

Heart-to-Heart



Note from the President

2020 is turning out to be a tour season like no other. We were fortunate that the Death Valley tour was able to finish successfully before Covid19 began to restrict activities. The effects of Covid19 have now forced the board to cancel 11 tours. In light of the extraordinary circumstances, the board has decided that the proper thing to do for club members has been to temporarily suspend the usual tour refund policy and, instead, to issue full refunds to members whose tours were cancelled due to Covid19. We know that many of you may have made other travel plans which were cancelled and have experienced challenges in getting even partial refunds. We are fortunate that the club has the financial strength to absorb the financial blows of Covid19 this year and to not ask its members to bear this burden. We have heard from a number of club members following the cancellation of their tour plans, and the comments reflect that you have understood the difficulty of the cancellation decisions and believe that they are the right choices.

A handful of tours remain on the schedule, and (fingers crossed) we hope that these will be able to go. The tour directors, along with the tour leaders, are monitoring developments closely. Any decision to cancel will be communicated to tour participants as quickly as possible and refunds will be processed as expeditiously as possible. We appreciate your understanding on these situations.

The closure of hotels and restaurants and the varying lockdown requirements around the globe have made the logistics of many tours difficult to impossible so far this year. Even if these are lifted, Covid19 uncertainty hangs over the future: e.g., will there be a vaccine? And if so, how effective will it be? Will social distancing become the norm for the foreseeable future? Will people be willing to do group bicycle tours? How will we handle lodging, sag stops, and group tour activities if Covid19 restrictions (or fears) continue to affect how people interact? We don't have ready answers to such questions yet. But the board is committed to continuing the club's mission of offering great bike tours under conditions as safe as we can reasonably make them. We are planning for a terrific 2021 tour season, even as we are in the midst of 2020. We hope that if and as we have to adjust, you will continue not only your understanding, but your support of bicycle touring and the club.

Fred Yu
President
Colorado HeartCycle

The Board of Directors

Fred Yu (303) 264-7373 (2020)
President - president@heartcycle.org

Mark Lestikow (303) 919-0426 (2020)
Vice President, Events, Souvenirs

Rita Kurelja (970) 231-7163 (2021)
Secretary

Graham Hollis (720) 323-6479 (2021)
Treasurer

John Penick (203) 232-8946 (2020)
Assistant Treasurer

Richard Crocker (520) 539-8019 (2021)
Asst. Registrar - registrar@heartcycle.org

Jim Bethell (518) 466-8490 (2020)
Web-Master, CPR, Driver Training

Judy Siel (720) 519-9401 (2020)
Co-Tour Director - tourdiretor@heartcycle.org

Bob Rowe (303) 910-7230 (2021)
Co-Tour Director - tourdiretor@heartcycle.org

Janet Slate (303) 683-6128 (2021)
Special Projects

Working Members

Ron Barton (303) 798-2755
Registrar - registrar@heartcycle.org

Jeff Messerschmidt (303) 904-0573
Sag Supply Manager

Dan Palmquist (303) 638-2535
Sag Vehicles

Barry Siel (303) 434-1947
Newsletter Editor

Bike Tour Dreamin'

This is turning out to be a wacky year in HeartCycle history. So we would love to have a story or photo essay of a bike tour that you participated in that might not have been published in Heart-to-Heart before. Maybe it was not a HeartCycle tour, but some of the participants were Heartcycle members, like this months' story about Portugal. There is nothing like a beautiful location to get you dreaming about future places to cycle. Remember there will always be scenic places to visit and see from your bike, so while it might not be in 2020; those places will still be there in 2021 or 2022... but only if you are healthy and ready to ride in the future. Keep dreaming and soon we will be on tours together again.

Newsletter Editor

So, what does this have to do with riding a bike?**Bicycle Colorado News**

As Colorado Governor Polis recently noted, riding your bike is a great way to stay healthy—physically *and* mentally—while living in a socially-distanced world. Health experts from around the country strike the same tone, and citizens have been taking advantage of the benefits around the country.

In a USA Cycling conference call with bicyclists and bicycling event organizers on March 17, 2020, Dr. Michael Roshon noted that riding bikes also carries little risk of contamination or infection. For bicyclists, Roshon notes that you are *very* unlikely to contract COVID-19 while riding outside, and especially not while riding by yourself.

There are simple steps that everyone can take to make sure they are not spreading the virus, or contracting it themselves. If you've heard the term "social distancing" lately, and it's a safe bet that you have, this is what it's all about (*please note, this list is not exhaustive, but it's a good starting place*):

Wash your hands with warm, soapy water for at least 20 seconds after touching any surfaces you don't know to be sterile.

