

Heart to Heart



Annual Meeting and Luncheon

Saturday - October 24, 2015

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 2016 annual membership fee.)

Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 24th at Mt. Vernon Country Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours.

Once again, 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.

Every fall, anticipation begins to build as we wait to find out what's in store for next year and HeartCycle has an exciting schedule planned. HeartCycle's Tour Director, Bob Rowe, will announce the 2016 tours and provide brief descriptions of each. Many of next year's tour leaders will be present to answer your questions about their 2016 tour/s. You won't want to miss this year's luncheon and meeting.

You can register for the luncheon 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 Sunday, October 18th, so we can confirm the number of members attending the luncheon with the catering department. All payments must be made online and there will be no payments accepted at the door. We encourage non-members to attend the meeting and you will be able to register for the luncheon online beginning in mid-September.

Attendance at the Annual Meeting has grown substantially the past three years, so sign up today to reserve your place.

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:

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

Map and Cue Sheet: <http://ridewithgps.com/routes/7698133>

The Board of Directors

Chris Matthews (303) 618-4789 (2016)
President - president@heartcycle.org

Mickey Berry (303) 880-1944 (2015)
Vice President - vp@heartcycle.org

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Treasurer - treasurer@heartcycle.org

Joanne Speirs (303) 312-7252 (2015)
Secretary - secretary@heartcycle.org

Jim Bethell (518) 466-8490 (2016)
CPR/Driver Trng Coord. - jim@bikes5.com

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Registrar - registrar@heartcycle.org

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Asst. Treasurer - jdpenck@gmail.com

Bob Rowe (303) 910-7230 (2015)
Tour Director - tourdiretor@heartcycle.org

Jay Wuchner (720) 840-6467 (2016)
Sag Vehicles - sag@heartcycle.org

Fred Yu (303) 321-4530 (2016)
Insurance and Legal - fredericky@comcast.net

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Barry Siel (303) 470-8431
Newsletter Editor - newseditor@heartcycle.org

2015 HeartCycle Board Election

Each year HeartCycle has five members of the 10 person board of directors who complete their two year term of service. At the October 24, 2015 Annual Meeting a slate of 5 new or continuing directors or a combination of both is placed in nomination and elected for a new two year term by the members attending the meeting. This October Mickey Berry, Rich Crocker, Steve Parker, Bob Rowe, and Joanne Speirs will complete their term and all five have agreed to be nominated as directors of HeartCycle for another two year term. Any member of HeartCycle can nominate themselves as a candidate for a director's position for a two year term beginning in November 2015 and continuing through October 2017. The Board of Director's is composed of members who administer and manage the affairs of the club. Duties include accounting and financial oversight; policy and procedure decision making; tour budgeting, planning and scheduling; souvenir selection and management; equipment management and storage; transportation management of the club's Sprinter and all rental vehicles; membership and tour registration; insurance management; arranging and planning social events; and, work on special projects. Director's also serve as the club's officers: President, Vice President, Secretary and Treasurer. The board meets once a month on the second Tuesday. Please notify Vice President Mickey Berry, in writing, by September 30, 2015 if you have interest in nominating yourself to serve a two year term on the Board of Directors. Additionally, any member interested in becoming a HeartCycle working member handling specific duties including newsletter editor, map making, marketing, data processing, or other specialized responsibilities can contact any current board member to volunteer.

Mallorca - 2016

HeartCycle will be returning to Mallorca Apr 30 - May 14, 2016. Rich and Polly Crocker and Bob Rowe will be leading a reprise of the 2014 tour (see the June 2014 newsletter) and hope they have 28 members join them on this wonderful tour. They planned this tour to accommodate couples with mixed cycling abilities from intermediate to advanced, and you to 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 degrees 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 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, pearl shopping, visit the Palma cathedral, 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 45-65 intermediate miles with shorter and longer options (including the spectacular "Coastal Classic" with 85 miles and 8,400 ft of climbing. 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-\$2700 and the registration will be opened in mid October.

