

# Heart-to-Heart



## Phishing Newsletter

By Alan Scott

In the past month several of our members have been phished by someone claiming to be a member and asking for donations of behalf of another club member with a critically sick child needing an operation.

### **THIS IS NOT A LEGITIMATE COMMUNICATION FROM HEARTCYCLE.**

Heartcycle does not solicit funds from members for charitable causes; nor does it solicit on behalf of any member.

Important information for our members is communicated via our newsletter. Information about specific tours comes from our registrar, tour director, or the tour leaders themselves.

Here is an excellent summary about phishing from the University of Connecticut:

### **How to detect a phishing message**

To identify a phishing attack, look out for these red flags:

- \* Links in the email. Beware of links contained within the message. These links can direct you to spoofed web pages or download harmful files on your system. Try resting your mouse over the link before you click on it to ensure that the address matches the link that was typed. You can always check the legitimacy of a message by going directly to the company or organization website or contacting them via phone.
- \* Attachments. Hovering over an attachment usually produces additional information about what it is. A document that looks like it has a name "something.pdf" might actually be a file "something.exe." An .exe extension means the attachment is actually a software program that you execute and is extremely dangerous; it can cause computer infection and data loss.
- \* Urgent requests. Phishing attacks are meant to induce panic in the receiver. Legitimate companies and organizations would never send these types of alerts through insecure channels like email.
- \* Bad spelling or grammar. Phishing messages are notorious for containing misspelled words or poor grammar. Professional companies or organizations most often have staff that will not allow mass emails to go out with these mistakes.
- \* Unexpected requests regarding personal information. If the email received is an unexpected request for information, do not respond. In general, you should be extremely wary of following links or answering questions from contacts you did not initiate. Emails regarding password resets, account expirations, or confirmations will always be initiated on the part of the user first.

Most HeartCycle members are savvy enough not to respond to these emails. However this recent scam is a good reminder for all of us to be extra vigilant.

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## **The Board of Directors**

**Fred Yu** (303) 264-7373 (2018)  
President - [president@heartcycle.org](mailto: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](mailto:tourdirector@heartcycle.org)

**Graham Hollis** (720) 323-6479 (2019)

**Bob Rowe** (303) 910-7230 (2019)  
Co-Tour Director - [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

**Alan Scott** (303) 329-6050 (2018)

## **Working Members**

**Ron Barton** (303) 798-2755  
Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Richard Loeffler** 303-981-2963  
Medical Equipment

**Jeff Messerschmidt** (303) 904-0573  
Sag Supply Manager

**Bob Racier**  
Web Master

**Barry Siel** (303) 470-8431  
Newsletter Editor

**Jay Wuchner** - (720) 840-6467  
Sag Vehicles

## **Notes from the Board**

The Board is looking for someone to become a Working Member to assume SAG vehicle responsibilities, to replace Jay Wuchner, who will be relinquishing his duties as he is retiring and moving out of state. A big thanks to Jay for all he has done for HeartCycle as a past Board Member and Tour Leader as well as his work with the SAG vehicles.

For more information and details concerning the responsibilities for managing SAG vehicles, contact Fred Yu or Pat Van Deman.

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## Colorado Governor, John Hickenlooper Signs New Bike Bill

By David Sachs, Streetsblog Denver

The new bicycle “safety stop” bill aims to make it easier for local governments to legalize behavior that people on bikes already employ to stay safe: Treating stop signs as yield signs and red lights as stop signs. It passed the Colorado House last month and later, it passed the Colorado Senate in a 24 to 10 vote. Governor John Hickenlooper signed Senate Bill 144, the Colorado Safety Stop bill into law on May 10, 2018.

Sponsored by Senator Andy Kerr and representatives Yeulin Willett and Chris Hansen, the bill creates a standard ordinance for cities and towns to adopt “safety stop” rules. While the bill does not legalize the practice statewide, it does clear a significant barrier. “Writing separate traffic ordinances at the city level that may or may not align with similar rules in other places was a hurdle for local pols” said Bicycle Colorado Denver Director Piep van Heuven. Standardizing the language removes that guesswork and gives local governments more confidence to proceed.

So now its up to Denver City Council to make it happen. If the elected pass the safety stop rule, they’ll be recognizing that getting around on a bike is inherently different than driving, and it makes sense for the law to acknowledge that.

People on bikes are in an “unenclosed and exposed position in the road that allows them to see, hear, smell, and sense vibrations and assess the safety of an intersection” before proceeding, according to a 2014 white paper by the Mayor’s Bicycle Advisory Committee here in Denver.

