

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
June 2010



HeartCycle is returning to beautiful Vietnam...

...for the 2011 version of the very successful trip we made in 2008. Escape the winter doldrums and join us for two weeks of tropical biking and sightseeing on a trip that has it all. Bike the coast of the South China Sea, and enjoy your evenings at gorgeous 4 star beach resorts. Ride mountain passes to the old French summer resort of Dalat (Little Paris). Ride an elephant.



Japanese Covered Bridge



China Beach near Da Nang

Visit the 3,000 year old city of Hue on the banks of the Perfume River. Pedal through tiny fishing and farming villages, where the children still delight in the sight of the rare American tourist. Enjoy days of riding on mostly quiet roads that have little auto traffic. Take in the culture, history, food and shopping in cities that date back to 200 BC. How about 74 miles of mostly downhill? Really! Watch families of 4-5 riding on one motorcycle.

Cycling distances given are entirely optional; the support vehicles will be available at any time. Bike more or less as you prefer. Most days the distance is too great to bike the entire way and we will drive part way. This tour is a combination of cycling, sightseeing and exploring. HeartCycle offers this tour in conjunction with PedalTours NZ and its Vietnam affiliate Active Asia (formerly Eco Tours). For a detailed description of this tour see page 5.



Ready to start with our guides, Phuong and Binh



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Notes from the Board

A Helmet How-To

Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC). If your helmet doesn't have a CPSC sticker, get one that does. **Always** wear a bike helmet, even if you are going for a short ride.

Your bike helmet should fit you properly. You don't want it too small or too big. Never wear a hat under your bike helmet. If you're unsure if your helmet fits you well, ask someone at a bike store.

Once you have the right helmet, you need to wear it the right way so it will protect you. It should be worn level and cover your forehead. Don't tip it back so your forehead is showing.

The straps should always be fastened. If the straps are flying, it's likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.

Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it. If you do fall down and put your helmet to the test, be sure to get a new one. They don't work as well after a major crash.

(This article was written for children, can we adults learn anything from this?)



Springtime in San Diego County - April 22-30, 2010

By David Lucks



Our Fearless Leaders, Sy and Bob

Thirty-one riders expectantly convened at the historic Dana Inn on Mission Bay to kick off the springtime tour. We looked around, made our introductions, and realized that many of us had met before on random rides, at Denver Nuggets games, and even at work. Our SAG drivers: the irrepressible (and at times incoherent) Jeff Messerschmidt and Master chef Sherry Harris laid out a few ground rules that were immediately broken. Our fearless leaders Bob Rowe and Sy Katz reassured everyone that we would all make it home barely alive and that we would have an enjoyable time in spite of all of our upcoming suffering. This was advertised as an expert tour and they sure were not kidding.

Day 1 was an incredibly scenic pleasant tour from the bay through beautiful gardens, up the very steep but short Mount Soledad - offering panoramic views of the ocean below. A 20% white knuckle descent took us to Torrey Pines State Park then onto lunch at the strand in Oceanside via La Jolla, Del Mar, and Carlsbad California. After lunch a bike path brought us to another leg burning climb to Fallbrook – spring training home of several professional cycling teams.

Fallbrook riding is a roller coaster sequence of climbs and descents on grades that are not permitted in Colorado. Via de la Reina averaged 14% uphill for just under a mile with the final hundred yards at least 20%. Most were forced to dismount and walk. The terrain was bucolic with lilac and sage in the air throughout and field after field of citrus and avocados. It was definitely worth spending the extra night there to enjoy Fallbrook for a second day.

Day 3 took us from Fallbrook through countless more orchards and rolling hills and a cliff-like descent to the Bates Nut Farm for lunch. The nut farm had numerous vendors selling local farm products and a classic car show with 50's rock and roll playing continuously overhead. I tried trading my Cannondale for a 1957 Corvette to no avail. Once we were released from the nut house another harrowing descent down Cole Grade Road (a perennial Tour of California Stage) took us the hot dusty desert town of Rincon – famous for none other than casino gambling!



