

Heart to Heart



David A. Lucks, MD, of Denver, Colorado, a partner at the Western Infection Disease Consultants, passed away peacefully on October 16, at the age of 56, surrounded by his family after a tragic bicycle accident while riding on the HeartCycle Moab Weekend tour. David was raised in Western Springs, Illinois and after graduating from Lyons Township High School in La Grange, Illinois was admitted to the Northwestern University's Six Year Medical School at the age 18 where he met his wife and life partner of 33 years Gail Kiefer. David specialized in Infectious Diseases in the Chicago Metropolitan area before moving with his family to Denver in 2006. In his 32 years as a physician, David was revered by his fellow doctors, nurses and patients for his tireless devotion to his patients and his practice. He is survived by the love of his life, Gail Lucks nee Kiefer, and

his three children Emily, Alexander, and Ilana. He is also survived by his mother Sheila Lucks, his sister Deborah Meisel (Lee), and his brother Daniel Lucks. David loved riding his bike, drinking wine, eating Gail's food, and making people laugh. He touched everybody he met with his sparkling wit, humor, intelligence, and generosity. Donations can be given to Metro Community Provider Network that provides medical services to indigents.

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Notes From the Board

2014 HeartCycle Tours

There are currently 21 HeartCycle tours scheduled for 2014. Three of these tours are international (one to Spain and two to Holland) and two tours will cross the border between USA and Canada. There are several tours that will be going locations that HeartCycle has not visited for a long time (or ever) including "Great Rivers - Part I" and "South Central Alaska". The international tours were opened for registration earlier this year and all three quickly sold out.

The rest of the 2014 tours will be opened for registration, a few at a time during November. All members will receive email notification when when new tours will be opened for registration.

Based on experience from the last two years, tours will fill quickly when they are opened for registration. You should plan to review the tours on the website, decide which tour(s) you would like to ride on, and watch for those emails from the Registrar so you can secure a place on your tour(s) of choice.

2013 Annual Luncheon

The HeartCycle annual luncheon was a great success this year. 135 members had pre-registered and over 150 attended. There was a slide show of photos from many of the 2013 tours and Jeff Messerschmidt had the HeartCycle Emporium open for business.



HeartCycle members line up to sign in for the Annual Luncheon

The out-going board members, Mickey Berry, Rich Crocker, Steve Parker, Bob Rowe, and Joanne Speirs, were the also the nominees to fill the 5 positions that they were vacating. All five were reappointed to the board following a unanimous voice vote. Congratulations to the five “new” board members and thanks to all the board members for your continued service to HeartCycle.

Club President, Chris Matthews provided some information on the recent growth of HeartCycle. The current membership is 772 compared to about 500 last year. A lot of the growth can be attributed to new members from Washington and Oregon as long time HeartCycle members, Ralph and Carol Nussbaum, and Ken Condray, led several tours in the northwest and recruited new members from that area. Also, there were 17 tours with 593 riders in 2013, compared to 13 tours with 412 riders in 2012. There are 21 tours currently scheduled for 2014!

HeartCycle members, Ann Lantz and Julie Lyons are members of the Ride Across America Team known as “Love, Sweat and Gears”. For the last two years they have participated in the epic event with support from other HeartCycle members. Ann and Julie gave a presentation chronicling their trials and tribulations as they attempted to set a new record.



Diane and Jerry Bakke

This year saw the establishment of the **Gerald E. Bakke Award**. Jerry has made many contributions to HeartCycle since he joined in 1992. He is a past board member where he served as President, Vice-President, Tour Director, and Equipment Manager. Jerry has led numerous tours but more than that, he designed 9 tours, introduced the double sag system, and was responsible for the clubs transition to using nicer hotels on tours. With all that experience, Jerry became recognized as the ideal HeartCycle tour leader; he trained and mentored many of the clubs current tour leaders and sag drivers in the designing, planning and operation of tours. But if you ask Jerry, he will tell you that it wasn't all work. Along the way Jerry participated in over 40 different HeartCycle tours, some multiple times, and as a result he has visited 20 states and Canada on tours. It would be difficult to count how many current members Jerry recruited for HeartCycle, but if you one of them, you probably heard his standard sales pitch:

“HeartCycle is the best kept secret in bicycling”

NORTHERN UTAH CANYONS TOUR

By Dianne Bechtold

This new eight-day tour sponsored by HeartCycle was a counterclockwise loop starting in Salt Lake City. Riders met Friday evening September 13 hoping for a dry tour after a week of unseasonably rainy weather in Utah. Our tour leaders, Ken Condray and Ralph Nussbaum, introduced themselves and provided instructions. We also met our SAG drivers, the inimitable sisters Becky Bottino (Ken's wife) and Toni Payne.



