

Heart-to-Heart



A Busy Initial Registration Period for 2019 Tour

After the kickoff November registration period, nine of our 2019 tours are full (a few have no wait list). Registration is open for all current, renewing, and new members. Grab some friends and register for one of the tours below before they fill too.

Le Monastere in Southern France Weeks 1 & 2 each have just 2 spots. The following tours have 5 or more spaces available.

Tucson Town and Country, March 2-9. Explore the Sonoran Desert and historic sites in southeast Arizona on our warm, early season tour. The tour includes intermediate rides with advanced options and visits to Saguaro NP East and West, Mt. Lemmon, Parker Canyon Lake and more.

The Moab Area, May 11-16. Whether this is your first time to Moab or your 30th, the vistas never cease to amaze and inspire. Come join us on iconic rides of Arches NP, Dead Horse Point, La Sal Mountain Loop and Potash Road.

Bourbon and Bluegrass of Kentucky, May 22-30. This intermediate tour (with advanced options) rides through rolling countryside and horse farms. It includes stops at historic bourbon distilleries, Churchill Downs, listening to Bluegrass, and participation in the Horsey Hundred – a signature riding event.

Rediscover Colorado: Central Mountains and Passes, June 22-29. This advanced, scenic ride packs in classic climbs and passes you'll want to check off your bucket list, including: Cottonwood Pass, Trout Creek Pass, Hoosier Pass, Vail Pass, Tennessee Pass, Independence Pass, and McClure Pass.

Woman's Weekend, September 4-8. A "Woman's Only" Easy to Moderate tour in Colorado Springs (with harder riding options), and lots of non-riding activities such as hiking, painting and sightseeing.

Bicycling in Oz: the Ozarks, October 29-November 6. This is a one-of-a-kind fall foliage loop tour through the seldom biked Ozarks between Fayetteville, AK and Branson, MO, and back. You'll visit Mulberry Mountain, Branson, the Grand Canyon of Arkansas, plus enjoy 2 dinners cooked by our SAGs.

The Board of Directors

Fred Yu (303) 264-7373 President - president@heartcycle.org	(2018)
Pat Van Deman (303) 885-1076 Vice President	(2019)
John Penick (203) 232-8946 Treasurer	(2018)
Graham Hollis (720) 323-6479 Assistant Treasurer	(2019)
Joanne Speirs (303) 589-2877 Secretary	(2019)
Jim Bethell (518) 466-8490 Web-Master	(2018)
Richard Crocker (520) 539-8019 Co-Tour Director - tourdirector@heartcycle.org	(2019)
Bob Rowe (303) 910-7230 Co-Tour Director - tourdirector@heartcycle.org	(2019)
Judy Siel (303) 470-8431	(2020)
Mark Lestikow (303) 919-0426	(2020)

Working Members

Ron Barton (303) 798-2755 Registrar - registrar@heartcycle.org
Richard Loeffler 303-981-2963 Medical Equipment
Jeff Messerschmidt (303) 904-0573 Sag Supply Manager
Dan Palmquist Sag Vehicles
Barry Siel (303) 470-8431 Newsletter Editor

Notes from the Board

The 2018 HeartCycle annual luncheon held October 27 was a big success with over 100 members attending, sharing stories and enjoying another fabulous meal at Mt. Vernon Country Club. An ongoing slide show highlighted photos from many of the 2018 tours. The meeting included election of five Board Directors for a two year term: re-elected were Fred Yu, John Penick and Jim Bethel and two new board members were elected, Mark Lestikow and Judy Siel. Thanks to the two Directors going off the Board, Joan Spilka and Alan Scott. The highlight of the gathering was when the 2019 Tour Leaders each gave an overview of their upcoming tours, trying to woo attendees to sign up for 2019 tours. If you were unable to attend the annual luncheon, the 2019 tours are listed at the end of this newsletter, or you can checkout the updated HeartCycle website with detailed descriptions, openings and prices. Hope to see many of you taking advantage of the benefits of your annual membership by registering for a tour this coming year.

