

Heart-to-Heart



Cycling Restrictions on Larimer County Road 43

With County Road 43 being a popular summertime route for cyclists to use in riding into Estes Park, you should be aware of restrictions that are currently in place for bike riders while this roadway is rebuilt.

As most of you know, sections of County Road 43 between Glen Haven and US 34 in Drake sustained significant damage in the September 2013 floods. As a result, a contractor is currently working to rebuild this 10-mile stretch of roadway.

At times when the contractor is working on the roadway (which right now is Monday through Saturday from 7 a.m. to 6 p.m. each day) we are not allowing people to ride their bikes through the construction area. It is expected that construction will continue until late this year and the hours of operation could expand as daylight increases this summer.

You are encouraged to share this information with other individuals or organizations who might benefit from knowing this. Copies of the a flyer with this information will be distributed to various bicycle shops in the Loveland and Fort Collins area.

Anyone wanting additional information on this particular flood recovery project should call 800-536-4403 or send an email to info@lcr43.com.

Your understanding and sharing this information throughout the cycling community is appreciated!

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Notes From the Board

HeartCycle Tipping Guidelines

Your HeartCycle Tour is planned and run by a dedicated team. Your tour leaders are unpaid volunteers and your SAG guides receive a per diem stipend. As an acknowledgement of their efforts, it is customary for tour riders to show their appreciation to the tour leaders and SAG guides by contributing to a tip fund. Typically each rider contributes between 5 to 10% of the total tour price per rider to the fund. We ask that one rider collect the contributions and divide the tip fund among the leaders and the SAG guides.

The tips are then presented to each of the tour leaders and SAG guides as a way of saying thank you for a job well done. This also recognizes the simple fact that without them, HeartCycle tours would not be available for your enjoyment.

HAVE A GREAT TOUR!

2015 Colonial Virginia Tour

April 3 – 12, 2015

By Jeff Grider

We gathered in our Nation's Capital for the start of a tour that was both enjoyable riding and historically informative.

We started our journey from the Holiday Inn Express, riding on the streets of the District to the United States Capitol, our first opportunity for pictures. The Dome is encased in scaffolding for a restoration project to remove lead paint and repair cracks. We wove our way among the many pedestrians along the National Mall, circling the Washington Monument, past the World War II Memorial and the Reflecting Pool to arrive at the Lincoln Memorial. Our route crossed the Potomac River via Arlington Memorial Bridge and then onto the Mt. Vernon Trail, a favorite of local cyclists. We rode the trail south for 16 miles, along the Potomac, past Reagan National Airport, and through Alexandria, VA to our morning's destination – Mount Vernon – the estate and home of George Washington, our country's first president. After a tour of the Mansion and some of the grounds, we enjoyed lunch before continuing a breezy first day across rolling hills to Manassas, VA.





The next day we first rode about a mile to Manassas National Battlefield Park. Much of the landscape is little changed since the battles of July 1861 and August 1862. In the Visitor Center we watched a very informative film on the critical fighting at the First Manassas and Second Manassas (also known as the First and Second Bull Run). Numerous citizens and members of Congress turned out with blankets and picnic baskets to watch the initial battle, which many thought would be the first and final conflict of the war. After touring portions of the battlefield we continued our journey on toward Front Royal, passing by many country estates and horse farms that are found in this part of Virginia.



Front Royal is at the north entrance station of Shenandoah National Park, established in 1935. Although the distance for the day was low at 44 miles, the climbing was in excess of 6,000 feet. Skyline Drive, the scenic roadway, follows the crest of the Blue Ridge Mountains for 105 miles, with numerous scenic overlooks. After enjoying the beautiful views and all that climbing we were happy to arrive at Skyland Resort, originally known as Stonyman Camp when guests began visiting in 1888. Our group was in a building with wonderful uninterrupted views west of the Shenandoah Valley and vistas beyond.



Day Four included more elevation gain of 3,500 feet but 6,700 feet of easy descending for a total of 60 miles. This was another day of beautiful scenery. The forecast had been iffy but stayed dry. We rolled into historic Charlottesville, the home of the University of Virginia founded by Thomas Jefferson, America's third president.

