

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
October 2009



www.heartcycle.org

HeartCycle Annual Meeting and Luncheon Saturday October 17th, 2009

**Mt. Vernon Country Club
24933 Country Club Circle
Golden, Colorado**

Cash bar opens at 11:30 am and lunch will start at 12:00 noon

Members: \$10.00 Guests: \$20.00

Guests joining HeartCycle at the luncheon will receive \$10.00 credited to their membership! Good for the remainder of 2009 as well as all of 2010.

The speaker will be Dave Evans with Bike Jeffco. He will talk about the escalating conflicts between cyclists and motorists in Deer Creek Canyon, Boulder and other areas and what Bike Jeffco is doing on this issue.

You can now register for the luncheon at the Heartcycle website. Pay by credit card online or send a check to the club Registrar at: HeartCycle Registrar
PO Box 100743
Denver, CO 80250-0743

There will be a 25 to 30 mile ride before the luncheon starting at 9:30 AM, meeting in front of the Mt. Vernon Clubhouse.

Any questions, call Melodye Turek, Social Events Director at (303) 320-1430



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Notes from the Board

As the new Tour Director, I really appreciate the suggestions and guidance I have received from long time HeartCycle members and would especially like to thank past Tour Directors Gordon Tewell and Jerry Bakke for their insights, guidance and mentorship. Putting the schedule together involves considering many factors in evaluating the past tours and looking at ideas for new ones. We also try to get a balance and diversity of many factors including locations, dates, level of difficulty and duration of tours.

The 2010 tour schedule is currently under development and we already have volunteer tour leader commitments for 10 tours throughout the USA and one in Europe. The 2010 schedule will be presented to members at the October 17th annual meeting. We need to have 3 to 5 more tours for 2010, particularly in Colorado and long weekend tours. If you've been a tour leader in the past and want to do another, let me know as soon as you can. If you are looking to volunteer and become a new tour leader, let me know your concept for a tour including location, time and level of difficulty. A good way to learn tour leader skills is to co-lead a tour with an experienced leader. As an Apprentice Co-leader, you will be paired with one or two experienced HeartCycle tour leaders to learn the ropes including planning, mapping, organization, communication, sag wagons, evening map talks, expense reports and more. This is on-the-job training and you can expect to actually do all the duties of a tour leader, under the guidance of an experienced leader.

Rich Crocker
HeartCycle Tour Director
richcrocker@hotmail.com

The Black Hills of South Dakota

By John Ellis

Lisa and I just completed the HeartCycle Tour of the Black Hills of South Dakota over Labor Day weekend organized by Barry & Judy Siel. This was our 3rd tour with HeartCycle which made us relative newbies among most of the veterans there. We brought our half-bikes as well as our tandem. There were a total of 30 riders total including four tandems.



These Bad Boys are BIG!

A poll was taken at the beginning of the tour which showed that most riders had either never been to the Black Hills or had not been there in a long time. This was a fixed based tour and we stayed at the Holiday Inn Express in Custer, SD for the entire tour. This was a near-new facility and had many nice features including a hot tub to soothe tired legs at the end of each day, a peaceful back patio with a waterfall where we had our map meeting each evening, and a well appointed free hot breakfast to get us started each morning.

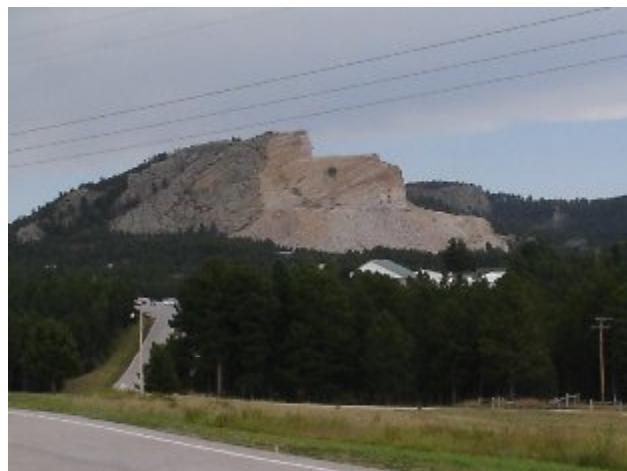
This ride was set up as a “rally” rather than a tour – i.e. we stayed in the same place each night and did loop rides each day back to the hotel. I really liked this aspect because we didn’t have to pack & unpack each day and the car was available when we didn’t want to walk back & forth to dinner.

The Black Hills are well named. While not like the mountains in Colorado, there are a lot of hills that are heavily forested with Ponderosa Pines.



Watermelon Anyone?

The first day of riding (Saturday September 5th) was a loop south and east through Custer State Park and down to Wind Cave National Park. We began to see the abundance of wildlife native to the area. The buffalo were roaming, the deer and antelope were playing and the skies were not cloudy all day (except for the brief shower after lunch). Seldom was heard a discouraging word, (those were saved for Sunday’s ride). Tours of Wind Cave were available at our lunch stop for those who were interested. Upon return to Custer, some opted for the loop up to see the Crazy Horse Memorial.



Crazy Horse Memorial



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The ride Sunday was east through Custer State Park again and then north on Iron Mountain Road up toward Mount Rushmore National Memorial. Barry called our attention to the several one-lane tunnels and pig-tail bridges along the route.



A pig-tail bridge is a device that turns the road through $\frac{3}{4}$ of a turn while rising 20 feet or so by doubling back over itself in a short distance. Also, most of the one lane tunnels were surveyed in just right to frame the four presidents at Mount Rushmore perfectly, like a picture frame.



It was quite a climb to Mount Rushmore National Memorial along the beautiful Iron Mountain Road. When we arrived at Mount Rushmore we enjoyed a shady lunch of tasty wraps prepared by Judy with a magnificent view of George, Tom, Teddy and Abe.



Six Well-Chiseled Faces

After lunch there was more climbing. This is where the discouraging words come in – at least in my head. The trip was billed as Advanced but I think I minimized this – or just didn't do enough training. While the scenery up to Sylvan Lake and along the Needles Highway varied from beautiful to spectacular, our computer often registered speeds in the low single digits and granny gear (aka Uncle) saw a lot of use. We recovered a bit at the afternoon SAG stop (at the bottom of a long hill) but this was not the end of the climbing. In the afternoon, even small hills seemed difficult. At the end of the day in Custer, our GPS unit showed 74 miles with over 6100 feet of climbing.

Monday's ride was a relatively short loop, again through Custer State Park. This was referred to as the "Wildlife Loop" and lived up to its

billing. We saw more turkeys, antelope, deer and feral burros.



Please Don't Feed the Feral Donkeys

Just as we were getting up some speed on a long downhill stretch, we came upon a small herd of bison blocking the road. We had to wait for them to mosey off the road as they didn't seem to be frightened by our spandex.

Custer State Park is very scenic – especially in the morning when it is dominated by wildlife and very little motorized traffic.



Traffic Jam – South Dakota Style

All in all, we covered about 175 miles in 3 days with over 10,000 feet of climbing. The route selected was great as it was big on scenery and short on traffic. With the exhaustion of Sunday afternoon fading, I'd say this was my favorite of the three Heartcycle trips that we have done.

Thanks to Judy and Barry for a memorable bike tour and to Jeff Messerschmidt for his efficient and enthusiastic SAG support.





Colorado HeartCycle Association, Inc.
P.O. Box 100743
Denver, CO 80250-0743



Printed on Recycled Paper — Please Recycle.

Please print legibly! 2010 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