

Heart to Heart



SEATTLE LUNCHEON A HUGE SUCCESS

On Saturday, November 1, 2014, HeartCycle hosted a luncheon at the Golf Club at Echo Falls north of Seattle in Snohomish. There were 97 HeartCycle members from the Pacific Northwest who attended the luncheon and a third of them participated in a pre-luncheon bike ride under gray Seattle skies in a refreshing fog and mist. Mickey Berry, Rich Crocker, Chris Matthews, and Bob Rowe represented the board of directors and spoke on different topics including the history of HeartCycle, the administration and management of the club, a vision of the club's future, recent changes in registration procedures, and of course the most important topic, the announcement of the 2015 tour schedule. Recognition was also made of the outstanding contributions of the tour leaders from the northwest including Pam Austin, Becky Bottino, Ken Condray, Rod Lee, Sue Matthews, Mike Nelson and Ralph and Carol Nussbaum. It should also be noted that there are a number of talented local support people who have assisted these leaders.

The purpose of the luncheon was to acknowledge the Seattle areas significant HeartCycle membership base, to thank these members for their participation in the club and to provide them with an opportunity to meet and interact with HeartCycle's leadership. Member feedback was very positive and the board members all felt the event was very worthwhile. Ralph Nussbaum summed things up by stating, "I think the turnout indicates how much cyclists out here like the HeartCycle model of touring and the quality of touring that HC puts on."

HeartCycle is delighted to have a large membership in the Pacific Northwest and we look forward to building a strong relationship in the coming years. We encourage all of our members to consider the wide variety of touring opportunities next year whether it's in your backyard or across the country. Challenge yourself and find a new experience in 2015.

The Board of Directors

| | |
|--|--------|
| Chris Matthews (303) 618-4789 President - president@heartcycle.org | (2016) |
| Mickey Berry (303) 880-1944 Vice President - vp@heartcycle.org | (2015) |
| Steve Parker (970) 382-9551 Treasurer - treasurer@heartcycle.org | (2015) |
| Joanne Speirs (303) 312-7252 Secretary - secretary@heartcycle.org | (2015) |
| Jim Bethell (518) 466-8490 CPR/Driver Trng Coord. - bikes05@verizon.net | (2016) |
| Richard Crocker (719) 237-3350 Registrar - registrar@heartcycle.org | (2015) |
| John Penick (203) 232-8946 Asst. Treasurer - jdpenck@gmail.com | (2016) |
| Bob Rowe (303) 910-7230 Tour Director - tourdiretor@heartcycle.org | (2015) |
| Jay Wuchner (720) 840-6467 Sag Vehicles - sag@heartcycle.org | (2016) |
| Fred Yu (303) 321-4530 Insurance and Legal - frederickyu@comcast.net | (2016) |

Working Members

| | |
|--|--|
| Andy Anderson (404) 395-1491 Map Maker - maps3@heartcycle.org | |
| Ron Barton (303) 798-2755 Co-Registrar - registrar@heartcycle.org | |
| Harvey Hoogstrate (303) 755-9362 Web Master - webmaster@heartcycle.org | |
| Richard Loeffler 303-981-2963 Med. Equip. - MedEquipMgr@heartcycle.org | |
| Jeff Messerschmidt (303) 904-0573 Sag Supply Manager - sagmgr@heartcycle.org | |
| Ralph Nussbaum , (206) 783-6450 Asst. Tour Director - RENussbaum@outlook.com | |
| Barry Siel (303) 470-8431 Newsletter Editor - newseditor@heartcycle.org | |

Notes From the Board

Are Roads Becoming More Dangerous For Bike Riders?

The number of bicyclists killed in crashes with automobiles nationwide increased 16 percent between 2010 and 2012, according to a [report released today by the Governors Highway Safety Association \(GHSA\)](#), a group that represents states' highway safety offices.

Bicycling fatalities had been decreasing over the prior three decades. While total deaths are on the rise, bicycling advocates point to a different figure they believe is just as important in measuring safety: the fatality rate. For instance, in Washington there are an estimated 1.1 bicycling fatalities per 10,000 biking commuters, one of the lowest rates of any large city in the country.

As the rate of bicycling increases, the rate of fatalities actually decreases. As more people are bicycling the overall number of crashes does not keep pace and actually decline in many cities.

Among the factors the GHSA blames for the increase in deaths (from 621 in 2010 to 722 in 2012) are alcohol and helmet use. About 25 percent of adult bike riders killed in 2012 were drunk, the report said, and more than two-thirds of all fatally injured cyclists were not wearing helmets.

