

Heart to Heart

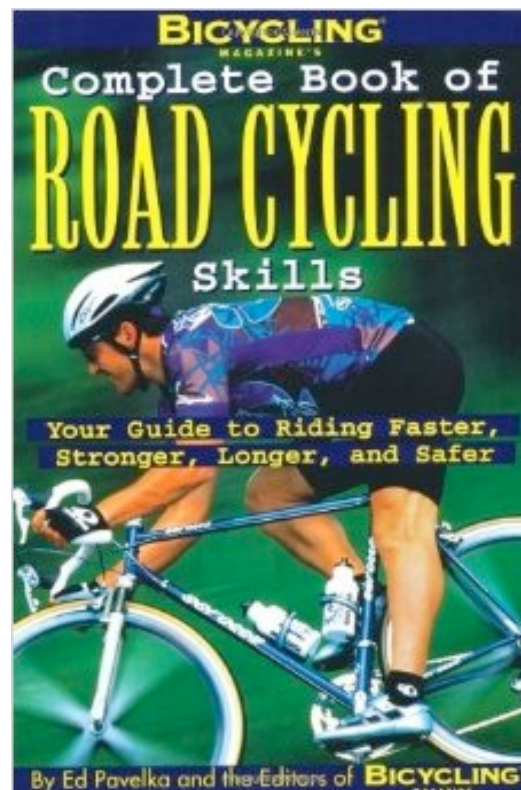


Bicycle Safety: An Individual Responsibility

In the aftermath of David Lucks' tragic accident last fall, I felt a heightened sense of responsibility for the safety and well-being of HeartCycle members. While it is true that HeartCycle has always emphasized safety on our bicycle tours, it struck me that we needed to do even more. I wondered about how skillful our riders are and how knowledgeable they are about riding in different types of weather conditions: cold, rain, sleet, snow and variable wind patterns. How well do we ride on steep descents, difficult switchbacks, extreme climbs and dangerous road surfaces? How many of us have actually had any formal bicycle training except for the self-taught in the saddle approach? Have any of us actually studied techniques or learned specific skills to improve our bicycle handling on wet pavement, during heavy cross winds, pouring rain or other adverse conditions that we face while riding? I fall into the category of self-taught and I confess that I have not spent much time studying about bicycling. What I know I've learned by trial and error and perhaps helpful suggestions from friends and fellow riders but is that enough to help me ride safely and skillfully?

I would argue that there is a lot to learn about bicycling and each of us should commit to studying our sport and learning more about it. An excellent starting point is a book I recommend reading published by Bicycling Magazine, Complete Book of Road Cycling Skills by Ed Pavelka and the editors of Bicycling Magazine. It is a simple but practical guide with many tips on skills and techniques to use while riding to become a better and safer bicyclist. There are unlimited resources available to each of us and all we need to do is commit to learning as much as we can.

www.completebookofroadcycling.com/uof/completebookofroadcycling/info.html



At every orientation meeting on a HeartCycle Tour, our leaders emphasize safe riding and cover a number of requirements. For instance, HeartCycle riders must wear a helmet at all times while riding and tour participants must carry identification. We emphasize obeying all automobile traffic regulations, signs and signals. We strongly recommend riding single file when there is traffic in any direction within 300 feet. We encourage riding on the shoulder if one is present and there are no obstructions. Otherwise we suggest riding as far to the right as possible. Never cross over the centerline, except for legal turns. Use the proper lane when turning. We also emphasize never passing vehicles or cyclists on the right and when passing another cyclist always announce your position “on your left” and pass on their left. We also encourage our riders to avoid confrontations with motorists.

HeartCycle is totally committed to bicycle safety and we want our members to be “all in” as well. As individual riders, we must take responsibility for our own well-being and that of our fellow cyclists. There are many things that we can do individually to improve safety for ourselves and those around us. Here are just a few of some obvious ones: make sure that your bicycle is well maintained and all components are in good condition; stop fumbling around with your Garmin while you’re riding – pullover and read it, set it or fix it (there have been accidents resulting from this practice); make sure you have a safe helmet and put it on correctly so that it is snug and not floating around on your head; stop being stubborn and invest in a rearview mirror; be careful in a pace line because the bicycle wheel in front of you could painfully end your ride; don’t hog the road and expect vehicles to yield to you; and always make eye contact with motorists as you approach and cross intersections to protect yourself. I am certain each of us can add to this short list and I think we should. If we do everything we can to increase our knowledge, improve our skills and techniques and practice bicycle safety, then our experience will be much better and much safer.

