

Heart to Heart



JOIN IN THE FUN AT HEARTCYCLE'S ANNUAL LUNCHEON AND MEETING OCTOBER 26, 2013 MT. VERNON COUNTRY CLUB 11:30 AM

Don't miss the opportunity to visit with old friends, enjoy a great luncheon and hear about next year's tour schedule. Plan on wearing your oldest HeartCycle jersey and celebrate the longevity of our all-volunteer bicycle touring club. There will be a continuous slide show of this year's tours. A brief business meeting will be conducted with an update on this year's accomplishments and the election of 5 members to the Board of Directors. Our RAAM team members, Ann Lantz and Julie Lyons, will share their experience in this year's race. The Gerald E. Bakke Award will be announced and presented. Next year's tours will be described in detail by tour leaders and an open forum will enable members to bring feedback, opinions and questions to the Board. This year's luncheon will be the best ever and a terrific celebration of our 38th year. See you there!!

If you have photos from a tour that you went on this year, bring them to the meeting on a flash drive or CD to share with others.

Editor's Note: Full details in last month's Heart 2 Heart

The Gerald E. Bakke Award

In recognition of Jerry Bakke's valuable contributions and years of service to HeartCycle, the Board of Directors has established The Gerald E. Bakke Award in his honor. As a past president, board member, sag driver, trip developer, and leader, Jerry has been an inspiration and mentor to many of HeartCycle's members. Jerry helped develop many of the club's policies and procedures, initiated the two vehicle sag support system, and helped establish HeartCycle as a nationally recognized bicycle touring club. This award will be given to a HeartCycle member whose passion for bicycling, hard work and dedication to the success and well-being of the club personifies Jerry Bakke's legacy.

HeartCycle Contacts

The Board

Chris Matthews (303) 618-4789 (2014)

President & Legal - president@heartcycle.org

Mickey Berry (303) 880-1944 (2013)

Vice President, Souvenirs & Social Events -
vp@heartcycle.org

Joanne Speirs (303) 312-7252 (2013)

Secretary - secretary@heartcycle.org

John Steele (303) 300-3573 (2014)

Financial Planning - treasurer@heartcycle.org

Harvey Hoogstrate (303) 755-9362 (2014)

Registrar & Web Master -
registrar@heartcycle.org

Richard Crocker (719) 237-3350 (2013)

Leaders and Sags Development Manager -
tourleadershipdirector@heartcycle.org

Jeff Messerschmidt (303) 904-0573 (2014)

Sag Supply Manager - sagmgr@heartcycle.org

Jay Wuchner (720) 840-6467 (2014)

Sag Vehicles - sag@heartcycle.org

Bob Rowe (303) 910-7230 (2013)

Tour Director - tourdirector@heartcycle.org

Steve Parker (970) 382-9551 (2013)

Marketing Manager - parker3097@yahoo.com

Working Members

Andy Anderson (404) 395-1491

Map Maker - maps3@heartcycle.org

Jerry Bakke (303) 738-9861

Insurance - jerrybakke@msn.com

Ron Barton (303) 798-2755

Co-Registrar - registrar@heartcycle.org

Barry Siel (303) 470-8431

Newsletter Editor - newseditor@heartcycle.org

Notes From the Board

2013 Board Elections

HeartCycle will have five director positions open for election this October as Mickey Berry, Rich Crocker, Steve Parker, Bob Rowe, and Joanne Speirs complete their terms. Any member of HeartCycle can nominate themselves to run for a director's position for the period from November 2013 – October 2015. The HeartCycle Board is composed of members who work in important jobs that keep HeartCycle running smoothly. They include accounting, tour planning and scheduling, souvenirs, maintaining the SAG supplies and Sprinter van, registration, and membership as well as 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.

A slate of candidates will be presented to the membership for election at the annual meeting on October 26, 2013.

Additionally, any member interested in becoming a working member for functions like the newsletter, map making, social events, or marketing can contact any current board member to volunteer.

Willamette Valley Cruise

by Kim Grass

Ever visited a place so special it makes you feel like leaving home forever? Like, “Honey, pack the dog and the kids. We’re moving!”