Cheesing it up for the camera at Torrey Pines



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Lunch at Palomar

Day 4 featured La Reine de la Tour – the climb up Mount Palomar – nearly 4500 vertical feet over 13.3 miles. That climb separated the men from the rest of us little boys and girls. Overdressed, overheated, and out of water I succumbed to tetanic spasms of dehydration and electrolyte imbalances. The tour of the historic Mount Palomar Observatory almost made it worth the pain.

Thank goodness day 5 was a rest day! Most of the riders spent the rest day at the Warner Springs dude ranch soaking in hot springs or hiking. One adventurous soul piloted a glider just for grins. I hitched a ride up to L.A. to see my newborn niece Edith and tour the stolen masterpieces of the Getty Museum.

Day 6 started out with some rain and a long, winding, seriously windy 20 mile descent to the forlorn dustbowl of Borrego Springs. Lunch was at a State Park whose facilities were no longer functioning or maintained because of California's economic crisis. Fresh fruits and citrus from the local markets were once again the featured menu items!

What goes down must go up. We climbed almost 20 miles up the narrow Banner Grade Road through 60 MPH plus headwinds and gusts that blew me from one side of the road to the next. A very experienced rider was blown over a guardrail but fortunately landed on nice soft cushy cacti. Another was blown completely around and found himself heading downhill in the wrong direction. The climb took an eternity but once we reached our destination in Julien we were rewarded with gale force winds, freezing rain, and snow.

Day 7 was cancelled – a rain out. It was too cold to do anything. I took off for home and missed the final ride which I'm told was fantastic. 80 miles of mostly fast descending back to Mission Bay. All in all this tour had everything: 350 miles of freezing cold, rain, wind, heatstroke, dehydration, white-knuckle descents, and leg-burning climbs. The food and the fellowship were unequalled. Who could ask for anything more? I can't wait for the next one!





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Vietnam

February 23, **Feb 24-Mar 9**, 2011

\$2330/\$xxx Deposit **Rating E37-I75**

Balance due by: xxx xx, 2010

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DAY 1 – FEB. 23, 2011 – Arrive Hanoi

There will be time for a quick tour of the city and a leisurely dinner of traditional Vietnamese or French cuisine. Walk the Old Quarter, with its narrow streets where trades people can be seen working from their stalls. Visit some of Hanoi's historical sights: the beautiful Hoan Kiem lake, Ho Chi Minh's Mausoleum and Ho Chi Minh's house, where he preferred to live simply. One Pillar Pagoda, a small but significant pagoda with a Buddhist representation of the world and the Temple of Literature, originally built in 1070. The Water Puppet show is also recommended and very popular – it is best to prebook on arrival in Hanoi.

DAY 2 – FEB. 24 – Hue

We take the morning flight from Hanoi to Hue (1hr 15 mins.). Hue, built on the banks of the Perfume River, is steeped in 3,000 years of history. In Hue we will meet the rest of our Vietnamese guides, all of whom speak excellent English. One is a former Vietnam cycling champion. The same fun guys we had last trip

DAY 3 – FEB. 25 - Hue to Hoi An

We BIKE from town along a flat coastal road, through various fishing and agricultural villages. You will have your first experience of the friendliness of the locals, especially the children. Lunch is at Long Co Beach, an hour's drive. From here we tackle the Hai Van Pass, a very quiet road now that there is a tunnel (not open to cyclists). The view from the top, and on the descent, is outstanding and well worth the effort. (The support vehicle will be there, of course, should you prefer to drive) After a fabulous descent we reach Danang, where you might like to visit China Beach where American servicemen went for their R&R during the Vietnam conflict or a marble factory and view the exquisite workmanship. We then we board the support vans to drive to Hoi An (you are welcome to bike if you wish). We have knock out accommodations while in Hoi An.



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Day 4 – FEB. 26 - Hoi An (Rest Day)

Today is a day at leisure to explore this delightful town (dating back to 200BC) with its street side cafes, artists and markets. Explore the historic architecture of Japanese and French origin, take in the morning concert of traditional music or take an easy ride to the fabulous Hoi An beach. There is much to see and do. There are wonderful pastry shops in the old town and excellent tailors who will make any garment to measure, including cycle jerseys, in a few hours.

There is a wonderful cooking school in Hoi An. Let your guide know if you would like to book a cooking class.

