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to Heart

**Colorado HeartCycle
Bicycle Club Newsletter**

The 2006 HC tours are filling up and a few of the tours are now full. Your HeartCycle Tour Director is planning for the 2007 tour season.

If you have thought about leading a tour to a new area never explored by HeartCycle, or you would like to lead a tour which has been led in the past, 2007 will be a great year to become a tour leader.

When a HeartCycle member volunteers to lead a tour, there are a few steps to insure that the tour will run smoothly and the new tour leader is comfortable being a leader.

In the Tour Leading Program a new leader will work side-by-side with an experienced tour leader; first planning a tour, and then co-leading on one or more tours with an experienced tour leader. On the job training so to speak.

New evidence reveals that when a person volunteers he experiences some emotional & physical changes. Some of these experiences are: calmness; freedom from stress; increased self-worth; and an increase in hormone levels creating a 'high,' just as in a vigorous work-out.

So becoming a volunteer tour leader not only will give you a double-high, but your trip will be paid and your tour will be appreciated by fellow members and HeartCycle.

If you would like to know more about becoming a tour leader or discuss a possible tour, call our Tour Director – Gordon Tewell - 720.304.9572.

HeartCycle Contacts

Below are the names, responsibilities, phone numbers and email addresses of key HeartCycle volunteers. Please contact the individuals for questions about their assigned areas. Send any regular mail to the HeartCycle PO Box with attention to the desired person. For questions about specific tours, please contact the tour leader(s).

BoardMembers

President president@heartcycle.org	Myra Jans 303-337-9210
Vice-President VP@heartcycle.org	Ken Cogger 303-816-4781
Registrar (& Treasurer) Registrar@heartcycle.org	Steve Richards 303-321-5922
Tour Director TourDirector@heartcycle.org	Gordon Tewell 720-304-9572
Development Development@heartcycle.org	Mike Case 303-744-0229
Training Rides Co-Director	Homer Fritz 303-477-6446
Newsletter Editor newseditor@heartcycle.org	Ann Nordstrom 303-366-2716
Secretary Secretary@heartcycle.org	Larry Sampson 303-733-5038
Training Rides Director (&Maps) maps@heartcycle.org	Lee Cryer 303-778-2305
Marketing Marketing@heartcycle.org	Bob Hoffman 303-942-1779

Working Members

Newsletter Mailing Group Newsmailer@heartcycle.org	Sue Hoogstrate 303-755-9362
Sag Supply Manager sagmgr@heartcycle.org	Jeff Messerschmidt 303-904-0573
Web Site Manager Webmaster@heartcycle.org	Debbie Finn 303-651-3898
Social Events Social@heartcycle.org	Melodye Turek 303-320-1430
Assistant Registrar & Web Registration WebReg@heartcycle.org	Harvey Hoogstrate 303-755-9362
Mapping Assistant Maps2@heartcycle.org	Ira Goldschmidt 303-561-4817
Training Rides Assistant rides@heartcycle.org	Susan Loftus 303-758-5472

For letters, articles or comments, send email to newseditor@heartcycle.org by the 15th of the month
To receive this newsletter by email please indicate your preference on the membership registration form, or contact the Registrar.

Support our Sponsors

TrueMind Center for Traditional Chinese Medicine 5 Cook Street Denver, CO 303-320-1530 <i>25% off massages</i>	Cycle Analyst 722 South Pearl Denver, CO 303-722-3004 <i>15% off merchandise</i>
Frontier Airlines <i>10% discount for groups on HeartCycle tours</i>	Lisa D's of Cherry Creek 77 South Adams Denver, CO 80209 303-466-2454 <i>10% off Yonka products</i>
Denver Spoke 1715 East Evans Denver, CO 303-777-1720 <i>15% off merchandise</i>	Handle Bar & Grill 305 South Downing Denver, CO 80209 303-778-6761 <i>25% off a 2-person ticket</i>



! NEW HC RIDE ! LABOR DAY WEEKEND

**DINOSAUR
DROPPINGS**

...

