

# 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](mailto: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](http://www.heartcycle.org). The luncheon is listed under "tour registration".

Guests: please register and pay on line. Go to [www.heartcycle.org](http://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](mailto: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](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](http://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](http://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](http://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](mailto: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](mailto:president@heartcycle.org)

**Mickey Berry** (303) 880-1944 (2015)  
Vice President - [vp@heartcycle.org](mailto:vp@heartcycle.org)

**Steve Parker** (970) 382-9551 (2015)  
Treasurer - [treasurer@heartcycle.org](mailto:treasurer@heartcycle.org)

**Joanne Speirs** (303) 312-7252 (2015)  
Secretary - [secretary@heartcycle.org](mailto:secretary@heartcycle.org)

**Jim Bethell** (518) 466-8490 (2014)  
Marketing Manager - [marketing@heartcycle.org](mailto:marketing@heartcycle.org)

**Harvey Hoogstrate** (303) 755-9362 (2014)  
Web Master - [webmaster@heartcycle.org](mailto:webmaster@heartcycle.org)

**Richard Crocker** (719) 237-3350 (2015)  
Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Jeff Messerschmidt** (303) 904-0573 (2014)  
Sag Supply Manager - [sagmgr@heartcycle.org](mailto:sagmgr@heartcycle.org)

**Jay Wuchner** (720) 840-6467 (2014)  
Sag Vehicles - [sag@heartcycle.org](mailto:sag@heartcycle.org)

**Bob Rowe** (303) 910-7230 (2015)  
Tour Director - [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

### Working Members

**Andy Anderson** (404) 395-1491  
Map Maker - [maps3@heartcycle.org](mailto:maps3@heartcycle.org)

**Jerry Bakke** (303) 738-9861  
Insurance - [jerrybakke@msn.com](mailto:jerrybakke@msn.com)

**Ron Barton** (303) 798-2755  
Co-Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Barry Siel** (303) 470-8431  
Newsletter Editor - [newseditor@heartcycle.org](mailto:newseditor@heartcycle.org)

**Jim Bethell** (518) 446-8490  
CPR/Driver Trng Coord. - [bikes05@verizon.net](mailto:bikes05@verizon.net)

**Richard Loeffler** 303-981-2963  
Med. Equip. Mgr. -  
[MedEquipMgr@heartcycle.org](mailto:MedEquipMgr@heartcycle.org)

## 2014 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 25, 2014 Annual Meeting a slate of 5 new or continuing directors or a combination of both is placed in nomination and confirmed for a new two year term by the members attending the meeting. This October Jim Bethell, Harvey Hoogstrate, Chris Matthews, Jeff Messerschmidt and Jay Wuchner will complete their term. The board will have an opening this year for a new director to take the place of Harvey Hoogstrate who has decided to leave the board after many years of distinguished service and leadership.

Any member of HeartCycle can nominate themselves as a candidate for a director's position for a two year term beginning in November 2014 and continuing through October 2016. 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 25, 2014 if you have interest in serving 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.

## Oregon Coast 2014

By Nancy Helm

There are no tail winds, only strong days. But head winds, they are another story. On the Oregon Coast tour wind was our steady companion, both friend and foe.



### The Windswept Oregon Coast

We met in McMinnville for the start of our tour: 25 participants, two tour leaders and two SAG drivers. We knew we were in for a treat when the tour leaders are Ralph and Carol Nussbaum and SAG support are Pete Weiner and Sharon O'Grady. They all have years of cycle touring and tour leadership to their credit and know what it takes to keep cyclists safe, well-fed, and happy.

Our first day took us over the Coast Range to the Pacific Ocean via one of the flattest routes possible. On a warm and sunny Sunday we rode past hazelnut orchards and grazing cattle, and through cool, shady forests. Ralph and Carol's dedication to route finding included a lunch-time excursion in the van to discover that a part of the route closed to motorized traffic was open to bicycles. The afternoon included 10 miles of nearly car-free bliss along the Little Nestucca River. As we ended the day in Pacific City we had some of our first encounters with that wind.

