

Heart-to-Heart



Annual Meeting and Luncheon

Saturday - October 27, 2018

Mt. Vernon Country Club

24933 Clubhouse Circle

Golden, Colorado

Cash bar opens @ 11:30 AM; Buffet starts @ 12 noon

Members: \$25.00; Guests: \$35.00 (Guests will receive a \$10.00 credit toward their 2019 annual membership fee.)

Mark your calendars! The Annual Meeting and luncheon will be on Saturday, October 27th, at Mt. Vernon Country Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours.

Once again, we will have a continuous slideshow with photos from this year's tours. If you have 5 or 6 (or up to 10) photos that really capture the spirit of a tour that you rode, please email them to Barry Siel at bjsiel@msn.com and he will include them in the photo slideshow at the meeting.

Every fall, anticipation begins to build as we wait to find out what's in store for next year, and HeartCycle has an exciting schedule planned. HeartCycle's Tour Director, Bob Rowe, will announce the 2019 tours and provide brief descriptions of each. Many of next year's tour leaders will be present to answer your questions about their 2019 tour(s). You won't want to miss this year's luncheon and meeting.

You can register now for the luncheon on the HeartCycle website, www.heartcycle.org. The luncheon is listed under "Tours". Please register and pay online. Guests are encouraged to attend and will receive a \$10 credit toward a 2019 membership if they choose to join.

Registration closes once we reach 125 attendees or Saturday, October 20th, whichever is earlier. All payments must be made online and there will be no payments accepted at the door.

Attendance at the Annual Meeting has grown substantially the past several years, so sign up early to reserve your place. For further information regarding the luncheon email Pat Van Deman at pat.vandeman@gmail.com.

The 22-mile bike ride before the luncheon will depart the Mt. Vernon Country Club at 9:30 AM.

<https://ridewithgps.com/routes/15728860> Shows the route, and you can Export a GPX or TCX file to your Garmin

<https://drive.google.com/open?id=0B1guTfOt26w-U0taUVIQRnRrREE>

Provides a printable more detailed map and cue sheet.

The Board of Directors

Fred Yu (303) 264-7373 (2018)
President - president@heartcycle.org

Pat Van Deman (303) 885-1076 (2019)
Vice President

John Penick (203) 232-8946 (2018)
Treasurer

Joan Spilka (203) 232-8946 (2018)
Assistant Treasurer

Joanne Speirs (303) 589-2877 (2019)
Secretary

Jim Bethell (518) 466-8490 (2018)
CPR/Driver Training Coordinator

Richard Crocker (520) 539-8019 (2019)
Co-Tour Director - tourdirector@heartcycle.org

Graham Hollis (720) 323-6479 (2019)

Bob Rowe (303) 910-7230 (2019)
Co-Tour Director - tourdirector@heartcycle.org

Alan Scott (303) 329-6050 (2018)

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

Bob Racier
Web Master

Barry Siel (303) 470-8431
Newsletter Editor

Notes from the Board

Effective immediately, the "Family" membership will be discontinued. This change will help the club streamline the registration process and rationalize our record keeping procedures when our new website is released.

The annual membership renewal period typically begins in November to coincide with the release of the following year's tours. We expect this to be the case for 2019 tours.

When you do sign up for your membership renewal, you have only one option and that is to sign up as an individual club member. The board has set the price for the 2019 tour year at \$20.00.

Please note that this will have no effect on any tour for which you have already registered. If you currently have a family membership that shares one email address among family members, you may receive an additional communication from HeartCycle. This communication will include instructions on how to change the family membership so that each member has his or her own unique email going forward. This change is a requirement of the software that will run our new website.

CYCLING THE SAN JUAN ISLANDS – 2018**BY: ANNE COX**

Ken Condray and Doug Moll designed and led the incomparable San Juan Islands Tour of 2018. Weather was ideal for cycling with temperatures in the low sixties to high seventies, light breezes, blue skies, and stunning sunsets. And we saw orca whales, eagles and seals. It is little wonder that the San Juan Island tour ranks among the most popular in our repertoire.



