as that cranial soil may be): "How's about a HeartCycle tour all the way across the country?"

As the story goes, Steve recruited veteran tour leader Jerry Bakke and the idea took root. Twenty-nine riders rode all the way from San Diego, CA to St Augustine, FL, two weeks each year for three years. This year we finished.



Rider-signed RAA jersey showing our route

The first year we dunked our back tires in the Pacific then rode from La Jolla, CA to El Paso, TX; the second from El Paso across Texas; and this year, from far eastern Texas across Louisiana, Mississippi, Alabama, and Florida where we uncorked our celebration and dunked our front tires in the Atlantic.

I could tell you about the scenery, historical sites, highway points of interest; but that's all chronicled in the web reports, which you can find on the Heartcycle website at the following link for all three years:
<http://www.heartcycle.org/Tours/2010/RAA/default.htm>

So I'm going to break with tradition, let you look at the regular reports on the web, and instead, tell you what this ride was really about.

At its heart, this ride was about 29 cyclists who showed up every year for three years to ride across the country together. It was about Steve Parker who had an idea and wanted to make it happen. He's a guy who looks at an average day and calls it great, who is willing to get up at the crack of dawn day after day to lead a small bevy of women cyclists who don't want to be too far behind the main group at lunch, so leave before it's even quite light -- a guy who shows up with his wife Geni on the final leg of the tour with sparkling red streamers in their hair and a faded, but still fluorescent, green Hawaiian shirt.

It was about Jerry Bakke who can diffuse even the most difficult of situations by baying out a joke so neutrally it takes everyone a moment to realize he's kidding, even when he's actually kind of serious; who wears a hat that says "World's Oldest Athlete" and faded t-shirts inscribed with "Cranky Old Men Rule". Jerry leads by reminding people he has five children and a gazillion grandchildren: no level of chaos or complaining scares him -- well, as long as no one guzzles his personal stash of bottled water stored between the front seats of the sag vans with special instructions to decapitate any rider who slurps it.



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It was about our sag drivers, Carol Nies (aka Louisiana Lightning) and Kathleen Schindler (the Texas Tornado), neither of who knew before this tour that people rode their bikes these ridiculous distances. Two retired school teachers from New Braunfels, Texas who decided it was time to try something new, Carol and Kathleen introduced us to pimento cheese sandwiches, made up ditties to remember how to identify each rider in their tights and bike jerseys: "Rachel has the purple ribbon on her helmet; Julia always rides with a group..." These are gals whose enthusiasm and sense of humor buoyed everyone; who knew along each day's route where everyone was and chased numerous riders down after wrong turns; and then



Sag Queens Extraordinaire: Kathleen Schindler and Carol Nies

beer, and loaded luggage into the van every morning to help out. And people like Harvey Hoogstrate who wasn't even on the tour, but who stepped right in and helped us out when we were having a hard time posting the daily web reports on the HeartCycle website. Or, HeartCycles' Tour Director, Rich Crocker, who taught anyone who was interested how to pedal more efficiently and ride safely in a pace-line, who led packs of riders into headwinds like it was an easy duty, and who modeled a new Grateful Dead jersey everyday -- sometimes with matching trunks.



Tour leaders Steve Parker and Jerry Parker celebrate arrival in St. Augustine, Florida

fixed salads, sandwich specials, and suawocny shortcake for the next day in their hotel room long after everyone else had gone to bed. It was about Andy Anderson who created detailed maps for each day with written directions on the front and graphics on the back to fit the predilections of all the riders. He's a guy who loves taking photographs for the trip, so he rode the whole way with his camera slung over his shoulder and his head slightly tipped the other way to balance the weight of the camera -- a guy who is quiet and self-contained yet bursts out giggling over a slightest of good jokes. And it was about Mark and Polly Lestikow who made forty zillion cookies each year, organized the wine and



Mark and Polly Lestikow celebrate arrival in St. Augustine, Florida



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So yes, as the web reports detail, we did sale across Louisiana and eat crawfish etoufee and deep-fried everything. We crossed the Mississippi River and Mobile Bay on ferries, saw the offshore gas platforms in Mobile Bay and the Laughing Gulls that catch a ride on the back of ferry along the way. We went to the Florabama Bar at the border between Alabama and Florida after braving rain and gusty winds on our rest day along the shores of the Gulf of Mexico. We ate mussels, crab, scallops, and shrimp all the way across the south, and flung our arms around a sculpture of Ray Charles in Greenville, Florida.