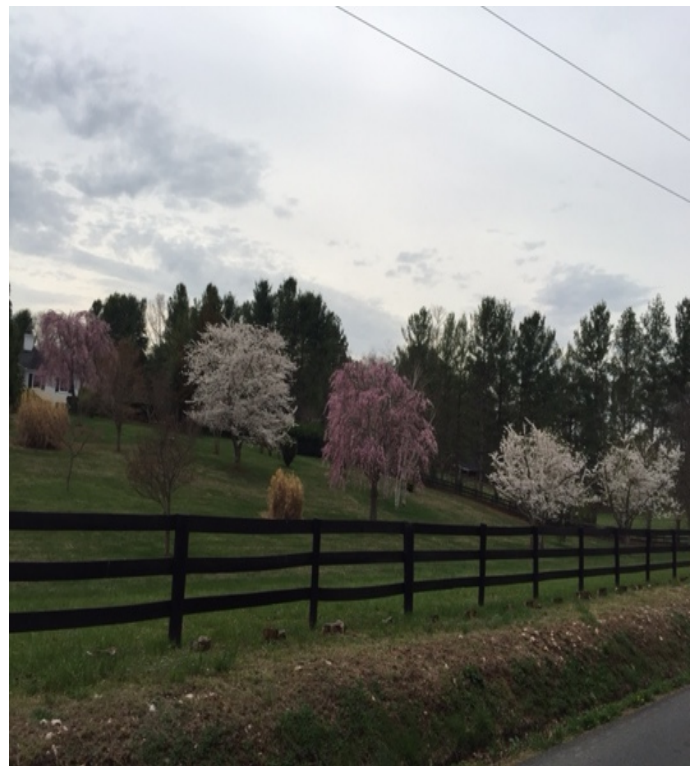


Today we awoke to light rain. Rather than a 12.8-mile loop ride out and back from the hotel, our tour leaders made two trips with the van to take us to Monticello. The home and primary plantation of Thomas Jefferson is now a World Heritage Site. A guided tour took us through the first floor. Then on our own we walked underneath the home through passageways past various cellars. The rain stopped and most of us attended the guided outdoor "Slavery at Monticello Tour" with a focus on the experiences of the enslaved people who lived and labored on the Monticello plantation. We had a delicious traditional southern lunch at nearby Michie Tavern, which dates from 1777. The remainder of the day was free time.

We rode out on a chilly morning for our longest day of 95 miles. It was nice to enjoy the warmth inside our first SAG stop at Calvary Chapel Church. We all signed a card of thanks to their Senior Pastor. That afternoon several miles of the route took us around a Correctional Facility and through their farm. This is a Ralph and Carol signature – always finding something unique in the locale for us to experience. Numerous turns in the last twenty miles challenged our navigation skills. We followed Virginia Bike Route 1 signs and our cue sheets to arrive at our hotel in downtown Richmond.

There were many interesting places to dine and visit in Richmond on our day off. Some of our group visited was The American Civil War Center. The exhibit "In the Cause of Liberty" interweaves Union, Confederate, and African American narratives into one story. The visit in Richmond was a welcome break, interesting and informative at the same time. That evening we enjoyed a terrific group dinner. We agreed it was one of HeartCycle's best.

Our final day of riding was a blend of roads and trails until we arrived at historic Jamestown. After lunch we toured the Visitor Center, which depicts how our Nation grew from a lonely English settlement of 104 men and boys on the James River in 1607 into 13 British colonies. A few more miles and we rode into Williamsburg. Before dinner we all loaded our bicycles onto a truck for the trip back to the Holiday Inn Express in Washington D.C.



Aaah, the most relaxing day of the tour as we travelled by Amtrak back to Union Station in downtown Washington, D.C. The cherry blossoms were in spectacular display as we passed the Tidal Basin by the Jefferson Memorial. Some riders returned directly to the hotel while others did more sightseeing. Ralph piloted the truck with bikes and Carol Nies drove the van back to the hotel in a mini-convoy.

This was another great HeartCycle tour due to the efforts our Leaders and SAG support. Tour leaders Ralph and Carol Nussbaum did a terrific job with the route and planning for visits to historical sights, not to mention all the logistical support of a tour on the East coast. Our SAGs Carol Nies and Mayoma Pendergast were truly outstanding, feeding us delicious lunches and happy hour snacks and finding us on the road when we needed support.

I would be remiss if I did not mention the staff of the Holiday Inn Express in Washington, D.C. They were most helpful and gracious. Arriving bikes were secured, room for assembly/disassembly and storage of bike boxes readily available, and requests for shuttle service, copier and computer access were all met with a smile.

A truly exciting and informative tour.



ODDS AND ENDS

By Diane Short

Road Side First Aid

For black and blue bruises (that are not open wounds) get some Traumeel GEL (not ointment). It is just the absolute best for bruises. It is best right away, but get some as soon as possible. In Colorado, King Soopers may have it and Vitamin Cottage and Sprouts always have it, (Google Traumeel to find stores in your area that carry it). The company has recently changed hands, so you may need to ask for its new formulation. Apply it a couple of times a day. Great stuff!

If you have road rash and have a layer or so of skin gone, Walgreens has Tegaderm. It looks like Saran Wrap, but what it does is let the wound heal from the inside out. You clean the wound, put on some antibiotic ointment and then cut a piece of Tegaderm that goes about 1/2 inch outside the edge of the wound. It is supposed to stick on its own, but I put a bit of tape around the edges if it is in an area that gets 'brushed' or moved around. Leave it on for several days to let it heal (it may weep a bit, which is what it is supposed to do). Then clean again gently and apply a fresh patch. The wound should heal in a week or so and there will be no scar as it has not scabbed. I had some deep road rash a number of years back and you can't even tell it was there.

For deep road rash, medical supply businesses carry Duoderm. It looks like it is latex bike tube material. Same concept as Tegaderm. Really clean out the wound. A 1.5% solution of hydrogen peroxide can be used to gently cleanse it. Apply antibiotic ointment and cover the area with at least an inch on all side beyond the wound. This is best taped around the edges. Let it weep and heal from the inside out, changing the dressing every 3 to 4 days.

