

Annual Meeting and Luncheon

Saturday - October 28, 2017

Mt. Vernon Country Club

24933 Clubhouse Circle

Golden, Colorado

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

Members: \$25.00; Guests: \$35.00 (Guests will receive a \$10.00 credit toward their 2018 annual membership fee.)

Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 28th, 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 slideshow 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 slideshow 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 2018 tours and provide brief descriptions of each. Many of next year's tour leaders will be present to answer your questions about their 2018 tour(s). You won't want to miss this year's luncheon and meeting.

You can register now for the luncheon on the HeartCycle website, www.heartcycle.org. The luncheon is listed under "Tours". Please register and pay online. Guests are encouraged to attend and will receive a \$10 credit toward a 2018 membership if they choose to join.

Registration closes once we reach 125 and must be made by Saturday, October 21. 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 several years, so sign up early to reserve your place. For further information regarding the luncheon email Pat Van Deman at pat.vandeman@gmail.com.

The 22.1 mile ride before the luncheon will start at 9:30 AM.

<https://ridewithgps.com/routes/15728860> Shows the route and with both GPX and TCX files for download to your Garmin.

<https://drive.google.com/open?id=0B1guTfOt26w-U0taUVlQRnRrREE> Provides a printable more detailed map and cue sheet.

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Notes from the Board

Become a 2018 HeartCycle Tour Leader and SAG

Have you considered leading a HeartCycle tour, or providing SAG support? Do you have ideas for new tours? Offering new tours in new locations, and repeating old favorites, is important to sustaining a vibrant club that appeals to our variety of riders. Now is the time to act. We are finalizing the tour schedule for 2018, but would like to consider a few more tours and we are already starting to plan for 2019. If you are interested in leading tours, but are not sure where, we have a library of past rides that may be of interest. We are particularly seeking leaders from areas we have not toured before to provide our members with new cycling experiences. It is wonderful to have a leader with local knowledge for designing tours. As a new leader, often we can help to pair you with another leader or have a seasoned leader mentor you through the process. We are also interested in developing new SAGs for 2018 and beyond. Yes, being a Tour Leader or SAG will take some time but the benefits are many. To volunteer to be a Tour Leader, serve as a SAG, or to just learn more, contact our Co-Tour Directors: **Bob Rowe** at browe49comcast.net or **Rich Crocker** at richcrocker@hotmail.com

Preview of 2018 Tours

Bob Rowe and Rich Crocker, Co-Tour Directors

The 2018 tour schedule is shaping up, with more International tours than ever. Please come to the October 28th Annual Meeting to hear the 2018 tour leaders discuss their tours. If you can't come, the tours will be posted on our web site around November 1. Remember, you must be a 2017 member to qualify for the first wave of tour registration in November. While some tours are not fully set, here what we are working on:

Texas Hill Country, March 18-25. A fixed base tour in Fredericksburg, including the LBJ ride.

Solvang in Style (California), April 14-21. A fixed base tour with a variety of rides and wine tasting.

Provence Explorer (France), April 22-May 1. A new HeartCycle easy tour (see article in this newsletter).

Mallorca, May 5-19. Two weeks throughout the island (see article in this newsletter).

Tennessee Trek, May 12-19. A new tour in the hills and horse country of the mid-south.

Four Corners, June 9-16. A new tour that visits National Monuments and Indian Reservations, starting and ending in Durango, CO.

Sardinia, June 18-27. 10 days riding the entire island, a boat tour, cooking classes, and more.

Carbondale Weekend (Colorado), June 22-26. You've ridden around Aspen, now do the other great area rides on this new fixed base 4 day tour.

Dordogne (France), July 10-20. This tour has picturesque scenery, prehistoric sites, medieval towns and chateaux, and great food and wine.

San Juan Islands (Washington), (Dates TBD/August). We ride three of the islands from an island base, as well as riding beautiful inland routes, such as the Chuckanut Drive Scenic Byway

Coast-to-Coast Northern Tier Year 3, Sept 9-23. The adventure series works its way east from Rapid City, ND to the central states.

Bike and Barge, Germany, Sept 15-22. An easy tour with sightseeing along the Rhine from Koblenz to Merzig, Germany.

Fingerlakes, (New York), Sept 29-Oct 7. Starting and ending in Rochester, a moving tour along the Fingerlakes with fall colors.