I would like to share one final thought that was suggested by a fellow board member and I strongly support the idea. As cyclists we need to be courageous and unafraid to call people out who aren’t riding safely. We all know those individuals who are scary to be around because they weave all over the road, they block traffic, they don’t announce their intention to pass and who ride our rear wheel much too close. It’s time to speak up and let them know that we don’t want to ride with or be around anyone who rides in an unsafe manner. Safe riding is everyone’s responsibility and we need to be vocal as well as skillful. Safe riding everyone!

Chris Matthews
President

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MedEquipMgr@heartcycle.org

Notes From the Board

During the November 2013 registration, some of the 2014 tours were filled within minutes to hours. To allow more opportunity for all members, and for a more relaxed registration process, HeartCycle will be modifying the registration procedure in the fall of 2014 for 2015 tours so that members will not have to be pressured to get online at a specific time.

Registration for all tours will be open for a minimum time of one week. After a week, if more members register than the number of available positions, a random selection will be made by the registrar to determine participation. Selected members will be confirmed, and others will be put on the wait list or have their registration deposit refunded according to their indicated registration preference. If after one week the tour is not full, all members who have registered will be confirmed, and the remaining positions will be filled on a "first come – first serve" basis.

Members that register as roommates will be treated as one entry during the random selection process and if the entry is selected, both roommates will be confirmed.

Members who serve the club as working members, SAGs, tour leaders, or directors will have one priority selection for a tour each year. The registrar will coordinate with priority eligible members before any random selections are made. The priority request must be confirmed with the registrar before the random selection for a tour is conducted.

Otherwise, all current registration policies and procedures will remain unchanged.

“Rising from the Ashes”

A film review by Diane Short

I had the privilege of viewing the film 'Rising from the Ashes'. It is an incredibly inspiring movie about the 8 year journey of the formation of the Rwanda cycling team. All of the original team members lost almost all or large portions of their family, friends and neighbors in the 1994/95 genocide. The movie originally was just one of those low budget ideas that was generated from the friendship between Tom Richey (of mt. bike building expertise) and his video friend K.C. Johnstone. Tom and Jock Boyer were also long time cyclist companions and Tom enrolled Jock into being a mentor and coach for this budding team of young men. His story is poignantly and respectfully portrayed. As you can imagine, the film is really about the community that is built when cyclists are there to support each other. That is what comes across with the most strength. It was the focus of the Q&A after the movie as K. C. came to Denver to support the showing. I would be glad to share more of the really thoughtful questions that were asked and his responses.

I purchased the DVD and am presenting the possibility of a special HeartCycle meeting to view the film. I am not sure if anyone has a home theatre that could accommodate a group of us or if we might need to rent someplace and charge a small fee to cover costs. I left with an incredible sense of gratitude and renewed awareness of the value of cycling and the friends that we make in our HeartCycle 'family'. I wish it could be shown on every one of our tours. If it is showing in any other cities where we have members, I encourage our riders, their family and friends to attend.

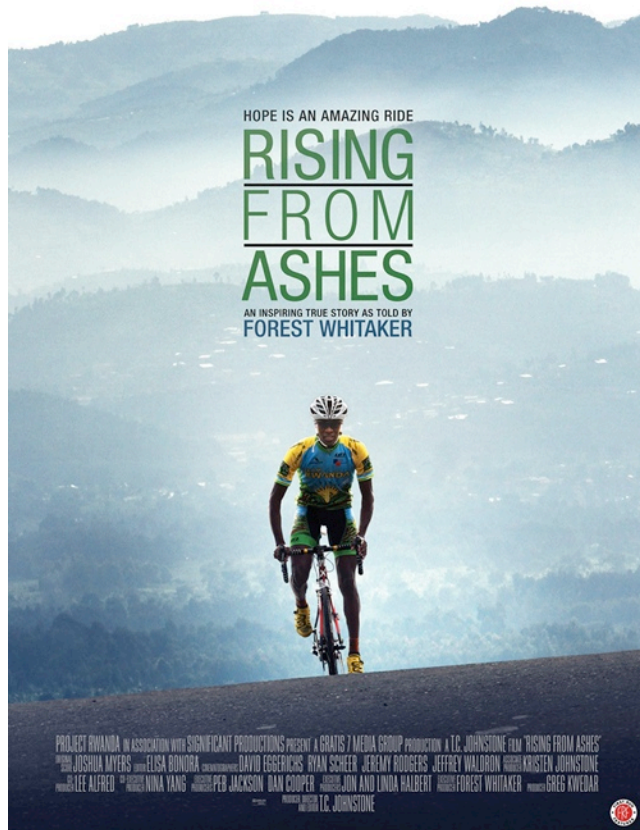
Team Rwanda - the cycling team for that country and the impact cycling has made for individuals/people of that country. Check out the trailer – quite inspirational.

