

# Heart to Heart



## Cyclists to get helping hand from AAA

By Martine Powers  
Boston Globe

Flat tire? Broken chain? AAA, the auto membership club that has rescued many a stranded driver, will now provide roadside assistance to cyclists.

AAA Southern New England announced recently that members can make bicycle-related service calls; if a bike breaks on the road, tow truck drivers will attempt repairs or transport cyclists to their homes or to a nearby bike repair shop, within a 10-mile radius.

“It’s our effort to keep everyone on the go wherever they are,” said Mary M. Maguire, spokeswoman for AAA Southern New England. “They’ll make their best attempt to make a repair, and if they’re not successful, then they would put the bike on the rack and take it to a convenient location.”

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Service for bike riders has been available in Oregon and Idaho since 2012 and in New Jersey since last year. In Massachusetts, about 30 AAA trucks will be outfitted with bike racks.

The bicycle-specific service will be incorporated into existing auto membership programs. Members will receive two free bicycle pickups per year, which will not count toward their annual allotment of vehicle tows; members will be charged for additional bike pickups. There will be no membership plan just for bike-riding, though teenagers whose families are AAA members will have access to bike assistance, even if they have not yet reached driving age.

“For parents, it’s a nice peace-of-mind addition to our service, because kids are out there and they may be cycling alone,” Maguire said.

## HeartCycle Contacts

### The Board of Directors

**Chris Matthews** (303) 618-4789 (2014)  
President - [president@heartcycle.org](mailto:president@heartcycle.org)

**Mickey Berry** (303) 880-1944 (2015)  
Vice President - [vp@heartcycle.org](mailto:vp@heartcycle.org)

**Steve Parker** (970) 382-9551 (2015)  
Treasurer - [treasurer@heartcycle.org](mailto:treasurer@heartcycle.org)

**Joanne Speirs** (303) 312-7252 (2015)  
Secretary - [secretary@heartcycle.org](mailto:secretary@heartcycle.org)

**Jim Bethell** (518) 466-8490 (2014)  
Marketing Manager - [marketing@heartcycle.org](mailto:marketing@heartcycle.org)

**Harvey Hoogstrate** (303) 755-9362 (2014)  
Web Master - [webmaster@heartcycle.org](mailto:webmaster@heartcycle.org)

**Richard Crocker** (719) 237-3350 (2015)  
Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Jeff Messerschmidt** (303) 904-0573 (2014)  
Sag Supply Manager - [sagmgr@heartcycle.org](mailto:sagmgr@heartcycle.org)

**Jay Wuchner** (720) 840-6467 (2014)  
Sag Vehicles - [sag@heartcycle.org](mailto:sag@heartcycle.org)

**Bob Rowe** (303) 910-7230 (2015)  
Tour Director - [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

### Working Members

**Andy Anderson** (404) 395-1491  
Map Maker - [maps3@heartcycle.org](mailto:maps3@heartcycle.org)

**Jerry Bakke** (303) 738-9861  
Insurance - [jerrybakke@msn.com](mailto:jerrybakke@msn.com)

**Ron Barton** (303) 798-2755  
Co-Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Barry Siel** (303) 470-8431  
Newsletter Editor - [newseditor@heartcycle.org](mailto:newseditor@heartcycle.org)

**Jim Bethell** (518) 446-8490  
CPR/Driver Trng Coord. - [bikes05@verizon.net](mailto:bikes05@verizon.net)

**Richard Loeffler** 303-981-2963  
Med. Equip. Mgr. - [MedEquipMgr@heartcycle.org](mailto:MedEquipMgr@heartcycle.org)

## Notes From the Board

With the beginning of spring and start of the bicycling season, the Colorado Department of Transportation (CDOT) is making its Bike and Byways Map available via a mobile application, providing instant information to cyclists.

CDOT's hard copy of the map currently provides roadway data such as shoulder widths and traffic volumes but the new electronic version will significantly expand the amount of available information.