2019 HeartCycle Tour Swag



The 2019 HeartCycle tour swag will be a wind vest that matches the 2017 jersey and the 2018 wind jacket. The “sport” fit is the same fit as the 2018 wind jackets. Please check on the HeartCycle website and be sure that your profile has the correct size listed for “jacket”.

Men's

Size	Waist	Chest	Weight	Height
X Small	26"	33-35"	100-120	Up to 64"
Small	29"	36-38"	120-145	64"-68"
Medium	32"	39-41"	145-165	66"-70"
Large	35"	42-43"	165-180	68"-72"
X Large	38"	44-46"	180-210	70"-76"
XX Large	42"	47-49"	210-240	74" and over
XXX Large	46"	50-52"	240+	74" and over

Women's

Size	Waist	Hips	Weight	Height	Chest
X Small	24"	34-35"	90-110	Up to 62"	32-33"
Small	25"	35-37"	105-120	61-65"	33-35"
Medium	27"	37-39"	120-145	64-68"	35-37"
Large	29"	39-42"	140-165	67-71"	37-40"
X Large	32"	42-45"	160-185	70-74"	40-43"
XX Large	35"	45-47"	185-205	74" and over	43-45"
XXX Large	37"	47-49"	200+	74" and over	46-47"

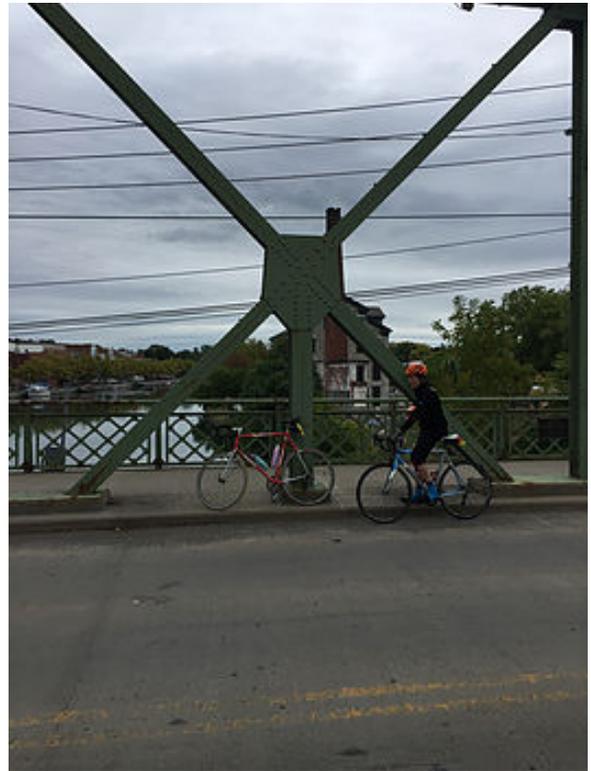
Finger Lakes in the Fall - September 2018

By Indiana Jim (Schroeder)

We started our tour in Rochester and went along the Erie Canal for awhile. Then we headed south and then east. The farm houses are a lot older out east and most are made of stone. The first impressive small town was Phelps.



I hadn't any flats all year, but with all the wet and drizzle weather and riding shoulders on busy state roads. Two flats before the morning food stop. Bob Samuels was there to help out. We rode together for the next two days. We arrived in Seneca Falls for lunch. It might sound familiar. This was George Bailey's hometown, and this is the bridge that he was going to jump off. In Auburn we had dinner with the three sisters and a bunch of others at a great brew pub. The best wheat ale and raspberry belgian beer.



I left Auburn solo but soon caught up with Bob as we rode to the morning food stop along one of those Finger Lakes. It was misty and there was talk of rain anytime. After the food stop there were some good climbs and this freshly painted iron bridge for all of us and then an impressive Indiana-like hill before lunch. Soon after lunch, it started raining heavily as we approached Ithaca. We were promised a brewery but it was closed on Monday. Dinner at a not so good BBQ.

AND THEN THE REAL RAIN HIT!!!

