

Heart to Heart



Annual Meeting and Luncheon

Saturday - October 25, 2014

Mt. Vernon Country Club

24933 Clubhouse Circle

Golden, Colorado

Cash bar opens @ 11:30 AM; Buffet starts @ 12 noon

Members: \$15.00; Guests: \$25.00 **(Guests will receive a \$10.00 credit toward their 2015 annual membership fee.)**

Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 25 at Mt. Vernon. Come enjoy gourmet food and drink with old and new friends and share memories of this year's tours.

We will have a continuous slide show with photos from this year's tours. If you have 5 or 6 (or up to 10) photos that really capture the spirit of a tour that you rode, please email them to Barry Siel at bjsiel@msn.com and he will include them in the photo slide show at the meeting.

This year HeartCycle is pleased to present Jon Heidemann, owner of Denver based Peak to Peak Training Systems and an Elite USAC Cycling Coach, who will provide some tips on bicycle safety, plus his insight on maintaining a high level of fitness in spite of getting older.

In addition, HeartCycle's Tour Director, Bob Rowe, will preview the tours that are planned for 2015. Many of next year's tour leaders will be also be present to answer questions about their 2015 tour/s.

Members: please log in and register for the luncheon as you would for a tour at the HeartCycle website www.heartcycle.org. The luncheon is listed under "tour registration".

Guests: please register and pay on line. Go to www.heartcycle.org and select menu item: "Guest Event Registration". We encourage Guests to attend. Guests will receive a \$10 credit if they choose to join HeartCycle for a 2015 membership.

Registration must be made by Saturday, October 18, so we can confirm the number of members attending the luncheon for the catering department. All payments must be made online and there will be no payments accepted at the door.

Attendance at the Annual Meeting has grown substantially the past two years, so sign up today to reserve your place. For further information regarding the luncheon email Mickey Berry at mickeyberry417@gmail.com.

The traditional 25 to 30 mile ride before the luncheon will start at 9:30 AM. Meet in front of the Mt. Vernon Clubhouse. Links for the 9:30 Bike Ride:

Map and Cue Sheet:

<https://dl.dropboxusercontent.com/u/32387264/Annual%20Lunch%20map%20and%20cue.pdf>

.gpx file:

https://dl.dropboxusercontent.com/u/32387264/Heartcycle_lunch_ride_w_Genesee_Mnt.gpx

New for 2014: HeartCycle Seattle Luncheon

Saturday, November 1, 2014

The Golf Club at Echo Falls

20414 - 121st Ave SE; Snohomish, WA 98296

<http://www.echofallsgolf.com>

11:30 AM: Cash bar opens

12 noon: buffet opens

\$15 HC members; \$25 guests (\$10 credit toward 2015 membership is available to guests.)

HeartCycle's Board of Directors is pleased to announce a fall luncheon for our growing membership in the Pacific Northwest. The purpose of this luncheon is to introduce the Seattle contingent to some of our Colorado based Board Members and club officers and provide general information about how HeartCycle operates, both as a bicycle touring club and as a not-for-profit business. We will also give a brief history of the club and answer questions. The 2015 tour schedule will also be announced.

Please register for the luncheon at the HeartCycle website, www.heartcycle.org. **Registration and payment must be made on our web site by Saturday, October 18, 2014**, so the chefs at the Echo Falls Club can plan the food. **All payments must be made online and there will be no payments accepted at the door.**

Members can register online for the luncheon now at www.heartcycle.org. Please log in and register as you would for a tour.

Guests can also register and pay online. Go to www.heartcycle.org and select menu item "Guest Event Registration".

If you have any questions about the luncheon please email Mickey Berry at mickeyberry417@gmail.com.

Ralph Nussbaum will lead a short ride at 9:30 AM from the golf club before the luncheon. Please contact Ralph regarding ride details.

HeartCycle Contacts

The Board of Directors

Chris Matthews (303) 618-4789 (2014)

President - president@heartcycle.org

Mickey Berry (303) 880-1944 (2015)

Vice President - vp@heartcycle.org

Steve Parker (970) 382-9551 (2015)

Treasurer - treasurer@heartcycle.org

Joanne Speirs (303) 312-7252 (2015)

Secretary - secretary@heartcycle.org

Jim Bethell (518) 466-8490 (2014)

Marketing Manager - marketing@heartcycle.org

Harvey Hoogstrate (303) 755-9362 (2014)

Web Master - webmaster@heartcycle.org

Richard Crocker (719) 237-3350 (2015)

Registrar - registrar@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 (2015)

