



Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
June 2007

DENVER BIKE TO WORK DAY 2007

The League of American Bicyclists has been sponsoring National Bike Month and Bike to Work Day since 1956. Throughout most of the country, these events take place in May, but in Colorado we've traditionally celebrated in June because our weather in May can't always be counted on as bike-friendly! A few years ago, the state legislature made it official, declaring June as Colorado Bike Month, with the fourth Wednesday of the month being Bike to Work Day.

Bike to Work Day represents an effort by cities, counties, transportation planners, community organizations and others across the state to educate commuters about the benefits of using two wheels to get to work.

Biking to work in Colorado is a tradition. The City of Boulder first celebrated Bike to Work Day more than 25 years ago. CDOT then began promoting it statewide, and in 1995 the Denver Regional Council of Governments began helping the area's cities and counties link their individual events together. Bike to Work Day is celebrated in many communities along the Front Range and in the mountains, but Denver's event is the largest in the state.

This year's Bike to Work Day will be held on Wednesday, June 27th from 6:30 AM to 9 AM in the Greek Theater of Civic Center Park.

This will be Denver's seventeenth annual Bike to Work Day event!

- Ride your bike to work and receive free breakfast snacks, free coffee, have some fun and win some prizes. Craig Hospital will be bringing 150 bicycle helmets to distribute for free.



- There will be a short award presentation from the League of American Bicyclists (LAB) as they renew Denver's "Bicycle Friendly Communities" designation. Denver has also been recognized by Bicycling Magazine as a "Top Ten City for Cycling" four times in a row.

- Tell your friends to use the free bike parking provided at the Cherry Creek Bike Rack, 171 Detroit Street. For more information go to: cherrycreekbikerack.com

RTD will again be providing free, monitored bike parking June 25th – 29th at the Market Street Station.



www.heartcycle.org

info@heartcycle.org

web discussion list:
www.topica.com/lists/heartcycle

There are a lot of great reasons to bike to work:

- It's a great way to fit exercise into your day;
 - Fewer cars on the road means less congestion on roads and pollution in the air;
 - Cycling energizes you to start your day and de-stresses you afterwards so you arrive at work and home feeling refreshed;
 - You save a lot of money on gas and maintenance for your car;
- and

You might surprise yourself by loving it!

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HeartCycle

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5 Cook Street
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25% off massages

Frontier Airlines
10% discount for groups on HeartCycle tours

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25% off a 2-person ticket

Best Western Lake Dillon Lodge
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Frisco, CO 80443
1-800-780-7234 (reservations)
10% lodging discount

Basil Doc's Pizza
330 Holly (& 4 other locations)
303-322-5832
25% off all orders, at all locations

Are you a member of REI?

*Do you know about their Garage
Sale?*



***MEMBERS ONLY GARAGE SALE,
JUNE 30, 10:00 AM***

REI Members are invited to come in for
amazing deals on "as is" merchandise that
has been used and returned. Items are priced
to sell! Come in early for the best selection!
Hoarding of product is not allowed.

Denver Flagship only, 1416 Platte Street.

Due to member feedback and safety concerns
at previous Garage Sales, access to this sale
will be by randomly selected numbered tick-
ets beginning at 9:00 AM on June 30, near
the store entrance. When the store opens at
10:00 AM, the first "wave" of attendees will
enter in numerical order. Room capacity is
limited. When a person leaves the room, the
next person in line will be allowed to enter.
One child under 12 is allowed with one par-
ent that has drawn a number.



Classified:

For Sale: Trek 520 Touring. 17" frame, Shimano Decore Components, front/rear panniers & racks. \$450.00 complete. Excellent condition. Contact Brenda at 303-527-0380 or bren-

The 2007 HeartCycle tour season has begun. Hopefully all you tour participants are taking advantage of the weekend training rides to prepare for your tour. The 2007 season includes a nice variety of international and domestic tours and a combination of both old classics and newly developed tours.

The season began with a flurry of activity at the registrar's office. It didn't take long for several tours to fill. Those filled include Crater Lake, Spain, Holland Barge, and Lake Champlain. Please contact the registrar if you are interested in the wait list for Crater Lake or Holland. Look for some of these new favorites to be repeated in future years.

If you didn't get a chance to register for one of the filled tours, don't wait too long to register for your second choice. We have several tours nearing capacity.

