

Heart to Heart



HeartCycle Annual Meeting and Luncheon

Saturday - October 27, 2012

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

Cash bar opens at 11:30 am and lunch will start at 12:00 noon
Members: \$12.00 Guests: \$22.00

Guests joining HeartCycle at the luncheon will receive \$10.00 credited to their membership! Good for the remainder of 2012 as well as all of 2013.

The program will include a presentation by Ann Lantz, Julie Lyons and Amy Shonstorm, members of the RAAM Team "Love, Sweat and Gears" that was featured in the April 2012 HeartCycle Newsletter. There will also be an overview of the upcoming 2013 tour schedule with tour highlights provided by some tour leaders.

You can register for the luncheon at the HeartCycle website

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.

For information contact Mickey Berry at (303) 880-1944

For non-HeartCycle Members, a registration form can be found on Page 12 of this newsletter.

HeartCycle Contacts

The Board

Chris Matthews (303) 618-4789 President - president@heartcycle.org	(2012)
Mickey Berry (303) 880-1944 Vice President - vp@heartcycle.org	(2013)
Joanne Speirs (303) 312-7252 Secretary - secretary@heartcycle.org	(2013)
John Steele (303) 300-3573 Treasurer - treasurer@heartcycle.org	(2012)
Harvey Hoogstrate (303) 755-9362 Registrar - registrar@heartcycle.org	(2012)
Richard Crocker (719) 237-3350 Tour Director - tourdirector@heartcycle.org	(2013)
Jeff Messerschmidt (303) 904-0573 Sag Supply Manager - sagmgr@heartcycle.org	(2012)
Jay Wuchner (720) 840-6467 Sag Vehicles & Insurance - sag@heartcycle.org	(2012)
Bob Rowe (303) 910-7230 Tour Leadership Director - tourleadershipdirector@heartcycle.org	(2013)
Steve Parker (970) 382-9551 parker3097@yahoo.com	(2013)

Working Members

Andy Anderson (404) 395-1491 Mapping - maps3@heartcycle.org	
Jerry Bakke (303) 738-9861 Insurance - sag@heartcycle.org	
Ron Barton (303) 798-2755 Co-Registrar - registrar@heartcycle.org	
Barry Siel (303) 470-8431 Newsletter Editor - newseditor@heartcycle.org	
John Steele (303) 300-3573 Website Admin. - webmaster@heartcycle.org	

Notes from the Board

2012 Board Elections

HeartCycle will have five director positions open for election this October as Harvey Hoogstrate, Chris Matthews, Jeff Messerschmidt, John Steele, and Jay Wuchner complete their terms. Any member of HeartCycle can nominate themselves to run for a director's position for the period from November 2012 – October 2014. The HeartCycle Board is a group of members that work on important functions, that keep HeartCycle running smoothly, such as tour scheduling, souvenirs, maintaining the SAG supplies and Sprinter van, registration, membership and on special projects for the club. Directors also serve as the officers of HeartCycle: president, vice president, secretary and treasurer. Board meetings are on the second Tuesday of every month. Nominations should be sent in writing to the Vice President, Mickey Berry by August 28, 2012. A slate of candidates will be presented to the membership for election at the annual meeting on October 27, 2012.

Notice to all HC members: bring your 2012 tour souvenir jacket to the Annual Meeting if the fit isn't right. We will exchange for the size you need, or order it if necessary. Sorry for the bad sizing, we did not know ahead of time that these would run so large. (We have several XXS in stock which many women who received XS will prefer.)

Aspen Highlights Tour

By Jayne Uhler

The Aspen Highlights Tour was a bicycling and wildlife extravaganza and chocked full of “firsts” in many ways. This was the inaugural tour Karl Friedman and Brad James as tour leaders and they did an excellent job! For Mayoma, who has worked the sag wagon on more than one occasion for HeartCycle, Aspen Highlights was her maiden voyage as “Chief Sag” and the first time Jolene has ever worked as a Sag driver! Our foursome pit crew kept us fueled, well directed and happy the whole way. And for the majority of us, it is safe to say it was the first time we saw so much wildlife in such close proximity over such a short number of days.