Ruth and David give it some soul with Ray in Greenville, Florida

But even still, the trip was really about friends like Pat Van Deman and Deb Held who decided they better ride across America before they got too old, and so they did -- day by day, riding together, making sure each of them got there and had fun. And all the friends who did the same: Marcella Bicknell (who missed her people back home but rode steadily on) and Katrina Conland who always kept an awareness of where Marcella was; Matt Levin and Patty Menz who rode as a well-synchronized team even while starting everyday on eastern standard time; and long-time cycling pals Leslie Edmondson and Bob Wagstaff who unknowingly signed up for this leg without knowing the other did.

It was about our blind rider Ron Barton with his unbelievable faith in Nate Dick to pilot him across the country safely and Nate himself who steered, pedaled, laughed, and guided tirelessly for both of them on and off the bike; Rachel Diamond who was always willing to go out of her way to a bike shop to pick up a bottle cage or spare tubes for anyone who'd broken something; and Gary Angerhofer who was so unhappy being 'chicked' that he'd pull you in with a laugh and a tease. And it was about Emily Rucker who rode sweep most days and never let it get her down (of course the jelly beans might have helped).



Ron Barton and pilot Nate Dick cross into Alabama

It was about our couples: Alan Church and Clare Bena who showed you can ride effortlessly and with perpetual good humor across the country even without an odometer; Mark Berenson and Charlotte Patterson who unloaded the luggage every afternoon and marked each day like a drum beat by passing everyone before the first sag stop; Steve Parker and wife Geni who was always ready to help the folks that came down with a cold; Stu Shakman with his humor and cap that says: "Head of the Piss and Moan Club" and wife Jane who is the size of a small bird yet made the 'Every Frigging Inch Club' all the way



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across the country; and Ruth and David Durst on their tandem with David piloting steady ahead while Ruth waved her hankie, joking and laughing with everyone along the way.

And it was about Bill Stone who'll fix your tires, adjust your gears, and give you a big hug everyday (if you're a girl); Chris Matthews who laughed at everything, searched for every Starbucks from Texas to Florida, and beamed to see his entire family in St Augustine; Alan Feiger whose dry wit and jokes kept everyone moaning; and Rob Wesson who enjoyed the ride so much he spent his last three anniversaries on it!



Chris Matthews finally gets a Starbucks in St Augustine, Florida



Bill Stone, Patty Menz, Matt Levin, Chris Matthews, Jerry Bakke (hidden), and Rich Crocker ride in tandem towards St. Augustine.

On this final leg of the Ride Across America, we rode by grassy green pastures, rice paddies, and crawfish and sport horse farms; we saw egrets and pelicans and purple martins; we spun past wide easy flowing rivers and swamps with cypress trees standing knee-high in the water; and in the end we arrived at the white sand beaches of St Augustine, Florida. We rode as couples and foursomes, individually, and in pace-lines of as many as ten as we liked; but in the end, we all stood hip-to-hip and hub-to-hub at the Atlantic with our toes in the water after roughly 3,000 miles of cycling across the country together.

And in the end, it's the people that make a cycling club great. That's what this trip was really about.



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The group mug with Ride Across America coats in Orange Beach, Alabama



It would be a crime not to let you know how much the author, Julia Brown added to the Ride Across America trip. When we started the ride I asked for a volunteer to help write a daily review and add some pictures, so that interested people could go to the HeartCycle web site and follow our progress. Each day for six weeks, Julia took care of this task. She would go to her room after riding the day, download pictures, write text and send it to the web master for insertion. She also at the end of each leg wrote an article for the newsletter.

On another note, Julia lives in Paonia, CO. She took the time last year to scout out a route for the "Scenic Treasures of Western Colorado" tour, from Montrose to Cedaredge, CO. This effort made the ride delightful, all on quiet back roads, a real nice addition to HeartCycles' library.

These are efforts that make our wonderful club successful, a big Thank you Julia for all your hard work!!

Jerry Bakke and the RAA Team



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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: completed
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: completed
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: 7 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: 8 slots 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

Aug 21, **22 – 28 Aug**, WA,ID,MT Status: 8 slots 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: cancelled
840 miles/14 days (3 rest/ride days) \$2225
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.