

# 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](mailto: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](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 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. 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 and TCX files](#) <http://ridewithgps.com/routes/7698133>

## The Board of Directors

<b>Chris Matthews</b> (303) 618-4789	(2016)
President - <a href="mailto:president@heartcycle.org">president@heartcycle.org</a>	
<b>Mickey Berry</b> (303) 880-1944	(2015)
Vice President - <a href="mailto:vp@heartcycle.org">vp@heartcycle.org</a>	
<b>Steve Parker</b> (970) 382-9551	(2015)
Treasurer - <a href="mailto:treasurer@heartcycle.org">treasurer@heartcycle.org</a>	
<b>Joanne Speirs</b> (303) 312-7252	(2015)
Secretary - <a href="mailto:secretary@heartcycle.org">secretary@heartcycle.org</a>	
<b>Jim Bethell</b> (518) 466-8490	(2016)
CPR/Driver Trng Coord. - <a href="mailto:jim@bikes5.com">jim@bikes5.com</a>	
<b>Richard Crocker</b> (719) 237-3350	(2015)
Registrar - <a href="mailto:registrar@heartcycle.org">registrar@heartcycle.org</a>	
<b>John Penick</b> (203) 232-8946	(2016)
Asst. Treasurer - <a href="mailto:jpdenck@gmail.com">jpdenck@gmail.com</a>	
<b>Bob Rowe</b> (303) 910-7230	(2015)
Tour Director - <a href="mailto:tourdirector@heartcycle.org">tourdirector@heartcycle.org</a>	
<b>Jay Wuchner</b> (720) 840-6467	(2016)
Sag Vehicles - <a href="mailto:sag@heartcycle.org">sag@heartcycle.org</a>	
<b>Fred Yu</b> (303) 321-4530	(2016)
Insurance and Legal -	
<a href="mailto:frederickyu@comcast.net">frederickyu@comcast.net</a>	

## Working Members

<b>Andy Anderson</b> (404) 395-1491
Map Maker - <a href="mailto:maps3@heatcycle.org">maps3@heatcycle.org</a>
<b>Ron Barton</b> (303) 798-2755
Co-Registrar - <a href="mailto:registrar@heartcycle.org">registrar@heartcycle.org</a>
<b>Harvey Hoogstrate</b> (303) 755-9362
Web Master - <a href="mailto:webmaster@heartcycle.org">webmaster@heartcycle.org</a>
<b>Richard Loeffler</b> 303-981-2963
Med. Equip. - <a href="mailto:MedEquipMgr@heartcycle.org">MedEquipMgr@heartcycle.org</a>
<b>Jeff Messerschmidt</b> (303) 904-0573
Sag Supply Manager -
<a href="mailto:sagmgr@heartcycle.org">sagmgr@heartcycle.org</a>
<b>Barry Siel</b> (303) 470-8431
Newsletter Editor -
<a href="mailto:newseditor@heartcycle.org">newseditor@heartcycle.org</a>

## Notes From The Board

HeartCycle member Gary Bragg died from complications of cancer. Gary was an excellent person and biker and he will be sorely missed. He was on Jim Bethell's bike ride three years ago along the Atlantic Seaboard. A good friend to many.

Ken Cogger had been a long time HeartCycle member until recently when he had a tough time with cancer. He was a past HeartCycle Board Member serving as President, Tour Director and Treasurer, as well as many other behind the scenes contributions. Ken recently was in Denver Hospice and died August 15 in the early morning. He was a Distinguish Professor of Statestics, a lover of kayaking and canoeing and led and developed many of the bike trips we all still enjoy. Schools included Michigan " GO BLUE" , KU where he taught for many years as well as Bozeman, Montana.

### Moots Vamoots Bicycle For Sale

Custom 52 cm titanium frame with *Campagnola Super Record* components: drivetrain, derailleurs, brakes, etc. Triple crank for Colorado mountains with 12-32 freewheel. *Campy Nucleon Wheels*. This bike is responsive in tight corners yet comfortable enough for centuries. Wt. 18 lbs. Bicycling Magazine reviewed this bike in June 2015. It currently retails for \$9,900 with disc brakes. I paid \$7000. I'm asking \$1500.00. I love this bike but must sell it because I can no longer ride a single bike due to health problems. It only has about 3000 miles on it, although it is 7 years old. It's been sitting in my carpeted exercise room for the past 4 years due to my inability to ride. I have finally decided to part with it. I hope someone enjoys it as much as I did when I was able to ride!



## A TRIBUTE TO KEN COGGER

By Diane Short

It is said that a really excellent professor never really retires, they just find new Schools of Life to explore. We were fortunate to have Ken Cogger explore the richness of life with us here in Colorado when he retired from the University of Kansas. It is with sadness that I let you know that he passed away on August 15<sup>th</sup>. Ken not only led a number of wonderful tours for our HeartCycle family, but he was on the Board for several years and was President of the club. Ken had his PhD in statistics and applied it in many fields including some of his most recent volunteer work in the preservation of the environment. If you have a favorite local group that is making a positive impact on the environment, you are welcome to make a donation in his name.

