

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
October 2010



HeartCycle Annual Meeting and Luncheon Saturday October 16th, 2010

**Mt. Vernon Country Club
24933 Country Club Circle
Golden, Colorado**

Cash bar opens at 11:30 am and lunch will start at 12:00 noon

Members: \$10.00 Guests: \$20.00

Guests joining HeartCycle at the luncheon will receive \$10.00 credited to their membership! Good for the remainder of 2010 as well as all of 2011.

The speaker will be Dan Grunig, Executive Director of Bicycle Colorado. He will be talking about Bicycle Colorado's "bring bikes to schools program" and other timely road issues.

**You can now register for the luncheon at the HeartCycle website. Pay by credit card online or send a check to the club Registrar at: HeartCycle Registrar
PO Box 100743
Denver, CO 80250-0743**

There will be a 25 to 30 mile ride before the luncheon starting at 9:30 AM, meeting in front of the Mt. Vernon Clubhouse.

Any questions, call Harvey Hoogstrate, Registrar at (303) 755-9362



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Notes from the Board

The wind vest pictured below will be the Tour Souvenir for the 2011 HeartCycle Tour season. When you register for a tour you can specify a size. For sizing information go to the Primal website: www.primalwear.com/





Idaho Panhandle, Lakes, Rivers & Silver Mining

By Jim and Eileen Ross

I was sipping on a nice dark porter sitting in the initial group meeting for the August 2010 Idaho ride daydreaming of effortless climbs over tall passes when my wife of many years gave me a nudge out of my slightly inebriated euphoria pointing out that one of my traveling companions had volunteered me to be the group's newsy writer....Oh my.

Our group of very experienced HeartCycle members introduced each other detailing their wide variety of previous HeartCycle adventures and our leaders Harvey and Ken reminded us, the novice riders, that the average orangutan couldn't get lost with the provided daily route sheets adding no pressure to our insecurities of riding success for the week. Of course the critical requirement for success, Jeff Messerschmidt (sherpa/sag/comedian) sagely explained.....the need to collect all coke plastic bottle tops during the trip so that the winning lottery could provide all of us lifetime unlimited Coca-Cola.

The first riding day in Spokane set the tone, in town traffic on freshly torn up city streets with intermittent piles of gravel and large hidden land mine holes, and commuters driving one hand on the coffee cup the other on their cell texting. This brief section of riding brought great focus for the trip....the brilliant plan began to unfold.

Day 1. Spokane-Harrison. Riding through green older Spokane neighborhoods with lovely gardens on rolling quiet back street roads was a treat. This was followed by miles of gorgeous wheat fields on quiet back country roads in the Palouse hills.

Day 2. Harrison-Wallace. We rode with lake views on the wonderful Coeur d'Alene bike trails system including a fantastic bike/walking bridge.

Day 3. Wallace-Trout Creek. The climbs: The climbs over Dobson and Thompson pass with Bob, Rich, and a newcomer Mark leading the way to the top of the passes. Some of us took a slightly more controlled/leisurely pace with a just a bit of puffing. Trout Creek presented a beautiful setting for the night. Earlier in the day Harvey challenged his volunteer staff to respond to crisis by riding away with the yellow van key while the van remained parked on top of the passes. Yes they responded.

Day 4: Trout Creek-Sandpoint. *Attack of the Bear:* Judy, Grand Junction "phenom" with worldwide mountaineering experience and a downhill skier extraordinaire grappled with a large cub bear on the road. This led to an unfortunate fall but her Colorado fortitude and her closed head injury contributed to her bouncing up from the road like **TIGGER**, "I'm OK lets finish the ride, it doesn't matter my front wheel looks like a pretzel."



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Day 5: Sandpoint, Idaho....day off. Some of the weaker cyclists including Bob and Rich needed more pain and suffering and cycled to the top of Mt. Sweitzer. The other smarter members took in napping sights in their motel beds, swimming at the nearby city beach of Lake Pend Oreille, shopping and wine tasting on main street, and generally well deserved chilling.

Day 6: Sand Point-Coeur d'Alene. Beautiful day of riding, with alternative route around Spirit Lake with a very fun up and down twisting road with innumerable hairpins with lake and forest views.

Day 7: Back to Spokane. Final day of riding on 40 miles of bike trail without traffic, and the final goodbye to the wonderful group of riders, leaders and sags.