A University of Colorado study found that bicyclists disobey stop lights to stay safe. When bicyclists get a head start at intersections, they become more visible to the drivers behind them, which helps avoid crashes in which the driver turns across the path of a cyclist in the vehicle’s blind spot.

Other studies show the safety stop rule does not increase risk for people on bikes. This law is a watered down version of a bill brought by Kerr in the 2017 session that would’ve legalized the practice statewide. Summit County, Dillon, Breckenridge, and Aspen have all adopted the safety stop.

## SOLVANG IN STYLE - 2018

By Blair Gay

In the event you haven't done this tour, you might want to consider adding it to your cycling bucket list. Solvang, a Danish inspired small town, is situated in a very scenic area surrounded by excellent cycling opportunities. You can ride to the ocean, cycle through valleys and canyons and climb mountains. And wherever you cycle you will be treated to varied, interesting and frequently magnificent scenery. In springtime, the abundant rolling verdant hills are covered with vivid, intense shades of green where cattle and other livestock graze. I suspect this vivid green begins to fade away fairly soon as the year progresses and that the timing of our tour was ideal for viewing the countryside. The areas around Solvang also feature numerous vineyards and wineries, several thoroughbred horse farms and multiple varieties of trees and shrubs, many of them in full leaf. And yes, there are some rough roads, but they are rideable and likely no worse than what most of us have experienced before on other rides.

Because this was a well-designed and organized tour supported by two vans, there were numerous route choices available enabling each cyclist to choose just how far and where he or she wished to ride each day. In fact, because it is a fixed base tour, cyclists have the option of not riding at all on any day. This flexibility to choose is particularly important in April when many cyclists haven't had the opportunity to do much training and due to the fact that the peak grades on some of the climbs ranged from 10 to 15% and some downhill rides were steep and long and a bit technical.



Alan Scott



Mayoma and Jolene with Kay



Bob Rowe with Anne Cox



The weather was fine for cycling with lots of sunshine and only a brief shower on one day. Temperatures were approximately 10 degrees cooler (60s) than the preceding week and those forecast for the subsequent week, but still very comfortable for cycling. Wind velocities were significant on a few of the days, but because every day's route was out and back, head and tail winds (at least theoretically) evened out. Because of the winds and chilly mornings, it was a great time to have the new HeartCycle souvenir jackets! Most of us wore them for at least a portion of every day.

#### Day-1: Jalama Beach Bash - 77 miles/6,000' vertical

This was a challenging ride for the first day, featuring ocean and mountain views. We began the ride heading west out of Solvang over rolling hills followed by a significant climb and then a long descent to Jalama Beach for lunch. Most of us chose not to linger after lunch due to a strong, chilling westerly wind coming off the ocean. From the beach we cycled up and over the same mountain road and returned to Solvang through Alisal Canyon.



Day-2: Valley Rambler - 50 miles/2600' vertical

This was the least difficult day of the tour, sandwiched between two of the more difficult days. (An example of the good planning by our leaders which we experienced and appreciated throughout this tour.) This route took us east and north of Solvang through the neighboring towns of Santa Ynez and Los Olivos as we cycled by numerous produce fields and horse farms. From Los Olivos we began a loop to the north where we encountered the tour's only rain shower on the way to Foxen Canyon. After lunch at the Fess Parker Winery we continued south on the Foxen Canyon road back through Los Olivos and on south to Solvang. On this day we cycled by numerous vineyards and produce farms as well as a few wineries.





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**Day-3: Figueroa Mountain Masher - 50 miles/5,000' vertical**

This day featured a long and difficult mountain climb of nine plus miles with peak grades of 12 to 15% and an average grade of over 7.5%. If one were to climb the back side of the mountain as Kate Scott chose to do, the peak and average grades are even greater. The descent down the back side was steep, somewhat technical and really fun. How quickly the time flies when cycling a long, steep descent! After lunch at a campground located a short distance down the descent and after completing the descent itself, we headed south and back to Solvang through Los Olivos and the very scenic Ballard Canyon.

**Day-4: Rest Day**

Many cyclists headed out for relatively short rides on this day while others explored the town and surrounding area or relaxed at the hotel's hot tub and heated pool. All of us attended and participated in a mid-afternoon Melville Vineyards wine tasting arranged for us by fellow cyclists, Proal Perry and Connie Miels-Perry. The tasting was well organized, interesting and educational, and the wines were quite good. The event was enjoyed by one and all.