SARDINIA, Italy. June 18-28

Sardinia is like heaven to any keen road cyclist: the roads are perfectly paved with minimal traffic. This beautiful trip will put you in the heart of the most ancient land in Europe. Among mountains sculpted by wind and sun, with its deep canyons, white sand beaches, and unspoiled forests, we discover nature, archaeological remains which are unique in the world, gastronomic treats, and traditions with their roots lost in the dawn of history. Our journey will be supported with a SAG vehicle and leaders as we traverse Sardinia from north to south. Daily rides are 50 to 70 miles, with climbing on most days around 5,000 feet and on two days about 3,000 feet.. But life is not all riding, so we will have a boat tour of beaches on our rest day, a visit to local shepherds to see cheese production, and a cooking class option instead of riding on day 4. The trip will include all breakfasts, dinners and six picnic lunches. Quality carbon bikes are available for rent, or bring your own bike. Space will be limited to 20 riders. If you are interested, contact our Tour Leader so we can judge how many may want to go: John Aslanian at 22flatrock@gmail.com

Provence - April 22- 30

Heart Cycle Tours are typically too difficult for me and for years I have wanted to offer a bicycle tour for people like me. In April 2018 it will happen! Last May, Rich and I rode two self-guided bike tours around Avignon in Provence. I combined what I enjoyed from those two tours and added extra nights in my favorite places.

Here are the BASICS:

Begins and ends in Avignon, France

Dates are April 22 - 30, 2018

8 days of riding and 9 nights of lodging in 3 and 4 star hotels

Bikes included: Hybrid Scott Sub Sport 20 or Road Bike Synapse Carbon 105-6

Overnights in Avignon, Uzes, St. Remy de Provence, and Fontaine de Vaucluse

Cue sheets and Ride with GPS routes (HeartCycle style)

Daily Mileage: 24 - 35 miles Daily Elevation Gain: 500 - 1700 feet

Opportunities to Visit: Palais des Papes (UNESCO World Heritage Site); Pont du Gard (UNESCO World Heritage Site); Les Baux de Provence; Carrieres de Lumieres; Site Archeologique de Glanum (Gallic city); Cloitre Saint Paul de Mausole (Van Gogh's stay at the asylum); Theatre Antique d'Orange (UNESCO World Heritage Site).

I envision a slower, easier, more relaxed type of tour than the usual HeartCycle one, however there will be a few short steep sections. Remember, older town sites were often chosen for their defensive positions!

Polly Page (Crocker)

mspollypage@gmail.com

Mallorca - May 2018

HeartCycle will be returning to Mallorca May 5-19, 2018. Rich and Polly Crocker will be leading a reprise of this tour (see the June 2016 and 2014 newsletters) and hope they have 28 members join them on this wonderful tour. They have planned this tour to accommodate couples with mixed cycling abilities and members who may like to relax and take days off to enjoy the amenities and surroundings. Advanced riders are also welcome and will have the opportunity to do three world class rides: Cap Formentor, Sa Colorbra, and the North Coast Classic.

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'll 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 40-50 intermediate miles with shorter and longer options. 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 early November.

The Passes of Summit County, Colorado

By Rob Swartley

From July 15 to 22, 17 intrepid warriors gathered at the Frisco Baymont to revel in the mountain glory and superior bike paths of Summit County, CO. Led by Sy Katz, and Bob Rowe, sagged by Polly Crocker, Melissa Collins (and once by Rich Crocker), the riders challenged themselves over four Colorado passes (Ute, Loveland, Freemont, Vail) and various climbs (Turquoise Lake, Montezuma Road, Swan Mountain, Peter's neighborhood, and Hamilton Drive/Bald Eagle), to complete a fabulous tour.

The fixed-base plan for the trip allowed for good flexibility against the always threatening forecast of the Colorado Monsoon. It did rain most days, but briefly and after 2 pm, so the riding conditions were usually good to great. Though the weather did prevent any real consideration of long rides like the Copper Triangle, we managed to ride most of the possible routes and have a terrific time doing so. Bob and Sy did a wonderful job planning each day's ride, carefully considering both the weather and the varied talents of the riders. It's likely that no individual rider rode the exact same route on this trip, but also that each experienced the same joy and sense of accomplishment.

Day-One: Ute Pass, 48 miles. 2700 ft; Long option over the top, 56 miles, 3600 ft.

