

2018 HeartCycle Tour Souvenir



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The HeartCycle tour souvenir for 2018 will be a jacket by Primal that matches the 2017 HeartCycle tour souvenir jersey. The souvenir jacket will feature an emblem on the shoulder commemorating the 40th anniversary of HeartCycle. They will be made in both women's and men's sizes.

If you register for a HeartCycle tour in 2018, please be sure the size in your profile record is correct. Jerseys will be ordered based on the profile information.

Size chart is shown on page 16 of this newsletter.

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Notes from the Board

Lost and Found

A backpack (see photo at right) was left in a sag wagon following a tour this year. The pack contains a number of items including two water bottles, some tubes and a couple of very nice (read expensive) tools. If this is your pack you can claim it by contacting the Newsletter Editor and describing the expensive tools in the pack.

We would like to get this back to the rightful owner but if it goes unclaimed, we may have to make it a door prize at the annual luncheon next year.



Coast-to-Coast Northern Tier Year 2

(An Adventure Tour)

By Beth and Richard Williamson



On September 9, 36 of us convened in Missoula for the start of stage 2 of our Adventure Tour. 33 had completed stage 1 with 3 new arrivals. Nine of the group (both SAG's and 7 riders) had completed the 3 prior Adventure Tours. The gathering was like a homecoming with warm welcomes to all. Despite the general cheer a literal cloud hung over the event. Missoula had been deluged with smoke for weeks and the air quality was rated as unhealthy. Through some kind of magic, or prayers to the cycling gods, the winds blew most of the smoke away by morning. It was reported that the local paper ran an editorial thanking HeartCycle for their influence and welcoming them back at any time.



Day 1: Missoula to Deer Lodge, 88 miles, 3200 feet.

This was a day of gradual climbing toward the continental divide. Although the haze from the remaining smoke obscured the long views the immediate scenery was lovely as the ride wound along the Clark Fork drainage. Most of the day was spent on roads paralleling I-90, criss-crossing the Clark Fork River arriving at Deer Lodge by mid-afternoon. One of the experiences of an Adventure Tour is you have to get from point A to point B and sometimes you stay in towns you might otherwise not experience. Deer Lodge is one of those, a town of 3100 and best known for the Montana State Prison. The group wasted no time in settling in comfortably at the Western Hotel.

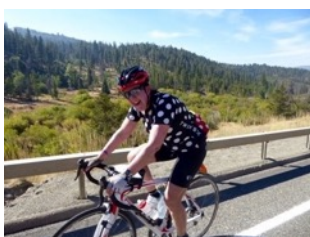


Day 2: Deer Lodge to Helena, 54 miles, 2500 feet.

Over the continental divide today with our first real climb followed by a long, fast descent into Helena. With a better hotel, better food and interesting architecture, Helena is the state capital, a town of 30,000 and was once one of the wealthiest towns in the country. More than \$3.6 billion in gold was mined from within the city limits creating wonderful architecture including a Gothic style Cathedral.

**Day 3:** Helena to Bozeman, 100 miles, 2400 feet.

This was our first big day. Leaving Helena on a cool crisp morning we road through miles of farmlands during hay harvest, through mountain valleys winding our way down the Missouri river drainage. The scenery was lovely, and the riding pleasant. Lunch was at a memorial park for fallen police officers. By afternoon it was getting hot and I think all of us were happy to arrive at the C'mon Inn with it's multiple hot tubs. After arriving, one of the HeartCycle newcomers, Cheryl, made sure our leaders knew she wouldn't be pushed around. After passing the tour leaders and the past president in the final miles, and being asked if she had "a burr in her saddle" she simply responded "No you guys are just slow" creating a good bit of jokes and laughter after a hard long day.