This Labor Day consider riding with a HeartCycle three day excursion to the Western Slope, organized and led by Mike Case.

Beginning and ending in Fruita Colorado, just 10 miles west of Grand Junction, HCs' 2006 Dinosaur Droppings will travel the 80 miles north from Fruita to Rangely Colorado on the first day, Saturday September 2nd. Riding the second day, Sunday September 3rd, one has the option of covering the full 108 miles to Echo Park located deep within Dinosaur National Monument, or riding only a portion of that distance. You pick the effort and distance that makes sense for you (and your derriere) on the second day. If you choose to ride only the 20 miles to the Dinosaur National Monument Visitors Center we think you'll find it a wonderfully serendipitous and secluded Colorado treasure. The third day, Monday September 3rd, will have HC returning the 80 miles back to Fruita passing the Canyon Pintado archeological site and traveling once again over Douglas Pass.

We think you'll agree that Dinosaur Droppings makes a great way to wind down the 2006 cycling season.

You are cordially invited to join HeartCycle this Labor Day weekend on Dinosaur Droppings

SEE MORE DETAILS ON NEXT PAGE

Upcoming Rides of Interest

June 4 Elephant Rock Century www.elephantrockride.com Castle Rock, CO	July 23-29 RAGBRAI www.ragbrai.org Sergeant Bluff-Muscatine, IA
June 10 Red Canyon Century www.redcanyoncentury.com Canon City, CO	August 11-12 Tour de Steamboat www.rockypeakproductions.com Steamboat Springs, CO
June 10 Windmill Century Classic Fort Morgan, CO	August 19 Stonewall Century www.spcycling.org LaVeta, CO
June 17 Greenwood Goosechase www.goosechase.org Greenwood Village, CO	August 19 Moonlight Classic www.moonlight-classic.com Denver, CO
June 17 Starlight Spectacular www.starlightspectacular.org Colorado Springs, CO	August 26 Tour de Cure www.diabetes.org Longmont, CO
June 18-23 Ride the Rockies www.ridetherockies.com Cortez-Canon City, CO	August 26 Ride for 65 Roses www.ridefor65roses.org Boulder, CO
June 24 Tour de Prairie www.cheyennecity.org Cheyenne, WY	August 27 Tour of the Valley www.discoverourtown.com Grand Junction, CO
June 24-30 Boulder Bike Week www.ci.boulder.co.us	August 27 Horsetooth Double Dip Challenge www.ratride.org Fort Collins, CO
June 25-July 1 Bicycle Tour of Colorado www.bicycletourcolo.com Pagosa Springs, CO	September 9 Aspen Ride for the Cure www.aspenrideforcure100.com Aspen, CO
June 28 Denver Bike to Work Day	September 10 Boulder Buffalo Classic www.buffalobicycleclassic.com Boulder, CO
July 8 Triple Bypass www.teamevergreen.org Evergreen-Vail, CO	September 16 Tour of the Vineyards www.emgcolorado.com Palisade, CO
July 8 & 9 MS 150 www.nationalmssociety.org Highlands Ranch-Canon City, CO	October 6-8 Moab Century Tour www.skinnytirefestival.com Moab, UT
July 16-21 Tour de Wyoming www.cyclewyoming.org Dayton, WY	<i>note: if you are unable to access the internet, contact newsletter editor Ann Nordstrom, 303-366-2716, for address and/or phone information of the cycling event you are interested in</i> <i>also: if you know of other cycling events that would be of interest to the membership, please let the newsletter editor know (by the 15th of the month).</i>
July 22-24 Children's Hospital Courage Classic www.couragetours.com Leadville/Copper Mountain, CO	
July 23 Colorado-Eagle River Ride www.vailvelo.com Beaver Creek, CO	
July 23 Durango-100 Century durango100.com Durango, CO	

2006 Dinosaur Droppings

Sept. 1, 2-4, 2006

160-270 miles/3 riding days, +/- 80 miles a day

Fruita, Rangely and Dinosaur National Monument, Colorado

\$300.00 per person due on or before July 31, 2006

(lodging the evening of Fri. Sept. 1st is included)



On Saturday September 2nd 2006 HeartCycle will offer Dinosaur Droppings, a Labor Day weekend "pocket tour". We think this is an unusually interesting tour covering territory HC has not formally ridden in the past. The HC board may consider additional "pocket" tours (each exploring an overlooked area within a days travel from the Front Range) if Dinosaur Droppings runs successfully.

