

Heart-to-Heart



Note from the President

Uncle HeartCycle Needs You



In September, twenty-eight lucky Club members will start the fifth and final segment of the Coast-to-Coast (CTC) tour. Over two weeks we will ride from Rochester, NY, crossing the Adirondacks (NY), Lake Champlain and the Green Mountains (VT), and the White Mountains (NH) before finishing in Portland, ME and tucking into a lobster dinner. CTC was supposed to finish last year, but, you know, Covid While there will be a certain satisfaction at completing a five-year cycling project, I think that we will also feel that the Adventure Series rides have been unique experiences, even when held up to the incredible variety of HeartCycle tours .

The Adventure Series was the brainchild of Steve Parker and Jerry Bakke. Its inaugural tour was a three-year endeavor to Ride Across America, beginning in 2008 in San Diego and finishing in St. Augustine, FL. The second generation was a north-to-south Border-to-Border tour that snaked down the Pacific coast over three years from Vancouver, B.C. to Mexico. The third iteration was the Great Rivers tour. It began in St. Francisville, LA and, over two years, meandered up the Mississippi River basin, concluding in the Quad Cities of Iowa and Illinois. The fourth tour in the series, CTC, started five years ago in Astoria, OR (where Lewis and Clark ended their westward journey), and has traced its way east through the northern tier of the United States. Eight Club members have proudly ridden every tour of the Adventure Series.

These multiyear tours have been terrific cycle touring projects for the participants. In the Adventure Series, Steve and Jerry had a vision and a goal broader than the usual week-long bike tour. While the tours all had different highlights, they also created unique and unexpected opportunities and lasting memories. For me, riding Great Rivers and spending time in the southern U.S. was like a visit to a foreign country. A tour of the Vicksburg National Military Park was an indelible history lesson about a turning point in the Civil War and a reminder of why the traumas of that era still stalk America today. Cycling up the Natchez Trace, I stopped at every historical marker and exhibit to glean another historical tidbit about the lives lived over one hundred and fifty years earlier. Plus, the shared experience of touring together with a group for two weeks at a time is always a good way to get to know other Club members better and to create stronger friendships.

(Continued on Page 3)

The Board of Directors

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 Newsletter Editor

Tour Director Musings

HeartCycle will offer 4 European tours for 2022: Jewels of Portugal, Lands End England, Champagne Bike & Barge, and Le Monastere. These tours with their full tour descriptions and pricing will be posted in ~10 days on the website and registration will open on August 26-30th. Don't wait until the last minute to sign up.

A glimpse into our potential domestic tours for 2022: February- Florida Keys; March - Fredericksburg, TX; April - Paso Robles and Shenandoah Valley; May - San Diego County; June - Steamboat Springs; July - [we have room for you to plan a tour!!!](#); August -San Juan Islands, WA; September - Oregon Wine & Surf and Front Range Brews & Bike (or is it Bike & then Brews??); October - Ole Man River, MO/IL/KY. As always we would love to have you volunteer to lead a tour for 2022, just contact me with your ideas.

Get ready for HeartCycle bike tours in 2022.

Judy Siel
 Tour Director

The CTC ride this year will conclude the Club's current Adventure Series, but I believe that the Club should keep the spirit of the Adventure Series alive. You, the membership of the Club, can help do that. **THE CLUB NEEDS YOU.** Think of an ambitious cycle touring goal. It needn't be a multiyear effort to begin with, but a duration longer than a week is good, and indicates a commitment greater than the usual one-week bike tour. Ideally, it will have a theme or motif (a hook), and some salient features that no one will want to miss – history is always good; unique scenic vistas never hurt; large bodies of water can be stupendous in their own right, since we don't have those in Colorado; a mix of rural and urban venues can be intriguing. Also – my preference – leave tour participants enough time to enjoy and savor the elements of the tour. On a two-week tour, Club members appreciate a couple of rest days in pleasant surroundings to recuperate and explore. Plan tolerable days in the saddle – no one likes to arrive knackered at the end of each day. Those of you who are experienced bike tourists will know the elements that can make a tour especially enjoyable.