Tour Director - tourdiretor@heartcycle.org

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

Jim Bethell (518) 446-8490

CPR/Driver Trng Coord. - bikes05@verizon.net

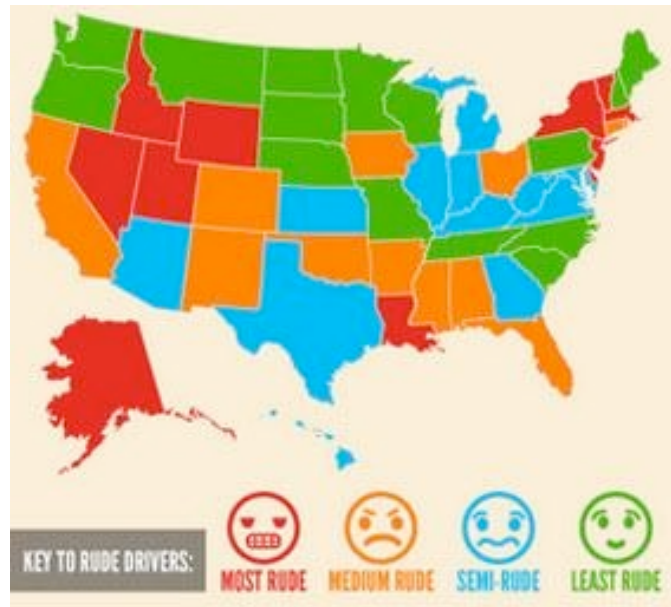
Richard Loeffler 303-981-2963

Med. Equip. Mgr. -

MedEquipMgr@heartcycle.org

Where are the Rudest Drivers?

Survey Says...



That's the question Insure.com posed to 2,000 drivers nationwide.

The survey was made up of half women and half men, and respondents represented all 50 states in line with census population data. The state rankings were then calculated using a ratio of the nationwide votes for drivers from a particular state divided by the number of respondents from that state.

Claiming the dubious distinction of having the rudest drivers of any state, at least according to this survey, is Idaho. A state that doesn't have any large metropolitan areas -- hence not a lot of traffic -- may seem like a surprise.

Next on the list was the place where politics -- and sometimes driving -- is a contact sport: Washington, D.C.

Third rudest is New York, home of the Bronx cheer. The rest of the list, in descending order, is rounded out by Wyoming, Massachusetts, Delaware and Vermont (tie), New Jersey, Nevada and Utah.

Asked for what they find rude about other drivers when able to choose from 18 different factors, respondents said:

- Talking on a cellphone while driving – 47 percent
- Tailgating – 37 percent
- Not signaling turns – 35 percent
- Weaving in and out of lanes – 28 percent
- Driving too fast, like every road is a highway – 26 percent

Explore The Door

September 7 – 13, 2014

By Myra Jans

Often called the Cape Cod of the Mid-West, this is an accurate comparison for Door County, Wisconsin. The tour description listed, "quiet country roads, dairy farms, cherry orchards, wineries, art galleries, fishing villages and beautiful sunsets", we enjoyed this and a great deal more!

This is the third tour for Leaders, Jay and Deb Wuchner, leading an outstanding cycling route coupled with their caring for the group and meticulous planning, made the experience extraordinary. Our SAG drivers, Richard and Polly Crocker, were organized, attentive and happily served the group various meals and snacks which were nutritious and delicious! Jay, Deb, Rich and Polly leading & sagging the "Explore The Door Cycling Tour" deserve a 'Five Star' rating!

Day 1) The group arrived in Green Bay at various times and checked-in at our hotel, Country Inn & Suites. At 6:30 pm we gathered for a group dinner at Mackinaw's Restaurant and enjoyed a selection of various entrees and group meeting information. The group consisted of 30 riders, 2 Leaders, and 2 SAG drivers operating two Ryder Vans. There were 8 people new to HeartCycle and this was be their first tour, so they claimed the trip 'Virgins'. The oldest person on the tour was an 80 year old man. We were so impressed with Lynda Marks, this past April she suffered a broken femur bone followed by an operation and 14 pins in her thigh. She just received the OK from her doctor the previous Wednesday of starting the Explore The Door Tour. Lynda is a shining example of fortitude and style.

Day 2, 50 miles) On our first day of riding we started out with a Tailgate breakfast complete with eggs, yogurt, juice, fruit, bagels with all the extras! Our first visit was to the company building a private yacht. The owner's name remained undisclosed, yet the price was 40 million. We continued on and then stopped at Renard's Cheese shop for a sampling of Wisconsin cheddar cheese, which included the well known and acquired taste for 'cheese curds'. Along the way we passed by the Door County Navy! It will be interesting to see if over the years what additions this proud collector will display in his yard.



