

Heart to Heart



HeartCycle Annual Meeting and Luncheon Saturday - October 22, 2011

**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: \$10.00 Guests: \$20.00

Guests joining HeartCycle at the luncheon will receive \$10.00 credited to their membership! Good for the remainder of 2011 as well as all of 2012.

The program will include an overview of the upcoming 2012 tour schedule with tour highlights provided by the tour leaders.

You can 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.

HeartCycle Contacts

The Board

Richard Crocker (719) 481-2313	(2011)
President - president@heartcycle.org	
Tour Director - tourdirector@heartcycle.org	
Mickey Berry (303) 779-3607	(2011)
Vice President - vp@heartcycle.org	
Social Events - social@heartcycle.org	
Tour Souvenirs	
John Steele (303) 300-3573	(2012)
Treasurer - treasurer@heartcycle.org	
Website Contact - webmaster@heartcycle.org	
Barry Siel (303) 470-8431	(2011)
Secretary - secretary@heartcycle.org	
Newsletter Editor - newseditor@heartcycle.org	
Harvey Hoogstrate (303) 755-9362	(2012)
Registrar - registrar@heartcycle.org	
Jeff Messerschmidt (303) 904-0573	(2012)
Supply Director - sagmgr@heartcycle.org	
Jay Wuchner (720) 840-6467	(2012)
Sag Director - jaywuchner@comcast.net	
Sheridan Garcia (303) 638-0330	(2011)
Training Rides Dir. - rides@heartcycle.org	
Alan Feiger (303) 765-0706	(2011)
Marketing - alanfeiger@gmail.com	
Chris Matthews (303) 618-4789	(2012)
Recruitment & Leader Development Director	

Working Members

Lee Cryer (303) 778-2305
Map Maker - maps@heartcycle.org
Ira Goldschmidt (303) 561-4817
Map Maker - maps2@heartcycle.org
Andy Anderson (404) 395-1491
Map Maker - aanderson@tensarcorp.com
Ron Barton (303) 798-2755
Co-Registrar - ron.barton@comcast.net

Notes from the Board

Annual Meeting

At the annual luncheon meeting in October, as usual, we will be electing Board Members for the coming year. Up for reelection this year are Rick Crocker, Mickey Berry, and Sheridan Garcia. Also running for election to Board are Bob Rowe and Joann Speirs. Going off Board this year are Alan Feiger and Barry Siel, although Barry will continue to serve as the Newsletter Editor as a Working Member.

The program for the annual meeting will include a preview of the 2012 HeartCycle tour schedule including highlights presented by any of the tour leaders that are present.

Also planned is a slide show with a sampling of photos from past HeartCycle tours.

The festivities will begin with the annual group ride starting at 9:30 am with riders gathering in the Mt. Vernon Country Club parking lot.

See ya there!

Northern Colorado Rockies Tour

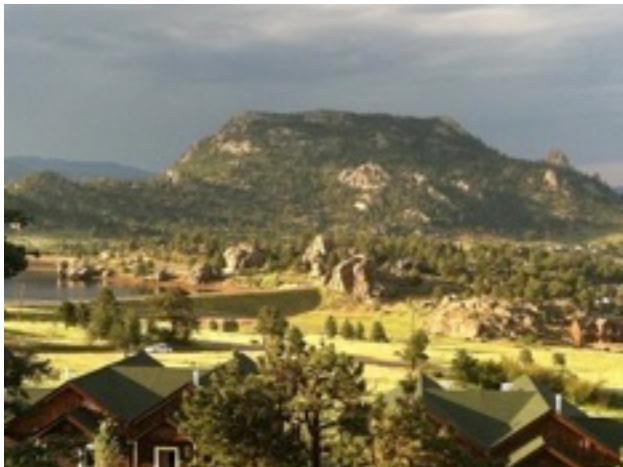
By Lynn Driver

On August 22, the USA Pro Cycling Challenge started in Colorado and was billed as “the toughest race on American soil,” which in seven days covered 515 miles, 36,000 vertical feet and several 12,000 ft high passes. Aside from being a lot faster (and a lot younger), the racers had nothing on Colorado Heart Cycle’s July, 2011 Northern Colorado Rockies Tour, where 11 riders danced on their pedals for up to 535 miles and 39,000 vertical feet over many of the same passes and more. We had a wonderful time together, with cooperative weather, as we enjoyed the high elevations of Colorado in full bloom.



From the Central City Parkway, Peak-to-Peak Highway, Trail Ridge Road in Rocky Mountain National Park, Gore Pass to Steamboat, then to Eagle, Maroon Bells, Aspen, Independence Pass, Fremont Pass, and Loveland Pass, it seems like we experienced it all. The notes and pictures below are but a few of the highlights of our journey.