Dinosaur Droppings format will be that of a conventional HC tour. One or two sag vans (depending on the number of participants) will shepherd the ride. Food and beverage will be supplied from the sag van as usual and personal luggage will be transported in the sag in the standard HC fashion.

For all of the HC members outside of the immediate Front Range area don't despair. No promises can be made at this writing but if the response to this initial "pocket tour" is successful it is possible HC will consider additional efforts elsewhere. We'll see how this first attempt plays out.

With that in mind, HC encourages all interested members, or those interested in becoming members, to consider Dinosaur Droppings for the Labor Day weekend. Please read the write up for The Droppings included in this edition of Heart-2-Heart for an overview of the ride route and associated distances (see previous page).

One last item, we need to hear from all interested folks sooner rather than later. To secure lodging and organize logistics we need to have your registrations (and all your money!) no later than July 31st 2006. HC is hoping to have a minimum of 20 riders signed up by the end of July. So lets "Go the distance" this labor day weekend. And if you have any questions please don't hesitate to contact one of your board members – or perhaps Ray Kinsella, an avid cyclist, he can be reached somewhere in the cornfields of Iowa.

TOUR REGISTRATION FORM MAY BE DOWNLOADED FROM THE HEARTCYCLE WEB SITE

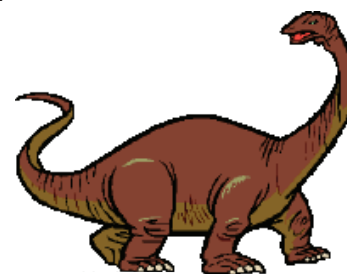
www.heartcycle.org

Enjoy the summer folks!

Tour Leader: Mike Case

303-744-0229

mikecase16@juno.com



Colorado HeartCycle 2006 Tours

Status at time of printing, end of May

open	Desert Ruins, CO,NM	May 20-28	\$1375	Mike Case, 303-744-0229, mikecase16@juno.com
open*	Taos, New Mexico Memorial Day weekend	May 27-29	\$275	Dan Clark, 303-973-8803 Ken Cogger, 303-816-4781, cogger@peakconsulting.com
open	Colorado Rky Mtn High	June 18-24	\$ 950	Harvey Hoogstrate, 303-755-9362, harv@pcisys.net Ken Cogger, 303-816-4781, cogger@peakconsulting.com
open	Texas Hill Country Fredericksburg, Texas	June 18-23	\$775	Larry & Sherry Harris, 817-457-6502, thepedalers@aol.com
full*	Holland Barge Cycling The Netherlands	July 15-22	\$1150	Myra Jans, 303-337-9210, mcjans@comcast.net Dan Clark, 303-973-8803
	Bridger-Teton	cancelled		
open	Shoreline L.P. to U.P. Michigan	July 30-August 6	\$1075	Kevin & Jacki Solon, 616-897-6802 jacki_solon@yahoo.com
full*	N. Cascades Sasquatch Loop Washington	August 6-13	\$1175	Harvey Hoogstrate, 303-755-9362, harv@pcisys.net Ken Cogger, 303-816-4781, cogger@peakconsulting.com
open	Go For the Gold weekend Colorado	September 23-25	\$225	Diane Short, 303-763-9874
open	Grand Canyon Arizona, Utah	October 1-8	\$1000	Jerry Bakke, 303-738-9861 jerrybakke@msn.com
open	Fireworks of Fall Finger Lakes, New York	October 8-15	\$1100	Jim Bethell & Janet Reilly, 518-446-1766 jim@bikes5.com
open	Mallorca, Spain (tentative)	March, 2007	\$1725 (tentative)	Don Leet, 541-389-2782 donoso@bendnet.com

* wait list available



CLASSIFIED:

Sidi Genius 5 Mega Loric bike shoes, size 43.5 (about 9.5-10 US) \$150. Worn once. I bought the wrong size and have already replaced with the correct size. Cost \$230 retail. Photos available. David Harman 303-748-9986

Performance Cargo Case - used once.