DAY 5 – FEB. 27 - Hoi An to Quang Ngai

We leave Hoi An on a delightful little road into the countryside where we will sample a slice of rural Vietnamese life. Approaching Quang Ngai we take another lovely side road, passing a fishing village and a lively local market. The route includes 7 mi. of unsealed road; it is quite rideable but the support vehicle will never be far away. The ride finishes at My Lai; you may wish to visit the memorial site.

DAY 6 – FEB. 28 - Quang Ngai to Qui Nhon

We drive to Tam Quan to commence biking on an attractive minor road. It includes 2 steep (c. 10%) climbs, and excellent coastal views. We drive the final 19 mi. to our seaside resort.

DAY 7 – MAR. 1 - Qui Nhon to Nha Trang

Nine miles from town – you may wish to drive this – we take a delightful quiet road up a gentle valley and then down to Chi Thanh; it includes 10 mi. of unpaved road. The afternoon ride includes great coastal biking before reaching the hwy again and driving into the city. There may be time to visit an ancient Cham Tower, a relic from the ethnic people who once ruled this part of Vietnam.

DAY 8 – MAR. 2 - Nha Trang (Rest Day)

Today there is the option of a boat trip to the islands. You will visit a fishing village and be rowed ashore in Vietnamese round boats. There will be time to swim and snorkel, so bring your suit. A stop will be made at the Oceanographic Institute and Tri Nguyen Aquarium; lunch will be at a lovely bamboo restaurant on an offshore island, returning to Nha Trang mid afternoon.

DAY 9 – MAR. 3 - Nha Trang to Buon Ma Thout

Today we bike through the mountainous Central Highlands. A feature is the long houses of the Edeh and M'Nong people (the two main ethnic groups in the Central Highlands).

DAY 10 – MAR. 4 - Buon Ma Thout to Dalat

We bike on a very attractive road through a wonderful variety of scenery – through hills and broad valleys as we head for Lien Son, the summer palace of the late Emperor, with its sweeping views of Ho Lak and the surrounding countryside. We also stop at an ethnic village, with its long houses and may have the opportunity to have a ride on working elephants.



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DAY 11 – MAR 5 – Dalat (Rest Day)

Dalat, at 4868 feet above sea level, is a temperate region dotted with lakes and waterfalls and surrounded by evergreen forests. Once known as “Little Paris”, this was once a French hill station. The surrounding hills provide Vietnam with the more temperately grown flowers and fruit and vegetables such as strawberries, carrots and apples.

In the morning we visit a silk embroidery village, the “Crazy House”, with its weird architecture, and the Art Deco summer palace built for former emperor Bao Dai in 1933. The afternoon is free for you to explore: Dalat is an excellent area to explore by foot or bike. You may wish to bike around Xuan Huong Lake, or take the cable-car to the Zen Pagoda. A half day tour to an ethnic village is an optional extra – please ask your guide to arrange this.

DAY 12 – MAR. 6 - Dalat to Mui Ne: (near Phan Tiet)

We descend the Prenn Pass, then take a minor road, with superb views, through isolated country, to a K’Ho, ethnic minority village where we have lunch. From here we continue to descend gently to the coast and our overnight stay at the beautiful Bamboo Village resort on the golden sand Mui Ne.

DAY 13 – MAR. 7 - Mui Ne to Loc An

Quiet roads take us to the coastal desert reserve at Phuoc Buu. Lunch will be at La Gi. In the afternoon there will be more coastal riding as we bike beside large sand dunes and plantations of the bizarre looking Dragon fruit.

DAY 14 – MAR 8 - Loc An Beach to Saigon

We bike by rubber, cashew nut and black pepper plantations. On reaching a roadside temple we load up to avoid the busy highway into Ho Chi Minh City.

There is the option of not biking today in order to spend more time in Saigon.

DAY 15 - DEPARTURE

The tour finishes after breakfast this morning. We will gladly take you to the airport should you depart this morning.

Tour leader – Jim Berry

For further information contact Jim Berry at 303-779-3607 or 303-880-4282 or jimberry@qwest.net.

Optional pre- and post-tour trips:

While not an official part of the HeartCycle tour, you have the option of adding a 3 day pre-tour trip to beautiful Ha Long Bay. This spectacular and romantic area is a World Heritage site. There is also available an optional 4 day post-tour trip to the Mekong Delta. If you are interested in either of these optional trips, please contact Pedal Tours directly at www.pedaltours.co.nz. Also see below for a more complete description of these trips.



