

Heart-to-Heart

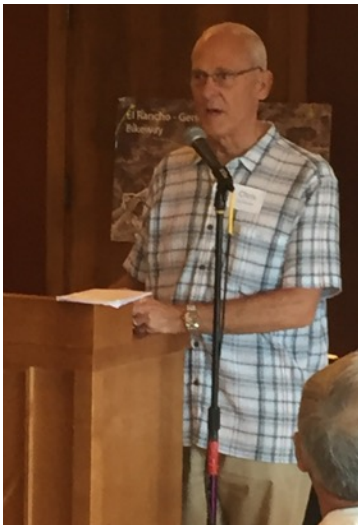


HeartCycle 2016 Annual Meeting and Luncheon

The Annual Meeting was held on October 29, 2016 at the Mt. Vernon Country Club in Golden, Colorado.

Once again, there was a continuous slideshow with photos from this year's tours. HeartCycle's Tour Director, Bob Rowe, announce the 2017 tours and many of next year's tour leaders presented a preview of each tour,

A farewell and hearty thank you was extended to outgoing Board Members, Chris Matthews and Jay Wuchner. Two new Board Members: Alan Scott and Joan Spilka, were voted into office along with returning Board Members: Fred Yu, John Penick, and Jim Bethell.



Chris Matthews
Out-going Board President



Fred Yu
In-coming Board President



Dave Evans
Bike Jeffco

A presentation was made by Dave Evans with Bike Jeffco, outlining how the biking advocacy organization got started, how they operate and many of their accomplishments in Jefferson County including improvements to the C-470 bikeway, the Genesee - El Rancho Link, and improvements to Deer Creek Canyon.

The Board of Directors

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President - president@heartcycle.org

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Note from the Board

Sneak Preview of 2017 Jersey



Front View



Back View

The tour souvenir for 2017 will be a jersey by Primal. They will be made in both women's and men's sizes. **If you register for a tour for 2017, please be sure the size in your profile record is correct.** Jerseys will be ordered based on the profile information. **Size chart is shown on page 13.**

The Adventure Series Continues: Segment One Northern USA Coast to Coast Tour

By Patty Menz

On September 10, the first segment of the Northern Coast to Coast tour began in Astoria, OR. Nine of the participants were veterans of all of the Adventure series: Southern Coast to Coast, Border to Border Pacific Coast and Great Rivers ride. Some rookies committed to the journey, and some returning cyclists had ridden segments of these previous routes.



This route retraced the steps of Lewis and Clark as the Corps of Discovery headed back east from Fort Clatsop in the Spring of 1806. The ride quickly left the coast traveling through dense forests on lightly traveled roads and ended with a beautiful descent into Clatskanie, Oregon. What goes down seems to go back up is what we found out the next morning as we climbed 1300 feet back out of Clatskanie. That day we also pedaled 20 miles along a delightful bike path, the Banks-Veronia State Trail, through forested areas with the scent of pine.



The journey continued as we navigated through the city of Portland, Oregon with many riders stopping to taste the varied cuisines of multiple food trucks scattered throughout the city. Chris Matthews had researched ahead and suggested Chicken and Rice at Non's Khao Man Gai. Stewed chicken and rice served on a plain sheet of butcher paper, a small container of hot broth, some pickled cucumbers, and a special hot sauce did not disappoint.





Sad to see: Bike paths on the eastern side of the city were home to many of the area's homeless.



The following two days we entered the Columbia River Gorge region. Time was allotted for hiking up the many waterfalls including one of the highest in the US, Multnomah Falls.



Cycling east along an idyllic bike path, the geography rapidly changed as we pedaled through forested areas to dry, semi-arid topography.



We appreciated lunch on a sunny afternoon at Rowena Point followed by a delightful descent into The Dalles, Oregon.

Cyclists who rode the Heartcycle Southern Route in 2008-2010 will remember a group of participants who fondly became known as the “Clifton Five” when they took a wrong turn and ended up riding miles off course into Clifton, Arizona. This adventure has some similarities with our journey into Walla Walla, Washington where five riders took a right after lunch instead of a left. Now we have a “Pasco Five.” This club’s map maker is a proud member of both of these groups!



A day off was enjoyed in Walla Walla. Many sampled the wines of the region and tried some of the local cuisine, including onions, for which the area is well known. Others changed tubes and tires after experiencing the area’s vegetation, goat heads, a creeping plant with spiny thorns which grows in the cracks of road pavement. This author experienced six flats from this unwelcome vine.



Throughout the tour, some of the cyclists enjoyed the numerous apples grown in the locale. A few found creative ways to carry them.



Others fancied to quench their thirst with regional brews.





Leaving Walla Walla, we traveled through the Palouse Hills which provided dramatic and unique vistas.



Entering Idaho, we rode many miles along the quiet and peaceful Clearwater River.



In this remote portion of Idaho, we stayed in cabins complete with hot tubs.





No ride ever goes well without great leaders and support staff. This tour was complemented by both. Carol Nies and Kathleen Schindler, having sagged all segments of all of the adventure tours, once again returned to be our fabulous support crew. These ladies know how to host a bike trip!