"Along with all the information that's available in the hard copy of the map, the new app will offer lots of options that we think bicyclists will appreciate," said CDOT Bicycling Program Manager Betsy Jacobsen. "Specific items like where bike shops, restaurants and welcome centers are located will be available. It'll also include directional information, allowing cyclists to request specific point-to-point directions."

In addition, the new app also has the ability to show street views, so users unfamiliar with an area or roadway can see the actual road and determine if it fits their cycling abilities. It also will provide alerts such as road closures and available detour routes.

The app is available for download from a desktop, tablet or mobile phone at:

<http://dtdapps.coloradodot.info/bike>

"This is just the beginning," added Jacobsen. "We'll continue to enhance the app such as having local agencies include route information for their specific area. Creating that feature is expected this summer, and it'll probably be on-line this fall."

# Solvang Spring Break

By Rebecca Ritter

On Saturday April 5<sup>th</sup>, we convened in Solvang at the Hadsten House to make new friends and reunite with old. The mix of this crowd of 39 cyclists was about equal between Washingtonians and Coloradans, sprinkled with friends from Utah, Vancouver, Berkeley and Orange County, CA. We were led by Ralph & Carol Nussbaum who are very knowledgeable about the area, having led the trip twice before and who fine-tuned the itinerary by scouting the rides.

This was a "hub and spoke" trip, making for very relaxed evenings since we didn't have to pack up again until the end of the week! We convened for happy hour every afternoon, thanks to our fabulous Sag Drivers and food-providers, Sharon O'Grady & Dave Larsen. The Hadsten house provided a decent breakfast (but when we got bored with the same breakfast menu daily, we headed across the street to Paula's Pancake House for danish pancakes, inevitably bumping into our companion HeartCyclists.)



**Solvang Brewery & Windmill**



**Santa Rosa Road**

For those who arrived early on Saturday April 5, there was a scenic ride to warm up the legs - an easy loop from Solvang to the lovely Santa Ynez valley town of Los Olivos, back to the Hadsten House. Los Olivos is a quiet, charming town tucked away from main roads. It was once a stop on the stagecoach line, and then a stop on the Pacific Coast Railway. Every cyclist riding through Los Olivos should stop at the Corner Coffee house. Ralph and Carol cleverly planned four different rides during the week that allowed for a slight detour into Los Olivos so we could relax on the beautiful patio shaded by a massive gnarled sycamore tree. We filled up our water bottles and splurged on McConnell's local ice cream and espresso drinks.



**Hadsten House Sign**



**Santa Maria Valley**

Our daily rides ranged from 38 to 83 miles and 2200 to 5600 feet of climbing. Many rides were challenging, all were unbelievably scenic. Weather was beautiful, with cool mornings followed by warm (but not hot!) afternoons, full sunshine, and not a drop of rain all week.

We rode throughout the Santa Ynez Valley, down to Surf Beach, through San Miguelito, Foxen, Alisos & Ballard Canyons (different days!). All provided stunning views of the countryside, past wineries, vineyards, olive groves, large and small ranches, grazing horses and cattle. On the last day, we rode to Jalama Beach, providing sweeping views of the ocean. We cycled past the Nojoqui Falls Park, shaded by tall sycamore and oak trees. Some of us hiked the short trail to Nojoqui Falls, a stunning 100-foot waterfall.



**Figueroa Lookout****Figueroa Mountain Loop**

The Figueroa Mountain Loop was memorable for its long steep grade and stunning views. This ride also took us past Neverland Ranch. We lunched near the summit of Figueroa Mountain at a shaded campground in the Los Padres National Forest before ascending to Ranger Peak, then descending precipitously (carefully!) while enjoying views of Cachuma Lake and the surrounding mountains, including McKinley Peak. The final descent took us back for our last visit to the Corner Coffee House in Los Olivos where yours truly replenished her spent calories (again!) on McConnell's ice cream.