Big Skies



Fall Foliage

Saturday September 14 dawned mild and DRY for our departure. After a short jaunt on quiet city streets we entered the Jordan River Parkway Bike Path for the next 14 miles. This wonderful multiuse trail was already busy with many walkers, riders, skaters, etc. There were multiple opportunities to take wrong turns but our cue sheets and Garmins kept us on track. Water and some muck over the trail in several low spots made for a few dicey moments. Eventually, Ralph and his fast posse collected the more relaxed riders and everyone pretty much exited the trail together. Over the next miles going south riders began to spread out as we continued along the shores of Utah Lake. Skies gradually began to darken and a number of riders were heavily rained on. Fortunately this was a local event. Lunch was dry, sunny and warm and wet riders dried out. In the afternoon we rode past open farm areas. Some riders encountered another rain storm before arriving at Payson after an 82-mile day. There were no extended climbs and everyone was ready to begin the more challenging days of the tour. Several Colorado participants had difficulty finding a drivable route out of the state due to the rain and cataclysmic floods in the Boulder area but everyone was present and accounted for by the end of the first riding day.

Ken and Ralph had been concerned about possible bad weather and lightening on Sunday September 15 for our 27 mile climb on the Mt Nebo Loop Scenic Byway. But except for a few rain drops we stayed dry as we rode higher and higher, passing

elevation signs for seven, eight and nine thousand feet and marveling at the alpine forests and rock formations. Utah Lake was a tiny puddle in the far distance at one viewpoint. This area is open range land and many head of cattle were grazing on the shoulders and sides of the road. After topping out we began descending with some caution as there were areas of wash and dried mud on the road. Becky found the sun at Devil's Kitchen for our lunch stop and the remainder of the 66-mile ride into Mount Pleasant was just that.



Tour Leader & Friends



Great Support

Day three began cool and clear with an eight-mile warm-up through pasture lands before heading up Huntington-Eccles Energy Loop National Scenic Byway. The route was a constant nine-mile climb with 6-9% grades to our first SAG stop and unlike yesterday there were no false flats for recovery. A nice surprise - Carol Nussbaum met us accompanied by Lucy, Ken and Becky's goldendoodle. Carol was dog sitting at their cabin which was just 20 miles away. (Lucy quickly became our informal mascot.) The grades eased off a bit until we reached the summit at 9655 feet and began an extended 26-mile descent. There were many piles of dirt, boulders and trees in the canyon from slides caused by the heavy rains on slopes damaged by wildfires. Unfortunately, the Huntington Creek bed appeared badly fouled by slide debris, a real shame since it is a Blue Ribbon Trout Fishery and offers some of the best fly fishing in the state. Once back to lower elevations we rode by the regional power plant. Every few minutes huge trucks hauling coal for the plant went by. Coal continues to be an important source of fuel for electricity generation in this area. After riding through the attractive small towns of Elmo and Cleveland we reached our destination of Price, ending an 86-mile day. Our group dinner was that evening.

After three challenging days we had the option of a day off to relax and explore our surroundings. Ken and Ralph also offered to support riders wishing to take the Scofield 200K Challenge with 9000 feet of climbing but found no takers. Many of us did take a short ride to historic Helper, Utah where Becky and Toni grew up. Becky challenged us to find their father's picture in the Western Mining & Railroad Museum,

housed in a historic 1914 hotel, and four people did! Other riders stayed in Price and visited the College of Eastern Utah Prehistoric Museum, with exhibits of dinosaur skeletal mounts and an authentic pit house of ancestral man.

Our fourth riding day was a relatively short 55 miles and 3900 feet of climbing. We passed through Helper before turning onto the Dinosaur Diamond Prehistoric Highway to Duchesne. There was a fierce tailwind on the descent and several riders hit speeds in excess of 50mph. Everyone finished by early afternoon and happy hour began soon after. Other than admiring the beautiful hanging baskets and planters filled with colorful flowers on the main street there wasn't much else to do besides check out the local grocery and hardware stores. Our rider meeting was postponed until later in the evening while Ken and Ralph drove out to explore the "Road Closed" sign posted on our route out of town for the next day. Although initially told "NO", our smooth talking tour leaders convinced the Utah DOT supervisor to let us pass through a bridge repaving project en masse to avoid a 15-mile detour. Otherwise it would have been a 100-mile day.