The tour started for approximately 30 cyclists and non-riding friends and family at our fixed base on Thursday night at the Aspen Mountain Lodge. Orientation saw old friendships renewed and many new ones formed. Aspen may be a playground for the rich but it still retains small town charm with its array of interesting locals and regular folk. The scenery made it a fascinating place to explore and ride from, with vistas so stunning it was like winning the lottery every morning.



Moose at Maroon Valley

Day One held a mild threat of rain but none came, and we rode through Maroon Creek Valley up to Maroon Bells and back for 21 miles and an 1807-foot vertical climb. The backdrop changed from pastoral white fenced meadows and grazing horses to a steady diet of looming mountains slung with low moody clouds around their peaks. The lake at Maroon Bells had receded due to continuous drought this year but nothing could diminish the drama of this place. Several of our earliest a.m. travelers were rewarded with moose sightings!

The second leg of the day was a climb to Castle Creek (21 Miles/1846 Vertical) and a wonderful picnic above the ghost town of Ashcroft. Winding turns, expansive views and newly paved asphalt roads made the trip a joy ride for cyclists. More wildlife sightings included coyote, deer, grouse, red-tail hawks and armies of striped chipmunks. Back in town, wildlife sightings continued when a bear was seen up a tree along a busy bricked downtown street. Over the course of the tour, cyclists counted as many as seven bears in Aspen, due mainly to the drought and wildfires tempting them into town in search for food.

Friday's grand adventures culminated with a poolside BBQ at the condo of co-leader Karl Friedman and his wife Barb. There was a smorgasbord of delectable edibles including bratwurst, sweet potato salad, and a batch of fresh sashimi Jolene brought with her from California that disappeared in record time.



Jolene Thompson, Barb Friedman, Mayoma Pendergast at Friedman's Poolside BBQ

Day Two started as a chilly morning but quickly warmed up as we headed out of town and began a 3950-foot ascent to the top of Independence Pass at 12,095 ft. The scenery was unbeatable and the weather turned into a perfectly sunny and beautiful day. The climb followed the Roaring Fork River much of the way and took us past vast swaths of brilliant yellow Aspen, rugged canyon walls, and the ghost town of Independence, which was as a mining town in the 1880's. We were thankful for moderate, well-behaved traffic, especially where the road narrowed around tight curves and narrowed down to one-lane in several places. Many veteran cyclists were gracious in their advice and encouragement that helped inspire newer riders to the top of that summit, an ultimate victory! *Veni, vidi, vici!* Some riders opted to cycle an additional 35 miles down the other side of Independence Pass to Twin Lakes, back up again, and finish in Aspen with the rest of the group for a well-deserved picnic lunch in a lovely park that overlooked the town.



Leads Brad James and Karl Friedman at the Summit of Independence Pass

Day Three offered up another dazzling blue-sky day. We headed out from Aspen on back roads to Basalt, an appealing little town known as a popular café stop. Along the route red canyon cliff walls jutted beyond the valley and the panoramic Roaring Fork River running beside quiet country roads and gorgeous river estate homes. Kristen and Chris rode past a handsome four-point buck all decked out in his velvet as he watched them go by. After a short sag stop in Basalt, cyclists who continued up to Ruedi Reservoir enjoyed a climb along the peaceful and stunning Frying Pan River. They found Mayoma and Jolene waiting with lunch and watched sailboats and motorboats ply the water below. The return trip down came with challenging headwinds but the reward was Margaritas and Bloody Mary's at the Riverside Cafe in Basalt and drinks at Woody's Tavern for those who continued back to Aspen without the sag wagon!

A large contingent of the group went to the Ajax Restaurant for dinner on Sunday, located at the base of the ski gondolas. A table located on the outdoor deck came with picturesque views and a visit by yet another bear who ambled along on the grass a stone's throw from us, curious about left overs.