Day-5: All the way to Tampusquet - 80 miles/4850' vertical

This day's ride featured a lot of miles but relatively gentle grades on the climbs. After leaving Solvang we soon picked up Foxen Canyon Road heading north instead of south as we had done on Day-2. We then connected to Tampusquet Road where we began a mostly gentle ten-mile climb, reversing at the top of the grade and heading back down for lunch at Riverbench Winery. From there we made our way back to Solvang via Cat Canyon (with the assistance of a tail wind) through Los Alamos and then the Ballard Canyon Road.





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**Day-6: Drum Canyon and Harris Grade - 62 miles/3,700' vertical**

This was the final day of the tour, although those with sufficient time before their departure on Saturday could squeeze in a ride on their own. Weather wise, this was the warmest day (70s) of the tour. We enjoyed a leisurely lunch at the La Purisima Monument Mission and museum. The route for the day was a big loop with a final long leg heading west back to Solvang along which we were the beneficiaries of a very impressive tail wind. What a fun ride to end the tour!



Bob Rowe and Alan Scott did a superb job of planning, organizing and leading this tour. It is a significant, and I'm sure a time consuming, accomplishment to plan and smoothly lead a week long cycle tour for 30 club members with differing preferences for each day's ride. And kudos to our sags, Mayoma and Jolene. They were friendly and helpful, worked hard every day, and kept smiling while providing great lunches and all the kinds of support important to cyclists. We are grateful and fortunate to have had their support on this tour. And finally, as on the few other HeartCycle tours I have taken, it was a pleasure to be in the company of the considerate, congenial and interesting club members who rode this tour.

# 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](mailto:tina.vessels@gmail.com)  
 Tom Biggi, [biggi@awdboost.com](mailto:biggi@awdboost.com)

## Gunnison Fixed Base Explorer

### Gunnison, CO

June 3 - 7 Status: Canceled  
 4 days, Intermediate \$685.00  
 Rosemarie Lueke, [ree22@msn.com](mailto:ree22@msn.com)  
 Chris Matthews, [chriswmattthews@msn.com](mailto: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](mailto:browe49@comcast.net)  
 Alan Scott, [ascott999@comcast.net](mailto:ascott999@comcast.net)

## Four Corners - Land of the Anasazi

### Durango, CO

June 9 - 16 Status: Wait List  
 7 days, Advanced \$1,480.00  
 Fred Yu, [frederickyu@comcast.net](mailto:frederickyu@comcast.net)  
 Joan Spilka, [ljspilka@hotmail.com](mailto: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](mailto:mspollypage@gmail.com)  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

## Sardinia

### Sardinia, Italy

June 17 - 26 Status: Open  
 9 days, Advanced \$2,775.00  
 John Aslanian, [22flatrock@gmail.com](mailto: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](mailto:richcrocker@hotmail.com)  
 Polly Page, [mspollypage@gmail.com](mailto:mspollypage@gmail.com)

## Carbondale Extended Weekend

### Carbondale, CO

June 20 - 24 Status: Open  
 4 days, Intermediate \$690.00  
 Ron Finch, [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)  
 Steve Heil, [rjsheil@bresnan.net](mailto:rjsheil@bresnan.net)

## Tennessee Trek

### Nashville, TN

May 12 - 20 Status: Complete  
 8 days, Int./Adv. \$1,400.00  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
 Helayn Storch, [helaynstorch@hotmail.com](mailto: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, [frederickyu@comcast.net](mailto:frederickyu@comcast.net)  
 Graham Hollis, [gramhollis@comcast.net](mailto:gramhollis@comcast.net)



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# Colorado HeartCycle 2018 Tours

## San Juan Islands

### **La Conner, WA**

August 4 - 11                      Status: Wait List  
7 days, Int./Adv.                      \$1,770.00  
Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
Doug Moll, [doug@aaplus.com](mailto:doug@aaplus.com)  
Sue Matthews, [scmatt2@gmail.com](mailto:scmatt2@gmail.com)

## Coast-to-Coast Northern Tier Year 3

### **Rapid City, SD**

September 8 - 23                      Status: Open  
15 days, Int./Adv.                      \$2,595.00  
John Penick, [jdpenic@gmail.com](mailto:jdpenic@gmail.com)  
Rosemarie Lueke, [ree22@msn.com](mailto:ree22@msn.com)

## Bike and Barge - Germany

### **Koblenz, Germany**

September 15 - 22                      Status: Wait List  
7 days, Easy/Int.                      \$1,785.00  
Joanne Speirs, [jcspeirs1@gmail.com](mailto: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](mailto:bethell.jim@verizon.net)  
Jay Wuchner, [jaywuchner1@gmail.com](mailto: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](mailto:22flatrock@gmail.com)  
Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)