

Heart to Heart



Bicycle Friendly States Ranking Announced!

The LAB is celebrating [National Bike Month](#) with their new Bicycle Friendly States ranking.

For the sixth year in a row, Washington continues to lead the nation, with high performance in all categories and Colorado is still #2. But up-and-coming states — including Delaware, Illinois and Arizona — charged up the ranking in 2013, shaking up the top 10.



BICYCLE FRIENDLY STATE

2013 Rankings

Key: The percent of total points available attained by each state

80-100%	60-80%	40-60%	20-40%	0-20%
---------	--------	--------	--------	-------

State	Rank	Scoring Criteria				
		Legislation & Enforcement	Policies & Programs	Infrastructure & Funding	Education & Encouragement	Evaluation & Planning
Washington	1					
Colorado	2					
Oregon	3					
Minnesota	4					
Delaware	5					
Massachusetts	6					
New Jersey	7					
Wisconsin	8					
Illinois	9					
Arizona	10					
Maryland	11					
Michigan	12					
Maine	13					
Utah	14					

HeartCycle Contacts

The Board

Chris Matthews (303) 618-4789 (2014)

President & Legal- president@heartcycle.org

Mickey Berry (303) 880-1944 (2013)

Vice President, Souvenirs & Social Events -
vp@heartcycle.org

Joanne Speirs (303) 312-7252 (2013)

Secretary - secretary@heartcycle.org

John Steele (303) 300-3573 (2014)

Financial Planning - treasurer@heartcycle.org

Harvey Hoogstrate (303) 755-9362 (2014)

Registrar & Web Master -
registrar@heartcycle.org

Richard Crocker (719) 237-3350 (2013)

Leaders and Sags Development Manager -
tourleadershipdirector@heartcycle.org

Jeff Messerschmidt (303) 904-0573 (2014)

Sag Supply Manager - sagmgr@heartcycle.org

Jay Wuchner (720) 840-6467 (2014)

Sag Vehicles - sag@heartcycle.org

Bob Rowe (303) 910-7230 (2013)

Tour Director - tourdirector@heartcycle.org

Steve Parker (970) 382-9551 (2013)

Marketing Manager - parker3097@yahoo.com

Working Members

Andy Anderson (404) 395-1491

Map Maker - maps3@heartcycle.org

Jerry Bakke (303) 738-9861

Insurance - jerrybakke@msn.com

Ron Barton (303) 798-2755

Co-Registrar - registrar@heartcycle.org

Barry Siel (303) 470-8431

Newsletter Editor - newseditor@heartcycle.org

Notes from the Board

Tour Announcement and Registration Policy

Upcoming tours generally are developed by Leaders and scheduled by the Tour Director in the year before they are offered. Advance announcements of tours may be included on the website and in the club Newsletters at any time.

US Based Tours may be previewed in the Newsletter and/or on the website in the fall and are formally announced at the annual meeting in October. Then, an email is sent to current members just before registration is opened for each tour. Tours are opened for registration on a staggered schedule starting about November 1 through December 1. If additional tours are subsequently added to the schedule, an announcement of the tour and registration is sent by email to current members and posted on the website. The tour will be also be discussed in the next Newsletter when it is issued.

International Tours are typically announced on the website and in the Newsletter up to a year before the tour, and before registration is open. Then, an email is sent to current members before the tour registration opens.

It is important that members keep their club membership current to receive the information regarding tours through electronic mail and the electronic club Newsletter.

Springtime in the Santa Monica Mountains, April, 2013

By Phil Stoffel

From April 15 through April 20, 2013, Bob Rowe and Sy Katz, supported by Mayoma Pendergast and Jolene Thompson, led a wonderfully organized, injury free, “climbing camp” in the Santa Monica Mountains of California. Most of the participants were from Colorado but there were also old and new friends from British Columbia, California, Maryland, New Mexico, Nevada and Pennsylvania.



Riding through the Santa Monica Mountains

The Santa Monica Mountains are northwest of Los Angeles, on the coast where it bends from north-south to east-west, just north of Malibu. It is a range of mixed sedimentary and volcanic rock running parallel to the coast, perpendicularly traversed by steep canyons. In spite of the fog and cool mists from the ocean, it is semiarid with sun-baked rock, scrub and cactus. The area is an archipelago of state and federal parks with interspersed residential communities like Agoura Hills and West Lake. There are a few vineyards and stables. Those communities do like their colors so that in many areas, the roadside was ablaze with brilliant bougainvillea.



Santa Monica Mountains – so close to LA

The fixed base for the week was the Agoura Hills Sheraton, north of the Santa Monica Mountains. It was a comfortable hotel with a great buffet breakfast and a variety of nearby restaurants and brew pubs.



The usual rides were 45 to 55 miles and between 4700 to 6000 feet of elevation gain, starting with morning climbs up and through the mountains to the south, followed by long, fast, refreshing descents down the canyons to the coast. After a lunch by the breaking waves, directions were reversed, climbing back north and a descending return to the hotel, usually by a different route.

Lunch on the Santa Monica Coast



Quiet Streets in the Santa Monica Mountains

The climbing was arduous at times with sustained segments of 9–10% grades and intervals of up to 17%. The week began cool and with a first climb of 5 miles at 7% average grade, but the skies cleared and it progressively warmed up so by the last day, there was both heat and pitch to deal with. On weekdays, the roads were eerily free from traffic, given the proximity to L.A. Saturday was different. The roads blossomed with high performance motorcycles, Porsche and Ferrari rallies, and cyclists everywhere.

A high point of the trip was the excursion to Mt Baldy, a major climb recently used in the Amgen Tour of California. Mt Baldy is not in the Santa Monica Mountains but approximately 45 miles due east, requiring a road trip that allowed the group that went to experience driving in twelve lanes of rush hour traffic, both directions. Our route started with a 26-mile 7,000-ft climb up Glendora Mountain Road to Glendora Ridge Road to the Mt Baldy Road. The grade for the final 4 miles averaged about 9% and “contains ramps of 12–14% through steep switchbacks. The climb... “is

significantly longer and almost as steep as the famous Tourmalet in France” an “hors category” climb and is one of the top 12 climbs in the U.S. (according to The Complete Guide to Climbing (By Bike), by John Summerson, Extreme Press, Winston-Salem, NC. 2007). Eighteen of the group did the full climb of 72 miles with about 9,000 feet of climbing for the full route. The weather was clear and most notable were two seemingly endless descents down banked switchbacks with good pavement with spectacular views to the sides.

There was a rest day for shorter optional rides and an opportunity for cultural excursions. Many visited either the Getty Museum or Villa, which were close by.

Dean Karlen made two videos on tour, which can be found at these links:

<http://youtu.be/OoAKvo3PagU> (Hidden Vallen/Yerba Linda route)

<http://youtu.be/45W4iHyfn1w> (Mt Baldy route)



Surf's Up!



Getting ready to go again



Eat to ride or ride to eat?



Jolene Thompson, John Falconer, Mayoma Pendergast, Kay Rice enjoying sun (and no snow!)



The "Chargers": Peter Padore, Steve Dertlinger, Sy Katz, and Graham Hollis where always after extra miles and hills.

Colorado HeartCycle 2013 Tours

Texas Two Step

March 17 - 23 Status: Complete
 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: Complete
 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: 1 opening/male
 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: Complete
 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: 1 opening/female
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: Open
8 days, Advanced/Expert \$1,065.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Ralph Nussbaum, rnussbaum@earthlink.net
(206) 783-6450