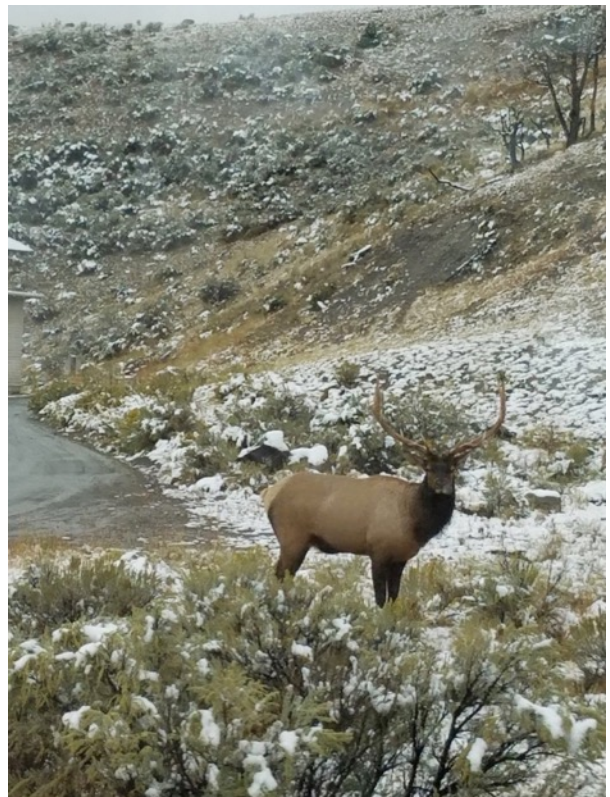
Day 4: Bozeman to Pray, 58 miles, 2700 feet.

After leaving Bozeman we climbed up Bridger Canyon Road, one of the most beautiful roads of the trip, and then on through Livingston, home of the Hollywood stars. Lunch was at a county park on the Yellowstone River with all arriving at Chico Hot Springs just as our luck with the weather changed and the downpours started. Chico was a nice spot to spend **Day 5**, our day off to enjoy hikes, exploring, soaking in the hot springs and eating garden fresh food.

Day 6: Pray to Gardiner: Cold, wet sleet and snow meant 33 miles in the SAG vehicles to Gardiner at the Northgate of Yellowstone.

**Day 7:** Gardiner, MT to Wapiti, WY.

Rained and sleeted all night and when we awoke in Gardiner the power was out for most of the county including Yellowstone Park, and the surrounding hills were covered with snow. We enjoyed a long bus ride today through Yellowstone, which was beautifully sprinkled with snow accentuating the contrasts in the terrain. I have visited Yellowstone previously, but have never seen the park look so beautiful. Covered many miles of roads in the bus that we long to ride on our bicycles some time in the future, in better weather.



Day 8: Wapiti to Cody, 19 miles mostly downhill.

It was dry but cold as heck when we started. We enjoyed a scenic short ride past the Buffalo Bill reservoir down the old Yellowstone highway along the river into the wild west town of Cody, WY. There was a traffic jam at the first climb as most riders, nearly all of whom had overdressed, needed to strip off layers. Cody included a comfortable hotel, good eats and a fantastic museum.

**Day 9:** Cody to Lovell, 46 miles, mostly downhill.

Warm weather, sunny skies, downhill and a tailwind as we started made this a pleasant riding day, 46 miles of irrigated farmlands. Lovell is another one of those towns you would be unlikely to stay in if you were not on your bicycle. We were glad we took Steve Parker's advise to bring the shampoo from our rooms in Cody. We made the best of it with our wonderful SAGs laying out a nice feast in the park like setting near the hotel parking lot.



Day 10: Lovell to Sheridan, 101 miles, 7800 feet.

This was the day we had all anticipated and trained for. Destined to be epic, and turned out to be epic in ways unanticipated. We rolled out on a cool, dry cloudy day with a gentle warmup before the road turned up, to sustained 10% grades and at times steeper. Some said it was one of the steepest sustained climbs they had ever done. By the first SAG stop we had climbed over 4000 feet and the temperature had dropped to near freezing. Unbelievably, Patty Menz arrived in shorts and a short sleeve jersey. Although the grade lessened considerably after the SAG stop the conditions worsened. By the summit at 9450 feet snow pellets were blowing sideways and the road was filling with slush and kicking up icy water. One by one the tour leaders rescued us, saving us from hypothermia. Down the road we huddled by a fire in a café drying out and consuming warm food and beverages before being transported to Sheridan.