On day-two we rode the Three Capes Scenic Loop through fog, sun, and plenty of wind. On the coast three capes equals three big hills so we got to engage our climbing muscles. Fortunately, we had the opportunity to fuel them with ice cream



at the famous Tillamook Cheese Factory and, of course, Sharon's fabulous lunch. But don't let the potato chips get blown off your plate! The lunch stop at Cape Mears found us reaching into our day-bags for every item of extra clothing and huddling in the lee of the truck. Ahh, but soon we were swooping downhill, out of the fog, into the sun, and back to the Inn at Cape Kiwanda for our second night of ocean views from every room.

Riding south on day three the wind was at our backs: a strong day for everyone as we headed for Newport. Ralph's route planning skills found us two long stretches of quiet side road off busy highway 101. Highlights included a whale viewing station (at least one of us saw a gray whale!) wide sandy beaches, grand views of the Pacific, and rocky churns with names like Devil's Punchbowl.

In Newport we enjoyed great seafood, views of two historic lighthouses, and a wide expanse of fine sand beach just outside our hotel door. Here was our rest day so we took the opportunity to visit the excellent aquarium, tour the Rogue brewery, eat more great food, walk, sleep, shop, and wash cloths. The town offered a perfect mix of restful and entertaining.



Heceta Head Lighthouse - Classic Oregon

On Thursday we headed south again, enjoying more tail winds. This stretch Highway 101 hugs the coast and offers stunning views around every bend so we took our time and snapped photos. We reached the southern-most point of our ride, the Sea Lion Caves near Florence, in the early afternoon. Hundreds of sea lions dozed on the rocks outside the cave. But it was no time for us to sleep lazily in the sun. Our final destination, Yachats, was 15 miles to the NORTH. The wind now blew fiercely in our faces. About half the group wisely decided to sag back to Yachats. The rest of us, with teeth gritted, contended with sharp curves, gusty winds and large motor homes, pedaling hard downhill and often questioning our sanity. By 4:00 everyone was safe in Yachats and many were enjoying the excellent pool and spa.



Alsea River Valley

Day-six was a fine climb back over the Coast Range by way of the tranquil Alsea River valley. We spent most of the morning watching the river get smaller on a gentle climb past fishing camps, farms and forests. After lunch, the climb stiffened and in six miles we reached the summit of our tour, Alsea Mountain Pass, 1230ft! For our reward we enjoyed a four-mile descent featuring smooth pavement, just enough curves to be fun, and no pedaling required. Soon we were in downtown Corvallis eating Francesco's famous gelato.





### Lunchtime

The final day of our tour took us north over rolling hills and through the farm land of the Willamette Valley. After the cool weather of the coast we were not acclimated to the heat of the valley. Many of us reached for "ice socks" at lunch and the afternoon sag stop. A little cooling around the neck and we were ready for that last push back to McMinnville, our motor vehicles, and our good-byes after a happy, relaxing tour.



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# Colorado HeartCycle 2014 Tours

## Great Rivers - Year 1

March 15 - 27 Status: Complete  
12 days, Intermediate/Advanced \$1,920.00  
Steve Parker, [parker3097@yahoo.com](mailto:parker3097@yahoo.com)  
(970) 382-9551  
Chris Matthews, [chriswmattthews@msn.com](mailto:chriswmattthews@msn.com)  
(303) 618-4789

## Mallorca, Spain

May 3 - 17 Status: Complete  
14 days, Intermediate/Advanced \$2,450.00  
Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
(304) (719) 237-3350  
Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)  
(303) 910-7230

## Springtime in Texas with Love, Sweat and Gears

March 16 - 22 Status: Complete  
6 days, Intermediate \$995.00  
Ann Lantz, [jaralantz@comcast.net](mailto:jaralantz@comcast.net) 720-272-0691  
Julie Lyons, [j.julie.lyons@gmail.com](mailto:j.julie.lyons@gmail.com) 720-771-5219  
Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
(720) 840-6467

## Solvang Spring Break

April 5 - 12 Status: Complete  
7 days, Intermediate/Advanced \$1,150.00  
Ralph & Carol Nussbaum,  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 783-6450

## Central California Coast

April 12 - 19 Status: Complete  
7 days, Advanced \$1,165.00  
Tom Groves, [u4eahnrg@aol.com](mailto:u4eahnrg@aol.com) 720.560.1527  
Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)  
(303) 910-7230