Some of Ken's favorite tours were in the Pacific Northwest. We had many grand times when he and Ken Condray cooked up some magnificent BBQ's. He always knew about some of the fascinating history of the places we visited and 'school' was in session in fun and interesting ways. One of his tours, we explored every hot spring we could find in Idaho.

He still kept in touch with many of his students and there are many tales of canoeing with friends and students along the boundary waters of the northern states.

Ken had a personal interest in acute and chronic lymphocytic leukemia as he has some of the genetic markers himself for CLL (which thankfully never manifested in his health). Part of that interest was out of his friendship with Hank and Imelda Hermes as Imelda went through her process with ALL. In typical humble and almost eccentrically intelligent style, Ken wrote an advanced database search program that tracked the ALL or CLL metabolic markers along with the drug regimen being conducted. The program was able to direct physicians to the optimum time and dosage for drug interventions and impacted thousands of lives as this is now under NIH direction. He did it 'just for curiosity's sake'. We send Ken on his next adventure with much Appreciation and CARE.



## 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.

## San Juan Islands

By Tina Vessels

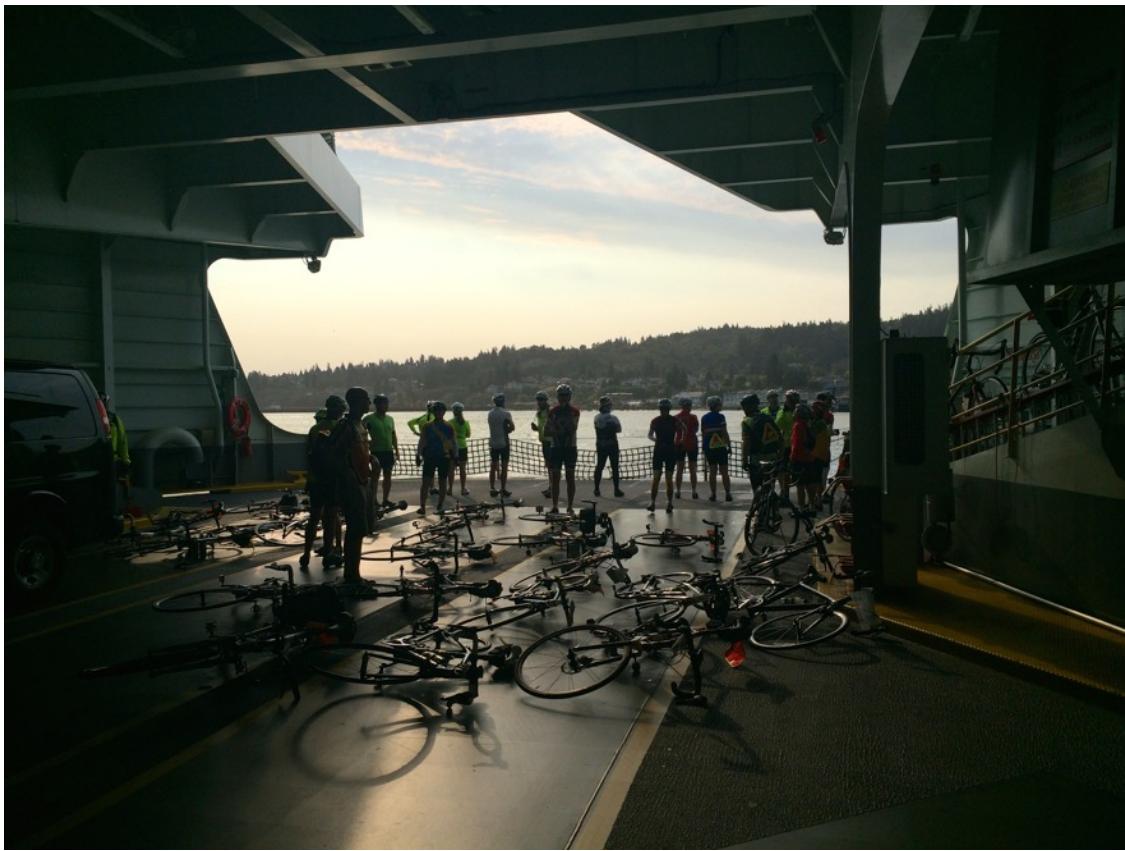
This past summer cyclists from all over the country convened in Seattle with smiling faces and great anticipation for a lively week of touring the San Juan Islands. Ken and Becky, with attention to each and every detail, met us at the airport with the van and Penske truck safely delivering us to the Mukilteo Hotel. Sadly one bike was seriously damaged in transport but this hardly deterred us from having a fabulous week of riding.

