

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
August 2009



www.heartcycle.org

Scenic Wonders of Western Colorado

By Doug Moll

Being a 1st time HeartCycle rider, I had no pre-conceptions of what to expect or anticipate from our planned tour of western Colorado. When my wife Cindi saw this trip posted, she insisted that we both go. Though she has been on a great number of them, about all she would say is that 'you'll love it'! I gave her all the usual spousal queries: am I in shape? Are the leaders fun and competent? Is the food plentiful and good? Do I have to shave my legs? When I got a "yes" on all but one of my questions, I signed the application and the check and we were enrolled to ride!



Leaders and Sags at Black Canyon

The night before our first ride, a meeting was conducted at our hotel in Grand Junction. Jerry Bakke was to be our tour leader. Ordinary enough fellow in his early 60's, and he has ridden or led maybe 50 of these rides. For good measure, Jerry has also climbed all fifty-four 14er's. He would be very well assisted on this

tour by Jay Wuchner. A 20 plus year captain for United Airlines, it was obvious from the beginning that Jay would enhance this tour with his obvious organizational skills.....and he did!

The room buzzed all night with talk of the Big Man himself arriving the next day. Nate Dick from Estes Park, was polishing off a one day ride of 260 miles on Saturday and would arrive on Sunday night to join us. The only thought I had was.....I should have trained more! Trying to ease my anxiety, I attempted to size up the room. I started to calm down when I sat across from Win Dermody. He was 74 for Crissakes! Obviously I could hang with him. It turns out that as the trip went on that he became my new hero. Lean, 74 years old and stronger than a wet rope, Win could ride and climb like he was on borrowed legs. Following up on a consecutive day Ride Across America to celebrate his 70th birthday, Win inspired me and the rest of the team on a daily basis.

Day 1.... was a ride up the National Monument. 'Spectacular' does not do this ride justice. I'm sure there are more beautiful rides in this country....I just simply have not been on one of them. Periodically, God pinpoints a piece of geography to practice his handiwork. When selecting the area known as the National Monument, He took his time and did it right. Wow!

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Notes from the Board

The June 2009 *Heart to Heart* newsletter had a story about HeartCycle donating our surplus jerseys, tee-shirts, vests, sock and other apparel, to the International Christian Cycling Club. IC3 has local clubs all over the world known as Spokes. The HeartCycle apparel ended up with the Uganda Spoke.



IC3 Uganda Spoke Members



Showing Off Their New Duds

You can learn more about donating bikes, bike gear or apparel to help IC3 Spokes in developing areas of the world by going to: <http://www.christiancycling.com/>

Colorado HeartCycle – July 2009 Training Rides

Date	Time	Length	Start Location	Ride Description	Leader/Phone
Aug. 1	8:00	43	Superior Park & Ride, SW corner of US 36 & McCaslin	Louisville Loop	Emily Rucker 303-442-8140
Aug. 2	8:00	43	Parfet Park, 10 th & Jackson Streets in Golden	Golden Lookout Mtn Genessee	Gordon Tewell 720-304-9572
Aug. 8	8:00	34	Sol Azteca SE corner of the Diagonal and 28 th in Boulder	Boulder Jamestown	Jeanne/Gaar 303-964-3364
Aug. 9	8:00	50	The Windy Gap Wildlife Viewing Area at US HWY 40 and State Highway 125 two miles west of Granby	Granby Rand	Luanne Ralph 303-798-6622
Aug. 15	8:00	45-60	Monument Park N Ride at Exit 161, north of 105 and east of 1-25 at Woodmoor Drive	Monument Black Forest	Jim Mikkelsen 719-481-6305
Aug. 16	8:00	44	120 th & Huron Park & Ride in Northglen	DIA Loop	Sheridan Garcia 303-638-0330
Aug. 22	8:00	65-95	Colfax & Chambers Parking lot north of Village Inn	Aurora-Bennett-Strasburg-Deer Trail	Sheridan Garcia 303-638-0330
Aug. 23	8:00	30	Sol Azteca SE corner of the Diagonal and 28 th in Boulder	Boulder/Lyons Dirt Roads	Ride Starter needed
Aug. 29	8:00	40-50	Sol Azteca SE corner of the Diagonal and 28 th in Boulder	Boulder/Lyons/Apple Valley	Jeff Messerschmidt 303-904-0573
Aug. 30	8:00	38	King Soopers	High Grade City View	Ira Goldschmidt 303-561-4817