**Day 11:** Rest Day in Sheridan, WY.

Day 12: Sheridan to Gillette, 106 miles, 4700 feet.

Another big day - although the cue sheet was short and simple the miles were long as we crossed a near treeless prairie land with lots of deer and antelope. The route included plenty of up and down and long endless roads. Our lunch was a stop at a highway pullout huddled on the shady side of the Penske. With the last 20 miles being mostly rollers and steadily climbing, Gillette, the "Energy Capital of the US" was a welcome site at the end of a long day. When you are riding across the country some days you just have to get from here to there!



Day 13: Gillette to Sundance, 76 miles, 2700 feet.

This day started and chilly and windy with a stiff headwind after the first SAG. The barren landscape however gave way to incredible scenery as we entered the Black Hills National Forest of eastern Wyoming. The hills and trees were lovely and welcome site after miles of prairie with views of Devils Tower in the background. We huddled in the Penske for lunch and the day ended with a screaming descent into Sundance with everyone arriving before the storm.



Day 14: Sundance, WY to Custer, SD.

Rained out. Even the most diehard didn't complain about the cancelled ride as our tour leaders worked hard to transport everyone to Custer.

Day 15: Custer to Rapid City, 52 miles, 2000 ft.



Great Riding with you all!

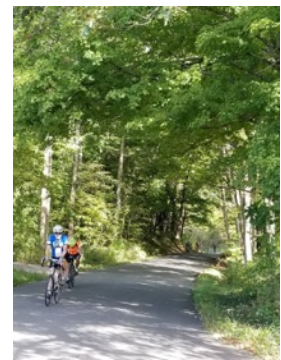
Southern Indiana Hills

By Tina Vessels



Donning his bicycle pump, leather spandex shorts, bullwhip, sprinter and 3 pocket jersey, Indiana Jim wrangled up riders from all parts of the country for an early-October week of exploring roads in the Ohio Valley.

As side-kick Alan Scott noticed, "If you think Indiana is flat, you would be wrong. The length of the climbs are short by Colorado standards, but they are steep". "Doing what I love is worth it", declared by Jim and demonstrated by Alan. Their careful planning for this unassuming state truly raised the bar. Who'd have thought Indiana would provide such an invigorating adventure with breathtaking scenery, winding riders through National and State forests, historic sites, wineries, Buddhist temples, Amish villages, and bluegrass music. In some areas we were spot on with the yellows and golds of poplars, the vibrant reds from native sumacs, and maples adding a touch of vivid orange.



Beginning in Bloomington, Indiana, we then had our choice of either 65 miles and 2800' or 73 miles and 3300' loops through Monroe State Forest. The route, aptly named "Not the worst hills of Morgan and Monroe County", led us to the touchable sculpture garden and its elderly deaf artist. Our sag stop took us to Oliver Winery and that evening the happy hour was particularly happy.



Another extraordinarily challenging route to French Lick was a 61-mile and 3400' day. We rode through limestone quarries and idyllic valleys with country churches and covered bridges. Armed with detailed maps, precise GPS, and detailed route description, the author, friends and unnamed BOD member managed to fall off track and explore a bit more of Indiana than planned.



Back in the saddle for a 70- or 80-mile and 3400' ride to Nashville, we passed Amish buggies, quaint ghost towns and the amazing Brown County State Park where a mountain bike festival was to be held. Several nights were spent at the Brown County Inn where we happened upon a bluegrass open-mike night. Kathleen had the group hootin', hollerin' and cuttin' the rug" way past HC bedtime policy. Has this been reported to the BOD?