Cycle the South of France from Le Monastere - 2016

In 2016 HeartCycle will offer two one-week fixed-based sessions at Le Monastere in the South of France (Limoux): July 2-9 and July 9-16. Le Monastere, and our host Chris Gorges, offer four star accommodations that include large, lovely rooms, each has a bathroom with a walk-in shower; and wonderful breakfasts and dinners for 6 days of your 7 day visit (Wednesday is your "rest" day on your own). Airport pick-up and drop-off from Toulouse or Carcassonne is included. For more information about the facility, see lemonastereadventures.com.

There is a great variety of rides from Tour de France climbs in the Pyrenees to undulating hills along routes to the Med for a swim, to vineyards, or to historic sites – all on quite, beautiful roads in the Languedoc region. Climb to your heart's content or take a boost up a pass in one of the two vehicles that each support 8-10 guests. We will typically run two groups: one advanced and one intermediate, and reconnect for lunch most days.

Le Monastere has quality bikes for your use. Chris will fit the bikes to your unique size and gear requests. Or bring your own bike and Chris will help you assemble and final tune it. Tandems are welcome and can be accommodated in the support vehicles.

Bob Rowe will serve as the HeartCycle on-site coordinator for both weeks. We anticipate registration for this tour starting about October 15. While the pricing is not final, we expect it will be around \$2,450 per week. Registration is limited to 14 members each week (4 rooms with a Queen or Double bed for couples, and 3 rooms with two beds). All participants should sign-up with a roommate. No Single Supplements will be considered for the first 30 days of registration.

British Columbia Coast

By Kim Lamphier

With a promise of dramatic coastal scenery, interesting towns, and lots of challenging cycling, the British Columbia Coast tour did not disappoint. The group met in Vancouver and was welcomed to our bike-friendly hotel with a rubber duckie clad in cycling gear in our bathrooms, and by our Tour Leaders Dean Karlen and Bob Rowe, and our SAGs Rich and Polly Crocker. In addition to the description and pictures below, please see the 5 minute tour video at www.tinyurl.com/hcbcc2015

Our first day led us over the Fraser River, and a fast, flat ride to the Tsawwassen Ferry, taking us across to Swartz Bay on Vancouver Island. After a delicious buffet lunch on the ferry, many of us ventured on to the deck to enjoy the pleasant breeze and take in the views, which were diminished by the forest fires on both the island and the mainland but still beautiful. Once docking, we were the first off the ferry and on our way to Victoria. Our route included rolling hills and beautiful scenery and huge mansions. Our hotel was right in town, an easy walk to restaurants, the waterfront, Provincial Parliament, and the historic Fairmont Empress.



Day two presented two choices a rolling ride with a lunch stop at Beaver Lake or some challenging hills and a ride up to the Observatory with some impressive views, despite the fires. Lunch at Beaver Lake featured Polly's excellent salad. The afternoon rest stop was at a lovely Park. All of the rides returned to Victoria along the extensive paved trail system.

Our last day in Victoria featured a ride to the famous Butchart Gardens with an amazing display of flowers in gardens reflecting Japan and Italy, along with an extensive rose garden. Other options include whale watching and hanging out in town.



Day four started with a short ride to Brentwood Bay for our second ferry ride. The ferry terminal was located in a small but stunning harbor. From there, we road north along the coast towards Nanaimo. We stopped for lunch along the water where we were rewarded with another of Polly's excellent salads and a bald eagle flying overhead. Early afternoon, we continued riding along the coast and enjoyed the murals in Chemainus and the beautiful sea side view at our afternoon rest stop before our hotel in Nanaimo.

At our evening meeting we got some good and bad news. The good news was that rather than taking the 6:30 a.m. ferry to Horseshoe Bay, we would be taking the 8:15 and breakfast would be on board. The bad news was that a fire on the mainland, near Whistler, was causing air quality from particulate matter that was off-the-scale horrible. And even healthy, fit people were advised to stay inside and limit all physical activity. They showed us the data and explained its effects and that our ride to Whistler the next day would have to be modified and we would have to all sag part of the route. Their knowledge of the science as a result of their professions gave them a deep understanding of the seriousness of the air quality problem. Based on the data, they made the right decision. The ride leaders had a plan to sag us from our lunch stop at Shannon Falls.