That was the allure of the Willamette Valley area of Oregon. Amber waves of grain, skyscraper evergreens, neat rows of never before seen crops, 20-foot tall hops and flowers of every size, shape and variety. Stunning beauty awaited every turn.

Leaders, Ralph and Carol Nussbaum, meticulously planned an outstanding cycling route for us. We traveled back country roads, rarely confronting traffic. Carol Nies and Kathleen Schindler provided the world’s best sag support. Sumptuous snacks, lunches and happy hours augmented the beautiful scenery thanks to their talent and expertise.

Our first day we huffed and puffed up Washington Street out of Oregon City fighting to gulp enough oxygen to enjoy the quaint houses lining the street as we laboriously peddled uphill.

We lunched in the German-influenced town of Mt. Angel. Overlooking the small town is an Italianate Abbey surrounded by beautiful grounds. Main Street boasted German architecture and included a glockenspiel, Maypole and traditional Bavarian trimmings. The rest of our day was filled with vistas of farms, fields and rolling hills.



After a hot afternoon of pedaling, we made our final ascent to the hotel at Oregon Gardens. Our rooms offered outstanding views of the countryside. The pool and frosty beverages offered rejuvenation and refreshment. Those with energy undertook tours of the gardens. Others found it hard to leave the poolside. Intrepid explorers poked around the Frank Lloyd Wright house that had been moved from its original location and is undergoing renovation.

Day two found us pumping up a long climb to an amazing destination: North Falls. Hidden just minutes from SR 214 is an elfin forest medieval of moss-covered rocks and trees. A short trail led us to the magnificent falls where we could follow a path tucked behind the plummeting water. The roar of the water crashing 100 or more feet below us was deafening. But the magnificence of so much water traveling at such velocity was awe inspiring.

Upon leaving the falls, we wandered on roller coaster hills through the cool forest visiting other falls and park sites as we passed. The shadow of the trees was welcomed in the afternoon as temperatures hit the high 80's. We arrived in Albany with plenty of time to relax and share our adventures.

"Covered Bridge Day" (day 3) was our longest ride of the tour. Luckily, a cloudy sky and cooler-than-expected temperatures made the 70+ miles more comfortable. We had the opportunity to ride four covered wooden bridges: the Hoffman, Gilkey, Schmanek and Larwood. We learned the bridges were covered in order to extend the life of the wood used in their construction. A practical solution for rotting wood, but certainly not as romantic as some of us had hoped for! Still, there's nothing like the echo of rumbling tires on wooden planks to bring memories of the carriages and early cars that used these bridges in years gone by.



After snapping many photos and crisscrossing the Willamette, we came to the college town of Corvallis, home of the Fighting Beavers. Our hotel sat next to the broad, lazy path of the Willamette River as it wandered through town. The view was perfect for a rest day.

Corvallis offers something for everyone from shops and restaurants to farmer's markets, and the Oregon State University campus. Several OSU alumni visited the campus to relive college memories. Others walked the streets of the old downtown area enjoying shops, pubs, and public buildings. The Farmer's Market offered the most beautiful and artistically display of produce this side of France. Every berry, tomato, squash and bean flaunted their vibrant colors.

We were anxious to get an early start on day 4 having enjoyed a day of rest and recuperation, so we headed for the capitol city of Salem full of vim and vigor (aided by Starbucks). Our first stop was the Buena Vista Ferry. It is a small flat boat that carries vehicle, pedestrians and bicycles. The trip was short but afforded us a look at an Osprey nest as we left shore.



Ankeny Winery hosted us for lunch at their picturesque location. We tasted wines and enjoyed yet another of Carol and Kathleen's delicious lunches seated on the deck overlooking the Ankeny grape vines. In the afternoon we rolled into Salem en masse. Scaring the general populace with our questionable riding expertise, we headed to Riverfront Park to see their carousel. Then it was a quick ride through the capitol grounds and on to our hotel. We celebrated that evening with a wonderful group dinner at the historic Grand Hotel downtown. Afterwards, a riveting game of "Left, Right, Center" (introduced by the incomparable Carol Nies) enriched Anita's pocket and emptied others.

