

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
February 2009



www.heartcycle.org

Colorado HeartCycle 2009 Training Rides

HeartCycle is starting the training rides early this year to accommodate those folks going on the early tours to Death Valley and Ride Across America, but everyone is welcome. Now is the time to start building base training miles!

Early Season Training Rides

Date	Time	Description	Miles	Start Location	Ride Starter
Feb 14	10:30	Writer Vista Park	25-35	Mineral and Peninsula Drive	Jerry Bakke / (303) 738-9861
Feb 21	10:30	Writer Vista Park	25-35	Mineral and Peninsula Drive	Jerry Bakke / (303) 738-9861
Feb 28	10:30	Littleton/Highlands Ranch/Parker	41	Conoco at SE corner of Santa Fe & Town Center Dr. in Highlands Ranch	Luanne Ralph / (303) 798-6622 Sheridan Garcia / (303) 638-0330
Mar 1	10:30	DIA Loop	25-35	120 th & Huron, Wagon Wheel PnR	Sheridan Garcia / (303) 638-0330

We always need ride starters and would appreciate if you could volunteer to start a ride during the year. HeartCycle offers ride start locations throughout the Denver metropolitan and Front Range areas to provide a variety of convenient start locations and cycling terrain.

Rides are conducted in weather where the temperature is at least 40 degrees and dry roads, and subject to the final decision of the Ride Starter at the ride's starting point on the day of the ride. In cases when it is clear ahead of time that conditions will be unsafe for riding, the ride may be canceled ahead of time. Should this occur, a notice will be placed on the HeartCycle homepage, www.heartcycle.org.

All training ride participants are required to wear an approved bicycle helmet, obey all traffic signs and signals, ride single file when there is automobile traffic within 100 yards, and practice courtesy with other cyclists and motorists. Your cooperation is appreciated.

An asterisk (*) indicates that there will be a carpool from the metro Denver area leaving at the first time point and the ride will start at the second time point. Please call the ride starter to confirm your participation in the car pool.



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Notes from the Board

Let's Go Green!

Every month HeartCycle mails out this newsletter to about 175 households at a cost of more than \$300. But the cost of mailing out newsletters is more than just the dollars spent. There is also the environmental impact due to the paper and ink used to print the newsletter as well as the waste when you throw the newsletter away. (Hopefully, you throw it into the recycle bin or like Jerry Bakke, save every one like National Geographics so you can read them again and again.) In these days of greater environmental awareness HeartCycle and its members should step up to do their part by receiving the newsletter electronically, (i.e. by email or download from the HeartCycle website.)

Many HeartCycle members already receive their newsletter electronically and they can tell you about some of the real advantages in receiving the newsletter electronically. The great stories describing HeartCycle tours usually include photos from the tour. In the electronic form of the newsletter these photos are in color! You will also receive your newsletter sooner with email as opposed to "snail mail".

Each month when the newsletter is loading onto the HeartCycle website we will send out an email to alert you to the availability of the newsletter.

If you want to change to emailed newsletters, you can either login to your personal record and change your preference, or you can email Registrar@heartcycle.org and we will change it for you.



Colorado HeartCycle 2009 Tours

Death Valley

Feb 28 – Mar 8, California status: full
446 miles, 7 days & 1 optional \$1025
Leaders: Carla Habuda, (303) 919-5974,
smilla531@aol.com; Duncan Rollo, (970) 224-2783,
dtewell1234@msn.com

Ride Across America – Part 2

Mar 21 – Apr 5, Texas status: full
978 miles, 14 days & 1 off \$1600
Leaders: Jerry Bakke, (303) 738-9861,
jerrybakke@msn.com; Steve Parker, (970) 382-9551,
emmbasp@bresnan.net

Taos Memorial Day Weekend

May 22-25, New Mexico status: open
160 miles, 3 days \$325
Leaders: Larry and Jeanette Augenstein, (719) 598-4124,
bikenuts@q.com

Late Spring in Spain

May 31 – Jun 13, Spain status: open
540 miles, 10 days \$1800
Leaders: Warren Barta, (719) 632-3602,
warrenbar47@comcast.net; Lee Cryer, (303) 778-2305,
lee.cryer@comcast.net

Scenic Treasures of Western Colorado

June 6 – 13, Colorado status: full
420 miles, 7 days \$950
Leaders: Jerry Bakke, (303) 738-9861,
jerrybakke@msn.com; Jay Wuchner, (720) 840-6467,
jaywuchner@comcast.net

Land of Enchantment

June 6 - 13, New Mexico status: open
538 miles, 7 days \$950
Leaders: Larry Harris, (817) 457-6502,
thepedalers@aol.com; Paul Tate, (817) 557-1311,
tatepj@yahoo.com

