

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

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Web Master

Barry Siel (303) 470-8431
Newsletter Editor

Notes from the Board

HeartCycle Mallorca May 2018 by Barry Hannigan

“Mallorca is the cycling capital of the world!” proclaimed Fred Rempelberg in his engaging talk to the 38 HeartCyclists who recently spent two weeks riding on the Balearic Island in May 2018. Rempelberg who holds the land speed record on a bicycle at 166.5 mph behind a race car towing a faring is also a bike station owner, just south of Palma.

Fred’s claim held true: Mallorca IS a paradise for cyclists and for those tired of a long winter with few cycling opportunities

Rich Crocker and Polly Page led HeartCycle’s Tour of Mallorca. They have done it in the past and each time the tour has evolved. It’s getting pretty close to perfect!





View from the Balcony of the Hotel Taurus Park in Arenal, Mallorca.

The Mallorca tour had several unique features. First, the tour price included breakfast and dinner buffets daily! The food was superb, particularly during the second week at the Zafiro Palace Hotel. The first hotel, Grupotel Taurus Park, was no slouch, however: Imagine sipping a liqueur Herbes de Mallorca on your way to dinner, enjoying salt-encrusted whole salmon and, for dessert, dipping mini-eclairs and strawberries into a chocolate fountain? Also, no one would be sympathetic if you claimed you could not find anything to eat from the 116 offerings set out for breakfast each morning.

Second, at least two routes were offered each day. Riders were able to choose a Long or Short Option, ride with a professional guide from the bike station, or do something else entirely different. The long rides were often challenging, with daily mileage of 48 to 80 miles and 1700-9560 feet of climbing. The shorter rides were more relaxed with distances of 27 to 40 miles and elevation gains of 900 to 1300 feet. All routes included stops at outstanding attractions, such as abbeys, historical estates, museums, outdoor markets, and picturesque seaside towns.

Third, there was no SAG (Support and Gear Wagon), but in Mallorca, with its plentiful cafes in its many villages, stopping for a Cafe Con Leche and checking out the town's Placa Major (central plaza) became a daily pleasure. Also, both bike stations provided us with mechanical and first aid support, when needed.



Gayle Gordon, Barry Hannigan, Marva Nass, Michael Stom, Katrina Conland, Rita Kurelja, Kim Hayes, and Rob Wesson on the Placa Major in Santa Maria, Mallorca.

Fourth, the bike stations provided high quality rental bicycles and additional tweaking from the bike mechanics was easy to access since the main shop and bicycle garages of both bike stations were located either in the basement of the hotels or directly across the street.

Fifth, our two weeks were spent between two fixed bases - one on the southern coast and one on the northwestern coast of the island.



The capital city, Palma, has a spectacular cathedral that most (all?) riders visited.



Roman Ruins of Pollentia in Alcudia, Mallorca.

In addition, many riders took days off from cycling to tour Roman ruins, play golf, sightsee, ride horses, explore caves, walk along the beach, or go shopping. Several of us had hoped to kayak or enjoy a catamaran sail, but the weather maintained its perfect cycling temperature which was great for riding, but a tad cool for enjoying water sports.

Rich and Polly brilliantly structured the rides to become more and more beautiful—and more and more challenging—as the two weeks progressed. Three rides deserve special mention because they were so outstanding: Cap Formentor, a stunning ride to a lighthouse on a peninsula which juts out into the Mediterranean; Sa Calobra, with its 26 switchbacks ascending from the seacoast to a pass; and the Coastal Classic, a route which traverses most of the Tramuntana Mountain Range, a UNESCO World Heritage site.



The Amazing Sa Calobra which winds it's way down to the Mediteranean.



Cala Boquer seen from Cap Formentor



And finally, “the camis” - Riding in the camis is unique to Mallorca and helps to make the island an especially appealing place for cyclists. Camis, which literally cover the island, are small paved roads with extremely little car traffic. Most are bordered by mortarless stone walls, with lovely views of farms, ancient stone buildings, and/or vineyards. Some rides were composed almost entirely of camis, and every ride featured several.





Approaching Sineu, Mallorca

Rich and Polly originally said that 2018 was going to be the last year that they would lead Mallorca. Everything went beautifully including the routes, the weather, and the personality of the group. They are now reconsidering their decision. If the HeartCycle Mallorca tour is offered again in 2020, don't hesitate, SIGN UP!