Our Happy Group of Oldtimers and Newcomers

The modified fixed-base tour was organized around four nights in LaConner, Washington and four more on Lopez Island. We warmed up with a gentle ride of 55 miles and vertical of about 800 feet through farmland. For the first time, I experienced drafting and decided this is sweet as a fifteen mile an hour tailwind!

Ken and Doug stepped up the pace on Day 2 with 60 miles and 1800 feet on a loop to Bellingham, passing by the tiny town of Leary, Washington, population 4 and elevation 50 feet above sea level. Chuckanut Drive gave us most of the vertical and we picnicked next to Pass Lake – a couple of us went swimming.



Anne Cox and Bob Rowe at a Chuckanut Lookout

Day 3 was a ride to historic Deception Pass where two spans of a two lane bridge connect Whidby and Fidalgo Islands. One of the most photographed sites in Washington, we encountered bumper to bumper traffic over the bridge and we took a lane coming and going without slowing anyone down. We did 50 miles and 3,400 feet on that glorious ride.



The View from Deception Pass Bridge with Mt Baker in the Background

Day 4 was a rest and transfer day. We caught a ferry at Anacortes to Lopez Island and traveled 34 miles (15 on the ferry), gaining 1000 feet before arrival at the Lopez Island Resort. (None of the vertical was on the ferry 😊)



Evenings on Lopez Island with Spectacular Sunsets

The next two days we caught ferries to ride other islands. Day 5 was Orcas Island – and we saw orcas, those beautiful “killer whales,” leaping out of the ocean, just to entertain us! The ride was our biggest day, climbing several double-digit grades even before we reached Mt. Constitution. More than half the group rode to the top where the views were glorious. The climb was tough for some of us and the sense of accomplishment was deep and satisfying. (One first-timer climbed it twice: Way To Go, Valerie Small!) In all, we rode 50 miles and up to 6000 vertical feet.



Preparing for a Ferry Transfer (notice the beautiful weather!)

*View from Mt
Constitution
(more good weather!)*



Day 6 we ferried to Friday Harbor on San Juan Island, the most highly populated of the San Juan Islands. What a beautiful circuit through history on this day! Over a hundred and fifty years ago, both the British and Americans claimed the San Juan Islands and each established military camps here to enforce their rights. In 1859, war was averted by an agreement to share the islands until a final resolution could be negotiated. Kaiser Wilhelm mediated the dispute and the British left the islands below the 49th Parallel in 1882. We saw more traffic on this island than on others and finished the day with 40-some miles and more than 3000 feet.



Cindy, Ben, Julie, Valerie, And Robert at Friday Harbor

On the last day of our trip, we prepared for rain that was expected by noon. We circled Lopez Island, the quiet island, and the rain held off to let us finish dry. We rode 33 miles and gained 2300 feet. Over the course of seven cycling days, we had covered more than 300 miles and gained 21,000+ vertical feet.

Throughout the trip, the incomparable Mayoma Pendergast and our new SAG, Cindi Alvarez, took excellent care of us. They went above and beyond, again and again. Thank you, Ken and Doug ! Thank you for making this the very best-ever San Juan Island Heartcycle Tour. It was accessible to all of us, challenging, but not impossible, with thrilling downhills and glorious country. This group melded together in an exceptional way, and nobody got hurt. It was ... PERFECTION.



Tour Leaders Ken And Doug With SAGs Mayoma And Cindi

Website Update and 2019 Tour Registration

The new HeartCycle website opened on Monday, October 1, 2018. The new website features a newer, more modern look, and incorporates some design changes that will facilitate the running of the club, tour functions and interactions with our payment system, PayPal. For many members there will be no apparent change as to how you interact with the site.

HOW TO LOGIN TO THE NEW SITE: The new website will have the same address as the old website, www.heartcycle.org. Most members will login with their email addresses and current passwords. Please note that this is a change from the current website which uses a user ID instead of an email address.

However, secondary members on a family membership will login with their new email addresses (assuming you provided this as requested in the club's mid-September email) and will use the primary member's password from the old website.

If you are a family member and did not provide an email address separate from the primary member, please contact Alan Scott at ascott999@comcast.net; he may be able to resurrect your old account.