Wyoming – Land Developers Forgot

June 20 – 27, Wyoming status: open
490 miles, 7 days & 1 optional \$975
Leader: John Steele, (303) 300-3573,
treasurer@heartcycle.org

Anasazi

July 11-18, Colorado status: open
326 miles, 6 days & 1 optional \$925
Leaders: Sheridan Garcia, (303) 638-0330,
sheridangarcia@yahoo.com; Luanne Ralph, (720) 280-4555,
ralphj6@msn.com

Sea to Sky – Western Washington State

August 1 - 9, Washington State status: open
537 miles, 8 days \$975
Leaders: Ken Condray, (425) 745-1159,
condray3@comcast.com; Ralph Nussbaum, (206) 783-6450,
rnussbaum@earthlink.net

Black Hills of South Dakota

September 4 - 7, South Dakota status: open
180 miles, 3 days \$350
Leaders: Barry and Judy Siel, (303) 470-8431,
bjsiel@msn.com

Northern California Wilderness

September 10-18, California, Oregon status: open
539 miles, 7 days & 1 optional \$1000
Leaders: Carla Habuda, (303) 919-5974,
smilla531@aol.com; Duncan Rollo, (970) 224-2783,
dtewell1234@msn.com

Tres Parques

September 13 - 22, Utah status: open
475 miles, 8 days & 1 off \$1150
Leaders: Gordon and Deb Tewell, (720) 304-9572,
gtewell@att.net

Lake Champlain with a French Connection

Sept 26 – Oct 3, VT – NY - QB status: open
360 miles, 6 days & 1 off \$1225
Leaders: Harvey Hoogstrate, (303) 755-9392,
harv@pcisys.net; Gary Angerhofer, (303) 989-2015,
angerhofer@comcast.net

Fireworks of Fall – Discovering Upstate New York

October 3 - 10, New York status: open
425 miles, 6 days & 1 off \$950
Leaders: Jim Bethell and Janet Reilly, (518) 446-1766,
jim@bike5.com

HeartCycle Follows the Katy Trail 2008

By John Steele and Susan Loftus

Missouri is the “Show Me” state and show us it did! With its landscape, history, lush wine country, and charming sleepy towns, the HeartCycle group had an easy time rolling down the Katy Trail and the Missouri river.

Day 0 Sedalia, Missouri

We all met in Sedalia Missouri at the Bothwell Hotel. Sedalia is a small town (about 21,000) and home to the Scott Joplin Festival. The Katy Trail tour starts on Sunday because it's a lot easier to get a meal (and a good one it was) on Saturday night than on Sunday night (the trip is only five days). We ate in the hotel and the German heritage was evident in the menu, which included sausage and strudel.

Day 1 Sedalia to Boonville - 45 Miles

The ride “officially” started at the Sedalia Train Station for the MK&T line (Missouri, Kansas, and Texas), which is no longer in existence and is the longest of the “rails-to-trails” bicycle trails in the US (225 miles). The trail was created by covering the existing railroad bed (and rails) with crushed limestone found all along the trail in this part of Missouri.



We passed by several small towns along the railroad way(Clifton City, Pleasant Green, Pilot Grove) past fields of corn and over big golf ball sized seed-balls dropped from the trees. Never

did find out the name for them.

We rode across the Missouri river and turned left into the roadway to our accommodations for the night, the Rivercene B&B. The Rivercene is a three story home in the French style, built in 1864 as the home of a river boat captain, Mr. Kinney (a name you might know - hint - he was a merchant before he became a river boat captain and he had a shoe company). Since it was a short day, we sat on the lawn and relaxed until our rooms were ready. All of the rooms were decorated differently and we had great fun roaming the house so see all the different decorations - there was a US Flag room and a blue room, but the hit was the honeymoon suite with its heart-shaped hot tub!

Day 2 Booneville to Jefferson City - 52 Miles

There had been some rumors that the trail could still be damaged from Hurricane Ike, so some apprehension was in the air as we headed out down the trail just north of the bridge across the Missouri at Booneville. First stop was Rocheport which reportedly has a very nice winery on the top of the hill. After a snack we headed on down the trail to McBaine and lunch. Along the way we reconnected with the Missouri River and stopped to read about Lewis and Clark's progress up the Missouri using a keelboat and two pirogues. Native American pictographs are located along the cliffs above the river and a cave that Lewis and Clark used for shelter is there as well, occupied that day with a couple of snakes out sunning themselves. Several of the villages we passed have bicycle shops where one can rent bikes to use on the Katy Trail. We passed several groups of locals out enjoying the trail. Afternoon found us at the north side of the bridge to Jefferson City but because there is no bike lane and lots of high speed traffic, leader Steve Richards, opted to have us chauffeured over the bridge into Jefferson City - a smart move! After our meeting, a good dinner was had by all at one of the many good restaurants in this

Capital city. Jefferson City is the state capital and like Colorado its capital building is modeled after our federal capitol. We walked by the dome on the way to dinner. Bronze sculptures representing several of the important contributors to Missouri's history stand on the grounds of the capitol - Native Americans, French fur trappers, Lewis & Clark, and more modern state figures.