**Big Horn Steer****Zonkey**

On our day off, many of us took a short and easy sightseeing route to visit the Santa Ynez Mission, cycling past a Lavender Farm and Miniature Donkey & Horse Farms. The Miniature Donkey Farm also hosts a petting zoo, and in a separate pasture, a sweet equine hybrid Donkey/Zebra (known as "Zonkey").

## **7-year reign: Washington retains its title as nation's most 'Bicycle-Friendly State'**

For the seventh consecutive year, Washington has been named the nation's No. 1 "Bicycle-Friendly State" by the League of American Bicyclists.

Meanwhile, Washington state will officially celebrate Bike Month in May with a signed [proclamation \(pdf 182 kb\)](#) by Governor Jay Inslee describing the many benefits of bicycling.

"As a bike rider I get to see firsthand all that Washington has done to make bicycling part of a sustainable transportation system," said Gov. Inslee. "Bicycling helps make healthy communities, healthy people and a rich quality of life. There's always more to do, but being named the most bike friendly state shows we are moving on the right path."

Strong partnerships among the state's cities, counties, advocacy organizations, state agencies and transportation providers form the foundation of Washington's success in improving conditions for bicycling and walking.

"Being an avid bicyclist, I've had an opportunity to explore Washington's urban and rural roadways this past year," said Washington Transportation Secretary Lynn Peterson. "We'll continue to work with our local partners to identify and fund bicycle needs in their areas, especially on highways that also function as main streets in our communities."

The Washington State Department of Transportation supports bicycling through its [Bicycle and Pedestrian programs](#) and provides transportation design guidance, grant programs and technical support.

"We're pleased and proud that Washington has remained the number one bicycle-friendly state," said Barb Chamberlain, [Washington Bikes](#) executive director. "The work that goes into growing bicycling statewide every year is important for everyday people bicycling to work, school or errands. It's equally important for Washington's reputation as an incredible place to experience the great outdoors through bike travel and tourism. What a great way to kick off Bike Month!"

The [League of American Bicyclists](#) annually ranks all 50 states on how "bikeable" they are. The League evaluates each state's cycling success in several categories: legislation and enforcement; policies and programs; infrastructure and funding; education and encouragement; and evaluation and planning.

**Congratulations to our many HeartCycle members in Washington State!**

# Colorado HeartCycle 2014 Tours

## Great Rivers - Year 1

March 15 - 27 Status: Complete  
 12 days, Intermediate/Advanced \$1,920.00  
 Steve Parker, [parker3097@yahoo.com](mailto:parker3097@yahoo.com)  
 (970) 382-9551  
 Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
 (303) 618-4789

## Mallorca, Spain

May 3 - 17 Status: Full  
 14 days, Intermediate/Advanced \$2,450.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 (304) (719) 237-3350  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)  
 (303) 910-7230

## Springtime in Texas with Love, Sweat and Gears

March 16 - 22 Status: Complete  
 6 days, Intermediate \$995.00  
 Ann Lantz, [jaralantz@comcast.net](mailto:jaralantz@comcast.net) 720-272-0691  
 Julie Lyons, [j.julie.lyons@gmail.com](mailto:j.julie.lyons@gmail.com) 720-771-5219  
 Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
 (720) 840-6467

## Solvang Spring Break

April 5 - 12 Status: Complete  
 7 days, Intermediate/Advanced \$1,150.00  
 Ralph & Carol Nussbaum,  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 783-6450

## Central California Coast

April 12 - 19 Status: Complete  
 7 days, Advanced \$1,165.00  
 Tom Groves, [u4eahnrg@aol.com](mailto:u4eahnrg@aol.com) 720.560.1527  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)  
 (303) 910-7230

## Omak Hill Country Weekend

May 1 - 5 Status: Complete  
 4 days, Advanced \$475.00  
 Ralph & Carol Nussbaum,  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 783-6450