Tailgate Breakfast

That evening we arrived in Stone Harbor Resort, located on the shore of Green Bay which is just a few steps away from historic downtown Sturgeon Bay. At 5 P.M. we gathered for the daily meeting augmented with Happy Hour. During the meeting we each had a chance to meet each other and tell the group how long we had been riding and how long we had been a member of HeartCycle. Rich & Polly made sure there was Michigan beer along with the usual beverages and snacks.



Jody's cow milking demonstration

Day 3, 30 miles) We visited Schopf's Dairy where we watched the cows being milked mechanically and treated ourselves to ice cream! Door County Coffee tour, for a tour of this local roaster serving delicious cinnamon rolls. Village of Egg Harbor and onto Peninsula State Park and the Eagle Bluff Lighthouse. We had the opportunity to stop at the Edgewood Orchard Galleries which featured paintings, glass, clay, wood and a fabulous sculpture garden. Edgewood Orchard Galleries featured various artists. There was a sculpture in the garden by an artist from Evergreen, CO. Dinner was of our own choosing at the many restaurants available in Fish Creek.

Day 4, 30 or 50 miles) The saying – 'There is a reason for everything' was appropriate for this day. It started raining Tuesday evening before as we headed to the theatre and didn't stop until Thursday morning. No one rode Wednesday, so it was a good day to relax and tour the town. Perfect that we had two nights in the same hotel therefore not having to ride in the rain. The group enjoyed an original musical comedy production – "The Bachelors" at the American Folklore Theatre.

Day 5, 26 miles) Leaving Fish Creek we had a short ride to Bailey's Harbor. We stopped by Cana Island Lighthouse, the most visited lighthouse in Door County. Our accommodations were at Bailey's harbor Yacht Club a hotel with a shore view!



Road to Northport - Bailey's Harbor

Day 6.) – 50 miles. Cycling along the shore of Lake Michigan on one side, and lush green grass and trees on the other side while passing million dollar homes was a sight to behold! We rode through Cave Point County Park, known for its underwater caves and wave-worn limestone cliffs. Von Stiehl Winery the oldest licensed winery in Wisconsin. We stayed at the Algoma Beach Motel which was the smallest hotel we had on the trip, but the best views!



Bikes along Lake Michigan

On the second SAG stop, Rich Crocker noticed a more convenient stop that also had nicer facilities. Ken Krat took spot to notify the rider's and later Rich took the second shift, what team work!



Ken marks the modified SAG stop

Day 7.) 30 miles. Our last day of cycling was beautiful and sunny! We arrived in plenty of time back in Surgeon Bay to have the last delicious lunch and assemble our bikes. For those of us who had a flight to catch in the afternoon, there was a room available for us to shower and change clothes. Greatly appreciated! Jay & Deb made available to transport a few bikes round trip Denver – Wisconsin and this was greatly appreciated also.



Lunch at LaSalle State Park

Best of the Northern Rockies – Jasper to Glacier

August 8–23, 2014

Written by Paul and Kelly Belanger

Planes, Trains, and Automobiles – plus Coach, Truck and Bikes

The inaugural Jasper, Alberta to Glacier, Montana Tour was launched from Whitefish, MT, with riders from age 51 to 72, showing up in all forms of transportation from locations that spanned the US as well as Australia. SAG supporter Ken Condray had the job of loading all of the bikes for transport in our rented truck – I’ve never seen so many old bike tubes being used at once, but he did a fantastic job babying and transporting 26 bikes, including two tandems. We then made a day-long coach trip from Whitefish to Jasper to begin the ride back. Some of us wondered if the bus transmission would last on our trip up to Jasper.

The route is a once in a lifetime, dream route traversed over two weeks and 600+ miles down the backbone of the Canadian Rockies into Glacier National Park. Daily distances ranged from 32 to 91 miles, with a mix of flat days, gentle climbs and some higher elevation passes resulting in 4000+ feet of gain on those days.



Baby Bear



Canadian Glacier

The range of awe-inspiring sights was incredible. The early days of the ride were on the Icefields Parkway along the Athabasca River, which eventually flows into the Arctic Ocean. We pedaled upriver to the headwaters at Columbia Icefield, visiting Athabasca and Sunwapta Falls along the way. At Sunwapta Falls we had a group dinner with a very good, entertaining presentation on Jasper National Park by one of the park ecologists. She even managed to dress Ken up as a grizzly bear – quite a sight. With a short ride the next day to the Icefields, everyone had the opportunity to take tours up onto the glacier and out on the brand new, glass-floored observation deck

overlooking the canyon. The Columbia Icefield is unique in that the waters there flow from one source into three oceans – the Arctic, Pacific, and Atlantic.

