

Heart-to-Heart



Germany, Bike and Barge Along the Mosel and Saar Rivers



Come ride along with us as we tour the countryside on the banks of the Mosel and Saar rivers. The tour is 7 days, includes breakfast, packed lunch, six chef prepared dinners on board the Barge, bed linens, tour guide bike rental and castle tours. We will be riding through endless vineyards, picturesque German towns with rich histories and Roman ruins. September 15 - 22, 2018. The daily rides are 25 - 35 miles and is appropriate for anyone with a good physical condition and basic cycling skills. **A room has recently become available for a couple or two single men or women.**

See full tour description: [Bike and Barge - Germany](#)

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Notes from the Board

Tennessee Trek 2018

By Kurt Arehart

The Tennessee Trek was newly designed by ride leader Jimmy Schroeder and an instant classic, taking us on a big counter-clockwise loop from our Nashville start down through rolling farmlands and horse country to Chattanooga for a two night stay and then back to Nashville by a more easterly route. Most hills were short by Colorado standards but we had some challenging and beautiful climbs on several days. Dodging punishing afternoon sun or thunderstorms was a daily chess match for our leadership/SAG team and we won most rounds.

Jimmy and co-leader Helayn Storch did a great job with the planning, logistics and daily ride guidance while the SAG team of Kathleen Schindler and Mayoma Pendergast brought their excellent food and snacks, skillful caring and creative problem solving to the aid of all. Perfect execution on my scorecard.



The team clusters around the beloved Penske, supplier of bags, food, and all things good.

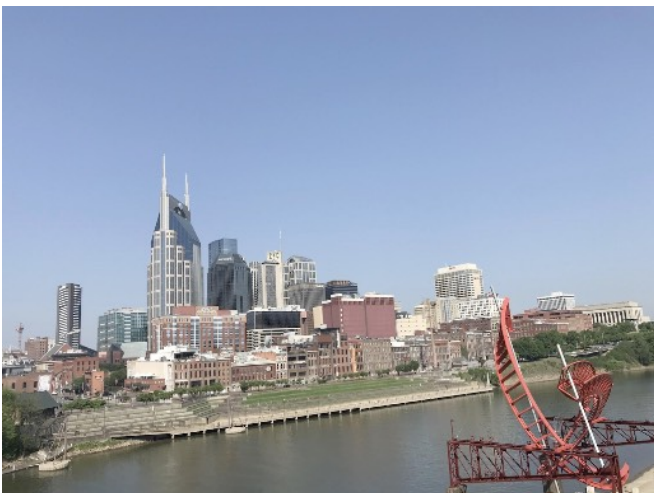
Day-1: Nashville to Spring Hill, 70 miles with a few moderate climbs. We knew this was going to be a hot day so we got an early start. Nashville's greenway system treated us well getting through center city and away to the southwest with easy traffic.



A leafy and comfortable start along the Stones River, that we followed to the Cumberland.



Co-leader Helayn Storch assures us this bridge across the Cumberland is safe for the team.



Recrossing the Cumberland to enter downtown Nashville.



We logged some great miles along the famous Natchez Trace.

Day-2: Spring Hill to to Shelbyville, a short 46 miles of gently rolling farmland, with no major climbs.. Since Spring Hill is a GM factory town we started a bit later than normal to avoid shift change traffic. This meant more heat, and so hydration was key.



The smart ones take their break in the shade. Tina Vessels models an ice-filled sock as a neck wrap. Yeah, it was hot.



Our SAG team of Kathleen and Mayoma excel at finding shade for our breaks.



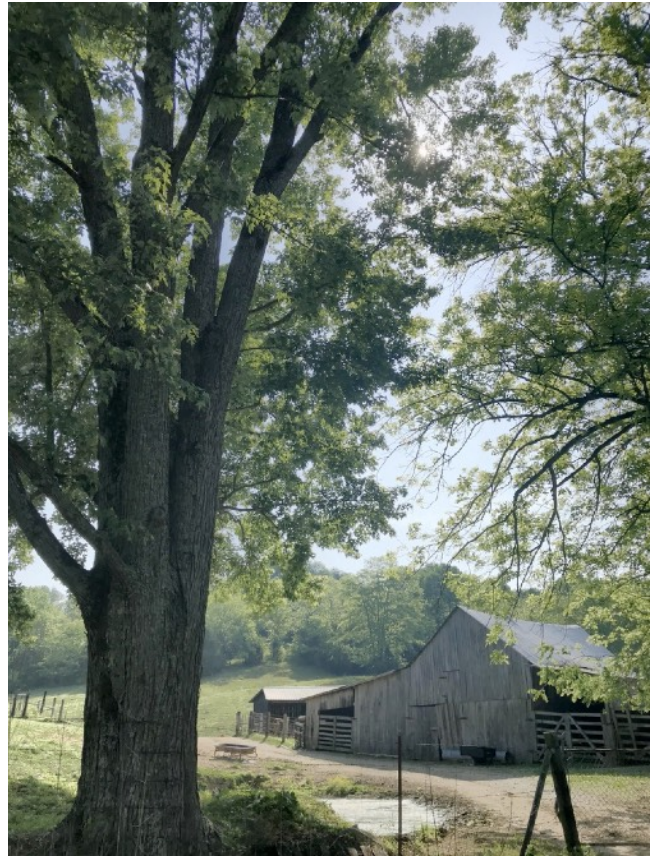
Fair weather clouds offer occasional shade as we roll through beautiful farmland.