## Belgium and Holland Bike and Barge

May 12 - 22 Status: Full  
 10 days, Easy/Intermediate \$1,940.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450

## Aspen Highlights

May 22 - 26 Status: Open  
 4 days, Intermediate/Advanced \$445.00  
 Diane Short, [dianbike@eazy.net](mailto:dianbike@eazy.net) 303-763-9874

## Eastern Washington

June 5 - 9 Status: Full  
 4 days, Advanced \$440.00  
 Pam Austin, [freeandflying@live.com](mailto:freeandflying@live.com)  
 206-525-1020  
 Mike Nelson, [mikenelson@seanet.com](mailto:mikenelson@seanet.com)  
 206-325-9068

## Holland Bike and Barge Tour

June 21 - July 1 Status: Full  
 7 days, Intermediate \$1,940.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450

## South-Central Alaska

June 25 - July 2 Status: Open  
 7 days, Intermediate/Advanced \$1,725.00  
 Rod Nibbe, [aktour@rk nibbe.com](mailto:aktour@rk nibbe.com)

# Colorado HeartCycle 2014 Tours

## Washington British Columbia Loop

July 11 - 20 Status: Full  
 9 days, Intermediate/Advanced \$1,320.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450  
 Rod Lee, [kennedy6017d@yahoo.com](mailto:kennedy6017d@yahoo.com)  
 206-604-7145

## Oregon Coast

July 26 - August 2 Status: Full  
 7 days, Intermediate \$1,160.00  
 Ralph & Carol Nussbaum  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 783-6450

## Mother and Daughters - Keystone, CO

August 8 - 10 Status: Open  
 2 days, Easy \$350.00  
 Ann Lantz, [jaralantz@comcast.net](mailto:jaralantz@comcast.net)  
 Julie Lyons, [j.julie.lyons@gmail.com](mailto:j.julie.lyons@gmail.com)

## Northern Rockies - Jasper to Glacier

August 9 - 23 Status: Open  
 14 days, Advanced \$2,790.00  
 Sue Matthews, [scmatt2@gmail.com](mailto:scmatt2@gmail.com)  
 Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)

## Colorado Central Mountain Beauty

August 23 - 29 Status: Open  
 6 days, Intermediate/Advanced \$985.00  
 Harvey Hoogstrate, [harvhoog@gmail.com](mailto:harvhoog@gmail.com)  
 (303) 755-9362

## Mississippi Headwaters

August 31 - September 6 Status: Open  
 6 days, Easy \$1,120.00  
 Paul & Lynda Marks, [paulhmarks@gmail.com](mailto:paulhmarks@gmail.com)  
[lyndamarks@q.com](mailto:lyndamarks@q.com)

## New England Seacoast

Sept. 6 - 13 Status: Open  
 7 days, Intermediate \$1,325.00  
 Jim Bethell, [jim@bikes5.com](mailto:jim@bikes5.com) (518) 446-1766  
 Janet Reilly [janet@bikes5.com](mailto:janet@bikes5.com)

## Explore the Door

September 7 - 13 Status: Full  
 6 days, Easy \$1,120.00  
 Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
 (720) 840-6467  
 Deb Wuchner, [debwuchner@comcast.net](mailto:debwuchner@comcast.net)  
 (303) 792-2111

## Southern Utah National Parks

September 12 - 22 Status: Full  
 10 days, Intermediate/Advanced \$1,425.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 (425) 334-1444

## Estes Park Weekend

September 19 - 22 Status: Open  
 3 days, TBD \$425.00  
 Rosemarie Lueke [ree22@msn.com](mailto:ree22@msn.com)  
 (970) 286-3989  
 Nate Dick [npdick@gmail.com](mailto:npdick@gmail.com) (970) 231-1068

## Best of the Bay Area

September 26 - October 4 Status: Open  
 8 days, Advanced/Expert \$1,635.00  
 Bob McIntyre, [dcx12@aol.com](mailto:dcx12@aol.com)  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 (425) 334-1444