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Colorado HeartCycle 2010 Tours

Arizona- Missions, Mines and Missiles

February 21, **22-28** Arizona Status: completed
300 miles/7 days (6 riding, 1 rest day) \$1030
Leaders: Rich Crocker, richcrocker@hotmail.com
Bill Stone, 719-598-6329, bill.stone@q.com

Ride Across America – Part 3

March 12, **13-29**, TX to FL Status: completed
1129 Miles/ (13 days riding, 2 days off) \$2075
Leaders: Jerry Bakke, (303) 738-9861
Steve Parker, (970) 382-9551

Springtime in San Diego County

April 22, **April 23-May 1** California Status: completed
415 miles/8 days (1 rest day) \$1095
Leaders: Sy Katz, 303-789-5268, 303-550-2073 (Cell),
SKSKATZ@Comcast.net
Bob Rowe, 303-762-0494, 303-910-7230 (Cell),
browe49@comcast.net

East Coast Easy

May 8, **May 9-15** Virginia Status: completed
270 miles/6 days \$1100
Leaders: Jay Wuchner, (720) 840-6467,
jaywuchner@comcast.net
Deb Wuchner, (303) 792-2111, debwuchner@comcast.net

Crater Lake National Park to Lava Beds National Monument

June 25, **June 26-July 3** Oregon Status: open
400 miles/8 days (2 rest days) \$1,355
Leaders: Duncan Rollo, (970) 224-2783,
duncanrollo@msn.com
Dan Pappone, (408) 316-1667, danpappone@att.net

Rocky Mountain Ramble

June 26, **27 June-3 July**, Colorado Status: open
300 miles/7 days (6 riding, 1 rest day) \$875
Leader: Sheridan Garcia at (303) 638-0330 or
sheridangarcia@yahoo.com

Colorado's San Juan Mountains

July 16, **July 17 – 24**, Colorado Status: 7 slots open
506 miles/ (8 days, 1 rest day) \$1,050
Leader: Gary Angerhofer, 303-989-2015,
garyangerhofer@gmail.com

San Juan Islands & Western Washington

August 7, **August 8 – 14**, Washington Status: full
420 miles; 7 days (6 riding, 1 rest/ride) \$850
Leaders: Ken Condray & Becky Bottino,
425-745-1159, condray3@comcast.net or
bbottino7@comcast.net

Idaho Panhandle, Lakes, Rivers & Silver Mining

Aug 21, **22 – 28 Aug**, WA, ID, MT Status: 7 slots open
400 miles/7 days (1 day off) \$950
Leaders: Harvey Hoogstrate, (303) 755-9362,
harvhoog@gmail.com
Ken Condray, (425) 745-1159, condray3@comcast.net

Black Forest Loop, Germany

August 28, **Aug 29 – Sept 11**, Germany Status: cancelled
840 miles/14 days (3 rest/ride days) \$2225
Leaders: Joachim Kuhlmann, kuhlmanjoachim@aol.com
Rich Crocker, (719) 481 -2313, richcrocker@hotmail.com

Fireworks of Fall - The Notches of New Hampshire

Sept 11, **12-19**, New Hampshire Status: open
425 miles/8 days (1 day off/ride) \$1055
Leaders: Jim Bethell and Janet Reilly
518-446-1766, jim@bikes5.com

Volcanic Skylines: Lassen to Mount Shasta

Sept 24, Sept 25 – Oct 2, California Status: open
468 miles/ 8 days (1 rest day) \$1,180
Leaders: Duncan Rollo, (970) 224-2783,
duncanrollo@msn.com
Dan Pappone, (408) 316-1667, danpappone@att.net

Moab Skinny Tire Ride

October 8, **9 - 11**, Utah Status: open
148 miles/3days \$410
Leaders: Mark Berenson & Charlotte Patterson,
(970) 626-5649 or racemark@aol.com

For more information on, and to register for, all the 2010 HeartCycle tours go to the website at www.heartcycleregistration.org or contact the tour leaders listed. Email addresses for tour leaders available on the website.