Colorado HeartCycle 2009 Tours

Sea to Sky – Western Washington State

August 1 - 9, Washington State status: closed
 537 miles, 8 days \$975
 Leaders: Ken Condray, (425) 745-1159
 Ralph Nussbaum, (206) 783-6450

Black Hills of South Dakota

September 4 - 7, South Dakota status: full
 180 miles, 3 days \$350
 Leaders: Barry and Judy Siel, (303) 470-8431

Northern California Wilderness

September 10-18, California, Oregon status: full
 539 miles, 7 days & 1 optional \$1000
 Leaders: Carla Habuda, (303) 919-5974
 Duncan Rollo, (970) 224-2783

Tres Parques

September 13 - 22, Utah status: open
 475 miles, 8 days & 1 off \$1150
 Leaders: Gordon and Deb Tewell, (720) 304-9572
 16 openings left

Lake Champlain with a French Connection

Sept 26 – Oct 3, VT – NY - QB status: full
 360 miles, 6 days & 1 off \$1225
 Leaders: Harvey Hoogstrate, (303) 755-9392
 Gary Angerhofer, (303) 989-2015

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
 9 openings left



Day 2.... was a ride from Grand Junction to Gateway. This ride had a little bit of everything: canyon riding, an uphill grind, a moron in an 18 wheeler, and a fabulous hotel. Did I mention a moron in an 18 wheeler? This day had it all! Jerry was our hero this day. He put us up in the Gateway Canyons, a 5 star hotel that was truly an oasis in the middle of nowhere. Owned and built by the founder of the Discovery Channel, it lived up to all of its hype and reputation. We all needed a relaxing soak in the over-size whirlpool after a long day and a brush off by an 18 wheeler driver who was incensed that we dared ride on 'his' road. Anyway....a good soaking, a few adult beverages and a fantastic dinner served by the hotel and the aches, pains and the moron were long forgotten.

Day 3.... we fought The Wind while riding in a beautiful canyon to Naturita. Again, Jerry came through by putting us up in the best hotel in town. (Did I forget to mention the ONLY hotel in town?) That night we were treated to a barbeque in the town square. Being that it was my birthday, the crew went all out! By crew....I mean our SAG drivers Kathleen and Carol. Frankly, I could write this entire newsletter about them. There simply isn't enough space to do them justice. The food was fantastic at each stop. They were always prepared with not only the food but also a smile and encouragement. Not a rider in the bunch hesitated to hype kudos' on these two. There are very few things in life that are sure things....but I can name one. If Kathleen and Carol ever SAG another trip for Heart Cycle and you're on it....you are in for a treat!

Day 4.... took us from Naturita, over Dallas Divide to Ouray. With the weather threatening all day, we wanted to keep the pace up. Cindi and I rode with our new found musician friends....Barry and Mary Hannigan. A professional pianist and flutist respectively, don't be fooled by Mary's stature. Lithe and lively, she can spin with the best of the guys. In

a group of six we all summited Dallas Divide together and headed into Ridgeway and then on to Ouray. For those of you who haven't made the ride from Ridgeway to Ouray (me being one of them), you are in for a treat. I can see why they call this town Switzerland of America. It is breathtaking. Just as we got under the canopy of the hotel....the skies opened up with rain.....cold rain. Jerry saved the day for us and the other shivering riders coming in. This hotel had a natural spring pool fed by water hotter than your bathtub! Again, a good hot soaking and a glass of wine go a long way in creating amnesia of unpleasant events such as long uphill grinds and cold rain!!

Day 5.... was an easy day from Ouray to Montrose. For those ambitious few, there was an optional ride to the Black Canyon.