First and foremost: if you think you've been exposed, self-quarantine. Including being outdoors. Do not ride outside.



"It's either this or stop drafting."

Do not go for group rides with people who live outside of your household.

If you are going for a bike ride, **ride from your place of residence**.

Do not put your bike on your car or leave your community to ride.

Wear a mask, buff or other face covering while riding to protect yourself and others, regardless of your age and health.

Practice good hand hygiene at all times.

Get your sleep! Your immune system is stronger when you practice healthy sleep habits. Roshon recommends 8-9 hours.

Eat healthily. Now is not the time to fast; fasting hinders your immune system.

Exercise! But keep in mind that it's important not to overdo it. When you push yourself too hard, you can limit your immune system's response to a virus.

Do not spit or snot-rocket on rides or around other people walking or biking. Carrying a kerchief or bandana in your pocket is a good alternative that will mitigate the risk of any spread.

If you're in a **shelter-in-place or stay-at-home area that prohibits you from riding your bike**, it's important to **heed those rules** and stay home. Don't put yourself or your loved ones at risk because you want to go for a ride.

Finally, **don't ride risky**. This is an especially bad time to be in a bike crash. You don't want to go to the hospital right now, and doctors don't want to see you unless they need to, so taking reasonable precautions while riding is especially important right now

These recommendations were made for people who race on their bikes and event organizers, but we think they apply to everyone who rides a bike. If you keep these guidelines in mind, you are unlikely to contract COVID-19 while out riding your bike. And, more importantly, you're staying physically and mentally healthy.

Biking in Central Portugal - By Judy Siel

Last fall we headed across the Atlantic pond to Portugal for a 2-week bike tour in the central region of Portugal, east and north of Lisbon. Five couples joined us on this adventure run by a Portuguese bike touring company. We had nine biking days, two transport days and two sightseeing days along the way of discovering ancient towns, castles, Roman ruins, and a beautiful coastline. Although a few days the mileage was not long, we had time daily for a tours of a winery, pottery factory, marble mine, castles, small fortified villages, cave tour, monasteries and convents turned into hotels. Every day we encountered cobbled streets as we cycled thru small villages, while we learned about Portugal history and culture. We were guided & sagged by two great guys: Andre & Ricardo. Most couples on our group either came early or stay post bike tour for more sightseeing in Portugal, with its friendly locals, history, very affordable & tasty wines and scenic coasts and villages.



Our tour started in Lisbon where our guides picked us up in two vans and transported us to Evora. This town was built on Roman ruins, so an excellent location to sightsee, recover from jet lag and get fitted onto our rental bikes. The countryside has many cork trees, rural farms and whitewashed homes.

The first day mid-morning sag stop was at a pottery factory and most of us bought new pottery to be shipped or stored in the vans. Our overnight hotel was in a 4-star convent with an impressive collection of 18th century tile work.



As we continued east thru farmland we visited with a farmer raising mint and lemon thyme. The Joao Portugal Winery tour included a morning wine tasting and seeing the harvest come into the marble crush tanks. Our afternoon ride took us into a marble quarry and the nearby town of Vila Vicosa which has marble sidewalks and our 5-star Hotel Alentejo Marmoris which is also made of marble.



Day-three of biking another peaceful ride thru fields, open horizons and small villages with cobbled streets. Our hotel in former years was a castle, convent and palace, but now a luxury hotel.



We headed east on day-four close to the border with Spain. Before lunch, we walked through castle ruins at Castelo de Vide and an afternoon visit to Roman ruins at Ammaia. The afternoon ends with a 9-km climb up to Marvao a well preserved fortified town with tiny roads, gothic arches and another castle.



A rainy day and only 4 brave riders hit their bikes for the 72-mile ride riding west through the rural areas of central Portugal.



Next day, we biked to Fatima and joined ~50,000 motorcycles for the annual “Blessing of the Helmets” in the Fatima Sanctuary. Fortunately, we biked into town on the back roads. Wow what a roar when the motorcycles left town. Our afternoon ride we detoured to tour the Moeda Caves and then headed to Batalha for 2 nights. Batalha is a world heritage site that was built after the 1385 victory over the Spaniards.





After our rest day at Batalha, we continue west through pine forests and along the Atlantic coast. Fog blocked our first views of the coast at Nazare. Heading south we begin to have costal views before we headed up to Obidos. Obidos was another quaint medieval village founded by the Romans, then occupied by the Moors and finally taken back by Alfonso I, the first King of Portugal. It is filled with tourists off of buses in the tiny, cobbled streets with many shops.