Day-3: Shelbyville to Monteagle, 67 miles and some memorable climbs. It was really like two rides: the first 45 miles under a hot sun, and then the gathering thunderheads that started by offering relief from the sun and then delivered on their potential with a drenching and chilly rain as we climbed up to our Monteagle finish. A pretty day that ended in adventure. Wet adventure.



Bedford County Courthouse, Shelbyville.



The scene low in Mullins Hollow.



Lynchburg, TN, home of Jack Daniels Distilling.



Day-4: Monteagle to Chattanooga, 64 miles and some tough climbs: with chains re-lubed and shoes mostly dry we gave back our hard-won elevation, riding from Monteagle south and east to Chattanooga. Along the way we dipped into Alabama, back up into Tennessee, then down into Georgia before returning again to Tennessee and Chattanooga. Great ride!



Mountain Goat Trail.



The sun rises as we cross the Tennessee.



Our route takes us around the shoulder of Lookout Mountain and under the Incline Railway, about halfway up. On the right is looking up to the summit station.



Day-5: A day off in Chattanooga. Having climbed some or all of Lookout Mountain on day 4, some of the team opted for a nice little 18 mile cruise along the Tennessee Riverwalk Trail and some Chattanooga exploring.



Chattanooga provides a few shielded bike lanes, very nice.



These boards were slick with yesterday's rain. Careful!



Returning along the mighty Tennessee, now downstream, back towards Chattanooga.



The view from the opposite side of the bridge, looking west.

Day-6: Chattanooga to McMinnville. Today was the tough one: 78 miles, two major climbs and a threat of rain. And it was beautiful! The big climbs were followed by fun and fast descents, and a highlight was our time in the Sequatchie Valley, between climbs. Sequatchie had beauty to rival the gorgeous Shenandoah Valley (fall of 2019 for that one). Glorious day on the bike! And yes, some of us did indeed get caught in some rain late in the day.



Phil Stoffel chugs up the Suck Creek climb.



And a beautiful climb it is.



Just over the top of the Suck Creek climb and we enjoy a rollicking switchback descent into low clouds nestled in the Sequatchie Valley.

Day-7: McMinnville to Murfreesboro, 59 miles, no major climbs. Today was another day riding through beautiful rolling farm country. Lots of loose dogs, none overly aggressive. We had a young pit bull run with us for several miles. What an athlete! He meant us no harm, just wanted to run.



Bev Louie finishes a tough climb and still manages a winning smile.



A rest stop at Short Mountain Distillery. Product was tasted. Product was purchased.



A gorgeous roll to the land.

Day-8: the wrap-up: today we cruised a lovely 50 miles from Murfreesboro north and west to our start point a little east of Nashville. Beautiful morning to be on a bike and a sweet finish to our tour.



Top Left: Murfreesboro has a nice greenway that got us out of town in quiet beauty.



Top Right: Some really great rural miles before entering the density of Nashville.

Bottom Right: The bridge across Percy Priest Lake, approaching Nashville. Another great HeartCycle tour is in the books!



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, chrismatthews@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, fredericky@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: Open
 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: 1 Male, 1 Female
 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: Wait List
 9 days, Int./Adv. \$3200.00
 Fred Yu, fredericky@comcast.net
 Graham Hollis, gramhollis@comcast.net

Colorado HeartCycle 2018 Tours

San Juan Islands

La Conner, WA

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

Coast-to-Coast Northern Tier Year 3

Rapid City, SD

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

Bike and Barge - Germany

Koblenz, Germany

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

Fireworks of Fall, Finger Lakes, New York

Rochester, NY

September 29 - October 7 Status: Wait List
8 days, Int./Adv. \$1,660.00
Jim Bethell, bethell.jim@verizon.net
Jay Wuchner, jaywuchner1@gmail.com

Bicycling in Paradise: Maui

Maui, Hawaii

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