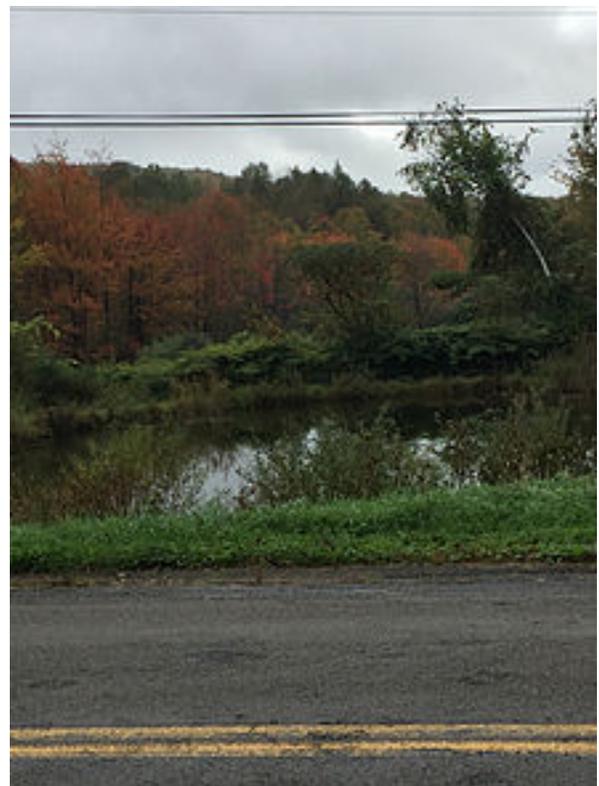


Ithaca Falls

Jim, Alan, Mayoma, and Kathryn shuttled us all to Corning. I happened to get on the first shuttle and it had stopped raining by the time we arrived in Corning. Another big downpour while I went to my bags and bike and changed and went out riding after the rain subsided. I went straight out toward this big monster of a hill on the south side of Corning toward Pennsylvania 16 miles south. Well, I didn't quite get there due to a bad gravelly pot holed road. But went over east and back, about 21 miles or so. I tooted around downtown Corning and got these pictures. Very classy town.

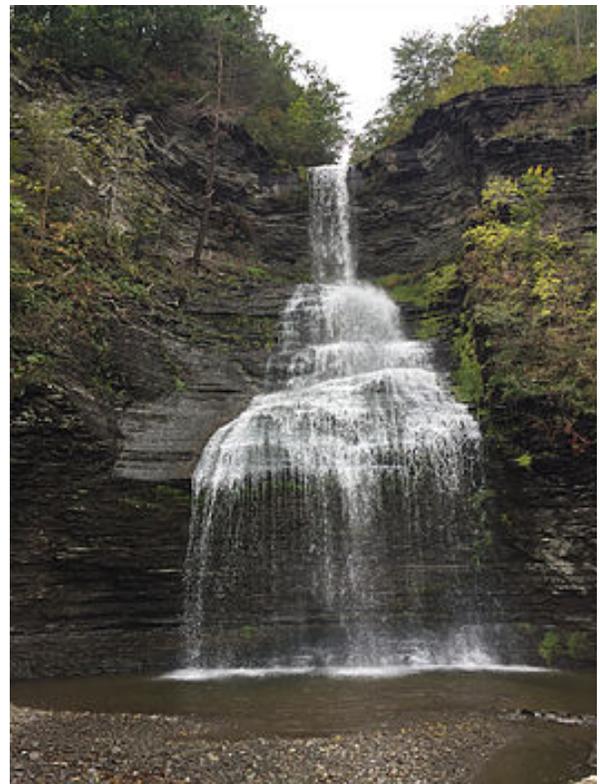
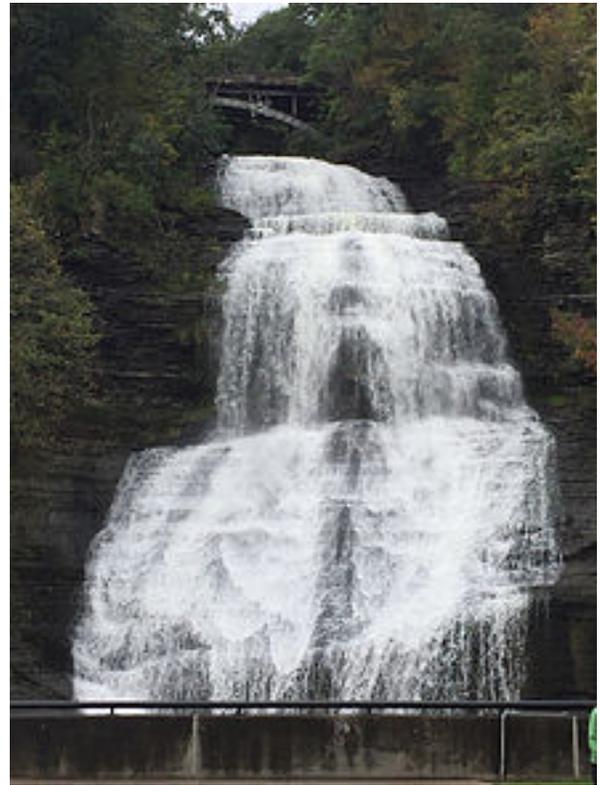