The ferry ride to Horseshoe Bay should have been the most beautiful of our tour. However, the pollution from the fires obscured the views of the mountains on either side. Once again, we were the first off the ferry and we were on Sea-to-Sky Highway for a short ride to our lunch stop. The ride featured two long, challenging climbs with great downhill and an added rest stop for coffee in between. Lunch featured another delicious salad. After, we were rewarded with walk to a beautiful waterfall, time to sit on the rocks and put our feet in the delightfully cold water or read and talk while we waited our turn in the van for our drive to Whistler.



Once in Whistler, it was time for a group dinner at the Country Club. As they say, "dilution is the solution to pollution." The winds had begun to blow the particulate matter out of the valley and the air quality had improved significantly. Because of the improvement in air quality, many chose to ride on their day in Whistler, others did short rides on the paths, took a walk, or went kayaking. We could finally see the tops of Whistler and Blackcomb Mountain.

Our last day, was our longest day at 90 miles. It was about 55 degrees and cloudy at the ride start. Many in the group decided to shorten their ride and took a bus to Horseshoe Bay. Those that chose to ride were rewarded with 60 miles of downhill with just enough climbs to give some relief. And though cloudy, this trip, you could really see the incredible beauty of Horseshoe Bay. Once at Horseshoe Bay, we rode along the coast, over the Lion's Gate Bridge and into Stanley Park, one of Vancouver's gems with great views and a wonderful collection of totem poles. A short ride and we were back to the hotel.



We finished off with an excellent group dinner where we toasted our ride leaders and sag drivers, and said farewell to the new friends we made.



Southern Oregon and Crater Lake

September 11-19, 2015

By Richard Handler

Unforeseen circumstances affected this sold out tour, but with a wonderful group of understanding and enthusiastic participants it was a success.



Two participant riders assumed leadership of the tour a few weeks before the start. It was a scramble to reorganize after losing the scheduled vehicles, supplies and picnic furniture from Seattle. HeartCycle reassigned the club Sprinter and Denver based supplies to our tour. SAG drivers Carol and Kathleen changed their plans, flying to Denver rather than Portland and then drove the Sprinter to Eugene.

Prior to tour dates we were concerned about riding through smoke from wild fires. Roads essential to our progress north from Crater Lake were closed. It was thought that we might have to sag due to unsafe air quality.

Forecast for entire week was hot and dry. On Day 2 we rode 111 miles in temperatures reaching 95F which sapped our strength. But the weather changed and Day 3 was pleasant and cool with Day 4 being cooler still.





Then snow started. The not so smart riders had left their winter attire and winter cycling wardrobes at home. The snow lasted more than 24 hours, with 2 inches of slush on the park roads near the rim of Crater Lake.



Trapped in the drafty cold Crater Lake Lodge for two nights, an escape plan was needed. To our rescue came Wild Cog mountain bike outfitters from Bend. A lottery was held to determine whose bikes would receive protected transport in the Penske truck and 15 made the cut. The rest of the bikes were distributed atop the Wild Cog van and on front and rear racks of our two vehicles. We sagged out on the morning of Day 6. The Best Western manager in La Pine, where we arrived in the early afternoon, graciously allowed us to have lunch in their breakfast room. Many went for out and back rides there. We started Day 7 in 32F with soaking ground fog which did not clear until third hour of ride. Fingers were cold and numb, and collectively we had 310 freezing fingers among the 31 people still riding. But at least the cold front and storm cleansed the atmosphere of smoke. Perhaps most interesting, was the final day of riding when we traveled through the lava fields atop McKenzie Pass in crystal clear conditions.



The Black Hills of South Dakota

By Tina Vessels

Traveling to an unfamiliar area one never knows what to expect. Judy and Barry planned things so well, with such attention to detail, that any expectations we might have had were exceeded. When our ride around the wildlife loop did not produce a single buffalo sighting they moved into high gear. It remains a mystery how they accomplished it, but on the next day's ride we were presented with a spectacular display of corralled bison. Strays encountered on the road - giants 6 feet tall and 2000 pounds - impeded some of our faster riders. The previous day's disappointment was erased, just one example of our guides' dedication to a five star experience.