Day 3 - Jefferson City to Hermann 45 miles.

This was the shortest day. We started by riding out together over the Missouri bridge, since the north bound direction had a six foot wide lane. This, and the first day out of Sedalia were the only times we rode "en-masse". Once on the north side of the river we turned east along the trail. I stopped to read the history of the 1993 flood, the one some of us may recall as the "100 year" flood. The Missouri River was in flood stages for more than ten weeks and at its peak it was almost 39 feet above its normal level. The B&B, Rivercene, where we stayed in Boonville, had had four feet of water in the parlor (high enough to touch the fireplace mantel). Anyway, as the sign said, the devastation had been significant along the river and it will come again. Someone had placed a very large log across the trail just down from Jefferson City, and we all had to dismount and pass our bikes over the log to keep going - no vehicles going beyond this point! A considerable portion of this day was spent riding along side the Missouri River. At one point we passed a working barge dredging the river.



Hermann is a charming little German town with art galleries, brew pubs, and wineries. Some folks chose to dine at the Stone Hill Winery, a lovely vineyard on top of the hill. Others of us chose more pedestrian accommodations at an establishment called "Blazing Wings" where chicken wings, brews, and other tasty dishes were had. A local pie shop supplied dessert. Our accommodations, the Captain Wholtz, had several buildings and big brass beds - very comfy.

Day 4 - Hermann to St. Charles 65 miles.

The Captain Wholtz, in Hermann, served up a wonderful breakfast of French toast and bacon, albeit in two shifts because of the size of their breakfast room. The riders were sent off in two groups with slower riders starting first to minimize the separation along the trail. The forecast was for rain and we were not disappointed. Soon after rejoining the Katy Trail and crossing the river bridge, the first drops, in the form of a light mist began to fall. By the time we got to the first sag stop some eighteen miles later, the rain had turned to torrents and everyone was soaked to the bone. The rest of the day was spent making the best of it. I had a flat that I couldn't fix because the tube was too wet to take a patch and my spare tube had been in my saddle bag so long it had a hole worn in it (I learned my lesson and will always check the spare before I go on an extended trip). I had to call for the sag (Steve responded quickly) and we unceremoniously arrived at the hotel where others were washing off their bikes by the front door. Seems we were not the first to need such service!

Day 5 - Kirkwood to Sedalia by train

The whole group got a nice train ride back to Sedalia to pick up their cars and scatter to the four winds. The ride on the train was a nice time to reflect on our great adventure and to start thinking about the next bike outing. The Katy Trail is an easy ride but full of history and a chance to see rural Missouri at its best. You'd love it (and the wine)!



Big Bend-The Forgotten Park

HeartCycle Tour in Fall 2008

By Carol O'Bryan

The Forgotten Park? Thank goodness for that, we experienced very little vehicle traffic. Our tour guides were Larry and Sherry Harris. Their ranch hands were Paul and Jennie Tate. Sherry and Jennie drove the wagons while Larry and Paul rode their trusty steeds. Well, maybe their steeds were not so trustworthy, but the fellas were the best, true cowboys. Welcome to Texas.

Our route was to take us to the overnight towns of Ft. Davis, Marfa, Presidio, Lajitas, Big Bend National Park and Marathon. However, due to the flooding of the Rio Grande our leaders had to improvise, and they did, very well. Instead of going to Presidio and along the river, we backtracked and stayed overnight in Alpine.

But let me start from the beginning. We spent 2 nights in Ft. Davis at the historic Hotel Limpia, built in 1912. Some of us had rooms and some had suites in the guest houses. All were very nice, antique décor complete with cast iron footed tubs. Ft. Davis is a very small town, the sidewalks rolled up before dark and so did the restaurants. The first night we were left on our own for food. But most people had vehicles and travel was not an issue. The 2nd night our hosts cooked up a BBQ poolside.

We did a loop our first day to McDonald Observatory. Larry said there was one tough climb if we chose to go up to the telescopes, 17% for a quarter mile. He failed to tell us about the substantial climbs to the Visitor Center. But it was a sweet descent. Sherry set up a good lunch of fried chicken and homemade cookies. Headwinds and inclines through the Davis Mountains completed our travels back to Ft. Davis, the mile high town.