Next year's tour in England, Land's End to John O'Groats, offers many of these qualities, in my view, but going abroad these days can be a challenge, and isn't for everyone. Another Adventure Series circuit for the Club should likely be within the continental U.S. If you have an idea, please let our Tour Director, Judy Siel, know. She'll be happy to offer guidance on how to realize your dreams.

Fred Yu
President

SAVE THE DATE

The HeartCycle Annual Meeting and Luncheon will be held on Saturday, October 23, 2021 at the Mount Vernon Country Club. The meeting will be preceded by a group bike ride around Genesee and Lookout Mountain. There will be an open-bar social hour before the luncheon. Look for further information, including registration instructions in the next newsletter.

A Brief History of HeartCycle

By Steve Brown

(Editor's Note: This article originally appeared in the 1989 Winter edition of the HeartCycle newsletter. It was provided to me by **Paul Bauer**, past Board Member ['89-'93] and past President [1991]. At that time, the newsletter did not have a name. In 1991 a "Name the Newsletter Contest" was held and the winning entry, "**Heart-2-Heart**", was submitted by member **Walt Joseph** of Albuquerque, NM. The name was later changed to Heart-to-Heart.)

HeartCycle was born of an idea of Denver cyclists Robert Kubik and Dr. Philip Oliva. In October of 1977, Dr. Oliva and Mr. Kubik presented a proposal that the Colorado Heart Association sponsor a long-distance bicycle tour of Colorado to promote bicycling for cardiovascular fitness and health. Dr. Oliva, a noted cardiologist, sought to refute the then commonly held belief that strenuous exercise, particularly exercise at high elevations, was injurious to the heart and lungs. Dr. Oliva wished to demonstrate that, with proper physical training, strenuous aerobic exercise dramatically increases the heart's ability to withstand stress.

The Colorado Heart Association warmly endorsed the proposal as one of its major activities for 1978. Twenty-four cyclists took part in the first HeartCycle tours in 1978, a 1000-mile route and a 1000-kilometer (621-mile) route. A bicycle training program was conducted before the tours. The riders were given cardiovascular stress tests before, during and after the tours. The initial results confirmed the hypotheses of Dr. Oliva.

In 1979, HeartCycle was expanded to 4 routes with 41 cyclists taking part. The tours were widely covered by the Colorado news media. HeartCycle heightened the public awareness of the importance of cardiovascular exercise and the value of cycling.

The success of the first two years of HeartCycle lead to the incorporation of the Colorado HeartCycle Association, Inc. as a non-profit Colorado corporation in April of 1980. This new independent status permitted HeartCycle to become self-supporting, no longer financially dependent upon the Colorado Heart Association and other contributors.

With its new status in 1980, HeartCycle blossomed into a national event with 8 routes and a total of 104 riders from 28 states taking part. In subsequent years, HeartCycle would grow steadily. In 1985, HeartCycle introduced its first bike tours to begin outside of the Front Range area. HeartCycle conducted its first bicycle tours outside of Colorado in 1986. HeartCycle began its cross-country skiing program in 1988. That same year, HeartCycle sponsored its first ATB (mountain bike) tour and its first foreign bicycle tours.

For 1989, HeartCycle offers 12 road bicycle tours of Colorado, Wyoming, New Mexico, Nevada, and California and 2 ATB tours of the Colorado Rockies. The HeartCycle road and ATB training program has been extended to 23 weeks, from March through August. The vision and enthusiasm of its members will propel the proud tradition of HeartCycle on into the future.

HeartCycle Tour de Sawtooth

June 2021

By Sue French Smith

So happy to be back on tour! The Tour de Sawtooth went smooth without many challenges. We had 24 riders, plus our capable, informative tour leaders, Fred Yu and Joan Spilka. Our SAG team of Melissa Collins and Cindy Alvarez had everything planned and prepared in anticipation of COVID regulations remaining in place, yet they were able to pivot as the trip progressed and COVID restrictions were eased. The tour began with all restrictions in place, everything pre-packaged, lunches made up ahead of time, lots of baggies! With the entire group vaccinated, we all agreed to relax the restrictions as we moved along the route. However, we maintained vigilance as needed and maintained social distance from those outside the group.