Today so felt like riding in Oregon with all the mist and no sun. It was still good riding though. We saw our first semblance of autumn. Hopefully more to come.



Our morning stop was at Shequaga Falls. That's the only thing good about rain. The falls are raging.

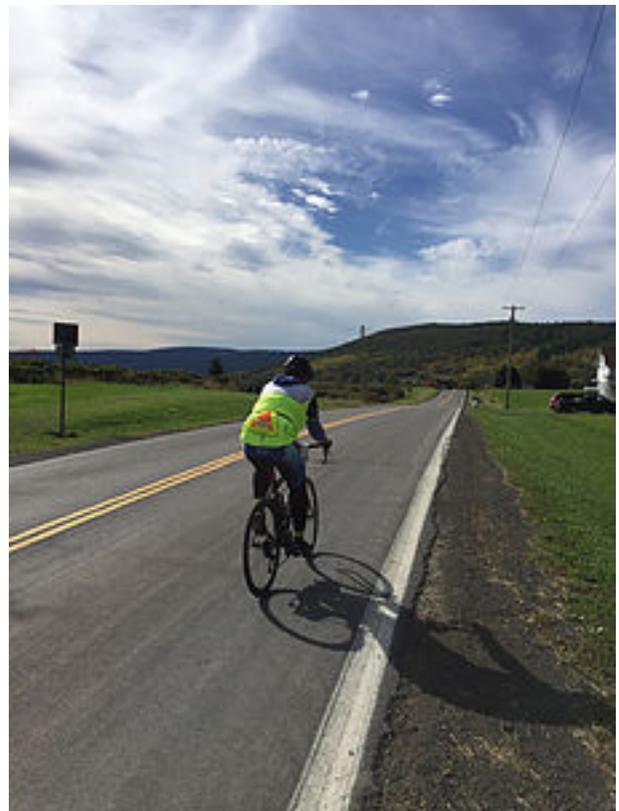
Our next stop was Watkins Glen, but I skipped the hike with my bad legs for that at least. A different falls to photograph and then up and up NW to Penn-Yan as it started to dry up a bit. Then NE to Geneva ending with some sun.