After eating our 2nd breakfast at the Drugstore we headed to Marfa. The morning was a cold 50 degrees but it warmed to 65 in an hour, topping off around 70. We vibrated through the morning, past Mitre Peak, into the wind through Alpine, then over Paisiano Pass. As we travelled West to Marfa the pavement smoothed out and we were blessed by tailwinds. Our digs for the night? The Hotel Paisiano, the place of stars. Paisiano was made famous when the movie Giant was filmed. It's Spanish motif, indoor pool, bar, restaurant, courtyard and balconies made this a desirable place to travel through the desert for. Do you know what else Marfa has? The Mysterious Marfa Lights. Our tour leaders made sure they got us out after dark to the viewing area. We witnessed the twinkling lights in the horizon.

Our 3rd day was supposed to take us to Presidio. Instead, Larry booked us the Best Western in Alpine. He offered us an out and back to Marfa for lunch. Most of the group did the out and back, some of us lounged around the Paisiano until lunchtime and fought the wind only 26 miles into Alpine.

Day 4 was a long 97 miles all the way to Lajitas. We started in the dark knowing the day would be long and hot. We had 2 tough climbs which meant mountain views including rows of mesas in the distance. We rode past Terlingua, advertised as a ghost town. But the real ghost town was the Lajitas Resort. All fixed up and no one there. They were unable to accommodate us for dinner, but again, our top notch scouts made reservations in Terlingua, not such a ghost town.

Day 5 we entered Big Bend National Park. We started on the desert floor, around 2400', Chisos Mountains in the backdrop. The deeper inside the greener the landscape, the clearer the rock formations, changing in color and stature. We peaked at 5800' before dropping into the basin where we were nestled for the next 2 nights.

Day 6 was for hiking, biking, or lounging. No matter the activity the views were spectacular. Folks saw deer and roadrunners; fortunately we didn't see bears or mountain lions.

Day 7 we climbed out of the basin and enjoyed the 20 miles descent back to the desert. We travelled North with the Santiago Mountains now to the West. We did some climbing into Marathon, but with winds at our back it was a breeze. The Gage Hotel was our destination. It was constructed in 1927 with adobe bricks, local pine logs, clay, and straw. Double doors were at the entrance to each of our rooms that were filled with Indian and Western artifacts. The most famous artifact was the Great White

Buffalo head that loomed overhead in the saloon. We dined together for the last time in the courtyard, taking in the evening air and local scavenger cats.

Our last day we headed back to Fort Davis on some familiar road. Arriving back at Hotel Limpia, Sherry served us our final lunch. But there were no more homemade cookies, nor more miles to bike, just farewells and hugs.

I would never hesitate to travel with Larry and Sherry again. They faced challenges due to flooding, broken pipes, cancelled reservations and even us biken' folk. Sherry served up fantastic lunches on the road, including their beef brisket and homemade cookies. She had strict rules about food handling, hence we all stayed healthy. Paul and Jennie worked with their friends to complete the dynamic team.

Where am I from? The Chicago area along with 3 of my very good friends. Others joined us from MA, MI, GA, and of course CO. Sincere thanks goes to Larry, Sherry, Jennie, Paul and to Colorado Heart Cycle for sponsoring this tour.



Colorado Heart Cycle Association

BIG BEND 2008

L>R Ladies: Sandra Hahn, Sherry Harris, Jennie Tate, Mary Deters, Diane Golz, Carol O'Bryan, Ellie Katz, Jo Ann Meyer, Deborah Metzger, Jane Botta

L>R Men: Richard Zak, David Hahn, Jerry Bakke, Eric Hall, Paul Tate, Dennis Burke, Larry Harris, Al Juska, Sy Katz, Harold Golz, Jim Cushing-Murray, Andy Anderson



Colorado HeartCycle Association, Inc.
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Please print legibly!

2009 Colorado HeartCycle Membership Form

Please print legibly!

Membership (Jan. 1 – Dec. 31) application only. Must be filled out even if you are not signing up for a tour.

New _____ Renewing _____ Email address _____
(please print your email address very carefully)

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell _____

Individual Membership \$20.00

Family Membership \$25.00

Names of family members _____ Email Address _____

I prefer to have the monthly newsletter delivered: electronically (email) _____ or paper (USPS) _____

As a member, I am willing to contribute to Colorado HeartCycle in the following ways:

Starting training ride _____ Leading Tour _____ SAG driving _____ Website team _____ Making maps _____ Event helper _____

Signature _____ Date _____

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other party connected with club-sponsored rides in any way whatsoever, individually and collectively from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage suffered or sustained as a result of participation in said club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that HeartCycle Association, Inc., requires the use of helmets when participating in all club rides.

Send this form with check payable to HeartCycle. Mail to: HeartCycle, PO Box 100743, Denver, CO 80250-0743

Or pay membership fee electronically by going to: www.heartcycleregistration.org