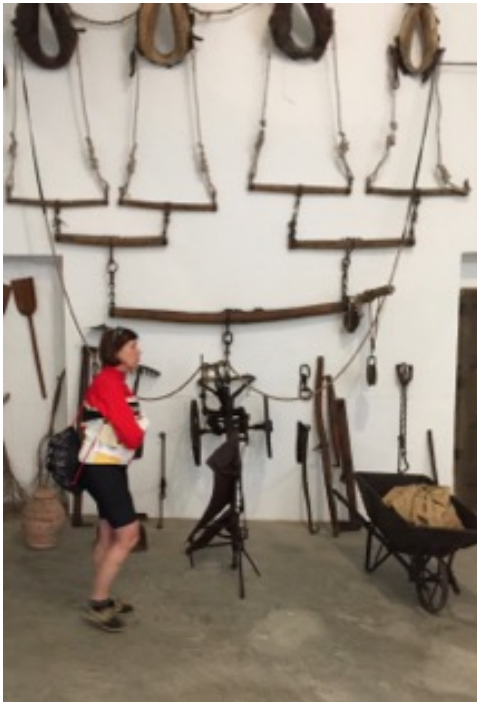
HeartCycle Mallorca 2018

Polly and I were excited to do the tour. We had a great group of folks and the weather was perfect. We were especially pleased to have 10 first time HC riders join us AND equally pleased that 32 of 36 riders had Garmins or access to Ride with GPS on their smart phones!

The comments from the evaluation sheets, have persuaded us to say "Well, sure, why not?" So, consider the photo collage and the comments below from our 2018 participants to be the first advertisement for the **April 20 - May 4, 2019 HeartCycle Mallorca tour!**

Rich









Riders' Comments on Mallorca 2018:

"It has been a joy to not only meet and spend 2 weeks with you in Mallorca, but to see what HeartCycle is all about. You two have put so much time and effort in on behalf of the club and we appreciate it so much. Mallorca is a dream. You have found all the best spots to ride and enjoy. Thank you so very much."

"Honestly, the most beautiful and enjoyable trip I have ever done on my bike!"

"Thank you so much for making my first heartCycle tour one of the best experiences of my life. All of the effort that you both put in really did pay huge dividends in making my trip stress free. Thank you again!"

"You are both terrific organizers and leaders. Thank you so much for all the information and resources that you provided. LOVED the cue sheets!"

"Really an amazing experience riding Mallorca. Thank you soooo much for all the preparation and work in putting this wonderful 'memory maker' together"

"You guys have been amazing! Thank you for all the work planning the fabulous rides/routes! We will forever remember this trip and want to do more HeartCycle trips! To more fun times! Thank you!"

"I really liked the high quality rental bikes and avoiding the cost and hassle of shipping my bike as well as having to break it down and rebuild it."

"This has been a wonderful trip. Thanks so much for all you did in preparation and during the two weeks. The attention to detail made everything go smoothly and having the ride / sightseeing options was great."

"Thanks to you both for leading such an amazing tour! Your organizational skills are unmatched and made for an amazing tour. It was perfect! I look forward to touring with you again."

"Many thanks for making my first bike tour so wonderful. Mallorca is gorgeous and the time and energy you both put into this resulted in a stellar experience. Great group, Great rides. You and HeartCycle all rock!"

"The cue sheets were superb. The short narratives that accompanied the directions added to a simple instruction of left/right."

Carbondale Extended Weekend

By Alan Church

(With creative input from a number of folks who I rode with but I suspect they prefer to remain anonymous.)

Welcome to Carbondale Colorado! A four-day fixed-based tour.

This article is special. As a challenge to our readers, the Board agreed to allow me to post a short quiz at the end of this article. The quiz will test your attention to detail and hopefully challenge you with fun facts from this tour and the area around Carbondale. So pay close attention to the details!. If you are able to answer all of the questions correctly, you will be eligible to win vouchers for discounts on future HeartCycle tours from the HeartCycle Board of Directors!

Here are a few clues to help you on your way.

- There are no “trick questions”
- All of the answers can be found in the article
- Keep an eye out for...
 - Compass directions
 - Numbers
 - Rivers
 - Map names
 - Mileage
- And most importantly, do not believe everything you read!

The quiz will be open book so there is no need to “read ahead”. But you are encouraged to take notes as you read along.

Good luck!