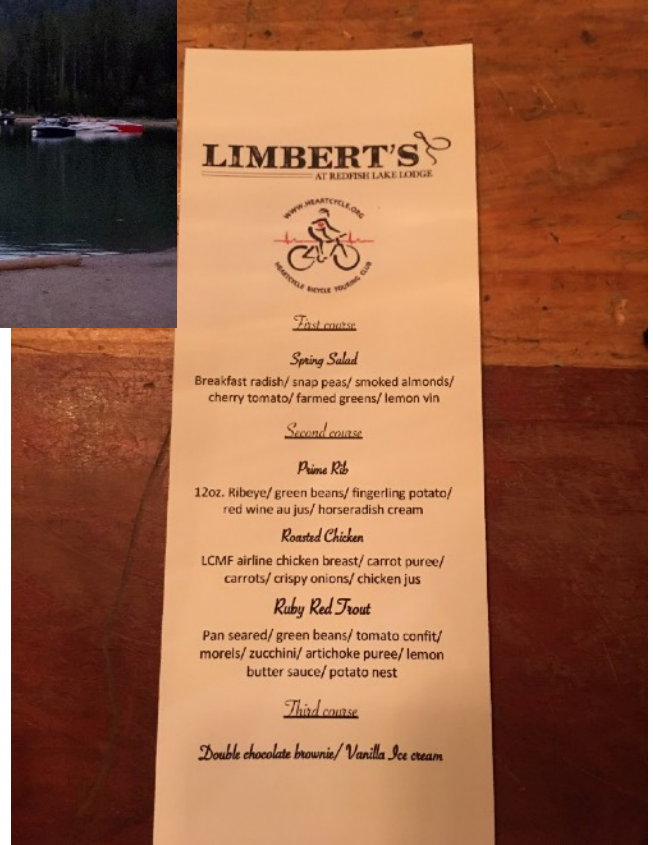
Highlights of the tour: Fantastic views of the mountains and rivers EVERY day. The Salmon River provided calm, peaceful riding scenery. The weather was just about perfect. The threat of extreme heat for the last two days dissipated, and temps remained in the warm, but rideable range. The rest day location afforded everyone an opportunity to cross-train with fishing, a river float, or relaxing near the river. Our knowledgeable tour leader, Joan, provided historical and fun facts each day about our location.

The route was a lollipop loop starting in Ketchum, climbing to Redfish Lake for a short diversion from the loop, on through Stanley, on to Challis followed by an out and back to Salmon, then continuing the loop by way of Arco and Craters of the Moon, and back to Ketchum.



Day-1: The ride out of Ketchum was part bike path and on to the climb up Galena Pass. A tailwind provided an assist on the way. Scenic and limitless views across the Sawtooth range, the Big Wood River, and the headwaters of the Salmon River which would become our riding companion for the next several days. Once up the pass, an angelic downhill followed to lunch at Smiley's by our intrepid SAG crew, Melissa and Cindy. The lunch stop was perfect with a private clean honey bucket nearby. The afternoon was a glorious ride into Redfish Lake with photo opportunities at Little Redfish Lake. Redfish Lake Lodge is a full-service accommodation with plenty of activities including kayaking, swimming (cold!), and other boating options. The cabins had lots of character and were close to the lake and views.





After a delicious group dinner at the lodge where we feasted on red trout and other courses, a few hardy souls stayed up to enjoy the rockers on the porch of the lodge overlooking the lake with the Sawtooths beyond. Facts for our first day, Idaho has 3,100 miles of rivers - more than any other state. The total length of Idaho's rivers and waterways (over 107,000 miles) could stretch across the US 38 times. State Gemstone is the Star Garnet found almost exclusively in Idaho.