Day 6.... allowed me to be humbled by the ladies in this tour. Eunice, Rosemary, Margie and I put some heat to the pedals and took the lead to Cedaredge. After riding and finishing with them at our destination, I can now tell you how the Greeks came up with the name Nike. These ladies have the strength and the speed of this mythical goddess as well as being just plain friendly. Why does it not surprise anyone to know that Jerry came through again that evening? He arranged a gourmet dinner at the local Country Club!!

Day 7.... tested us on our final day. This was a ride up the Grand Mesa from Cedaredge and it was 19.6 miles, ALL uphill. This is a 5000 foot ascent that is relentless. Cindi and I were somewhere in the middle of the pack puffing our way to the summit and who do we see in front of us effortlessly making his way to the top?.....Mr. 74 years young.....Win Dermody. Trouncing the pedals of his Bianchi bike with fenders over both wheels and a Steamboat license in the back....Win had been ahead of us the whole time! Once we were at the summit it was another 50 miles to Grand Junction and the checkered flag! What a ride. What a tour. What incredibly fine people!

NEW MEXICO—LAND OF ENCHANTMENT

By Dave Hahn

For this ride in Northern NM we collected together 20 riders from across the nation including the states of NY, CA, MI, IL, TX, WA, OK, CO and the DC. Our average age was 59 and there were only four married couples including our leaders Larry & Sherry Harris and Paul & Jennie Tate.

This was billed as a challenging ride with higher-than-average miles per day; an altitude of over 7,000 for most of the tour and a generous amount of climbing. Some of us were able to arrive in Santa Fe a couple of days early to enjoy this nice city with such a charming old village presided over by the beautiful and elegant La Fonda Hotel and St. Francis Cathedral. We were treated to a huge choice of fine restaurants, art galleries and shops. Also, we witnessed that some very old customs live on there as we saw newlyweds walking through the streets trailed by a large mariachi band dressed in beautifully appointed white costumes.

We left Santa Fe on Sunday morning, taking the El Camino Alto (high road) to Taos. This was probably the finest day of cycling we can remember—ever! We had gorgeous views, temperatures in the 70's, sunny skies, and a strong wind at our backs almost constantly—strong enough at times to actually feel it push you up the hills. Well, OK, if we had stopped pedaling we would have rolled backward, but it was clearly a boost at times. And the downhills, ooooh, they were great—smooth roads, with sweeping turns. Nevertheless, we all felt we had put in a hard effort at the end of the day because we had accomplished over 5,000 feet of climbing along the way.

We had enough time in Taos that evening to have a good meal and do a little exploring in anticipation of returning later in the tour. The next morning we set off to Abiquiu (pronounced Ab'y.cue). After a pretty extensive downhill run, we ambled through a peaceful valley of the

Rio Grande. We are familiar with tales and pictures of the Rio Grande in West Texas. Here in NM it's not so wide, but a nevertheless formidable river with its source in the mountains of CO.

Every day of cycling has its challenges. On this day it was a dirt road that rose steeply from the river valley to a plateau several hundred feet above. Most riders were defeated immediately by the sandy road bed and either walked the 1.7 miles or hopped on the SAG van. A few hardy and talented riders were able to ride most of the way after the first, very steep portion. At the end of the ride we were rewarded with a stay at the Abiquiu Inn which was the group's favorite of the trip—a riverside, shady setting with a good restaurant, recently updated rooms, and away from highway noise.



Road to Abiquiu

The road to Chama had terrific panoramas of colorful stone cliffs. We also passed by the well-known Ghost Ranch, a 21000 acre retreat and education center, which the faster riders were able to explore.

At the end of this day's trail we stayed at the rustic Elkhorn Lodge and were treated to a chuck wagon barbeque dinner with entertainment from Wiley Jim. Wiley Jim is a really good entertainer who has great talent on both guitar and banjo with a good singing voice



to boot. We heard western favorites like *Cool Water* and *Ghost Riders in the Sky*. But he has some not so well-known songs in his repertoire too that painted colorful pictures of cowboy life or brought smiles to our tired faces.