Montour Falls

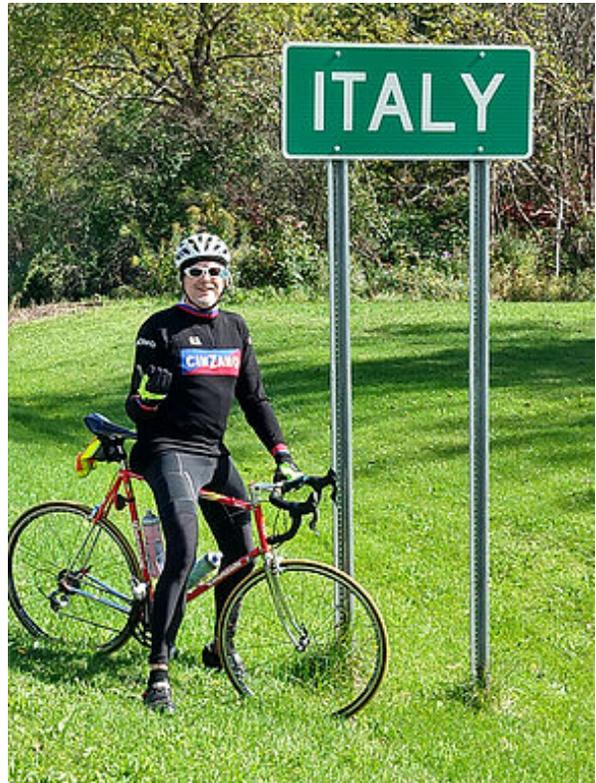
There's one day where the deluge was so huge that I couldn't see 10 feet in front of me. I sought refuge under an abandoned cottage. It was a day I'd rather forget, and I did. I have no photos and no recollection as to which day it was! I rode today with my roomie, Scott MacCormack. This is his fifth or sixth Heart Cycle tour of the year! Today's ride went through some Amish Country. You can barely see the black lab "guarding" the buggies.

FINALLY, SOME SUNSHINE



On this tour I seem to always be leap frogging with Ron and Bev!

I seem to have dressed appropriately for today as we ride through Italy and have lunch in Naples.





What to do on your day off in sunny Canandaigua? Bicycling, wine tasting, beer drinking and brats eating. Well, the last day was back to normal for this week. Misty rain and fog. And again, two flat tires. So this last picture is me dreaming.

I loved the Rieslings and other sweet wines this area has to offer!

Ciao!

Jimmy





A window was installed on the sliding door of the Sprinter at Vanworks in Ft. Collins. This results in a much safer configuration and was needed to eliminate the blind spot.



ACTUALLY, HEARTCYCLE WANTS YOU – TO LEAD A TOUR

WHY YOU SHOULD LEAD A HEARTCYCLE TOUR

HeartCycle is a bicycle touring club with members. If you are reading this in the newsletter, then you are a member who has probably been on a few of the club's tours. As a club, we depend on our members to keep the club operating, but also to keep it vital and fresh. While a member contributes to the club by renewing his or her membership, and by participating in tours, the club also relies on some members to go a bit further, by performing tasks important to the club, such as editing and distributing the newsletter, looking after the Sprinter, serving on the Board, and leading or sagging a tour. Leading a tour is one of the most important contributions a member can make to the club.

Each year, the club assembles an exciting menu of tours for the following season. Club members at the annual meeting in October look forward to the announcement of the upcoming tours. The tours are integral to the club's raison d'etre.

We are not a commercial bike tour company: the club's tour directors work hard to make the tour offerings fresh, interesting and attractive to members, and non-repetitive from year to year. This is harder to do than it might look. As many members have ridden extensively in Colorado, the club in recent years has offered fewer Colorado-based tours each year, and more out-of-state and international tours. It requires more effort to plan a tour that isn't in our back yard, but the rewards of exploring new terrain, sights and routes on a bicycle are immense. The club benefits from new ideas about tour concepts and from broader participation in tour leadership. It is better for us, as a club, not to rely too heavily on a handful of tour leaders, or to ask the same people to lead too many tours season after season.

If you are sociable, well-organized, and intrigued by the idea of leading a club tour, here are some reasons to consider why you should lead a tour.

1. You can ride the tour you want and when you want – because you are planning and leading it.
2. You make the club better by contributing and volunteering.
3. It's gratifying to see other members appreciate and enjoy a tour you are leading.
4. You make new friends.
5. If you lead a tour, your registration fee is waived, and your spouse or significant other can share a room with you at a 50% discount.
6. If you lead a tour, you earn a registration priority on a future HC trip.
7. You gain a special appreciation for the work and organization that go into a staging a bicycle tour.
8. You earn a discount on one future HC trip.

If you have never led a tour, start by co-leading with someone more experienced. The Club has developed a tour leader's manual with guidance on many of the issues faced on tour. Our two co-tour directors, Bob Rowe and Rich Crocker, both very experienced tour leaders, stand ready to help train new tour leaders, as do other members who have led tours. The 2019 schedule is in its finishing stages and the tour directors are looking ahead to 2020. Please join us.