Crater Lake Oregon Cascades Loop
July 15-21, Oregon, 450 mi., 7 days, \$850,
 leaders: Ken Cogger, 303-816-4781, cogger@peakconsulting.com, and Larry
 Augenstein, 719-598-4124,
 bikenuts@juno.com (Larry)
FULL, wait list accepted

Colorado San Juan Mountains
July 21-28, Colorado, 508 mi., 8 days,
 \$900, leader: John McQueen, 303-419-6723,
 mcqueenj@yahoo.com

Michigan Shoreline August 5-12
CANCELLED

The White Squirrel Scurry
August 12-19, Western North Carolina, 425
 mi., 8 days, \$1150, leaders: Jim Bethell &
 Janet Reilly, info: 518-446-1766 or
 jim@bikes5.com

Tour the Passes of Summit County, Colorado
August 19-25, Colorado, 430 mi., 7 days,
 \$600, leaders: Jerry Bakke, 303-738-9861,
 jerrybakke@msn.com, and Sy Katz, 303-
 789-5268, SKSKatz@comcast.net

Dinosaur Droppings
Sept. 1-3, Colorado, 160-270 miles, 3 days
 (Labor Day weekend), \$275, leader: Mike
 Case, 303-744-0229, mikecase16@juno.com

Glacier-Waterton National Parks
Sept. 2-9, Montana/Canada
 350 mi., 8 days, \$1175, leaders: Karen
 Ishibashi, 303-444-5082, ishibashi@com-
 cast.net and Cyndi Ortman, 970-385-4388,
 cortman@frontier.net (Cyndi)

September in Spain **FULL**
Sept. 2-15, Girona, Spain, 587 mi., 14 days,
 \$1550, leaders: Warren Barta, 719-632-
 3602,
 warrenb@pcisys.net, and Steve Richards,
 303-321-5922,
 registrar@heartcycle.org

Barge Cycling-Amsterdam to Brussels
Sept. 8-15, The Netherlands, 315 mi., 8
 days, \$1075, leaders: Myra Jans, 303-337-
 9210, mcjans@comcast.net, and Dan Clark,
 303-973-8803
FULL, wait list accepted

Texas Hill Country
Sept. 16-22, Texas, 430 mi., 7 days, \$775,
 leaders: Larry and Sherry Harris, info: 817-
 457-6502 or
 thepedalers@aol.com

Lake Champlain with a French Connection
FULL
Oct. 7-13, VT-NY-Quebec, 450 mi., 7 days,
 \$1025, leaders: Ken Cogger, 303-816-4781,
 cogger@peakconsulting.com, and Harvey
 Hoogstrate, 303-755-9362, harv@pcisys.net

Vietnam
Feb. 14-28, 2008, Vietnam, \$2175, leader:
 Roger Stoub, 708-597-8517, vollvel@com-
 cast.net

Lory State Park announces the grand opening of the Corral Center Mountain Bike Park

BELLVUE, Colo. --- Lory State Park is celebrating the grand opening of the Corral Center Mountain Bike Park. June 16 from 10 a.m. – 3 p.m. Entrance to the park will be free for everyone, and there will be fun and festivities for all levels of riders. From novice to advanced, Corral Center offers biking fun for the entire family.

In celebration of the grand opening, there will be entertainment and fun for all biking enthusiasts. Throughout the day there will be a wide range of activities and something for everyone. There will be biking demos, relay races, guided mountain bike rides, geo-caching demonstrations and scavenger hunts. The day will have events for the entire family including professional dirt jumping exhibitions, give-aways and food; during the lunch hour there will be professional bike riders showing off their skills.

The Corral Center Mountain Bike Park is a new and improved skills park for mountain bikers. The mountain bike park made history as the first dirt track/pump track area in the state. The Corral Center is nearly 70,000 square feet of track and is open all year long, unless otherwise noted. Designed as a skills area to help riders of all levels, the park opened to the public in October 2006. There is no additional cost for use of the bike park.

Bring your bike and come to Lory State Park June 16 to celebrate the grand opening of the Corral Center Mountain Bike Park. For more information, please visit www.parks.state.co.us and click on the Lory State Park page.



HeartCycle June 2007 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.

DATE	TIME	MI.	START LOCATION	RIDE DESCRIPTION	LEADER(S)
Sat 6/2	8:00	84	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Masonville	<i>Ride leader needed**</i>
Sun 6/3	8:00	89	Safeway west of Exit 241 off I-70 in Idaho Springs	Idaho Spgs/Loveland Pass/Dillon	Lee Cryer 303-778-2305
Sat 6/9	7:00* /8:30	48	* Carpool from The Fort Restaurant, US285 & Morrison Exit; ride start/finish in Deckers in the lot behind the general store (only building in Deckers)	Deckers/ Woodland Park	<i>Ride leader needed**</i>
Sun 6/10	8:00	79	Lyons park&ride, Broadway & 4th Ave in Lyons	Lyons/Estes Park/ Drake	Lisa Koch 303-325-5574
Sat 6/16	8:00	83	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Left Hand Canyon/Brainard Lake	Homer Fritz 303-477-6446
Sun 6/17	9:00	63	Mineral park&ride, NW corner of Santa Fe & Mineral in Littleton	Littleton/Conifer/ Evergreen	John McQueen 303-794-2623
Sat 6/23	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 6/24	8:00	72	Parfet Park, 10th & Jackson Streets, Golden	Golden/Bergen Park/Echo Lake	<i>Ride leader needed**</i>
Sat 6/30	8:00	54	Parking lot .5 miles south of US Forest Service at Exit 240 off I-70 in Idaho Springs	Idaho Springs/ Mt. Evans	<i>Ride Leader needed**</i>
Sat 7/7	8:00	100	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Lyons/Ward/ Wondervu	<i>Ride Leader needed**</i>
Sat 7/14	6:30/ 8:00	80	Carpool from Cold Springs park&ride, 4th & Union in Lakewood, or meet at Conoco station just off Exit 185 off I-70 at Copper Mountain	Copper Triangle	Mike Cota 720-530-8041
Sat 7/21	8:00	55	Big Thompson School, US 34 & CR 27 west of Loveland	Big Thompson/Estes Park/Devil's Gulch	<i>Ride leader needed**</i>