Group Photo at Ajax Restaurant



Bears in a Downtown Aspen Tree

The agenda for the Day Four ride was a hearty (24 Miles/2381Feet) trek with short, steep switchbacks up beautiful Owl Creek to Snowmass Village. But cyclists arrived to find police tape across the Owl Creek Path tunnel under Hwy 82 and a police road block on the road itself. A situation involving a suicidal man threatening to shoot anyone on the road dissuaded our group from considering slipping around the barriers. Karl led cyclists toward Woody Creek Road instead, while others retraced routes from earlier in the tour along Maroon Creek and Castle Creek. Although it called for a little spontaneity, it was a successful day with more great weather enjoyed by all. Those who got back to Aspen early or stayed to shop that morning were greeted before coffee with more bears in the trees. Everyone agreed it was a wonderful trip with many great people. We hope it becomes a regular event!

Vistas and Overlooks, Beaches and Naked Ladies: Border to Border Part 2

By Nance Lockspier, Nea Brown and Ron Barton

From last year's fifty shades of fog, mist, rain, and wet to this year's sunny September ride from Bandon, Oregon to California's Half Moon Bay, HeartCyclists did it all. Overnights in Gold Beach, Crescent City, rustic Klamath, mural delight Eureka, hilltop Scotia, Humboldt Forest Garberville, Ft. Bragg, beautiful Gualala, rolling Bodega Bay, over the mountain to Mill Valley, and then last day celebration riding over the Golden Gate Bridge with space shuttle Endeavor flying overhead made this a once in a lifetime trip.



Trip leaders Jerry Bakke and Steve Parker outdid themselves by providing optimum weather with tailwinds, many newly paved roads, quiet byways, trails, paths, and scenic parkways, varied and beautiful scenery, birds, sea lions, and whales. There were the one-lane slide zones, sunken grades, following the flashing red lights of the bike ahead of you through dark redwood forests, and swooping turns on cliffside roads racing down 100 feet with slingshot boomerang V-turns back to the top.



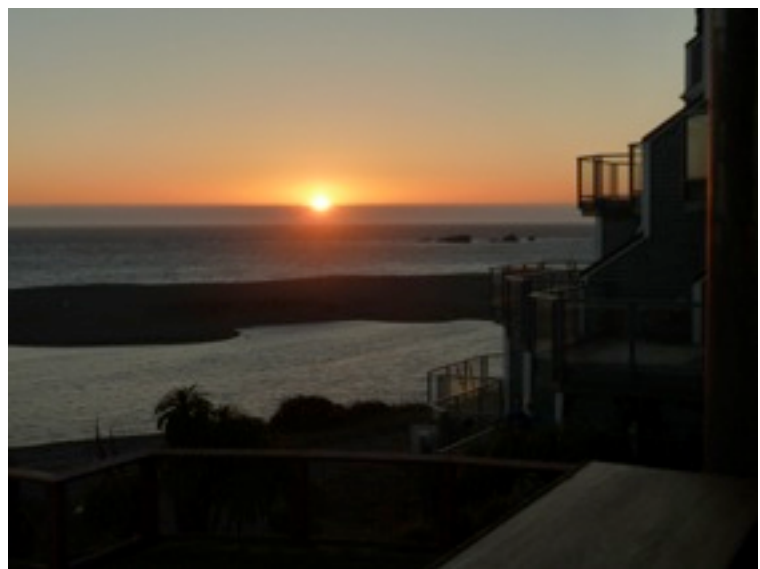
Top that off with the elegant HeartCycle seafood dinner in Gualala, overlooking the ocean at sunset and a cloudless sky, complemented by rooms with private glass balconies above the Pacific Ocean and big jetted bathtubs capable of each holding 3 to 4 friendly cyclists (not naming names).



Fearless sag drivers, Carol Nies and Kathleen Schindler, provided support and so much energy. Maps prepared by Andy Anderson were flawless. Forty-one riders rode for 11 days covering more than 600 miles and gaining more than 30,000 feet of elevation.

Ron Barton (on a tandem ably piloted by Nate Dick [1st week] and [2nd week] Erik Peters) gives his perspective from his experience as a blind stoker:

A number of cyclists have asked me (a blind cyclist) why in the world I would want to ride in these multiple day tours when I can't really enjoy the beautiful scenery? For one, a blind person can see more than most people give them credit for! I was sighted until the age of 29 so I still have a great mental vision of the beauty God has created, and with the vivid descriptions from my captains Nate and Erik I am able to visualize everything that they see.