The report said exposure data (how growing bike travel exposes more bicyclists to potential accidents) provided mixed evidence. Either way, the 16 percent jump in bicycling fatalities outpaced the 1 percent increase in all other motor vehicle deaths during the same three-year period.

The GSHA recommends several approaches to reduce deaths, including stricter enforcement of traffic laws, educating cyclists and drivers about sharing the road, techniques to decrease speeding, and infrastructure changes.

The crash rate is actually going down because we have so many more bicyclists every year. The rate of bicycling is growing at 10 to 20 percent every year and the crashes are not increasing that fast.

2015 COLONIAL VIRGINIA TOUR



Ever wanted to see the cherry blossoms on the mall in Washington, DC? How about the stately homes of Presidents Washington and Jefferson at Mt. Vernon and Monticello? Join us for this brand new 9 day tour April 3 –12. We start in downtown Washington, DC and head out to Mt. Vernon and across the rolling hills to Manassas (site of the famous Civil War battles). Day 2 sees us heading for the foot of the Blue Ridge Parkway in Front Royal. Day 3 will be along that famous parkway to the Skyland Resort in the heart of Shenandoah National Park. Day 4 it's off to historic Charlottesville. Here we will take a well-deserved rest day with only a very short ride to Jefferson's home, Monticello leaving plenty of time to explore Charlottesville. Day 6 it's off to Richmond, VA, capital of the Confederacy. With so much to see and experience in Richmond, we have opted for another day off. Our last riding day brings us to historic Williamsburg. Day 7 starts with a relaxing morning train ride back to where we started in Washington, DC. We will have your bikes at the ready to ride around the sites of our nation's capital from famous Union Station and back to our hotel for one last night.

This tour is rated Intermediate/Advanced. The mileages are generally low (under 50 miles per day average). We have one major climbing day up onto Skyline Drive (part of the Blue Ridge Parkway) although Virginia is definitely hilly and so we will be constantly riding up and down hills. Most of our roads are extremely quiet rural roads but when entering or leaving major cosmopolitan areas we will experience some traffic so good riding skills and common sense will be required. Look for a more detailed description on the website.

Ralph & Carol Nussbaum (Tour Leaders)

Carol Nies and Kathleen Schindler (Sag Support)

2015 8-Day Southern Oregon Shuffle



Crater Lake and Wizard Island

If you've never been to Crater Lake then this tour is a must! No place on earth combines a deep, pure (over 1,700' deep), so blue in color; sheer surrounding cliffs that are almost 2,000 feet high and two picturesque islands. It is a true gem. Although the tour's highlight is Crater Lake the journey there is equally compelling. We will be crossing the southern end of the Cascade Mountain range twice on two gorgeous yet quiet passes. We will experience the verdant pastures and groves of Douglas firs and cedars on the west side to the dryer and magnificent sugar pines east of the mountains. Our tour starts and ends in Eugene, Oregon and heads south into the narrowing Willamette River Valley over rolling hills to Roseburg. The next day takes a slightly more strenuous track over a 3300 foot pass and down into Medford. From there we take a trail to Ashford and then along the Green Springs Highway to Klamath Falls. (This highway is closed to all large trucks and vehicles.) Day four we ride up to Crater Lake, with a ride around the rim on the following day. Leaving Crater Lake is the easiest day on the tour with a net loss of 3,000 feet arriving in La Pine. Day 7 we ride around the backside of Bachelor Butte passing some very pretty alpine lakes and up to the famous ski area ending the day in Sisters. The final day we climb up to the awesome lava fields left over as a result of the violent eruption of Mt. Mazama, leaving Crater Lake in its place, and finally arriving back in Eugene along the very quiet Old McKenzie Highway.

This tour is rated Advanced. The mileages are high (average 80 miles/day) and there is climbing nearly every day (3,500'/day). Most of the roads are very quiet and rural but a few have little or no shoulder to ride on. When this environment exists, cyclists need to exhibit good riding skills and common sense. Look for a more detailed description on the website.

Ralph & Carol Nussbaum (Tour Leaders)/Carol Nies and Kathleen Schindler (Sag Support)

Best of the Bay Area

September 27- October 4, 2014

By Mitchell Bitter

Heartcycle's Best of the Bay Area tour introduced many of us to the classic rides of the North Bay and San Francisco peninsula, covering 400+ miles and more than 38,000 vertical feet over 7 days, with one well deserved rest day. The tour was meticulously planned, organized and led by Bob McIntyre, a longtime Heartcycle member who has cycled these roads for over 30 years. Bob was ably assisted by his wife Leticia and Ken Condray (pressed into service at the last minute) who provided first rate support and kept us well fed throughout the tour.