On Day 1, after we cycled from Idaho Springs onto the Central City Parkway and the Peak-to-Peak Highway, we stayed at the beautiful St. Mary’s Lake Lodge outside of Estes Park.



View from the lodge

On Day 2, we journeyed over Trail Ridge Road in Rocky Mountain National Park through the high alpine environment (12,180 ft), and in perfect weather. The views throughout the park and of Forest Canyon were spectacular, as was the descent into Grand Lake where we ended the day with storms and rainbows.



Day 3 took us through Byers Canyon, over Gore Pass (9,563 ft) and up Highway 131, where the sky literally exploded over our heads with another storm, but with grit and a little luck we survived on into Steamboat Springs, where we dallied in the Strawberry Park hot pools, got massages in cool stone huts with the calming sound of the river flowing past, had a relaxing dinner along the Yampa River ...



... and shopped for western wear.

Next up was a beautiful ride down to Eagle with two very nice, long climbs! From Eagle we had to portage (by van) through Glenwood Canyon, as the recent floods had wiped out the bike path. However, we made up for it with a great ride through Carbondale, where we stopped for coffee in a charming little coffee shop.

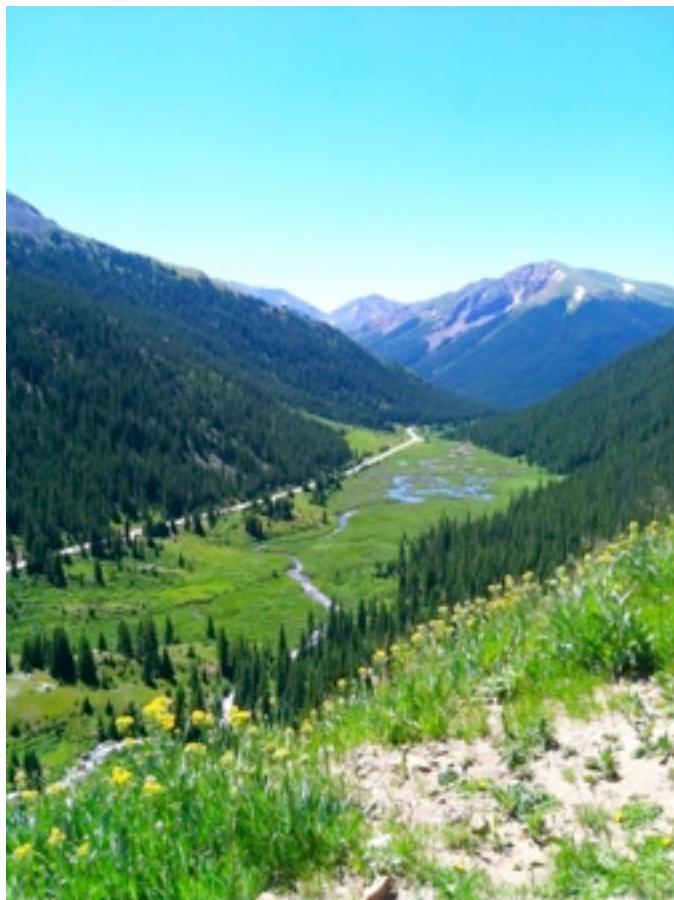


After half the crew rode up to Maroon Bells (an extra 1,700 ft climb just for fun), which is certainly one of the most beautiful spots in Colorado, we finished the day in Aspen. Aspen was a treat with a street fair, dancing, and meeting up with Heart Cycle member Karl Friedman, who took us through the crowded, pedestrian haven that felt like Europe to a restaurant, where we bought food to take up to his condo on the hill. There we watched the Tour de France with a stunning sunset view out his condo window.





On Day 7, how could it get any better? How about a spectacular ride up and over Independence Pass (12,093 ft.), with incredible views of aspens, rivers, and wildflowers. Following a gorgeous descent, the group met in Leadville for lunch, to fuel up for the second climb of the day, up over Fremont Pass and into Frisco where we had a BBQ at the home of Bob Rowe and watched one of the final stages of the Tour.



Our final day took us on a gorgeous bike path around Dillon Reservoir, with spectacular views of the water.



Our final day took us on a gorgeous bike path around Dillon Reservoir, with spectacular views of the water. We then made our way past Arapahoe Basin and up Loveland Pass (11,990). Such a great week – we didn't want it to end, but, the last ride from Frisco over Loveland Pass and the long descent to Idaho Springs, all again in perfect weather, left us with big smiles, lots of stories, and some sore legs, too.