But there is much more than the visual beauty along the Pacific Coast! If you are paying attention you will hear the ocean waves crash up against the rocks off of the shore, and feel and smell the salt water. You can hear the sea lions barking through the fog, and then large flocks of birds chattering in the trees! If you take a little time to stop and converse with some of the local people in the area as well as other tourists you might be surprised with what you would learn! Nate and I stopped to talk with a homeless person that was helping to keep the roadsides free of cans and bottles, his means of support. As we rode along the Avenue of the Giants there were multiple opportunities to stop, and either walk through a fallen redwood with a hollowed out core or stand inside a redwood that had been partially burned from a forest fire!



Then as Nate would tell me about the naked ladies, I would get a chance to use a little "Braille" to check them out! Turned out they were flowers with a long brown stem, no leaves and a pink flower! When there was not a lot of change in the scenery along the quiet roadways, I would listen to all the sounds that were coming from either the bike, the chain, the pedals, or the cycling shoes -- wondering how to get rid of the annoying sounds.

After leaving Garberville I would adjust to a different captain as we headed back to the ocean. We would ride along narrow roadways with the ocean on one side and steep hills on the other through tunnels created by the branches of the trees. Of course I can't forget to mention the other cyclist that were on this tour! Most of the cyclists, along with our 2 crazy sag drivers, have been riding together since we started the Ride Across America in 2008! With this group, we have developed great friendships and have become a tightly knit family, which now includes the additional cyclists who joined us for this Border to Border ride.



Yes, I could stay at home and ride my tandem around the neighborhoods, ride through the parks, ride along the Cherry Creek bike path, the Platte River bike path, Bear Creek, Deer Creek Canyon -- not to mention hundreds of other places. I could ride right here in my backyard and my captain could tell me anything he wanted about the scenery but it just could not be compared to a HeartCycle tour. Thanks to HeartCycle's volunteers, they can offer first class accommodations for just a fraction of the cost of 'for profit tours'. I can't think of a better way to ride, wine, and dine with a greater group of people, and build long lasting relationships than with HeartCycle cyclists!



HEARTCYCLE B2B2 FLASHMOB: JERRY'S FLASHERS AND PARKER'S STREAKERS, SEPTEMBER 2012

Riders --Andy "Mapman" and Alice "Cutting Board Standee" Anderson; Gary "Santa Rosa Shifter" Angerhofer; Jerry "Ducky Birthday" Bakke; Ron "Singing Stoker" Barton; Ruth "High Tempo" Billings; Nea "Pom Pom" Brown; Katrina "Ragbrai" Conland; Hassan "Chocolate Power" and Kay "Best Tuck" Dayem; Nate "Tsunami Zone" Dick; Leslie "No Bee Sting" Edmondson; Al "Big Gear" Feiger; Deb "Out of Sight 2" Held; Mollie "Dog Whisperer" Jankovsky; Henry "Brew Crew 1" and Ann "BC2" Klaiman; Sharon "Smiling Seal Spotter" Lavoie; Polly "Got Cookies" and Mark "Clean Chain" Lestikow; Matt "Phoneman" Levin; Les "Redwood Giant" and Nancy "Big Girl Rider" Lockspeiser; Chris "Tuna Salad Secret" Matthews; Patty "Pedalfast Jersey Girl" Menz; SB "Tour Naturalist" Meyer; Geni "Best Calves" Miller;; Dan "Scout" Pappone; Steve "Outrageous Laugh" Parker; John "Get a Bike" Penick; Erik "Blazing Tandem" Peters; Norm and Terri "First on the Road" Rabinowicz; Robert "Bob from Durango Who Now Knows Parker" Reynouard; Emily "Keep it Rolling" Rucker;; Stu "Cable Guy" Shakman; "Nurse" Judy and "Most Frequent Whale Sighter" Barry Siel; Don "Occidental Tourist" Stevens; Bill "Sneaker Wave" Stone; Pat "Out of Sight 1" Van Deman. Bottom: Carol "Don't Mess with Texas Women" Nies and Kathleen "Cowboy Candy Girl" Schindler.