Those who live in Colorado where the climbs are long, steady, and at altitude had to adjust to shorter, steeper California ascents, some of which averaged 10% with short pitches of 14-17% - easier on the lungs but a challenge for the legs. Some of us had the advantage of compact cranks and 28 or 32 cog cassettes. Bob McIntyre went "old school", zipping up the climbs with his standard crank and 23 cog cassette. What goes up must come down. The descents in the Coastal range were spectacular- steep, technical and shaded by towering redwoods. Check out Jay Prensky's You tube video: https://www.youtube.com/watch?v=Et3lwGomANc&feature=em-share_video_user

We began our three-day excursion around the North Bay under diamond clear skies. We were shuttled to the foot of the iconic Golden Gate Bridge where we unloaded our bikes, pumped up our tires and hit the road. The bridge and Marin headlands afforded spectacular views of the Bay and the City, with a number of steep climbs and rapid descents.



Richard Handler ready for a steep decent On the road with the brothers Kelmenson

After passing through Sausalito, we headed for Mt. Tam (Tamalpais), which many consider the birthplace of mountain biking. In the 1970's, now well known figures in the bicycle industry, such as Tom Ritchey and Gary Fisher, modified old cruiser bikes and raced down the trails and fire roads of the area. Mt. Tam is now mostly closed to mountain biking but is a popular spot for road biking. Our first day ended in San Rafael and covered 61 miles, with 5800' vertical.

The ride from San Rafael to Bodega Bay, the setting of Hitchcock's *The Birds*, took us northwest, from the Bay to the ocean over rolling hills. Bob billed it as an "easy day" covering only 55 miles and 3700' vertical, but after the climbs of Day 1, and the wind in our faces, the last climb up Bay Hill Road, overlooking Bodega Bay, was tougher than expected. We relaxed at our hotel with cold beers and enjoyed the ocean views.

Fog greeted us on Day 3, a 60 mile, 5700' vertical route which took us south along the Pacific coast. There were a number of climbs described by Bob as "rollers" which were better labeled as short, steep climbs. We arrived at our comfortable modern hotel in Mill Valley to rest up for our ride south to explore the San Francisco Peninsula.

Day 4 was a transition day as we headed from the North Bay south back across the Golden Gate Bridge, this time partially shrouded in fog, to the San Francisco Peninsula. We cycled through the Presidio, passing Devil's Slide and Ocean Beach on our way to lunch in Half Moon Bay. After lunch, we tackled the big climb (2,000' vertical) of the day. Tunitas Creek Road winds steeply up and over the California Coastal Range. We traversed this range twice more during the trip. Some of us stopped at a cute self service shop to fuel-up for the climb. Our destination was Palo Alto. On the way, we climbed 6000' feet over 77 miles.



Mike Strear and Jay Prensky on a climb



Dave Gold and Fred Yu seeking snacks

Day 5 was a rest day although Richard Handler led a small group for a ride in the hills above his alma mater, Stanford University. During the ride, Mike Strear broke a rear derailleur but was rescued by good samaritans. Others visited the Stanford Campus and some of us loaded up on ice cream and pie.

The next morning we rolled out of Palo Alto refreshed for a 70 mile, 4700' vertical ride to Santa Cruz. The route took us up and over the coastal range under a thick canopy of redwoods. We then descended to the ocean. Riding south along Highway 1 we were treated to spectacular views of the coastline. We stopped at scenic Pigeon Point Lighthouse on our way to lunch on the beach. We ended our ride at the beach town of Santa Cruz and watched the surfers from Steamer Lane.

The last major ride of the tour covered 56 miles and 6500' vertical, from Santa Cruz to Saratoga, and included major 3 climbs in record setting heat. The 10-mile climb up Bonny Doon Road averaged 11% and 9% over the first 2 miles with pitches of 14-17%, before

easing to a more manageable 5-6% to the top. Because of the unprecedented temperatures, we got an early start and everyone made it up in fine form.



Karen, Frank, Becky, John and Jay



Lunch at Waddell Beach

The descent on Jamison Creek Road was gnarly indeed- steep and winding. We lunched in a forest of giant redwoods. After 2 more climbs and one screaming descent, we arrived at the quaint town of Saratoga and checked in to the elegant Inn at Saratoga.