Highlights:

1. Animal sightings:
 - a. Live - innumerable osprey in flight, nesting, diving, young and old; moose (momma and young ones), deer, blue herons, grebes, Canada geese, multiple species of ducks... and BEAR.
 - b. Road kill - multiple unidentified species.
 - c. Museum view/restaurant mounted head view - bison, elk, and water buffalo... heh these don't count.
2. Weather: spectacular, temperature ranging in the 70's to low 80's. Generally clear skies, no rain, sleet or snow.
3. Views: rides along rivers and lakes, forest views, high mountain panoramas, Washington and Idaho expansive wheat fields.
4. Water sports: wonderful lake swimming in 4 different lakes... not all participated.
5. Drinking sports: post-ride beers, chips, salsa, ah, that first beer. Wine tasting was available.
6. Food: generally excellent dining options in Spokane, Coeur d'Alene, Sand Point. First night dining was burgers/pizza but great views of lake, and a live country music band with dancing. Cook out option at Trout Creek.
7. Group: diverse individuals ranging from Sandy with her wonderful smile joyful full of life New York accent and demeanor, to Marcy's strength and fitness, Sylvia's continuous Starbuck's coffee on bike mount and early am swims. Rich's beer expertise and riding strength to name a few.

Leaders and sags: Harvey and Ken - quiet thoughtful leadership and experience. Rod - challenging our minds with uncharted diversion from the route. Jeff - trying out a new role for a yet to be announced new Seinfeld sitcom, not to mention erudite discussion about the difference between albacore and tuna.

In truth we are very grateful both to the leaders and sags, Jeff and Rod, who without their help despite the beauty of the region, and glorious weather this trip wouldn't have been memorable.

Well that's all folks - the end.



Changes to Tour Schedule Publication and Opening of Registration

Since HeartCycle no longer publishes and mails a paper copy of the annual tour schedule to members, the HeartCycle Board has decided to make changes in the way we publish the tour schedule and open individual tours for registration. Previously we revealed the draft annual tour schedule at the October Annual Luncheon, published and mailed a final version of the tour brochure in January and opened registration shortly thereafter. This year we began to publish the draft annual schedule as it was developing the July newsletter and a more definite version is at the bottom of this article. This year, we will present brief descriptions of the tours and specific dates at the annual meeting and publish the same on the website. As individual tours are completely finalized with detailed descriptions and prices, the tours will be opened for registration. At that time the detailed description will be posted on the website tours page, the website tour brochure will be amended and the tour announcement email will be sent to current members announcing the open registration.

The primary reason for the changes is to allow members to plan as far in advance as possible for their vacations and especially make airline reservations as soon as possible. Any tour that is ready to go will not have to wait for all the other tours to be completely planned, scouted, reserved and priced; and then all opened at the same time. Another reason is flexibility in changing the schedule as members volunteer to lead additional tours. For example, if someone proposed a March tour in a warm place or another weekend tour (hint, hint) it could be planned and developed independently of the other tours.

Only current members will still have the first notification of the registration openings as the tour announcement email will only go to them. Please be sure to verify your email address on the website. You can do this by logging on the Members page and validating your information.

The 2011 DRAFT tour schedule is below. There may be some changes to the tour names and the start/finish dates as the descriptions and reservations are finalized.

Tour	Dates	Leaders
Vietnam (full)	February 23, February 24 – March 9	Jim Berry
California – Springtime in San Diego	April 22, April 23 – May 1	Sy Katz/Bob Rowe
California Wine Country	May 21, May 22 – 29	Duncan Rollo/Dan Pappone
Utah – Tres Parques	May 21, May 22 – 30	Ken Condray
Central California Coast	June 4, June 5 – 12	Duncan Rollo/Dan Pappone
New York – Finger Lakes	June 11, June 12 – 19	Jim Bethell/Janet Reilly
Colorado – Never Summer Challenge	July 1 – 3	Sheridan Garcia
Colorado – Rocky Mtn. NP Plus	July 16, July 17 – 24	Duncan Rollo
Colorado – Chama Challenge	August 5, August 6 – 8	Sheridan Garcia
Colorado – Western Gems	August 20, August 21 – 27	Harvey Hoogstrate
Wisconsin – River Bluffs	September 3, September 4 – 9	Jay DeNovo/Gary Angerhofer
Europe – Three Countries	September 10, September 11 – 24	Jo Kuhlmann/Rich Crocker
Pacific Coast Border to Border, Part I	September 10, September 11 – 24	Jerry Bakke/Steve Parker
Wisconsin – Door County	September 11, September 12 – 18	Jay Wuchner/Deb Wuchner
Pennsylvania – Amish Country	October 8, October 9 – 15	Rich Crocker/Bob Eaches



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Pacific Coast – Border to Border

By Jerry Bakke

Get ready! Here we go! This time we will be riding from Vancouver, B.C. to Mexico in three years. Starting in 2011 and ending in 2013, doing two weeks each year. The daily mileages will be shorter than those on the Ride Across America so we can enjoy the magnificent scenery that awaits us on every turn while traveling the Pacific Coast.

For best weather and lighter traffic, the 2011 trip will take place tentatively from September 10 to the 24, 2011.

Complete details, including sign up will be posted on the HeartCycle website: www.heartcycle.org around November 1, 2010.



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