The Black hills are a small mountain chain that extends from South Dakota to Wyoming. The Lakota Sioux have long historical and cultural ties with the land there. We visited Custer State Park with its towering peaks, cool mountain lakes and abundant wildlife. Further sightings of buffalo, as well as sightings of pronghorn, deer, turkey, coyotes, and, of course, prairie dogs were frequent. While touring Wind Cave National Park many chose to explore one of the world's longest and most complex underground cave systems.

Mount Rushmore is a monument of colossal proportion, colossal ambition, and colossal achievement. The HeartCycle group had a colossal day traveling over 60 miles and climbing 6,000 vertical feet to see it. I believe Gutzon Borglum (Mt. Rushmore sculptor) would have been impressed. We certainly were impressed with the amazing memorial to Washington, Jefferson, Lincoln, and Theodore Roosevelt sculpted amid the majestic beauty of the Black Hills.



Chefs know “it is all about the prep.” But how Maryanne and Rich accomplished fresh orzo and basil salad, hot meatballs, homemade cookies and more, all in a hotel bedroom, will always remain another mystery!! The bending and lifting, schlepping, cleanup and organization appeared effortless to the riders but we know the huge amount of time and work entailed. Herding buffalo is likely easier than a daily round up of 30 plus riders!



All and all it was wonderful experience with a delightful group of riders, excellent leaders and support! We are so thankful!

Love, Sweat and Gears Ride Across America

Well, our LS&G bank account has \$50,000 less today than it did yesterday. Jay Wuchner and Julie Lyons presented a check for \$50,000 to the Cystic Fibrosis Foundation this summer before the Cycle for Life Ride. With all of your help we made it happen.



Thanks for all of your great work.

2016 Tour Registration

Tour registration for 2016 should be open for our overseas tours in Holland, France, and Mallorca (Spain) by mid October, and the remaining tours will open starting early to mid-November. The tours will open in chronological order, earliest first, in groups of four. Members will be notified by email two days prior to each group opening.

Only current 2015 members will be allowed to register in October and November. When you register for a 2016 tour you have to renew your membership for 2016 at the same time. Since January we have had quite a few people become 2015 members in anticipation of the 2016 tour season.

As a reminder, registration procedures were changed in 2015 using a lottery system for tours that have more members registering than slots available. Members will be notified of their tour status, confirmed or wait list, between five and seven days after registration opens. Only current members will be allowed to register from October 1st until all current members have had a chance to register. Non-current members will not be able to renew memberships until all current members have had a chance to register.

After a tour is open for registration for five days, the Registrar will evaluate the number of members who have registered for the tour and have paid the deposit.

1. If the tour is not filled at that time, all members will be confirmed on the tour and registration will continue as in the past —“first come, first served “.
2. If the tour has more registrations than slots available, the Registrar will conduct a lottery to determine which members will be confirmed, and the remaining members will be put on the wait list. The tour will put in a “wait list” status for any additional registrations.
3. The lottery will use a random number process to choose the members to be confirmed.
4. Members’ lottery numbers will be assigned in the order of their registration.
5. Members requesting each other as roommates will have the same number in the lottery, and both will be either confirmed or wait listed together.

In recognition of their service, club volunteers (working members, tour leaders and board members) will be given one priority tour selection per year. A request to use their priority must be made to the Registrar upon registration by email at Registrar@heartcycle.org. The priority will be considered used whether or not the tour requires a lottery.

Please contact the Registrar at registrar@heartcycle.org with any questions or comments.