## Omak Hill Country Weekend

May 1 - 5 Status: Complete  
4 days, Advanced \$475.00  
Ralph & Carol Nussbaum,  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 783-6450

## Belgium and Holland Bike and Barge

May 12 - 22 Status: Complete  
10 days, Easy/Intermediate \$1,940.00  
Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
(206) 783-6450

## Aspen Highlights

May 22 - 26 Status: Complete  
4 days, Intermediate/Advanced \$445.00  
Diane Short, [dianbike@eazy.net](mailto:dianbike@eazy.net) 303-763-9874

## Eastern Washington

June 5 - 9 Status: Complete  
4 days, Advanced \$440.00  
Pam Austin, [freeandflying@live.com](mailto:freeandflying@live.com)  
206-525-1020  
Mike Nelson, [mikenelson@seanet.com](mailto:mikenelson@seanet.com)  
206-325-9068

## Holland Bike and Barge Tour

June 21 - July 1 Status: Complete  
7 days, Intermediate \$1,940.00  
Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
(206) 783-6450

## South-Central Alaska

June 25 - July 2 Status: Complete  
7 days, Intermediate/Advanced \$1,725.00  
Rod Nibbe, [aktour@rkribbe.com](mailto:aktour@rkribbe.com)



# Colorado HeartCycle 2014 Tours

## Washington British Columbia Loop

July 11 - 20 Status: Complete  
 9 days, Intermediate/Advanced \$1,320.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450  
 Rod Lee, [kennedy6017d@yahoo.com](mailto:kennedy6017d@yahoo.com)  
 206-604-7145

## Oregon Coast

July 26 - August 2 Status: Complete  
 7 days, Intermediate \$1,160.00  
 Ralph & Carol Nussbaum  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 783-6450

## Mother and Daughters - Keystone, CO

August 8 - 10 Status: Complete  
 2 days, Easy \$350.00  
 Ann Lantz, [jaralantz@comcast.net](mailto:jaralantz@comcast.net)  
 Julie Lyons, [j.julie.lyons@gmail.com](mailto:j.julie.lyons@gmail.com)

## Northern Rockies - Jasper to Glacier

August 9 - 23 Status: Complete  
 14 days, Advanced \$2,790.00  
 Sue Matthews, [scmatt2@gmail.com](mailto:scmatt2@gmail.com)  
 Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)

## Colorado Central Mountain Beauty

August 23 - 29 Status: Complete  
 6 days, Intermediate/Advanced \$985.00  
 Harvey Hoogstrate, [harvhoog@gmail.com](mailto:harvhoog@gmail.com)  
 (303) 755-9362

## Mississippi Headwaters

August 31 - September 6 Status: Cancelled  
 6 days, Easy \$1,120.00  
 Paul & Lynda Marks, [paulhmarks@gmail.com](mailto:paulhmarks@gmail.com)  
[lyndamarks@q.com](mailto:lyndamarks@q.com)

## New England Seacoast

Sept. 6 - 13 Status: Complete  
 7 days, Intermediate \$1,325.00  
 Jim Bethell, [jim@bikes5.com](mailto:jim@bikes5.com) (518) 446-1766  
 Janet Reilly [janet@bikes5.com](mailto:janet@bikes5.com)

## Explore the Door

September 7 - 13 Status: Complete  
 6 days, Easy \$1,120.00  
 Jay Wuchner, [jaywuchner@comcast.net](mailto:jaywuchner@comcast.net)  
 (720) 840-6467  
 Deb Wuchner, [debwuchner@comcast.net](mailto:debwuchner@comcast.net)  
 (303) 792-2111

## Southern Utah National Parks

September 12 - 22 Status: Complete  
 10 days, Intermediate/Advanced \$1,425.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 (425) 334-1444

## Estes Park Weekend

September 19 - 22 Status: Cancelled  
 3 days, TBD \$425.00  
 Rosemarie Lueke [ree22@msn.com](mailto:ree22@msn.com)  
 (970) 286-3989  
 Nate Dick [npdick@gmail.com](mailto:npdick@gmail.com) (970) 231-1068

## Best of the Bay Area

September 26 - October 4 Status: Full  
 8 days, Advanced/Expert \$1,635.00  
 Bob McIntyre, [dcx12@aol.com](mailto:dcx12@aol.com)  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 (425) 334-1444