The next day, after a cool start high up at Redfish Lake, people were shedding clothing in Lower Stanley. Don't forget to look back – the valley lay below and the views of the mountains were stunning. The ride along the Salmon River all the way to Challis was breathtaking. Traffic overall was not bad, but the shoulder did fall away down the riverbank which kept your focus on the road. Lunch was another delight right by the river in a spacious campground. By the end of the day in Challis, we were back in the hot zones with a high of 92. The day ended with a boomer thunderstorm and showers, but fortunately everyone was safely housed in our hotel.

Idaho grows one third of America's potatoes, or 27 billion starchy vegetables annually. In addition to potatoes, Idaho is known for its trout. An estimated 85 percent of all the commercial trout sold in America comes from Hagerman Valley north of Twin Falls. The State Fish is named for its distinctive red to orange slash on the underside of its jaw and called the cutthroat trout which is native to Idaho.

Day-3 dawned with another promise of clear weather for the ride from Challis to Salmon, 62 miles. Another beautiful ride along the river all the way to Salmon, named for the river (or is the river named after the town?) The hotel in Salmon is situated right on the river and we enjoyed our happy hour and group gatherings outside by the river. Bill Scanlon continued his life goal of jumping into every body of water he encounters.

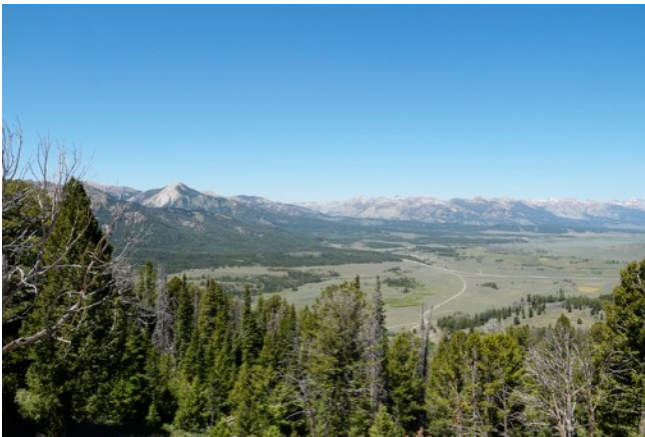


The rest day in Salmon was another beautiful Idaho day. Fishing, biking, and float rafting for some, others took the opportunity to catch up on life.

Day-5: The ride returned to Challis, but going the opposite way seemed like different terrain. Nice gradual uphill and some tailwind. Saw either mountain goats or sheep during lunch break- high on top of cliff above river. Returned to the comfort of our now familiar digs in Challis.



Day-6: We headed out into new territory away from the rivers and on to Arco. Once through a short dark rock canyon, farmlands stretched out as far as you could see. Along the way through the farmlands, two cowboys on horses and 4 dogs moving a herd of cows from east of highway to west of highway went right thru the first sag stop we had to dash to move bikes and lots of dust! After the first sag, we began the climb and were welcomed by a view of Mt Borah, the highest mountain in Idaho at 12,662'. This range is the central portion of the Western Cordillera, the principal mountain range of a continent and runs from the southern tip of Chile to Alaska. During the 1983 earthquake, Mt. Borah rose 7 feet. A wonderful long descent followed. We had some fierce cross winds but then the road turned, and a fast tailwind blew us into Arco – “it made 80 miles feel like 75”. Fortunately, there was only light traffic on the “Peaks to Craters Scenic Highway”. The temperatures stayed in the 80s foiling the original predictions of highs in the 90s. Arco was the first city lit by Atomic Energy in July, 1955. The world’s first peacetime use of nuclear power. It was only temporary but paved the way for commercial use of nuclear power. The Arco reactor later suffered a partial meltdown, another World’s First.



Day-7: Arco to Ketchum (84 miles)

We enjoyed quiet roads leaving Arco with an easy climb to Craters of the Moon for the first sag. Tailwinds, again, blew us into lunch (brunch) by 10:30 and almost everyone was there (only a few biked the additional 10 miles around Craters of the Moon). A one-mile climb after lunch was followed by a drop into another irrigated green farm valley. After Picabo, the route turned onto a lovely side road and wind shifts provided tailwinds the entire day. Sandhill cranes were seen in one field. After Gannett, a nice 16-mile bike trail led back into Ketchum, avoiding the busier roads.