The Road to Marble

Day-1 led us thirty-some miles west out of Carbondale following the Crystal River to the town of Marble. This ride had leg-burning climbs at pitches of 2% and in some places exceeding 3%! But HeartCycle members are tough, so many opted to suffer even more and took a quick three-mile detour up to the top of McClure Pass. Although short, this little climb (9% - 10%) really did leave some of us “feeling the love”.



The population of Marble is roughly 131 according to the 2010 census. But during the lunch hour on June 21st, the population surged to 161. Quick math will tell you how many folks were on this tour!

Marble is famous for the citizen's skill at playing marbles; thus, the town's namesake. I heard that the citizens of this town were actually invited to Washington DC for a game of marbles at the Tomb of the Unknowns and Lincoln Memorial. But this sounded a little far fetched, so I checked. As it turns out, it was the marble from Marble that was used to build the Tomb of the Unknowns and Lincoln Memorial! Hmmm... I guess I won't rely on Fox News any more for my facts!

Glenwood Canyon Bike Path

Day-2 led us north out of town next to the Roaring Fork, a river, not a restaurant, to Glenwood Springs. Glenwood Springs is famous for the hot springs but, you should see the bike path! I'm typically not a fan of bike paths, but this day almost made me a convert. The ride down to Glenwood was just plain fun... smooth, little if any traffic, and good company as we rolled down to our SAG stop at mile-15. Yup, barely enough time to digest breakfast! In Glenwood we swung east along the Colorado River and headed for Denver. Ok, a bit of exaggeration... We actually only headed toward Denver... but we could have made it if we had 50 more SAG stops.

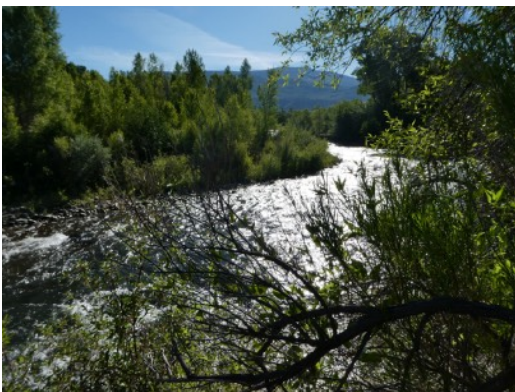


The 16 mile bike path along the Colorado River took over 15 years to construct at a cost of over \$550M. This has to be the most expensive bike path in the world! Ok, once again, a bit of exaggeration. To be technically correct, in addition to the bike path they also built a 4-lane interstate highway with tunnels and elevated sections above, below, and next to the river and canyon... but as a cyclist, who cares. We were there for the bike path!

(A quick note and some hints regarding the quiz... We are now half-way through the tour. For those of you keeping track, there have been three rivers mentioned, three compass directions, some vague references to mileage, lots of "numbers", and one fake news network.)

Off to Lance's House

Day-3 led us South up the Roaring Fork River valley thirty-some miles to the quaint little village of Aspen... home to a world famous cyclist and one helluva lot of private jets (none of which were owned by the club... yet. Bob, think of how easy it would be to shuttle bikes!). According to Zillow, there are 405 homes currently on the market in Aspen. As Ferris Bueller would say, "If you have the means, I highly recommend picking one up". I know... Ferris was referring to a Ferrari, but it makes my point. There's a reason why this tour was based out of Carbondale versus Aspen. Probably the same reason why we don't have a jet!



While some folks opted to tour the John Denver Sanctuary Gardens, I went in search of Lance's house. Needless to say, I didn't find it. If I had, its picture would be right here. Oh well. But not to be thwarted in my quest for Lance memorabilia, I checked the local Post Office for the "Lance Armstrong Doper Forever Stamp". Guess what... sold out! A bit dejected, I went in search of lunch. And although there were lots of restaurant options (the "Roaring Fork" not being one of them), I opted for a fully-catered lunch served next to the Roaring Fork River. An excellent choice. Made me forget all about Lance.

Final Day



Today's ride was advertised as "... a beautiful area full of horse ranches, giant pastures and lovely homes". Not to nit pick, but the tour leaders forgot to mention "great views". This was, in my humble opinion, one of the top four rides of the weekend. Although this was only a 30-some mile loop ride, it was a perfect ride to conclude the tour. From the top of the plateau one could see the entire Roaring Fork River valley from Aspen down to Glenwood with the Elk Mountains looming in the background. I won't bore you with how the Elk Mountains got their name.