Gorgeous day up this pretty typical Colorado pass, not too hard or easy. Gary saw a moose at the top, cool. Many folks went bargain hunting at Pearl Uzumi on the way back. Don't think anyone found any, though.



View of A-Basin

Loveland Pass

Day-Two: Keystone, Loveland Pass, and/or Montezuma, 44-61 miles, 4000 to 6050 feet.

The options included the east side of Loveland Pass and Montezuma Road. Again, the morning weather was pretty spectacular and clear. Loveland is described as a quintessential pass, longer and a little steeper than Ute. Montezuma is best seen as an overgrown hippie town, beginning to bust out at the seams. Heard that the Starbucks there won a "best Starbucks view" award. Great road, too. Bike path back over Swan Mountain was terrific! So, this ride also included a complete loop around Lake Dillon.



Anne Cox, Sandi Ogin Mary Kerschbaum at the top of Swan Mountain



Joanne Speirs, Hank Shaw, and Bob Rowe at the Osprey Overlook on Lake Dillon

Day-Three: Leadville with options out to Turquoise Lake and/or the Mineral Belt loop; Total ride 93 miles, 7300 feet.

The day started out with big weather worries, rain possibly coming in by noon. So, all kinds of sag plans were devised, people sagging to Copper and to the top of Fremont Pass. Most folks ended up going over the pass, riding one of the Leadville loops and then braving the ride back over Fremont. This is where the monsoon caught some riders big time, on the downside back to Copper, around 2 pm. Wet, slippery, not good. End of the day, however, everyone was safe, with good riding before the rain hit. The Turquoise Lake ride was outstanding, hilly and scenic. Road construction prevented the full loop, otherwise, Mayqueen Campground would have been a gem of a sag stop. (Mosquitoes?)



Top of Fremont Pass - Anne & Joanne; KC, Scott, Steve & Rob



Terri & Rob returning from Turquoise



Polly with the properly folded tablecloth in Leadville

One of the funniest moments of the tour: Polly instructing Melissa on the fine points of tablecloth folding. "First we unfold it and then do it the right way, inside out!"

Day-Four: Vail Pass, over and back; 47 miles, 3800 feet.



Vail Pass, all the way on the bike path pretty much says it all. An iconic ride and one of the premier paths anywhere. Quite challenging on the way back from Vail, with 2 or 3 attention getting spots. The way over is flat out gorgeous, a reasonable climb. The weather forecast was, again, over cautious, as the day was very fine, if a little on the hot side in the afternoon. This is why we ride.

Lunch in Vale



Scot and Don

Sy and Val

Day-Five: Breckenridge plus, with a stop at Peter's house; 43.5 miles, 3400 feet.

This included Mt. Baldy Road and Boreas Pass Road. The weather held, and the views were terrific. We had a sag with a symphony at Riverwalk Center in Breckenridge. Great coffee at Clint's. Bike path back to Frisco with fun watching the skateboard "pros" at the park.



Joanne (the birthday girl) and the peloton near Peter's House

The folks are, l to r: Val, Joanne, Rich, Nancy, Hank, Don, Bob, Gordon, Sy & Bob's friend, Sy, Terri



Peter with HC



View from Peter's house

Day-Six:

Others did this ride, similar to Ute Pass. Out over the Dillon Dam, through Silverthorn with two nice loops, one up Bald Eagle Road, the other around Hamilton Drive. Riders also came back over Swan Mountain, completing the Lake Dillon loop.

My take on this ride has much to do with the benefits of a fixed based format in the mountains. What is better than that. It's probably a bit easier to plan, and allows for a mix of riding levels. I would do it again in a heartbeat, and maybe next year!



Sag Stop with a view



Don and Nancy enjoy the view

Portlandia Plus - August 26-Sept 3, 2017

By Laura Davis

We had a delightful tour of Portland and the surrounding area. We rode about 40 miles each day and had time to dip our toes in the river or pool afterward. Despite two days of very smoky skies due to numerous wildfires, most days were clear. Hotter than expected for those who imagine the northwest as wet and cool. No rain. The usual smattering of flat tires, well handled with teamwork. Excellent sag support by Mayoma Pendergast, with cold beverages and assorted treats. Native Portlander trip guide Stephanie Oliver shared her love of this city of bicycles. Able assistance by co-leader Ken Condray made our trip smooth. Road conditions and traffic overall good.