The Singing Cowboy

That night the rain started about the time Wiley Jim was on stage and continued through the night. We woke to a steady downpour with a forecast of widespread rainstorms all the way to Taos, our destination. It was cool too, which suggested the possibility of snow at the top of the pass for the day. We decided to trade this day for the upcoming rest day and SAG into Taos—all but one of us that is. If you know the name David Beal, you won't be surprised to hear that he made the ride that day, solo. The engineers among us figured how to get all the bikes in one truck and all the riders in the other and we headed for Taos. As we gained altitude, the snow began. At the top there were about 4" of slush and we all lamented David's trials—but trucked on. As we neared Taos the weather lightened up a little and we were able to enjoy a couple of interesting sights—one natural, the other man-made. The Rio Grande has carved a major gorge which was beautiful to see.

Down the road not too far was a collection of *green* homes, one of which is owned by Dennis Hopper of *Easy Rider* fame. The "Earthship

Center" below is an example of the construction which includes materials such as adobe, beer bottles, soda cans and car tires. Often the homes were largely below grade and included cisterns to capture rainwater and solar panels or windmills for producing electricity. It was also clear that the workers were obligated to drink the beer to provide bottles for wall fillers.

We had two nights in Taos with enough time to explore old town and all its fine shops and galleries. The first night most of us had dinner together at the Stakeout Restaurant at Outlaw Hill with miles and miles of vistas in all directions. Then, because we were washed out the previous day, almost everyone rode the optional Enchanted Circle; beautiful scenery over Palo Flechado and Bobcat passes and through the quaint Swiss-like village of Red River.



A Welcome Sag Break

Now it was on to Las Vegas (no, not Nevada). The day started with a major uphill of about 18 miles. At the top was a rest stop where we had a "small world" happening. Larry and Paul, our leaders, were just getting restarted when a couple of hikers going the opposite direction hollered from a distance a question which got a conversation started. Their respective regalia prevented recognition at first, but it wasn't too long before Paul and one of the hikers

recognized each other as acquaintances from their hometown of Arlington TX. What are the odds?!

The top of the climb led to a steep and technical downhill, then a beautiful valley, and then a wonderful descent along a nice narrow (sometimes one lane) road surrounded by pristine pine forest. (This section had most riders conflicted at the end of the day as to whether Day 1 was the best, or this day.) As we emerged into the next valley we encountered Alpaca ranches. The animals had recently been sheared and looked a little like giant poodles, close-cropped on the body with puffy tufts at the bottom of their legs. After one more ascent through a forested area we emerged onto high desert, and into headwinds. The last 12 miles into Las Vegas were challenging for most riders.

Las Vegas was a key stop along the old Santa Fe Trail and, like many towns in New Mexico, is built around a plaza. This plaza is a little more famous than others because it was used in the film *Easy Rider* where our two heroes (Fonda and Hopper) were arrested for parading without a permit and met George Hanson (Jack Nicholson's character) in the jail.

After a nice night's stay at the venerable Plaza Hotel in Las Vegas, we began the final leg of the trip, headed back to Santa Fe. We were worried about headwinds that day—winds that never came. And, we weren't looking forward to this ride, partly because it meant the end of the adventure, but partly because much of the route had us traveling along side I-25, and on it for about 5 miles. But what we thought would be a drudgery of traffic and noise turned out to not be the case at all. It was a pleasant undulating ride with some rewarding downhills and some very nice scenery. And, as icing on the cake, we had a tailwind for the final 10 miles.

No trip like this is a good trip without great leaders, and we had four of the best. The route was well-scouted, both before and during the week of the ride. Accommodations were nice, sometimes very nice. Communications about routes and other issues were clear. SAG vehicles were where they were expected to be and there was always plenty of good food and encouragement. Of course, no ride is complete without the unexpected happening. Ours was the rainout, which was handled with wonderful composure, creativity and cooperation. If you go on a trip led by the Harrises and the Tates, you will be happy you went!





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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.

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