**** If you can help out the club by leading a ride where a ride leader is needed, please call Susan Loftus at 303-758-5472, or Lee Cryer at 303-778-2305**



A Social Ride in Burgundy

The grade steepened to 15% plus. At the top, there's plenty of time to see Millet's late-19th Century statue of the Gallic hero Vercingetorix (Millet's motto: "Nothing exceeds like excess").

I'm in Burgundy with The Chain Gang – that's Britspeak for "Paceline." Unlike some other tour companies, it's run by a serious cyclist, Bernard Dugdale. He, in turn, finds guides who are both cyclists and mechanics. They're also fluent in French, often encouraging guests to improve theirs. On this tour, there are two guides (one is learning the route). Shortly after Vercingetorix, one of the two, Ciaran, gave an impromptu lesson in brake adjustment.

The week started in early September at Montbard, a medieval town about 50 miles NW of Dijon. An early arrival gave me a chance to meet our other guide, Isabel, and to set up a road bike. The other eight members of the group came on the superfast TGV, having left London that morning. We stayed at the Hotel de l'Ecu, a converted convent dating from the 1600s.

The Chain Gang runs five different one-week tours in France. The week in Burgundy involves riding on the tow-path of the Burgundy Canal. The hybrids ridden by the rest of the group had an advantage on its rocky surface. Whether road or hybrid, Chain Gang's bikes are superbly maintained, though extreme sizes may not be available. In Britain, the left hand usually controls the rear brake (something to do with driving on the left?).

In dry weather, the usual lunchtime arrangement is a cooperative picnic. After a supermarket stop to pick up the ingredients, we head for the Abbaye de Fontenay, a 12th Century monastery and 17th-Century ironworks. Having been there recently, I rode on to Malmaison. Back with the group, stretches on the canal path and an up-and-down road bring us into Semur-en-Auxois and up to the newish Hostellerie d'Aussois. Chain Gang tours rely on small, two and three-star hotels, many of them charming, serving excellent dinner specialties. Unfortunately, one is closing because of the recent hot summers and the impossibility of retrofitting air conditioning. And on the Loire tour in mid-summer, a group (all Americans, of course) rebelled, refusing to stay in hotels without AC.

A Chain Gang tour is a bit like a casual club ride: plenty of time for regrouping. We have a great group this week, maybe helped by the fact that all but two of us came individually. With 6 Brits and one South African, the regroupings provided plenty of opportunity to brush up on a foreign language. I guess that the typical Chain Gang participant is a woman in her 40s. Perhaps for that reason, their catalog shows four men in the central photo.

With a maximum of 15 riders, each group takes on a per-

sonality of its own. A previous group (Dordogne) consisted of an American expat, a Canadian, and five Norwegian grandmothers. A later group (Bordeaux) was also a more international group than this week's, and provided opportunities for group sprints.

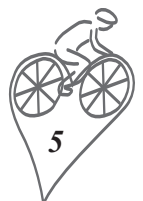
The Burgundy tour involves a base mileage of 159; my total was 200 (in six riding days). I felt no pressure to stay with the group at all times. Similarly, several went shopping instead of riding on the last day, leaving a very small group to ride to Chateauneuf. Even at a slow pace, there was plenty of off-bike time. Each day included a variety of sights – more than a solo cyclist is likely to see. Highlights include wine tastings, Clos de Vougeot, Cassissium, Hospice de Beaune, and Chateauneuf.

The base price for the week's tour is 795 pounds (about \$1600 at today's exchange rate). This includes all hotels, breakfasts, dinners, and admission to the various sights. Single supplement is available – but often unnecessary, as riders often end up in single rooms at no extra charge. For details, see www.thechaingang.co.uk.

Warning: in event of disagreement between website and printed booklet, trust the booklet. Other Chain Gang tours are Loire and Provence, and Tuscany and Umbria in Italy. Based on my experiences on three of their tours (Burgundy, Bordeaux and Dordogne), they also look like a winner!



article and photo submitted by HeartCycle member Alan Severn. Thank you, Alan, for sharing some memories of your tour with the membership!



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



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2007 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 _____ Cell _____

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