Trip co-leaders, Becky Bottino and Sue Matthews, organized the route to allow breaks off of the bikes to hike to various sights such as Mistaya Falls (a box canyon), Peyto Lake, (a beautiful turquoise glacial lake), and Johnston Canyon, the latter having a magnificent set of waterfalls along a beautiful trail. SAG supporter Toni Payne shuttled our hiking shoes and gear from one stop to the next throughout the tour, always with a smile.

Two rest days were included along the route at Lake Louise and Waterton Lakes National Park (Canada's portion of Waterton Glacier International Peace Park). While some people rested and caught up on laundry, others toured the areas via bike, boat, and foot.



Lake Louise

At Lake Louise we had the option of a self-guided ride to Moraine Lake, with an extra 11 km, 2000 ft of gain, and 7-8% grades. There were plenty of hiking trails, some with tea houses along the way. Others visited the historic, world famous Chateau Lake Louise Hotel and wandered the area sightseeing and people watching (there were a LOT of people there).

At Lake Louise we picked up the Bow River, which we followed into Banff. With a 60 mile, mostly downhill ride into Banff, people had the opportunity to tour the town and visit Banff Falls and the Banff Springs Hotel, another world class resort along our route.

The next day continued from Banff in a heavy mist/fog along the quiet Bow River Parkway with us eventually arriving at Kananaskis Resort. Evidence remained of the June 2013 floods in the area. Fog and rain let up before lunch, eventually settling in after dinner. Along the route evidence of the historic flood of 2013 was evident – with roads washed out and meadows littered with trees. At this point the rain started to follow us intermittently, gradually increasing with each passing day.

From Kananaskis we had our first real climb and long day. We summited Highwood Pass, over 7000 ft in elevation on an 81 mile day. Most of the day was spent above 5000 ft. That afternoon the rain caught us on the flats after lunch, blowing sideways at times. It ended before we reached the metropolis of Longview. Longview was small enough that a few people ended up being shuttled to an adjacent town about 20 miles away. Although the town was small enough to have just one cinder block motel, a gas station, and about three restaurants (counting the saloon) a bunch of the riders lucked into a gourmet dinner out on the deck of the New York Bistro. It's amazing what you can find in the strangest places. Our Moroccan chef and his wife were one of those finds. **The Falls**



From Longview to Pincher Creek we had our longest ride – 91 miles with a cross wind/headwind pretty much the whole way. It was windy enough to support a large wind farm we rode through. The rolling countryside was otherwise quite picturesque. Although the rain threatened we managed to stay ahead of it.

Waterton Lakes National Park was the following day's destination. The ride was another one through open pastures with some scenic views from short climbs. Being a short, 35 mile day we arrived by lunchtime and enjoyed a picnic on the side of the lake. That evening we had a group dinner looking over the lake. This was followed by our second rest day. Some of the more gung-ho rode to Red Rock Canyon and Cameron Lake for hikes. Others took the International Boat Cruise across the lake into the US and back. We had some rain in the afternoon, allowing people to put their feet up and enjoy the view and wander the shops.

**Waterton**

At Waterton the rain really set in for good. That next day dawned with steady rain, cold temperatures and reports of fog at the summit where we re-entered the US. Discretion is the better part of valor, so the ride was cancelled from Waterton into Many Glaciers in Glacier National Park. Our leaders and SAG team had a real job shuttling bikes and bodies 50 miles through customs in the rain. The good side of the situation is that we arrived dry and early enough to enjoy some hiking and wildlife viewing along Swiftcurrent Lake. That night was spent at the historic park hotel there, with balcony views of the lake.

**Many Glaciers**

The next day dawned even wetter. A minority of the riders opted to be shuttled to Lake McDonald Lodge over Going to the Sun Road. The other hardy half braved the

pouring rain the first 21 miles before the ride was called off. The rangers at the park entrance reported fog with very low visibility at the pass and long delays through road construction in the rain. This ended up being the emotional low point of the trip which was compensated somewhat by the ride along the route – one of the most scenic in the US. That shuttle ride confirmed that conditions really were not suitable for riding. Not much you can do – you can't control the weather. Again, we arrived fairly early at our hotel, allowing time for sightseeing along seven mile long Lake McDonald.

Our final day threatened rain, but it held off for a short, 42 mile ride into Whitefish through the rolling, wooded Montana countryside. For an inaugural tour things went really well despite the rain. Our crew stepped up and dealt with all of the unforeseen issues and uncontrollable weather on a two week long trek. I would do it again in a heartbeat, especially with the opportunity to catch the Going to the Sun Road a second time around.