Everyone will be prompted to change passwords for increased security. The new password must be at least 7 characters long, and contain at least 1 lowercase character, 1 uppercase character and 1 non-alphanumeric (aka 'special') character.

After logging in, you will be able to edit your personal data, and register for the 2018 Annual Meeting and Luncheon. In most cases you will be able to see your historical payment and tour data going back at least two years.

MEMBERSHIP RENEWALS AND NEW MEMBERSHIPS:

Family memberships have been eliminated and only individual memberships will now be used. The individual rate for the 2018 touring season is \$20. This will also be the rate for the 2019 touring season.

2019 TOUR REGISTRATION:

Following the club's current practices, membership renewals for the next touring season will be allowed with the release of next year's tours. This is generally done in the first week of November; however, registration for the 2019 Island of Mallorca Tour (May 4-18) will open on Thursday, October 18. This will be the first registration using the updated website. Visit the website to view the detailed tour description and update your password and profile. Two phone numbers and two emergency contacts are now mandatory before you will be able to complete your registration. The remaining 2019 tours will begin opening on November 1, 2018, after the annual meeting.

The initial registration will only be open to current 2018 members. If you have friends that are interested in this tour or other 2019 tours, please encourage them to join HeartCycle now with a 2018 membership. Otherwise they will have to wait until January 1, 2019 to register for the 2019 tours

The Annual Meeting and Luncheon on Saturday, October 27 is still open for registration until October 20 or until it fills

If you have any difficulties getting into the new website, please email Alan Scott at ascott999@comcast.net and reference "new website difficulties" in the subject line.

If you have difficulties after the Island of Mallorca tour opens on October 18, please email Rich Crocker at richcrocker@hotmail.com.

Cyclists Are Better Drivers Than Motorists, Finds Study

By Carlton Reid

Cyclists who drive are better behind the steering wheel than motorists, a new analysis has found. The link between cycling and safer motoring was revealed by a UK insurance firm which offers specialist motor insurance policies for cyclists. This analysis correlates with an earlier study which found that cyclist-drivers tend to have faster reaction times than non-cyclists.

Nick Day of Chris Knott Insurance said an analysis of his firm's crash data showed that cyclists make less than half the number of insurance claims as non-cyclists.

13% of the firm's insured drivers make at least one claim per year, found Day, but this fell to 6% for cyclists who were insured on the firm's cyclist-driver policy.

Day believes cyclists tend to be more aware of their surroundings than motorists.

"Cycling trains you to be more alert to the dangers of road use and better able to anticipate hazards," explained Day.

"You're more aware of how you fit into your surroundings, and you'll ride, or drive, accordingly. Physical exercise [also] leads to improved mental agility, making cyclists more responsive drivers."

Because of reduced risks, Chris Knott Insurance's cyclist-driver policy offers lower premiums than policies aimed at the wider market.

This insurance company's commercial decision is also informed by a study published last year in [Accident Analysis & Prevention](#) which found that motorists who self-identified as cyclists were better able to spot potential road hazards. Study author Vanessa Beanland of Australian National University noted that the "demands of cycling" appears to hone awareness skills.

In a lab setting Beanland and her associates found that cyclist-drivers responded to fresh information more quickly than motorists who did not cycle.

Perhaps unsurprisingly, the cyclist-drivers were significantly faster at detecting the appearance of fellow cyclists.

Cyclists (and motorcyclists) have a wry acronym for the inattention of motorists. "Sorry, mate I didn't see you" – or SMIDSY – is said to be a typical excuse from motorists who have crashed into two-wheelers. For the same phenomenon, UK government incident reporting uses the phrase "looked but failed to see."

Beanland's study concludes that "cycling experience is associated with more efficient attentional processing for road scenes" and she suggests that road safety would be improved for all if more motorists also cycled.



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'être.

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)

Preview of 2019 Tours

Bob Rowe and Rich Crocker, Co-Tour Directors

We've added more tours. Please come to the October 28th Annual Meeting to hear the 2019 tour leaders discuss their tours. Tour details will be posted on our web site this fall, and email notices will be sent out well in advance of registration. Remember, you must be a 2018 member to qualify for the first wave of tour registration in the fall.