Selling price: \$150.00??Contact: Dan Stanton, 303-988-6513, stanton50@msn.com.

Carpool: Going to RAGBRAI? Me, too - I'm looking for someone to share the drive to and from Sergeant Bluff. Contact Ann at 303-366-2716 or annn@estreet.com

NEW HOME ADDRESS? NEW EMAIL ADDRESS?

If you are not getting your monthly issues of the HeartCycle newsletter, it may be because of an incorrect mailing or email address.

PLEASE inform the REGISTRAR of all changes to keep your newsletters coming!!

HeartCycle June 2006 Training Rides

Rides will go if the temperature is at least 40 degrees and the roads are dry. Call the leader if the weather is questionable.

This list of training rides is tentative. Please check the web site at <http://www.heartcycle.org> or the most current newsletter for up to date information, including start location, distances, and ride leader(s) name and phone number.

All training ride participants, whether members of HeartCycle or not, 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 leader to confirm your participation. These rides will go only if at least three people call by the Thursday before the ride.

mileages are approximate, and shorter options are available on most routes.

DAY	DATE	TIME	MI.	START LOCATION	RIDE DESCRIPTION	LEADER(S)
Sat	Jun 3	8:00	89	Safeway west of exit 241 off I-70 in Idaho Springs	Idaho Springs/Loveland Pass/Dillon	John Steele 303-300-3573
Sun	Jun 4	8:00	84	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Masonville	TBD
Sat	Jun 10	*7:00/ 8:30	48	*Carpool from The Fort Restaurant, US 285 & Morrison exit; ride start/finish in Deckers in the lot behind the general store	Deckers/Woodland Park	Ken Cogger 303-816-4781
Sun	Jun 11	8:00	79	Lyons park&ride, Broadway & 4th Ave	Lyons/Estes Park/Drake	Tom Storm 303-451-0622
Sat	Jun 17	8:00	63	Mineral park&ride, NW corner of Santa Fe & Mineral, Littleton	Littleton/Conifer/ Evergreen	John McQueen 303-794-2623
Sun	Jun 18	8:00	83	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Left Hand Canyon/Brainard Lake	TBD
Sat	Jun 24	8:00	55	Big Thompson School, US 34 & CR 27 west of Loveland	Big Thompson/Estes Park/Devil's Gulch	Ken Kaplan 970-339-9808
Sun	Jun 25	8:00	62	Village Inn, Chambers & Colfax	Rocky Mountain Refuge Loop	Steve Richards 303-321-5922
Sat	Jul 1	8:00	54	Parking lot .5 miles south of US Forest Service at Exit 240 off I-70, Idaho Springs	Idaho Springs/Mt. Evans	Homer Fritz 303-477-6446
Sun	Jul 2	*8:00/ 9:30	50	*Carpool from Cold Springs park&ride, 4th & Union, Lakewood. Ride starts/finishes at Best Western south of exit 203, I-70, Frisco	Frisco/Loveland Pass/ Montezuma	Steve Dertinger 303-756-0054
Sat	July 8	8:00	61	I-25 south to Monument exit, right back 2 blocks on Main St. to Safeway parking lot	Monument/ Black Forest	Fred Larke 303-369-6615
Sun	Jul 9	8:00	100	Bus Stop, SW corner of US 36 & Broadway, Boulder	Boulder/Lyons/Ward/ Wondervu	Steve Sipocz 303-485-6536

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



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2006 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 _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Fax _____

Individual Membership \$20.00

Family Membership \$25.00

Name 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 rides _____ Leading Tours _____ SAG driving _____ Web Site 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 I hereby agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other parties 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