This is a city tour, with days in the surrounding countryside. Portland is the only large US city (500,000+) recognized as platinum (highest level) for bicycle friendliness. Four smaller cities have this status: Boulder (101,500) Fort Collins (161,000) Madison, WI (237,395), and Davis, CA (63,722). See website of the League of American Bicyclists for more on that.



Everywhere we went around Portland we rode bike lanes or bike paths, some shaded by tall evergreens, with intersections designed to expedite bike travel. The many bridges across the Willamette River have bikes on the sidewalk, some with a separate lane for pedestrians. One bridge allows no private motor vehicles, only rapid transit and bikes/pedestrians. Drivers were generally respectful of bikes. Portland has a noticeable homeless population, many of whom live near the bike paths. The city has an attitude of tolerance, though struggling to keep them away from overnighting in the many parks.



Along the Columbia River Gorge we rode the historic highway to several beautiful waterfalls, including Multnomah and Bridal Veil. The best part of the old highway east of Hood River is 5 miles of new tarmac through the forest with no cars allowed. Out of the forest we rode down gentle grades and sinuous curves with the only vehicle in sight an Apple mapping truck. Our furthest east stop was at the Columbia Gorge Discovery Museum, where we enjoyed a catered lunch and viewed the natural history exhibits. Among impressive displays was the poster of one of the mega mammals of Oregon's past, the 440-pound beaver.



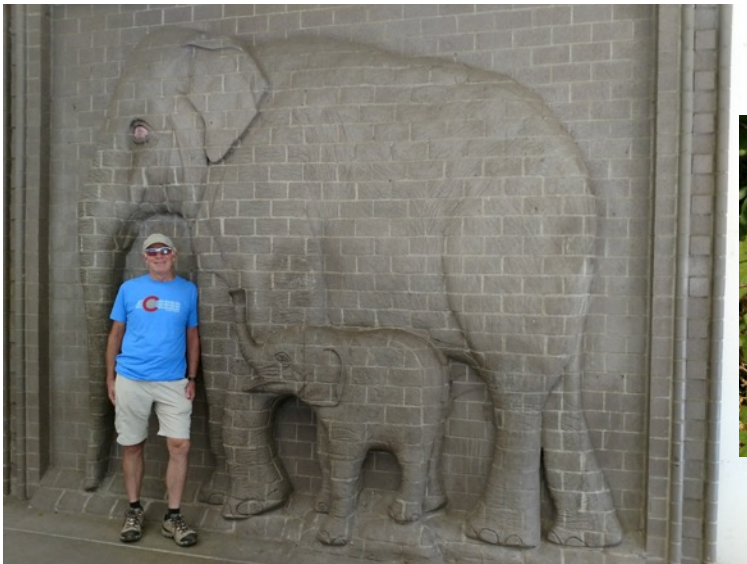
We were a congenial group of 32 from Colorado, upstate New York, and the west coast. The Colorado riders were split between the west slope and east slope. Ten of the riders were long time friends from Grand Junction and Boulder, including four on tandems. Many had GPS devices, and some of us used the Ride with GPS app on our phones. The cue sheet directions were detailed and appeared complicated, especially when reviewed at our nightly happy hour meeting. One day there were more than 60 course changes in 36 miles. So GPS was useful, along with the paper cue sheets. Overall the navigation was easier than that sounds. No one got lost.



Very comfortable lodging. We stayed four nights in Troutdale, east of Portland, our base for rides up the Columbia River Gorge, and four nights at the Doubletree Hilton, across the Willamette River from downtown, and very close to the MAX train for access around the city and to the airport. We took the MAX as a group on our final day to Hillsboro, the westernmost stop, while our bikes were transported by van. We rode a loop of gentle grades, bucolic scenery and mostly quiet roads to a vineyard and winery for our lunch stop, then returned to take MAX back.



We had a day off and enjoyed diverse activities including (surprise!) riding bikes to the only area we had not explored, northwest of Portland. Also sightseeing in the city, the art museum, the public Rose Garden, the Japanese Garden, a tranquil place amid the bustle. Some went to Powell's Bookstore, which occupies a full city block. Others went by car to the Willamette Valley to taste pinot noir, pinot blanc and pinot gris at some very fine small wineries. Some even drove to Seattle and back, for a family visit.