Maui, January 26-Feb 2. A fixed base tour of the Island with non-biking activities (Full, 0 on waitlist).

New Tucson Metro Tour, Late Feb/Early March. Enjoy an early season tune-up.

Paso Robles, April 6-13. A fixed base in Central California among spring flowers, wineries and the coast.

Big Bend NP, May 4-12. A moving tour through the Big Bend area – a once in a decade opportunity.

Mallorca (Spain), May 4-18. Two weeks throughout the island. All breakfasts and dinners included.

Moab, May 12-16. A five day tour to ride the great rides without the big event crowds, plus an off day.

Bourbon and Bluegrass of Kentucky, May 22-30. A new tour through the rolling countryside of Kentucky with distillery visits, bluegrass music and participation in the Horsey Hundred ride.

New Central Oregon, June 10-17. Ride the excellent roads around Sunriver, Sisters, Bend, Mt Bachelor and McKenzie Pass.

New South-Central England, June 16-26. Includes Oxford, Stonehedge and the Cotswolds.

Dolomites (Italy), June 23-30. Wonderful food and dramatic climbs, with a 5 day optional trip extension.

Central Colorado Loop, June 22-29. Enjoy the classic climbs and mountain towns of Central Colorado.

Le Monastere (Limoux, France), June 29 – July 13. Two one-week options for fixed-base riding in the south of France.

Coast-to-Coast Northern Tier Year 4, Sept 7-21. The adventure series continues east from Milwaukee.

The Ozarks, A new loop tour between Fayetteville, Arkansas and Branson, Missouri.

Colorado HeartCycle 2018 Tours

Spring Training in Texas Hill Country

Fredericksburg, TX

March 18 - 24 Status: Complete
 6 days, Int. w/Adv. Options \$1,330.00
 Tina Vessels, tina.vessels@gmail.com
 Tom Biggi, biggi@awdboost.com

Gunnison Fixed Base Explorer

Gunnison, CO

June 3 - 7 Status: Canceled
 4 days, Intermediate \$685.00
 Rosemarie Lueke, ree22@msn.com
 Chris Matthews, chriswmatthews@msn.com

Springtime in California - Solvang in Style

Solvang, CA

April 14 - 20 Status: Complete
 6 days, Int./Adv. \$1,450.00
 Bob Rowe, browe49@comcast.net
 Alan Scott, ascott999@comcast.net

Four Corners - Land of the Anasazi

Durango, CO

June 9 - 16 Status: Complete
 7 days, Advanced \$1,480.00
 Fred Yu, frederickyu@comcast.net
 Joan Spilka, ljspilka@hotmail.com

Relaxed in Provence

Avignon, France

April 22 - 30 Status: Complete
 8 days, Easy/Int. \$2,495.00
 Polly Page, mspollypage@gmail.com
 Rich Crocker, richcrocker@hotmail.com

Sardinia

Sardinia, Italy

June 17 - 26 Status: Complete
 9 days, Advanced \$2,775.00
 John Aslanian, 22flatrock@gmail.com

The Island of Mallorca

Mallorca, Spain

May 5 - 18 Status: Complete
 13 days, Int. w/Easy & Adv. \$2,685.00
 Rich Crocker, richcrocker@hotmail.com
 Polly Page, mspollypage@gmail.com

Carbondale Extended Weekend

Carbondale, CO

June 20 - 24 Status: Complete
 4 days, Intermediate \$690.00
 Ron Finch, blouie-rfinch@comcast.net
 Steve Heil, rjsheil@bresnan.net

Tennessee Trek

Nashville, TN

May 12 - 20 Status: Complete
 8 days, Int./Adv. \$1,400.00
 Jim Schroeder, jimmyschweb@gmail.com
 Helayn Storch, helaynstorch@hotmail.com

Dordogne - Foie Gras, Truffles and More

Dordogne, France

July 10 - 19 Status: Complete
 9 days, Int./Adv. \$3200.00
 Fred Yu, frederickyu@comcast.net
 Graham Hollis, gramhollis@comcast.net