On the last day, a 40 mile spin with 2100 feet of climbing back to our airport hotel, many of us were on the road early to catch mid afternoon flights. On the way, Bob took us on a short detour to see perhaps the most famous garage in the history of the world.

In sum, the tour was a great success. We had some punctures, and a few mechanicals, but everyone arrived home safe and sound. Our thanks to Bob, Lettie and Ken for organizing a first rate trip and turning us on to some of the best riding in the United States.



Bob McIntyre



Leticia McIntyre



Ken Condray

2015 Tour Registration Procedure Changes

History: HC tour registration policy has always operated on a, “first come, first served” basis. Using a paper mail-in registration system and having a few hundred members this policy has been fair and equitable to all members. HeartCycle has now grown to over 700 members and uses online registration. During the last three years tours have often filled in a matter of minutes or hours. Members not being able to register have been frustrated because they could not be at their computer at the precise registration opened, or they experienced a temporary computer glitch. Considering these frustrations, and wishing to allow all members equal and fair access to tour registration, the board of directors has decided to amend the registration policy.

November 7th Registration

The first five tours opened for registration under the new procedures explained below. None of the tours filled in the initial five day period, therefore no lottery was required. The registration went smoothly and the only assistance members needed from the Registrar was assistance with confirming passwords and membership status.

2015 Tour Registration Procedure Changes

Policy: Starting with the 2015 tour season, the registration process will use a lottery system for tours that have more members registering than slots available. Members will be notified of their tour status, confirmed or wait list, between five and seven days after registration opens. Only current members will be allowed to register from November 1st until January 1st. Non-current members will not be able to renew memberships until January 1st. Additionally, no new memberships will be accepted until January 1st.

Lottery Requirement: After a tour is open for registration for five days, the Registrar will evaluate the number of members registered.

1. If the tour is not filled at that time, all members will be confirmed on the tour and registration will continue as in the past — “first come, first served”.
2. If the tour has more registrations than slots available, the Registrar will conduct a lottery to determine which members will be confirmed, and the remaining members will be put on the wait list. The tour will put in a “wait list only” status for any additional registrations.

Lottery details:

1. The lottery will use a random number process to choose the members to be confirmed.
2. Member’s lottery numbers will be assigned in the order of their registration.
3. Members requesting each other as roommates will have the same number in the lottery, and both will be either confirmed or wait listed together.

Priority: In recognition of their service, club volunteers (working members, tour leaders and board members) will be given one priority tour selection per year. A request to use their priority must be made to the Registrar upon registration by email at Registrar@heartcycle.org. The priority will be considered used whether or not the tour requires a lottery.

Please contact the Registrar at registrar@heartcycle.org with any questions or comments.

Colorado HeartCycle 2015 Tours

Southern Arizona Spring Training

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

Discover San Diego

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

Colonial Virginia

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

Great Rivers II: Springtime on the Rivers

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

Omak 4 Day Fixed Base

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

Fabulous FootHILLS of Colorado

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

Springtime in California Sonoma and Napa

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

Eastern Washington 4 day tour

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

San Juan Mountains

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

Central Oregon High Desert

June 21 - June 28 Status: Pending
 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: Pending
 8 days, Adv. / Exp. \$1,725.00
 Dean Karlen, dean@karlen.email (250) 595-1371
 Bob Rowe browe49@comcast.net (303) 910-7230

Washington British Columbia Loop

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

Upper Hudson River Ramble

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

San Juan Islands

August 1 - 9 Status: Pending
 8 days, Int. \$1,425.00
 Ken Condray, condray3@gmail.com
 (425) 334-1444
 Becky Bottino, bbottino7@gmail.net
 (206) 683-9220

Mothers, Daughters, Sisters with LSG

August 6 - 8 Status: Pending
 2 days, Easy \$0.00
 Julie Lyons, julie@lovesweatandgears.net
 Ann Lantz, ann@lovesweatandgears.net

The Idaho Panhandle

August 15 - 22 Status: Pending
 7 days, Int. / Adv. \$0.00
 Chris Matthews, chriswmattthews@msn.com
 (303) 618-4789
 Richard Loeffler, RichardTLoeffler@gmail.com
 (303) 981-2963

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

Black Hills of South Dakota

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

South Oregon and Crater Lake

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

South Utah National Parks

September 23 - October 4 Status: Pending
 11 days, Int. / Adv. \$1,120.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450
 John Penick, jdpenick@gmail.com