www.risingfromashesthemovie.com

Blue skies and tailwinds to you

Diane Short

dianbike@eazy.net



Springtime In Texas

March 16-22, 2014

By Julia Brown and Ann Klaiman

Springtime in Texas launched the cycling season in fine style for thirty-two riders. **Jay Wuchner**, HeartCycle's "Meister of the Nice and Do-Able Tour," joined forces with two incredible tour leader protégés: RAAM (Race Across AMerica) endurance cyclists **Julie Lyons** and **Ann Lance**. The trio spun a nice web of routes around the Texas Hill Country near Fredericksburg, Texas.



HeartCycle Group with two tour Leaders, Jay Wuchner and Julie Lyons, in front

Because this was a fixed base tour, every day offered two rides, one longer and harder (45 to 60 miles), one shorter and easier (35 to 50 miles). The daily rides presented rolling hills with prickly pear, new-born farm animals, wildflowers, lots of birds (including wild turkeys), orchards, several dozen cattle guards, and some daunting headwinds. Stops on our routes included Luckenbach, made famous by Willie and Waylon, a guided tour of the LBJ Ranch, a bat cave, and Enchanted Rock.

Staying at the Fredericksburg Inn for the week meant that riders could get very comfy in their hotel rooms without having to schlep gear every morning and evening. How nice. Also, the relaxed days, leaving by 9 am, returning by 2-3 pm, left time to explore the town and other sights. A number of the group drove to Texas, so any restaurant within driving distance could be enjoyed. And enjoy the food, we did. And drinks.

Notable attractions of the week included:

Downtown Fredericksburg: Countless stores with Texas memorabilia, fine art, antiques, cowboy gear, crafts, food, and sundries.

The Nimitz Hotel: Chester Nimitz, WWII Commander in Chief, United States Pacific Fleet, for U.S. naval forces, grew up working in the family's Fredericksburg hotel. Excellent museum about his life.

National Museum of the Pacific War: This amazing complex of facts and artifacts is so extensive that your ticket is good for 48 hours.

Enchanted Rock State Park: An impressive ring of exposed granite looms north of Fredericksburg. Riders could view it from nearby hilltops along our route. Some of us returned another day to make the hike to the top.

The LBJ Ranch: The ranch house, restored to its 1960's look, reveals the lifestyle of Lyndon Johnson and the Texas White House -- from the three TVs visible from the dining room table to the patio where powerful figures schmoozed.

Blood, Sweat and Gears: Our final group meeting included presentations by Julie and Jay. Julie recounted stories of her and Ann's record-setting rides with their RAAM team. Jay mused about plans to have a tandem RAAM team based in Colorado.



Luchenbach, 1850-1971, now a concert venue



Country road to Luchenbach

All in all, *Springtime in Texas* was indeed a great way to begin the cycling season, with more than a dozen riders new to HeartCycle, plus a handful of HeartCycle stalwarts like **Jerry Bakke** and **Jim Bethel**. A great combination of riders. Plus, having Jerry on the tour reminded us of one of his great leader comments when things get hairy: "Hey you people, I have five children and 15 grandchildren. Nothing scares me." Hey, it's Fredericksburg. No fear here.

Great Rivers Tour I

By Stephanie Oliver

“I have a title for this ride,” **David Durst** said, as a light dusting of snow fell on March 24, Day 9 of the Great Rivers Tour I in Lawrenceburg, TN. “Let’s call it the Iditarod.”

Twenty-five of us had just completed the 71-mile ride the day before from Corinth, MS and despite temperatures that sometimes began our days in the 30s ending them in the 40s, we were feeling pretty good. But snow? Old hands at teamwork, having been shuttled into and out of Corinth, we could do it again.