Quaint McMinnville awaited us on day 5. The short ride provided plenty of time to explore the Air and Space Museum just outside town. The museum's collection includes air transportation dating back to the Wright Brothers. Airplanes from both World Wars fill its halls and surrounding grounds. Space exploration and transport fill a second building where one can see a space capsule, lunar rover and propulsion rockets. Howard Hughe's dauntingly large Spruce Goose is the crown jewel of their collection. It fills the center hall of the museum and dwarfs the B17, Bi-Wings, jets and other airplanes around it.



Our day was perfectly completed with an unexpectedly delicious dinner at a small restaurant called the Walnut City Grill located next to the hotel. Its small size and close proximity to the hotel belied its talented chef and staff. They served fresh, flavorful local cuisine prepared in creative ways. Walnut City could go toe-to-toe with any restaurant in a major metropolitan area. Don't miss it if you're ever in the area.

On our final day we awoke to a cool, cloudy sky that threatened rain. And while it never precipitated, the clouds kept temperatures low for our last big climb. We rode past opulent horse farms with beautiful barns and palatial homes. We saw landscapes and waterscapes brimming with colorful blossoms and unusual specimens. Then, we came to the hill. Pete's Mountain Road is steep. No doubt about it. Steep like 15-20% steep. No switchbacks. No flats. Just climb, climb, climb. Puff, puff, puff. After about two miles you reach the top. And your heart is ready to tear out of your chest.

But the ride down? The ride down is pure adrenalin rush. Pure wind in your hair, bugs in your teeth rush. You pass cars, you pass single bikes, you pass tandems. You let the breaks go and fly.

That's the joy of cycling, isn't it? Challenge, adventure, friendship.

That's the joy of a HeartCycle Tour.

Advance Notice: South-Central Alaska Tour in 2014

6/26-7/2/2014: Rod Nibbe, Tour Leader. Ignore the myths and experience it for yourself - Alaska! Cycle among snow-capped mountains; see moose, sheep, puffins and whales; catch a salmon, hike a glacier, pan for gold, see Russia from the Palin house! This will be a seven day tour - six days of riding, one day off. We will begin with a four-day hub 'n spoke tour centered in Anchorage, Alaska's largest city. Day one will feature a Tour de Anchorage over a wide network of bike paths and select neighborhood roads. The following day we will cycle north, an out 'n back through the sister community of Eagle River with a sag lunch at the nature center. Day three we will ride south to the tie-dye community of Girdwood (aka "Girdweed") and enjoy a sag lunch at the Alyeska Ski Resort, and then pedal back to Anchorage. Day four we will sag everyone north to Palmer, AK and enjoy a day of cycling in the gold mining district of Hatcher Pass, including a climb to the Independence Mine. After a day off in Anchorage we will begin the final two days of the tour. We will once again ride south in the shadow of the Chugach Mountains, along one of America's most scenic roadways, around the terminus of Turnagain Arm and climb to Turnagain Pass. From there we will descend into the valleys of the Kenai Mountains before beginning the final climb to beautiful Summit Lake Lodge, where we will overnight. The last day we continue our ride south through the mountains, past numerous rivers and lakes, through the quiet community of Moose Pass, before arriving in Seward, AK, a vibrant community on Resurrection Bay and home of the fabled Mount Marathon Race. The day will offer an optional out 'n back ride to Exit Glacier. Sag lunches, I'm told, will showcase Alaskan inspired foods. The tour cost will include transportation back to Anchorage by van. However, other reasonably priced self-paid options exist, such as bus or train (highly recommended!), and the tour leader and his wife (Nancy), both long time Alaskans, will help with individual arrangements as well as general activity planning for those wishing to extend their stay in Alaska and enjoy the midnight sun. Because of limited lodging at Summit Lake we are limiting the signup to twenty riders.

View of Exit Glacier from the road



Mallorca – 2014

HeartCycle will be returning to Mallorca May 3 – 17, 2014. Rich and Polly Crocker will be leading a reprise of the 2012 tour and hope they have 28 members join them on this wonderful tour. They planned this tour to accommodate couples with mixed cycling abilities and members who may like to relax and take days off to enjoy the amenities and surroundings.