Portland, as portrayed on the show *Portlandia* (in its seventh and final season with previous seasons on Netflix) is a quirky, progressive place with good beer, good coffee, good food, and lots of bicycles, occupied by people with a slight sense of superiority for having the wisdom to live here, and dismay at the numbers of others who have arrived lately. Although this visit was too short to draw any firm conclusions, Portland does appear to offer a lot of beer, good food, good bike facilities, and proximity to beautiful scenic areas.



Also encountered my first bike shop that serves both coffee and beer (but only after the mechanic/barkeep is through with the bike). Twelve types of beer. But only one way to have coffee—no cream or sugar. Very Portland. Fabulous trip overall.



Colorado HeartCycle 2017 Tours

Discover San Diego

San Diego, CA

March 18 - 25 Status: Complete
 7 days, Intermediate \$1,060.00
 Ken Condray, condray3@gmail.com
 Becky Bottino, bbottino7@gmail.com
 Sue Matthews, scmatt2@gmail.com

Bay Area Summits

San Francisco, CA

April 21 - 28 Status: Complete
 7 days, Adv./Exp. \$1,825.00
 Bob McIntyre, dcx12@aol.com
 Bill Buckley, williambuckley87@gmail.com

Springtime in CA: Sonoma and Napa Wine Country

Santa Rosa, CA

May 19 - 28 Status: Complete
 9 days, Adv.+/Exp. \$2,050.00
 Janet Slate, jslate@ultrasys.net
 Alan Scott, ascott@comcast.net

Normandy-Calvados, Camembert

Western France

June 3 - 13 Status: Complete
 10 days, Int./Adv. \$2,500.00
 Fred Yu, frederickyu@comcast.net
 Graham Hollis, gramhollis@comcast.net

Colorado Western Gems

Grand Junction, CO

June 3 - 11 Status: Complete
 8 days, Int.+ \$1,475.00
 Barry & Judy Siel, bjsiel@msn.com

The Carolina Blue Ridge Mountains and Parkway

Greenville, SC

June 17 - 25 Status: Complete
 8 days, Adv./Exp. \$1800.00
 John Aslanian, 22flatrock@gmail.com
 Bob Rowe, browe49@comcast.net

South Central Alaska

Anchorage, AK

June 25 - July 2 Status: Complete
 7 days, Int./Adv. \$1,950.00
 Rod Nibbe, aktour@rknebbe.com

Le Monastere - SESSION I

Limoux, France

July 1 - 8 Status: Complete
 7 days, Int.+/Exp. \$2,350.00
 Phil Stoffel, ptstoffel@gmail.com

Le Monastere SESSION II

Limoux, France

July 8 - 15 Status: Complete
 7 days, Int.+/Exp. \$2,350.00
 Phil Stoffel, ptstoffel@gmail.com

Passes of Summit County

Frisco, CO

July 15 - 22 Status: Complete
 7 days, Int./Adv. \$900.00
 Sy Katz, skskatz@comcast.net
 Bob Rowe, browe49@comcast.net

Colorado HeartCycle 2017 Tours

Portandia Plus

Portland, OR

August 26 - Sept. 2 Status: Complete
7 days, Intermediate \$1,420.00
Stephanie Oliver, skayoliver@gmail.com
Ken Condray, condray3@gmail.com

Womens Weekend

Colorado Springs, CO

August 31 - Sept. 3 Status: Cancelled
3 days, Easy/Int. \$480.00
Julie Lyons, julie@lovesweatandgears.net
Margie Adams, margieadams@comcast.com

Aspen Highlights

Aspen, CO

September 7 - 10 Status: Complete
3 days, Int./Adv. \$890.00
Joanne Speirs, jcspeirs1@gmail.com
Doug Moll, doug@aaplus.com

Coast-to-Coast Northern Tier, Year 2

Missoula, MT

September 9 - 24 Status: Complete
15 days, Int./Adv. \$2,480.00
John Penick, jdpenick@gmail.com
Bob Raicer, rjr80544@gmail.com

Southern Indiana Hills

Bloomington, IN

Sept. 30 - Oct. 7 Status: 1 female
7 days, Int./Adv. \$1,175.00
Jim Schroeder, jimmyschweb@gmail.com
Alan Scott, ascott999@comcast.net