They brought us the goods, Denver to St. Francisville, LA: (l to r) **John Penich, Steve Parker, Chris Matthews** and **Bill Stone**.

In fact, it was a can-do spirit that marked the 550-plus ride along The Natchez Trace which started in St. Francisville, LA and ended in Hurricane Mills, TN. Great Rivers Tour I was marked by good fortune, cohesion and flexibility. Everyone lent a hand: **Ruth Billings** aided sag drivers **Carol Nies** and **Kathleen Schindler**, when she contracted a cold. Ride leaders **Steve Parker** and **Chris Matthews** quickly made arrangements for flights out for **Gerald Baier Jr.** and **Linnea Brown** when they had to abandon for health and family reasons. Only one rider had a flat (**Ron Reid**) and one required a wheel change. (**Matt Levin** still completed the 108-mile day from Kosciusko, MS to Tupelo, MS in good time.) Not bad stats for a group with an average age of 66.

But goodness, gracious! It was cold. Riders donned every piece of clothing they could think of. They made a mad dash for gloves on the rest day in Tupelo. **Stuart Blumstein** became a believer in Walmart for adding layers. At times, such measures were not enough -- particularly on Day 2 when a headwind added to the cold and ride leaders cancelled the 70-mile option for the ride into Vicksburg, MS.



Our entry to the state of “no shoulders” and friendly people. The Natchez Trace begins.



Our Davey Crockett lookalike: Matt Levin looks for warmth in a coonskin cap.

Weather aside, how was the ride? It was a good one: smooth surfaces, little traffic and fascinating historical reference points, particularly along the Trace, which accounted for 85 percent of the miles we logged. Hills were rolling and soft. Spanish moss, magnolias as high as the eye could reach, gated plantations recreated the kind of vistas we'd only seen in movies. Names like Tishomingo, Tom Bigbee and Buzzards Roost struck our fancy. **Ron Reid**, who regaled us a couple of times with statistics, pointed out that Tennessee's highest peak, Mt. Woodall, was only 807 ft. And on the final day's ride from Columbia to Hurricane Mills (67 miles), he told us, we could expect a 239-foot loss. A piece of cake for Coloradans and friends!



Here and there we sampled life in the Deep South. We had plenty of opportunity to eat catfish and oysters, fried, broiled and otherwise. Hush puppies, grits, fried okra and green tomatoes made it onto most menus. **Fred Yu** and **Graham Hollis** did a tour of Tupelo on a Saturday rest day that included a visit to the home where Elvis Presley was born, the Assembly of God Church where he sang Gospel music and a local mall, where chicken fanciers admired each other's “designer” birds and traded tips. Eating barbecue at a fast-food place in Lawrenceburg, **Katrina Conland** and five others were approached by a local. “Where y'all from?” the woman asked. “I heard you talkin' Yankee and had to come over.”

We explore the Bald Cypress and Tupelo swamp on the Trace

The route provided many points of interest. Stellar for this rider were the visits to the Emerald ceremonial mound, the second largest in North America (1300 to 1600 AD), and a bike tour of the Vicksburg National Military Park, where guide David Maggio, a retired engineer with the Army Corps of Engineers, provided anecdotes and history lessons on the Civil War and the Mississippi. **Rob Wesson** and **Gayle Gordon** were among those who had read books on the battles of Shiloh and Vicksburg in preparation for the ride. After the day's ride, they made the four-mile roundtrip walk into Corinth to get a better understanding of the fighting that took place in that area.



Hands across state lines: Mary Sue Dickerson and Ron Reid.



Bruce Kohl and friend, a teenage Elvis Presley (Tupelo)

Although sightings of the Mississippi were few – in Natchez and Vicksburg – the Tour stayed true to its name with river crossings aplenty, many with names -- the Tennessee, the Pearl and the Duck -- that figured in Civil War records.

At the tour's end in Hurricane Mills, ride leader **Parker** had this to say. "It was a great ride today. We had good pavement, downhills long and straight."

"We can't help getting older;" he said, "But we can keep from getting old."