The Mediterranean Island of Mallorca is known as the Mecca of European spring cycling for good reasons. It has a sunny climate in May (55–73 °F) and a wide variety of routes on excellent roads with extremely low automobile traffic. The cycling routes vary from flat terrain to rolling hills to long climbs as we'll ride along the coast, through the plains and foothills into the mountains. The beautiful landscape includes secluded pine forests, citrus groves, spectacular sea cliffs and Spanish architecture. On days you may not want to ride there are many options for other tourist or sport activities including staying on the beach, winery tours, spa visits, golf, etc.

This tour is a complete package including lodging, half pension (breakfast and dinner) and bicycle rental. We'll stay for a week at each of two different hotels to allow us to take advantage of all the varied landscapes and roads. The daily group rides will be 40–50 intermediate miles with shorter and longer options. There will not be a SAG vehicle as we will stop in the small villages for group rally points and to purchase food and beverages.

The final price is expected to be \$2300–\$2600 and the registration will be announced soon.

Colorado HeartCycle 2013 Tours

Texas Two Step

March 17 - 23 Status: Complete
 6 days, Easy/Intermediate \$1,075.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Jim Bethell, jim@bikes5.com (518) 446-8490

Eastern Washington Weekend

June 6 - 10 Status: Complete
 4 days, Advanced \$395.00
 Ralph Nussbaum, rnussbaum@earthlink.net
 (206) 783-6450
 Pam Austin, freeandflying@live.com

Springtime in Santa Monica

April 14 - 21 Status: Complete
 7 days, Advanced/Expert \$1,165.00
 Sy Katz, skskatz@comcast.net (303) 550-2073
 Bob Rowe, browe49@comcast.net (303) 910-7230

Traverse City

June 7 - 15 Status: Complete
 8 days, Intermediate/Advanced \$1,325.00
 Lynn Driver, ldriver@med.umich.edu
 (734) 646-0307
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Pacific Coast Border to Border 3

May 4 - 16 Status: Complete
 12 days, Easy/Intermediate \$2,260.00
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551
 Bill Stone, bill.stone@q.com (719) 598-6329

Lake Champlain and Vermont

June 22 - 29 Status: Complete
 7 days, Intermediate/Advanced \$1,345.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362
 Kristen Wright, k27wright@gmail.com

Yakima Hill Country Weekend

May 16 - 21 Status: Complete
 5 days, Advanced \$475.00
 Ralph & Carol Nussbaum
rnussbau@earthlink.net (206) 783-6450

Willamette Valley Cruise

July 13 - 20 Status: Complete
 7 days, Intermediate \$995.00
 Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

South Fork Soujourn

May 24 - 27 Status: Complete
 3 days, Intermediate \$325.00
 Diane Short, dianbike@eazy.net 303-763-9874

Washington Coast

July 27 - August 4 Status: Complete
 7 days, Intermediate/Advanced \$1,175.00
 Rod Lee, kennedy6017d@yahoo.com
 (206) 604-7145
 Ken Condray, condray3@comcast.net
 (425) 334-1444

Colorado HeartCycle 2013 Tours

Harrison Hot Springs Weekend

August 7 - 11 Status: Complete
4 days, Easy/Intermediate \$515.00
Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Hudson River Ramble

Sept. 29 - Oct. 5 Status: Complete
6 days, Intermediate/Advanced \$1,395.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Janet Reilly janet@bikes5.com

Glacier Park

August 9 - 17 Status: Complete
8 days, Intermediate/Advanced \$1,295.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Sue Matthews, scmatt1@comcast.net

Moab Weekend

October 11 - 14 Status: Complete
3 days, Intermediate/Advanced \$450.00
Chris Matthews, chrismatthews@msn.com
(303) 618-4789
Mike Cota jmichelcota@msn.com
(720) 530-8041

Oregon Coast

August 17 - 24 Status: Complete
7 days, Intermediate \$1,050.00
Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Explore the Door

September 8 - 14 Status: Complete
6 days, Easy \$1,120
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467
Deb Wuchner, debwuchner@comcast.net
(303) 792-2111

Northern Utah

September 13 - 22 Status: Complete
8 days, Advanced/Expert \$1,065.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Ralph Nussbaum, rnussbaum@earthlink.net
(206) 783-6450