Mark Lestikow shows his appreciation of Carol's efforts by massaging and stretching her sore neck and shoulders. In the words of John Mellencamp, "it hurts so good".



On behalf of all the Segment I participants, I would like to thank these fine people for their hard work in ensuring a terrific tour! The Odyssey will continue in September 2017 under the capable hands of John Penick and Bob Racier as the group reconvenes in Missoula, Montana and advances further east.

2017 HeartCycle Tour Souvenir Jersey Fit Guide

Men's

Size	Waist	Chest	Weight	Height
X Small	26"	33-35"	100-120	Up to 64"
Small	29"	36-38"	120-145	64"-68"
Medium	32"	39-41"	145-165	66"-70"
Large	35"	42-43"	165-180	68"-72"
X Large	38"	44-46"	180-210	70"-76"
XX Large	42"	47-49"	210-240	74" and over
XXX Large	46"	50-52"	240+	74" and over

Women's

Size	Waist	Hips	Weight	Height	Chest
X Small	24"	34-35"	90-110	Up to 62"	32-33"
Small	25"	35-37"	105-120	61-65"	33-35"
Medium	27"	37-39"	120-145	64-68"	35-37"
Large	29"	39-42"	140-165	67-71"	37-40"
X Large	32"	42-45"	160-185	70-74"	40-43"
XX Large	35"	45-47"	185-205	74" and over	43-45"
XXX Large	37"	47-49"	200+	74" and over	46-47"

Colorado HeartCycle 2017 Tours

Discover San Diego

San Diego, CA

March 18 - 25 Status: Open
 7 days, Intermediate \$1,060.00
 Ken Condray, condray3@gmail.com
 Becky Bottino, bbottino7@gmail.com
 Sue Matthews, scmatt2@gmail.com

The Carolina Blue Ridge Mountains and Parkway

Greensville, SC

June 17 - 25 Status: Wait List
 8 days, Adv./Exp. \$1800.00
 John Aslanian, 22flatrock@gmail.com
 Bob Rowe, browe49@comcast.net

Bay Area Summits

San Francisco, CA

April 21 - 28 Status: Open
 7 days, Adv./Exp. \$1,825.00
 Bob McIntyre, dcx12@aol.com
 Bill Buckley, williambuckley87@gmail.com

South Central Alaska

Anchorage, AK

June 25 - July 2 Status Open
 7 days, Int./Adv. \$1,950.00
 Rod Nibbe, aktour@knebbe.com

Springtime in CA: Sonoma and Napa Wine Country

Santa Rosa, CA

May 19 - 28 Status: Wait List
 9 days, Adv.+/Exp. \$2,050.00
 Janet Slate, j slate@ultrasys.net
 Alan Scott, ascott@comcast.net

Le Monastere - SESSION I

Limoux, France

July 1 - 8 Status: Open
 7 days, Int.+/Exp. \$2,350.00
 Phil Stoffel, ptstoffel@gmail.com

Le Monastere SESSION II

Limoux, France

July 8 - 15 Status: Open
 7 days, Int.+/Exp. \$2,350.00
 Phil Stoffel, ptstoffel@gmail.com

Normandy-Calvados, Camembert

Western France

June 3 - 13 Status: Wait List
 10 days, Int./Adv. \$2,500.00
 Fred Yu, frederickyu@comcast.net
 Graham Hollis, gramhollis@comcast.net

Passes of Summit County

Frisco, CO

July 15 - 22 Status: Open
 7 days, Int./Adv. \$900.00
 Sy Katz, skskatz@comcast.net
 Bob Rowe, browe49@comcast.net

Colorado Western Gems

Grand Junction, CO

June 3 - 11 Status: Wait List
 8 days, Int.+ \$1,475.00
 Ken Kaplan, kennth.h.kaplan@gmail.com
 Rich Crocker, richcrocker@hotmail.com

Colorado HeartCycle 2017 Tours

Womens Weekend

Colorado Springs, CO

July 26 - 29 Status: Pending
3 days, Easy \$480.00
Julie Lyons, julie@lovesweatandgears.net
Margie Adams, margieadams@comcast.com

Coast-to-Coast Northern Tier, Year 2

Missoula, MT

September 9 - 24 Status: Pending
15 days, Int./Adv. \$2,480.00
John Penick, jdpenick@gmail.com
Bob Raicer, rjr80544@gmail.com

Portandia Plus

Portland, OR

August 26 - Sept. 2 Status: Pending
7 days, Intermediate \$1,420.00
Stephanie Oliver, skayoliver@gmail.com
Ken Condray, condray3@gmail.com

Southern Indiana Hills

Bloomington, IN

Sept. 30 - Oct. 7 Status: Pending
7 days, Int./Adv. \$1,175.00
Jim Schroeder, jimmyschweb@gmail.com
Alan Scott, ascott999@comcast.net

Aspen Highlights

Aspen, CO

September 7 - 10 Status: Pending
3 days, Int./Adv. \$890.00
Joanne Spiers, jcspiers1@gmail.com
Doug Moll, doug@aaplus.com