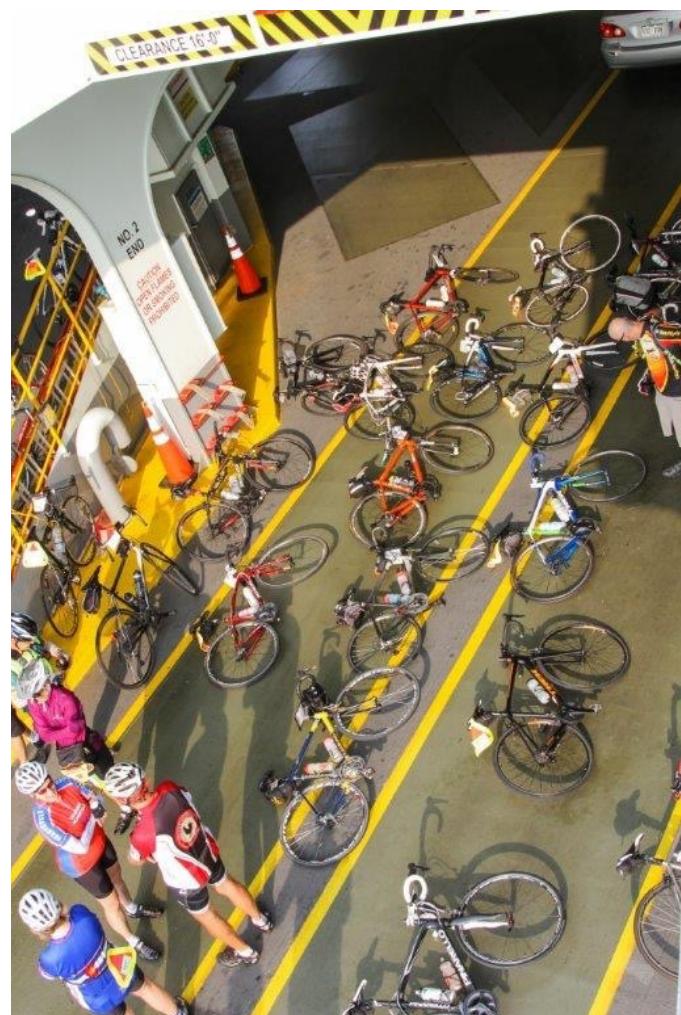
Highlights of the trip were San Juan Island, Lopez Island, Orcas Island, the towns of Anacortes, LaConner, and Friday Harbor, and of course the ferry rides. We rode through rolling hills, saw breathtaking views, and held our breath across Deception Pass Bridge. The islands had the small town feeling that is quiet rural living with little distractions outside a gaggle of cyclists.

On San Juan Island we visited the sight of the Pig Wars. Apparently the British Empire and the US disputed the island boundary. The war was triggered by the shooting of a pig but fortunately no casualties resulted from the war except of course the unfortunate pig. On Orcas Island, only a few, brave and proud summited Mt. Constitution - our only day of bad weather!

We quickly got the hang of arriving at the ferries in plenty of time then securing our bikes to the side rails. Ken and his faithful Penske truck were the only two to miss a crossing. After arriving first in line, Ken was directed to a staging area, then promptly forgotten as the ferry moved out of sight. Fortunately Ken's Heartcycle training and long face convinced another ferry to make a side trip and drop him off ahead of our ferry. Were we ever relieved to see that big yellow truck pass us on the road.









Both Marty and Sue, our sag drivers, kept us hydrated and fed with special treats of pie, muffins, and wonderful salads! We thank you hugely for not losing a one of us!

Ken and Becky, what can we say other than **we could not have done it without you!!!!**



# Colorado HeartCycle 2015 Tours

## Southern Arizona Spring Training

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

## Discover San Diego

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

## Colonial Virginia

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

## 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](mailto:bsparker116@gmail.com)  
(970) 382-9551  
Chris Matthews, [chriswmatthews@msn.com](mailto:chriswmatthews@msn.com)  
(303) 618-4789

## 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

## Fabulous FootHILLS of Colorado

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

## Springtime in California Sonoma and Napa

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

## **Eastern Washington 4 day tour**

## San Juan Mountains

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

## Central Oregon High Desert

# 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](mailto:dean@karlen.email)  
(250) 595-1371  
Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)  
(303) 910-7230

## The Idaho Panhandle

August 15 - 22 Status: Complete  
7 days, Int. / Adv. \$1,420.00  
Chris Matthews, [chriswmatthews@msn.com](mailto:chriswmatthews@msn.com)  
(303) 618-4789  
Richard Loeffler,  
[RichardTLoeffler@gmail.com](mailto: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](mailto:RENussbaum@outlook.com)  
(206) 783-6450  
Mike Parent, [mrparent@arifleet.ca](mailto:mrparent@arifleet.ca)

## Danube River Passau to Vienna

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

## **Upper Hudson River Ramble**

July 18 - July 26 Status: Cancelled  
8 days, Int. \$1,420.00  
Jim Bethell, [jim@bikes5.com](mailto:jim@bikes5.com) (518) 446-1766  
Janet Reilly, [janet@bikes5.com](mailto: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](mailto:bjsiel@msn.com)  
(303) 470-8431

## San Juan Islands

## South Oregon and Crater Lake

Sept. 11 - 19 Status: Complete  
8 days, Adv. \$1,470.00  
Sy Katz, [skskatz@comcast.net](mailto: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](mailto:julie@lovesweatandgears.net)  
Ann Lantz, [ann@lovesweatandgears.net](mailto:ann@lovesweatandgears.net)

## South Utah National Parks

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