Basalt Groad Four-Day Weekend July 7 - 11, 2021, By Jimmy Schroeder

Day-1: We left Basalt on the Rio Grande Trail which was our backbone for most of our riding the next four days. Guy, Laura, Ann, and I didn't quite follow the pack U-turning in Carbondale thinking that must have been the short ride. Three of us found our way back to the route while Guy forged ahead to Glenwood Springs on the path missing the morning SAG.



Ann and Dave



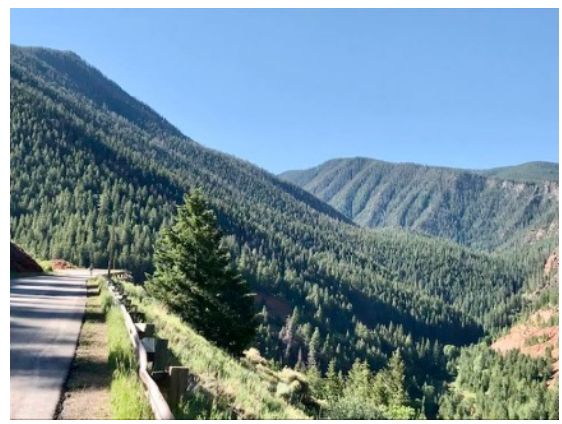
Lou and Dave



After the Rest Stop we crossed Hwy. 82 and climbed a humdinger 11%er gravel road for a mile, and then it calmed down to 5-7% for the next five miles to lunch. Road construction added more gravel like terrain. They were laying dirt on perfectly good asphalt??? I understand gravel is getting more popular, but I can't figure that one out. Scott says they'll be planting marijuana on it! Mt Sopris was always there. Beautiful country and vistas.



Day-2: Just a simple eastward 64-mile out and back on Frying Pan Rd. The red rock with its very green vegetation afforded us some nice scenery upon our climb, and the sounds of the ferocious rapids of the adjacent creeks were exhilarating. The fly fisherman call it “gold medal water”. I never saw so many “no trespassing” signs on river banks. We reached Ruedi Reservoir and a little gravel on a very wide shoulder for our morning stop.



We had some climbs up to lunch but with the nice views and wildflowers to pass the time and perk up our appetites.



Lunch at Chapman's Campground (more like a state park with a reservoir was above us) was just the best as always, thanks to Bev and Robin. We had the option of climbing more and which afforded more views, especially above our lunch stop.

An awesome example of the red rock in the hot afternoon



Afterwards, a few of us cooled off our tootsies in the creek behind Aspenalt Hotel

Day-3: Onward to Aspen on the lonely gravel roads. After the morning stop came a view of Snowmass ski slopes and eventually we reached the base from the rustic backside.



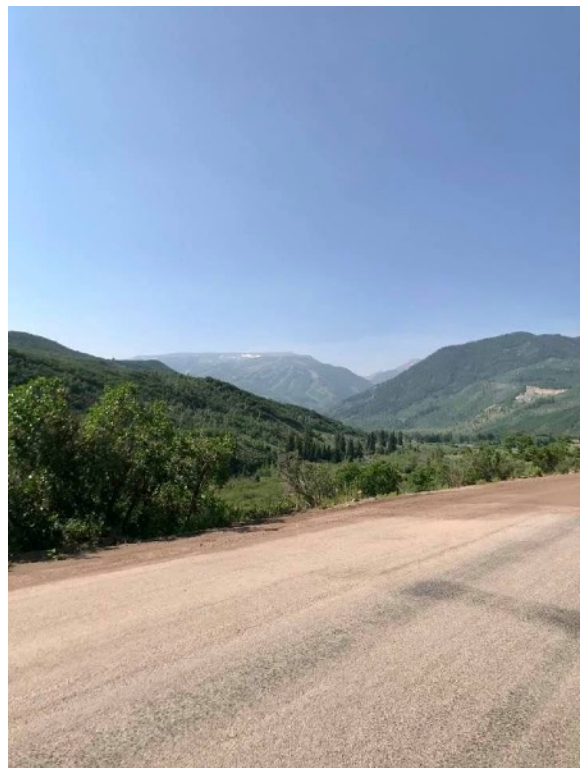
The Carbondale Gang?