We continue biking south back to the coastline past surf beaches filled with surfers and picnickers. The group cycled around the westernmost point of continental Europe at Peniche and Cape Carvoeiro. Tonight lodging was at a golf resort Hotel Dolce Campo Real.



Our final day of cycling as we rode through small villages heading back downhill to the coast. The afternoon found us pedaling into a howling wind on the steep climb and descent to Cacais. This town was packed with triathletes getting ready for a race on the weekend.

Colorado HeartCycle 2020 Tours

Las Vegas & Death Valley Spring Training

Las Vegas, Nevada

March 11 - 20 Status: Completed
 9 days, Advanced \$1,750.00
 Jimmy Schroeder, jimmyschweb@gmail.com
 Richard Williamson, richard6a@gmail.com

Paso Robles Wine Country

Paso Robles, California

April 18 - 25 CANCELLED
 7 days, Int./Adv. \$1,390.00
 Becky Bottino, bbottino@gmail.com
 Ken Condray, condray3@gmail.com

Shenandoah Valley

Staunton, VA

April 25 - May 2 CANCELLED
 7 days, Advanced \$1,650.00
 Kurt Arehart, klarehart@gmail.com
 Jim Bethell, bethell.jim@verizon.net

Relaxed in Provence

Avignon, France

May 14 - 23 CANCELLED
 9 days, Intermediate \$2,675.00
 Polly Page, mspollypage@gmail.com
 Rich Crocker, richcrocker@hotmail.com

Durango Weekend

Durango, Colorado

May 16 - 19 CANCELLED
 3 days, Int./Adv. \$670.00
 Denise Weaver, dweaver1200@hotmail.com
 Rob Weaver, Robert_r_weaver_iii@hotmail.com

Bruges-Paris, Bike and Barge

Bruges, Belgium

May 16 - 29 CANCELLED
 14 days, Easy/Int. \$3200.00
 Joanne Speirs, jcspeirs1@gmail.com

Traverse Bay

Traverse City, Michigan

May 30 - June 7 CANCELLED
 8 days, Int./Adv. \$1,570.00
 Lynn Driver ldriver@med.umich.edu
 Bob Rowe browe49@comcast.net

Beyond Dordogne

Bordeaux, France

June 19 - 28 CANCELLED
 9 days, Advanced \$2,750.00
 Fred Yu, frederickyu@comcast.net
 Graham Hollis, gramhollis@icloud.com

Roaring Fork Road & Groad Weekend

Basalt, Colorado

July 15 - 19 Status: Open
 4 days, Int./Adv. \$760.00
 Ron Finch, blouie-rfinch@comcast.net
 Robin Heil, rjsheil@bresnan.net

Oregon Wine & Surf Loop

Eugene, Oregon

July 25 - August 2 Status: Full
 7 days, Int./Adv. \$1,680.00
 Cindy Alvarez, sindelou@cox.net

Colorado HeartCycle 2020 Tours

Glacier & Waterton National Parks

Whitefish, Montana

August 8 - 16 **CANCELLED**
 7 days, Int./Adv. \$2,100.00
 Jim Schroeder, jimmyschweb@gmail.com
 Scott MacCormack, samaccormack@gmail.com

Southern Albania - Session 1

Tirana, Albania

Sept. 23 - Oct. 4 **CANCELLED**
 11 days, Int./Adv. \$1,660.00
 Tina Vessels, tina.vessels@gmail.com

Fernie to Olney Groat Tour

Fernie, BC, Canada

August 16 - 21 **CANCELLED**
 4 days, Int./Exp. \$1,100.00
 Jim Schroeder, jimmyschweb@gmail.com

Southern Albania - Session 2

Tirana, Albania

Sept. 28 - Oct. 9 **CANCELLED**
 11 days, Int./Adv. \$1,660.00
 Denise Weaver, dweaver1200@hotmail.com

Black Hills of South Dakota

Custer, South Dakota

September 9 - 11 Status: Wait List
 4 days, Int./Adv. \$760.00
 Judy Siel, bjsiel@msn.com
 Barry Siel, bsiel03@gmail.com

Ohio Appalachian Country

Columbus, Ohio

Oct. 11 - 19 Status: Open
 8 days, Int./Adv. \$1,600.00
 Scott MacCormack,
samaccormack@gmail.com
 Jim Schroeder, jimmyschweb@gmail.com

Coast-to-Coast Northern Tier, Year 5

Rochester, New York

September 12 - 27 **CANCELLED**
 14 days, Int./Adv. \$3,150.00
 Rich Crocker, richcrocker@hotmail.com
 Patty Menz, pattymenz1@verizon.net