Open Roads



Utah Tifosi

Thursday September 19th began with a nice six-mile ride along a river valley as we headed for the day's destination – Park City, Utah. After 18 miles riders regrouped and we walked our bikes over the bridge together. Hay and alfalfa were the main agricultural crops in this area. The big eight-mile climb of the day began at about mile 40 with lunch at the summit, 9485 feet in elevation. Again the road passed through open range land and this time many sheep were grazing on the grassy vegetation. The last few miles of the day we pedaled on the Union Pacific Rail Trail, meandering along wetlands with several beaver dams and a lodge. Oddly, several closed gates across the entire trail and no curb cutouts at cross streets made safe passage somewhat problematic. Our hotel was conveniently located for our second day off Friday September 20 and there was plenty to do and see. Park City was the site of many of the 2002 Winter Olympics events.

Saturday September 21 was a short 33-mile ride back to our departure point in Salt Lake City. After some ups and downs and five miles on Interstate 80 we arrived at Emigration Canyon, our last climb of the tour and only one and a half miles long. This is a very popular local route and there were lots of riders. The descent was steep and restricted to one lane in three places where many volunteers were planting native shrubs and grasses for terrain and erosion control on the sharply pitched hillsides. It was warm and sunny for the end of an exhilarating tour. We packed up and headed off for home with indelible memories and new friends made.



Wonderful Friends

Addendum: On a somber note, Vincent Martorana, one of the participants of the Northern Utah Canyons Tour was involved in a serious cycling accident shortly after returning home. Vince faces a prolonged recovery and rehabilitation for his injuries. The HeartCycle community extends our collective support to Vince, his family and friends at this difficult time.

Colorado HeartCycle 2014 Tours

Great Rivers - Year 1

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

Mallorca, Spain

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

Springtime in Texas with Love, Sweat and Gears

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

Belgium and Holland Bike and Barge

May 12 - 22 Status: Full
 10 days, Easy/Intermediate \$1,940.00
 Ralph Nussbaum, rnussbau@earthlink.net
 (206) 783-6450

Solvang Spring Break

April 5 - 12 Status: Full
 7 days, Intermediate/Advanced \$1,150.00
 Ralph & Carol Nussbaum,
rnussbau@earthlink.net (206) 783-6450

Aspen Highlights

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

Central California Coast

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

Eastern Washington

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

Omak Hill Country Weekend

May 1 - 5 Status: Full
 4 days, Advanced \$475.00
 Ralph & Carol Nussbaum,
rnussbau@earthlink.net (206) 783-6450

Holland Bike and Barge Tour

June 21 - July 1 Status: Full
 7 days, Intermediate \$1,940.00
 Ralph Nussbaum, rnussbau@earthlink.net
 (206) 783-6450

Colorado HeartCycle 2014 Tours

South-Central Alaska

June 25 - July 2 Status: Open
 7 days, Intermediate/Advanced \$1,725.00
 Rod Nibbe, aktour@rknibbe.com

New England Seacoast

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

Washington British Columbia Loop

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

Explore the Door

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

Oregon Coast

July 26 - August 2 Status: Open
 7 days, Intermediate \$1,160.00
 Ralph & Carol Nussbaum
rnussbau@earthlink.net (206) 783-6450

Southern Utah National Parks

September 12 - 22 Status: Open
 10 days, Intermediate/Advanced \$1,425.00
 Ralph Nussbaum, rnussbau@earthlink.net
 (206) 783-6450
 Ken Condray, condray3@gmail.com
 (425) 334-1444

Northern Rockies - Jasper to Glacier

August 9 - 23 Status: Full
 14 days, Advanced \$2,790.00
 Sue Matthews, scmatti@comcast.net
 Becky Bottino, bbottino7@comcast.net

Estes Park Weekend

September 19 - 22 Status: TBA
 3 days, TBD \$425.00
 Rosemarie Lueke
 Nate Dick

Colorado Central Mountain Beauty

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

Best of the Bay Area

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

Mississippi Headwaters

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