(Editor's note: Hospitals discontinued the use of hydrogen peroxide to clean wounds about 20 years ago due to research showing that hydrogen peroxide kills healthy skin cells. Rinsing with water and then cleaning with soap and water is the current recommendation for cleaning wounds.)

Colorado HeartCycle 2015 Tours

Southern Arizona Spring Training

March 15 - 22 Status: Complete
 7 days, Int. \$1,060.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 237-3350
 David Durst, dursteam@gmail.com

Fabulous FootHILLS of Colorado

May 9 - 16 Status: Cancelled
 7 days, Int. + \$950.00
 Diane Short, dianbike@eazy.net
 303-763-9874

Discover San Diego

March 21 - 28 Status: Complete
 7 days, Int. \$980.00
 Becky Bottino, bbottino7@gmail.net
 (206) 683-9220
 Ken Condray, condray3@gmail.com
 (425) 334-1444

Springtime in California Sonoma and Napa

May 15 - 23 Status: Complete
 8 days, Adv. / Exp. \$1,675.00
 Alan Scott, ascott999@comcast.net
 (720) 840-6630
 Bob Rowe, browe@comcasst.net
 (303) 910-7230

Colonial Virginia

April 3 - 12 Status: Complete
 9 days, Int. / Adv. \$1,695.00
 Ralph & Carol Nussbaum,
renussbaum@outlook.com (206) 713-9417

Eastern Washington 4 day tour

May 28 - June 1 Status: Wait List
 4 days, Int. / Adv. \$460.00
 Ralph Nussbaum,
renussbaum@outlook.com
 (206) 713-9417
 Pam Austin, freeandflying@live.com
 (206) 525-1020

Great Rivers II: Springtime on the Rivers

April 25 - May 9 Status: Complete
 14 days, Int. / Adv. \$2,060.00
 Steve Parker, bsparker116@gmail.com
 (970) 382-9551
 Chris Matthews, chriswmatthews@msn.com
 (303) 618-4789

San Juan Mountains

June 19 - 28 Status: Wait List
 9 days, Adv. / Exp. \$1,345.00
 Tom Groves, u4eahnrg@aol.com
 Peter Podore, ppodore@gmail.com

Omak 4 Day Fixed Base

May 7 - 11 Status: Complete
 4 days, Int. / Adv. \$460.00
 Ralph & Carol Nussbaum,
renussbaum@outlook.com (206) 713-9417

Central Oregon High Desert

June 21 - June 28 Status: Wait List
 7 days, Int. / Adv. \$1,495.00
 Ann Werner, acwerner@comcast.com
 Rich Crocker, richcrocker@hotmail.com
 (719) 237-3350

Colorado HeartCycle 2015 Tours

British Columbia Coast

July 4 - July 12 Status: One Male
8 days, Adv. / Exp. \$1,600.00
Dean Karlen, dean@karlen.email
(250) 595-1371
Bob Rowe, browe49@comcast.net
(303) 910-7230

The Idaho Panhandle

August 15 - 22 Status: Wait List
7 days, Int. / Adv. \$1,420.00
Chris Matthews, chriswmattthews@msn.com
(303) 618-4789
Richard Loeffler,
RichardTLoeffler@gmail.com
(303) 981-2963

Washington British Columbia Loop

July 17 - 26 Status: Open
9 days, Int. / Adv. \$1,325.00
Ralph Nussbaum, RENussbaum@outlook.com
(206) 783-6450
Mike Parent, mrparent@arifleet.ca

Danube River Passau to Vienna

September 5 - 13 Status: Wait List
8 days, Easy \$1,465.00
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467
Deb Wuchner, debwuchner@comcast.net
(303) 792-2111

Upper Hudson River Ramble

July 18 - July 26 Status: Cancelled
8 days, Int. \$1,420.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Janet Reilly, janet@bikes5.com

Black Hills of South Dakota

September 7 - 11 Status: Wait List
4 days, Int. / Adv. \$665.00
Barry & Judy Siel, bjsiel@msn.com
(303) 470-8431

San Juan Islands

August 1 - 9 Status: Open
8 days, Int. \$1425.00
Ken Condray, condray3@gmail.com
(425) 334-1444
Becky Bottino, bbottino7@gmail.net
(206) 683-9220

South Oregon and Crater Lake

Sept. 11 - 19 Status: One Male
8 days, Adv. \$1,470.00
Ralph & Carol Nussbaum,
renussbaum@outlook.com (206) 713-9417

Mothers, Daughters, Sisters with LSG

August 6 - 8 Status: Wait List
2 days, Easy \$390.00
Julie Lyons, julie@lovesweatandgears.net
Ann Lantz, ann@lovesweatandgears.net

South Utah National Parks

September 23 - October 4 Status: Wait List
11 days, Int. / Adv. \$1,590.00
Ralph Nussbaum, renussbaum@outlook.com
(206) 783-6450
John Penick, jdenick@gmail.com