* * * * *

B2B2 was ridden to honor HeartCycle rider Jane Shakman, who passed away after being struck by a car while cycling earlier this year. Commemorative pins were prepared by Pat Van Deman and worn by all the riders throughout the tour. Riders donated funds to Adventure Cycling Association so Stu Shakman could dedicate a mile of a road in Oregon along Netarts Bay in memory of Jane. It can be found on the ACA web site under Pacific Coast Bicycle Route designated as section 2, panel 16, mile 488. our Border to Border tour

Ride on, Jane. You were with us all and it was such a good time.

HeartCycle Annual Meeting and Luncheon Registration Form

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Map: <http://dl.dropbox.com/u/32387264/Annual%20Lunch%20map.pdf>

Cue Sheet: <http://dl.dropbox.com/u/32387264/Annual%20Lunch%20map.pdf>

GPX File: <http://dl.dropbox.com/u/32387264/Annual%20Lunch%20map.pdf>

REGISTER HERE:

Name _____

Phone _____ Email _____

- ☐ Member (\$12)
- ☐ Non-Member (\$22)

Please send this form along with your payment to:

**Colorado HeartCycle
PO Box 100743
Denver, CO 80250-0743**

For information contact Mickey Berry at (303) 880-1944

Colorado HeartCycle 2012 Tours

Arizona - Tandems to Tucson

March 18 - 25 Status: Complete
 7 days, I45 - A71 \$1,060.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467

Spain - Mallorca

April 14 - 28 Status: Complete
 14 days, E20 - X60 \$2,395.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313
 Jo Kuhlmann, kuhlmannjoachim@aol.com

California - Springtime in Solvang - In Style

April 22 - 29 Status: Complete
 7 days, A60 - X80 \$1,150.00
 Bob Rowe, browe49@comcast.net (303) 910-7230
 Tom Groves u4eahnrg@aol.com (720) 560-1527

Texas - Wildflowers in May

May 6 - 12 Status: Complete
 6 days, E30 - I50 \$920.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Deb Wuchner, debwuchner@comcast.net
 (303) 792-2111

Colorado - Grand Valley Ramble

June 1 - 4 Status: Complete
 3 days, E64 - I38 \$350.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313

Wyoming - Cycling Cowboy Country

June 23 - 30 Status: Complete
 7 days, A60 - E80 \$1,050.00
 Nate Dick, npdick@gmail.com (970)-231-1068
 Chuck Curless, chucklenn@gmail.com
 (303)-880-5480

Colorado - Passes of Summit County

July 21 - 28 Status: Complete
 7 days, I45 - A95 \$790.00
 Sy Katz, skskatz@comcast.net (303) 550-2073
 Bob Rowe, browe49@comcast.net (303) 910-7230

Wyoming - Cowboys, Buffalo Bill and Scenery

July 28 - August 4 Status: Complete
 7 days, A54 - I74 \$1180.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362

Montana - Glacier Park

August 12 - 18 Status: Complete
 7 days, I53 - A60 \$1225.00
 Ken Condray, condray3@comcast.net
 (425) 745-1159

Colorado - Northern Front Range

September 3 - 8 Status: Cancelled
 5 days, E35 - A70 \$565.00
 Jeff Messerschmidt, (303) 904-0573
jefmesserschmidt@hotmail.com

Colorado - Aspen HighLights

September 6 - 11 Status: Complete
 3 - 5 days, I21 - A69 \$ 535.00
 James/Friedman

New England Seacoast - Port of Call

September 8 - 16 Status: Complete
 8 days, I45 - I60 \$1230.00
 Jim Bethell, jim@bikes5.com (516) 446-1766
 Janet Reilly janet@bikes5.com

Pacific Coast Border to Border - Part II

September 9 - 23 Status: Complete
 14 days, I24 - E70 \$ 2170.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551

Missouri - Katy Trail

October 15 - 20 Status: Full
 5 days, E38 - I61 \$ 1035.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Chris Matthews, (303) 618-4789