Colorado HeartCycle 2015 Tours

Southern Arizona Spring Training

March 15 - 22 Status: Complete
7 days, Int. \$1,060.00
Rich Crocker, richcrocker@hotmail.com
(719) 237-3350
David Durst, dursteam@gmail.com

Fabulous FootHILLS of Colorado

May 9 - 16 Status: Cancelled
7 days, Int. + \$950.00
Diane Short, dianbike@eazy.net
303-763-9874

Discover San Diego

March 21 - 28 Status: Complete
7 days, Int. \$980.00
Becky Bottino, bbottino7@gmail.net
(206) 683-9220
Ken Condray, condray3@gmail.com
(425) 334-1444

Springtime in California Sonoma and Napa

May 15 - 23 Status: Complete
8 days, Adv. / Exp. \$1,675.00
Alan Scott, ascott999@comcast.net
(720) 840-6630
Bob Rowe, browe@comcasst.net
(303) 910-7230

Colonial Virginia

April 3 - 12 Status: Complete
9 days, Int. / Adv. \$1,695.00
Ralph & Carol Nussbaum,
renussbaum@outlook.com (206) 713-9417

Eastern Washington 4 day tour

May 28 - June 1 Status: Complete
4 days, Int. / Adv. \$460.00
Ralph Nussbaum,
renussbaum@outlook.com
(206) 713-9417
Pam Austin, freeandflying@live.com
(206) 525-1020

Great Rivers II: Springtime on the Rivers

April 25 - May 9 Status: Complete
14 days, Int. / Adv. \$2,060.00
Steve Parker, bsparker116@gmail.com
(970) 382-9551
Chris Matthews, chriswmattthews@msn.com
(303) 618-4789

San Juan Mountains

June 19 - 28 Status: Complete
9 days, Adv. / Exp. \$1,345.00
Tom Groves, u4eahnrg@aol.com
Peter Podore, ppodore@gmail.com

Omak 4 Day Fixed Base

May 7 - 11 Status: Complete
4 days, Int. / Adv. \$460.00
Ralph & Carol Nussbaum,
renussbaum@outlook.com (206) 713-9417

Central Oregon High Desert

June 21 - June 28 Status: Complete
7 days, Int. / Adv. \$1,495.00
Ann Werner, acwerner@comcast.com
Rich Crocker, richcrocker@hotmail.com
(719) 237-3350

Colorado HeartCycle 2015 Tours

British Columbia Coast

July 4 - July 12 Status: Complete
8 days, Adv. / Exp. \$1,600.00
Dean Karlen, dean@karlen.email
(250) 595-1371
Bob Rowe, browe49@comcast.net
(303) 910-7230

The Idaho Panhandle

August 15 - 22 Status: Complete
7 days, Int. / Adv. \$1,420.00
Chris Matthews, chriswmattthews@msn.com
(303) 618-4789
Richard Loeffler,
RichardTLoeffler@gmail.com
(303) 981-2963

Washington British Columbia Loop

July 17 - 26 Status: Complete
9 days, Int. / Adv. \$1,325.00
Ralph Nussbaum, RENussbaum@outlook.com
(206) 783-6450
Mike Parent, mrparent@arifleet.ca

Danube River Passau to Vienna

September 5 - 13 Status: Complete
8 days, Easy \$1,465.00
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467
Deb Wuchner, debwuchner@comcast.net
(303) 792-2111

Upper Hudson River Ramble

July 18 - July 26 Status: Cancelled
8 days, Int. \$1,420.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Janet Reilly, janet@bikes5.com

Black Hills of South Dakota

September 7 - 11 Status: Complete
4 days, Int. / Adv. \$665.00
Barry & Judy Siel, bjsiel@msn.com
(303) 470-8431

San Juan Islands

August 1 - 9 Status: Complete
8 days, Int. \$1425.00
Ken Condray, condray3@gmail.com
(425) 334-1444
Becky Bottino, bbottino7@gmail.net
(206) 683-9220

South Oregon and Crater Lake

Sept. 11 - 19 Status: Complete
8 days, Adv. \$1,470.00
Sy Katz, skskatz@comcast.net
(303) 550-2073
Rich Handler

Mothers, Daughters, Sisters with LSG

August 6 - 8 Status: Complete
2 days, Easy \$390.00
Julie Lyons, julie@lovesweatandgears.net
Ann Lantz, ann@lovesweatandgears.net

South Utah National Parks

September 23 - October 4 Status: Complete
11 days, Int. / Adv. \$1,590.00
John Penick, jdpenick@gmail.com
(203) 232-8946
Bob Racier