But the best part of this ride had little to do with the ride itself. Just before the decent off the plateau, I encountered a rider heading in the opposite direction. As with most riders, we acknowledged each other with a head-nod and continued on our respective ways. Then it struck me... that was Lance! I immediately looked back over my shoulder, as did he, and we exchanged a quick hand wave. I was tempted to turn and introduce myself, but he was already too far up the road. But before he disappeared out of sight, I could see him grin and mouth the words... "Nice triangles".

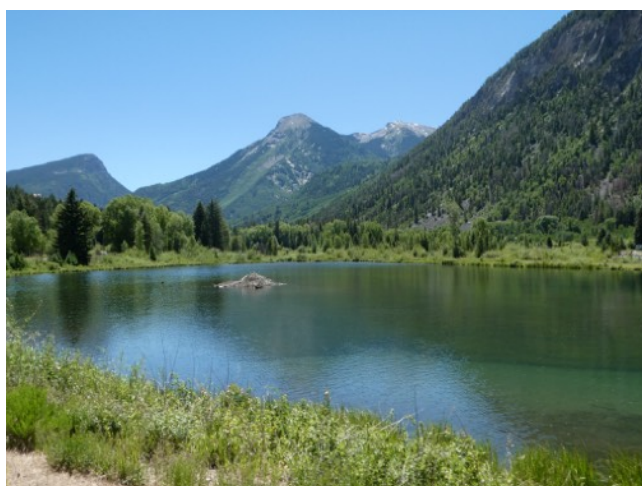
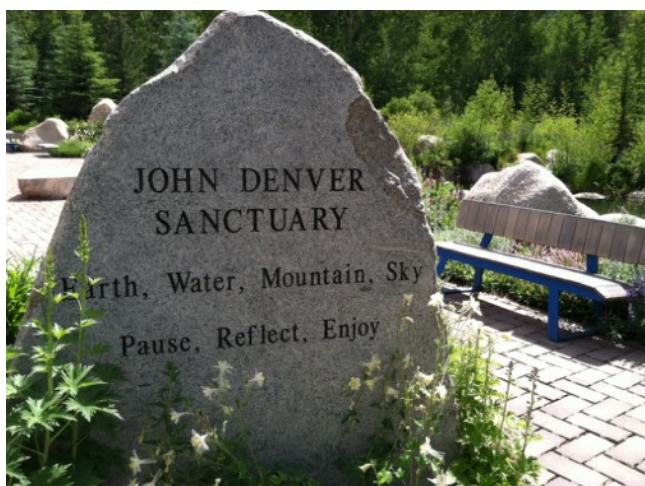
Epilogue

All kidding aside, this was a wonderful long-weekend. The tour leaders and SAG support were outstanding. The leaders' knowledge of the area, its history, and route selection was exceptional. I would highly recommend this tour for both intermediate and advanced riders. Thank you!



Quiz Time

Ok, are you ready for the quiz? If so, sharpen your pencils and scroll to the bottom of the article. But if you need a little more time to study, here are a few more pictures to refresh your memory.





Congratulations... You made it through the article. You no doubt took notice of directions, rivers, mileage, map names, and followed all of the clues provided at the beginning of the article. With one notable exception...

Did you really believe there would be a quiz? If so, I have some property in Aspen I'd like to sell you! And be honest... would you have read this article without the incentive?!?

Cheers.

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, chriswmattthews@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

Colorado HeartCycle 2018 Tours

San Juan Islands

La Conner, WA

August 4 - 11 Status: Complete
7 days, Int./Adv. \$1,770.00
Ken Condray, condray3@gmail.com
Doug Moll, doug@aaplus.com
Sue Matthews, scmatt2@gmail.com

Fireworks of Fall, Finger Lakes, New York

Rochester, NY

September 29 - October 7 Status: Open
8 days, Int./Adv. \$1,660.00
Jim Bethell, bethell.jim@verizon.net

Coast-to-Coast Northern Tier Year 3

Rapid City, SD

September 8 - 23 Status: Tour Full
15 days, Int./Adv. \$2,595.00
John Penick, jdpennick@gmail.com
Rosemarie Lueke, ree22@msn.com

Bicycling in Paradise: Maui

Maui, Hawaii

Jan. 26 - Feb. 1, 2019 Status: 1 Female
6 days, Int./Exp. \$2,280.00
John Aslanian, 22flatrock@gmail.com
Bob Rowe, browe49@comcast.net

Bike and Barge - Germany

Koblenz, Germany

September 15 - 22 Status: Open
7 days, Easy/Int. \$1,785.00
Joanne Speirs, jcspeirs1@gmail.com