The gang awaits a shuttle lift to Corinth

Colorado HeartCycle 2014 Tours

Great Rivers - Year 1

March 15 - 27 Status: Complete
 12 days, Intermediate/Advanced \$1,920.00
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551
 Chris Matthews, chriswmatthews@msn.com
 (303) 618-4789

Mallorca, Spain

May 3 - 17 Status: Full
 14 days, Intermediate/Advanced \$2,450.00
 Rich Crocker, richcrocker@hotmail.com
 (304) (719) 237-3350
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Springtime in Texas with Love, Sweat and Gears

March 16 - 22 Status: Complete
 6 days, Intermediate \$995.00
 Ann Lantz, jaralantz@comcast.net 720-272-0691
 Julie Lyons, j.julie.lyons@gmail.com 720-771-5219
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467

Belgium and Holland Bike and Barge

May 12 - 22 Status: Full
 10 days, Easy/Intermediate \$1,940.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450

Solvang Spring Break

April 5 - 12 Status: Complete
 7 days, Intermediate/Advanced \$1,150.00
 Ralph & Carol Nussbaum,
RENussbaum@outlook.com (206) 783-6450

Aspen Highlights

May 22 - 26 Status: Open
 4 days, Intermediate/Advanced \$445.00
 Diane Short, dianbike@eazy.net 303-763-9874

Central California Coast

April 12 - 19 Status: Complete
 7 days, Advanced \$1,165.00
 Tom Groves, u4eahnrg@aol.com 720.560.1527
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Eastern Washington

June 5 - 9 Status: Full
 4 days, Advanced \$440.00
 Pam Austin, freeandflying@live.com
 206-525-1020
 Mike Nelson, mikenelson@seanet.com
 206-325-9068

Omak Hill Country Weekend

May 1 - 5 Status: Open
 4 days, Advanced \$475.00
 Ralph & Carol Nussbaum,
RENussbaum@outlook.com (206) 783-6450

Holland Bike and Barge Tour

June 21 - July 1 Status: Full
 7 days, Intermediate \$1,940.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450

South-Central Alaska

June 25 - July 2 Status: Open
 7 days, Intermediate/Advanced \$1,725.00
 Rod Nibbe, aktour@rk nibbe.com

Colorado HeartCycle 2014 Tours

Washington British Columbia Loop

July 11 - 20 Status: Full
 9 days, Intermediate/Advanced \$1,320.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450
 Rod Lee, kennedy6017d@yahoo.com
 206-604-7145

Oregon Coast

July 26 - August 2 Status: Open
 7 days, Intermediate \$1,160.00
 Ralph & Carol Nussbaum
RENussbaum@outlook.com (206) 783-6450

Mother and Daughters - Keystone, CO

August 8 - 10 Status: Open
 2 days, Easy \$350.00
 Ann Lantz, jaralantz@comcast.net
 Julie Lyons, j.julie.lyons@gmail.com

Northern Rockies - Jasper to Glacier

August 9 - 23 Status: Full
 14 days, Advanced \$2,790.00
 Sue Matthews, scmatti@comcast.net
 Becky Bottino, bbottino7@gmail.net

Colorado Central Mountain Beauty

August 23 - 29 Status: Full
 6 days, Intermediate/Advanced \$985.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362

Mississippi Headwaters

August 31 - September 6 Status: Open
 6 days, Easy \$1,120.00
 Paul & Lynda Marks, paulhmarks@gmail.com
lyndamarks@q.com

New England Seacoast

Sept. 6 - 13 Status: Open
 7 days, Intermediate \$1,325.00
 Jim Bethell, jim@bikes5.com (518) 446-1766
 Janet Reilly janet@bikes5.com

Explore the Door

September 7 - 13 Status: Full
 6 days, Easy \$1,120.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Deb Wuchner, debwuchner@comcast.net
 (303) 792-2111

Southern Utah National Parks

September 12 - 22 Status: Full
 10 days, Intermediate/Advanced \$1,425.00
 Ralph Nussbaum, RENussbaum@outlook.com
 (206) 783-6450
 Ken Condray, condray3@gmail.com
 (425) 334-1444

Estes Park Weekend

September 19 - 22 Status: Open
 3 days, TBD \$425.00
 Rosemarie Lueke ree22@msn.com
 (970) 286-3989
 Nate Dick npdick@gmail.com (970) 231-1068

Best of the Bay Area

September 26 - October 4 Status: Open
 8 days, Advanced/Expert \$1,635.00
 Bob McIntyre, dcx12@aol.com
 Ken Condray, condray3@gmail.com
 (425) 334-1444