Ann and Laura



Dave and Lou



The arduous climb up to the top of Snowmass even had some leaping deer over Scott while resting on his gravel bike.



We rode on lots of trails downhill to Aspen. Laura hit a crooked manhole cover and broke her collar bone and bruised some ribs.



Guy came out a couple of days later and marked the bad asphalt at the manhole cover.



To identify this vandal, call 867-5309

I missed lunch at the mall so I took a detour into Aspen to eat and then linked up with the others at Woody Creek. I actually beat the SAG!. I found out then, that they had to tend to Laura. We finished the ride to Basalt praying that Laura was doing okay.

Day-4: To Glenwood Springs and back.



On our way out, I had to stop and take this picture



The sign was correct! Just ask Carol!



A deer in aspen near Aspen
We also saw nesting osprey



Fourteeners?



Ron's laid back basalt bad asses (sore asses, too)

Colorado HeartCycle 2021 Tours

Springtime in Fredericksburg, TX

Fredericksburg, Texas

March 27 - April 3 Status: Cancelled
7 days, Intermediate \$1,490.00

Tina Vessels, tina.vessels@gmail.com
Kurt Arehart, klarehart@gmail.com

San Diego County

San Diego, California

April 18 - 27 Status: Cancelled
9 days, Advanced \$1,650.00

Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Trek to the Tetons

Logan, Utah

June 12 - 20 Status: Complete
8 days, Int./Adv. \$1,680.00

Jim Schroeder, jimmyschweb@gmail.com
Scott MacCormack,
samaccormack@gmail.com

Le Monastere

Limoux, France

June 18 - 26 Status: Cancelled
8 days, Int./Adv. \$2,350.00

Bob Rowe, browe49@comcast.net

Tour de Sawtooth

Ketchum, Idaho

June 20 - 29 Status: Complete
9 days, Int./Adv. \$1,550.00

Joan Spilka, ljspilka@hotmail.com
Fred Yu, frederickyu@comcast.net

Basalt Groad Four Day Weekend

Basalt, Colorado

July 7 - 11 Status: Complete
4 days, Int./Adv. \$775.00

Ron Finch, blouie-rfinch@comcast.net
Robin Heil, rjsheil@bresnan.net

North Puget Sound Favorites

Anacortes, Washington

July 24 - 30 Status: Complete
6 days, Int./Adv. \$1,600.00

Richard Williamson at: richard6a@gmail.com
Dave Olausen at: d.olausen@comcast.net

Oregon Wine & Surf Loop

Eugene, Oregon

August 21 - 29 Status: Full
8 days, Int./Adv. \$1,750.00

Cindy Alvarez, sindelou@cox.net
Judy Siel, bjsiel@msn.com

Black Hills of South Dakota

Custer, South Dakota

September 6 - 10 Status: Full
4 days, Int./Adv. \$800.00

Judy Siel, bjsiel@msn.com
Barry Siel, bsiel03@gmail.com

Colorado HeartCycle 2021 Tours

Coast-to-Coast Northern Tier - Year 5

Rochester, New York

September 11 - 25 Status: Wait List
14 days, Int./Adv. \$3,390.00
Rich Crocker, richcrocker@hotmail.com
Patty Menz, pattymenz1@verizon.net

Southern Albania

Tirana, Albania

Sept. 28 - Oct. 9 Status: Cancelled
11 days, Int./Adv. \$1,700.00
Tina Vessels, tina.vessels@gmail.com

Ohio Appalachian Country

Columbus, Ohio

October 6 - 14 Status: Open
8 days, Int./Adv. \$1,590.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Paso Robles

Paso Robles, California

November 6 - 13 Status: Full
7 days, Int./Adv. \$1,450.00
Becky Bottino bbottino7@gmail.com
Ken Condray condray3@gmail.com