Contact Rich (richcrocker@hotmail.com) or Bob Rowe (browe49@comcast.net) or Fred Yu (fyu6690@icloud.com)

Colorado HeartCycle 2019 Tours

Bicycling in Paradise: Maui

Maui, Hawaii

Jan. 26 - Feb. 1, 2019 Status: Wait List
 6 days, Int./Exp. \$2,280.00
 John Aslanian, 22flatrock@gmail.com
 Bob Rowe, browe49@comcast.net

Tucson Town & Country

Tucson, Arizona

March 2 - 10 Status: Open
 8 days, Intermediate \$1,470.00
 Rich Crocker, richcrocker@hotmail.com
 Tina Vessels,

Paso Robles Wine Country

Paso Robles, California

April 6 - 13 Status: Full
 7 days, Int./Adv. \$1,390.00
 Becky Bottino, bbottino@gmail.com
 Ken Condray, condray3@gmail.com

Big Bend - The Forgotten Park

Marfa, Texas

May 4 - 12 Status: Wait List
 8 days, Int./Adv. \$1,950.00
 Nate Dick, npdick@gmail.com
 Larry Harris, thepedalers@aol.com

The Island of Mallorca

Palma, Mallorca, Spain

May 4 - 18 Status: Wait List
 14 days, Intermediate \$2,750.00
 Rich Crocker, richcrocker@hotmail.com
 Polly Page, mspollypage@gmail.com

The Moab Area Tour

Moab, Utah

May 11 - 16 Status: Open
 5 days, Int./Adv. \$1,130.00
 Doug Moll, doug@aaplus.com
 Richard Loeffler, richardtloeffler@gmail.com

Bourbon & Bluegrass

Louisville, Kentucky

May 22 - 30 Status: Open
 8 days, Int./Adv. \$1,520.00
 Jimmy Schroeder, jimmyschweb@gmail.com
 Helayn Storch, helaynstorch@hotmail.com

Central Oregon High Desert

Sisters, Oregon

June 10 - 17 Status: Wait List
 7 days, Int./Adv. \$1,695.00
 Ann Werner, acwerner@comcast.net
 Bill Buckley, william.buckley87@gmail.com

England - Magical History Tour

Oxford, England

June 16 - 26 Status: Wait List
 10 days, Intermediate \$3,340.00
 Graham Hollis, gramhollis@comcast.net
 Fred Yu, fredericky@comcast.net

Rediscover Colorado - Central Rocky

Mountains and Passes

Gunnison, Colorado

June 22 - 29 Status: Open
 7 days, Advanced \$1,420.00
 John Penick, jpenick@gmail.com
 Rosemarie Lueke, ree22@msn.com

Colorado HeartCycle 2019 Tours

Italy's Dolomites

Alta Badia, Italy

Part 1 Base Tour

June 23 - 30

7 days, Adv./Exp.

Status: Full

\$1,650.00

Bormio, Italy

Part 2 Option

June 30 - July 4

4 Days, Expert

Clare Bena, cbvamoots@gmail.com

Status: Full

\$650.00

Le Monastere: Session 1

Lemoux, France

June 29 - July 6

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Open

\$2,350.00

Le Monastere: Session 2

Lemoux, France

July 6 - 13

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Open

\$2,350.00

Women's Weekend with Love, Sweat and Gears

Colorado Springs, Colorado

September 4 - 8

4 days, Easy +

Maryann Loeffler,

Julie Lyons,

Status: Open

\$700.00

Coast-to-Coast Northern Tier Year 4

Grand Rapids, Michigan

September 7 - 21

14 days, Int./Adv.

Rich Crocker, richcrocker@hotmail.com

Richard Williamson, richard6a@gmail.com

Status: Wait List

\$2,450.00

Bicycling in OZ: The Ozarks

Fayetteville, Arkansas

Oct. 29 - Nov. 6

8 days, Int./Adv.

Jimmy Schroeder, jimmyschweb@gmail.com

Tom Biggi, biggi@awdboost.com

Status: Open

\$1,540.00