We took a rest day followed by a rain day, luckily both in Nashville, a quaint historic village with many restaurants, shops, brew pubs and theaters. Jim loaded up the sprinter and took us to see the renowned architecture of Columbus. Another group bought tickets to the small theater where a local group of women vocalists performed music from the 1950's to present days, a great performance.



After this wild enjoyment, we hit the road with sunny skies and rode back to Bloomington on a 43-mile and 2300' day. We rode up Greasy Creek Hill, through Yellowstone State Forest and Lake Lemon, and another long climb up Firehouse Hill.



Our last day, a 53-mile and 2900' ride, took us around Lake Monroe, the largest man made lake in Indiana. We sped down the causeway passing John Mellencamp's home. Climbing Indiana's version of "The Alps and The Pyrenees" set us up to meditate with the monks at the Tibetan Mongolian Buddhist Cultural Center.

BREAKING AWAY - CHECK OUT RIDE

Jim took us back in time to the 1979 coming of age film, Breaking Away. We rode by the sorority house where Dave serenades Katrina, Dave's house, home of the "cutter family" (a derogatory term for local stonecutters from the quarries), and scene of the famed Little 500 "Little Five" bike race on the campus of Indiana University. We hopped on the dirt track and did our own lap to the cheering crowds in our heads. The actual racers compete annually in a relay style team of 4 on identical single speed - coaster break- flat rubber pedal bikes. They are fashioned after the Roadmaster bicycles of the early 60' and 70's. One of the locals came out on his bike and explained the intricacies of the biking event.



How could all this happen without Kathleen and Mayoma searching for the latest and greatest Costco has to offer. They rounded us up in rain, snow (not really), sleet (ok, a little slippery) and shine. We always looked forward to the sliced fresh fruit and salad of the day. On this ride they upped their game with scented room candles and boom-box rock'n roll. All that is left is silver plated plastic ware, although it would be a challenge to polish in the bath tub....Thank you to all the club volunteers who MAKE IT HAPPEN behind the scenes!





Ode to Mayoma and Kathleen

With Mayoma's ready smile and sharp wit
She is ever willing for juicy goss-ip
Never could a trout, steelhead or
pike spoil her casting skill
But a sudden strike on a minnows lip is her
ultimate fishing thrill
But to truly test her spirit and grit
Lunches served with the freshest of bagu-etts

Did you see Kathleen do the foxtrot
My goodness, she is ever hot
She danced on the table
Be it ever unstable

Ode to Jim and Alan

There was a rider named Scott
When he rode he thought he was hot
A passion for wine while in France
Gave him the illusion of Lance
But when asked wife Kate said, NOT

When riding the hills
We avoided many spills
Jimmy called the terrier
And saved our derriere
Another good day had by Phil


PRIMAL
PRIMAL FIT GUIDE

Fit Guide applies to jerseys, bibs and shorts.

All measurements, apart from weight, are listed in inches.

Men's Size Chart

SIZE	WAIST	CHEST	WEIGHT	HEIGHT
X Small	26-29	33-35	100-120	60-64
Small	29-32	35-38	120-145	64-68
Medium	32-35	38-41	145-165	66-70
Large	35-38	41-43	165-180	68-72
X Large	38-42	43-46	180-210	70-76
2X Large	42-46	46-49	210-240	74+
3X Large	46-51	50-52	240-260	74+

Women's Size Chart

SIZE	WAIST	CHEST	WEIGHT	HEIGHT	HIPS
X Small	24-25	32-33	90-110	Up to 62	34-35
Small	25-27	33-35	105-120	61-65	35-37
Medium	27-29	35-37	120-145	64-68	37-39
Large	29-32	37-40	140-165	67-71	39-42
X Large	32-35	40-43	160-185	70-73	42-45
2X Large	35-37	43-45	185-205	70+	45-47
3X Large	37+	45+	190+	70+	47+

Primal apparel is engineered for the highest possible performance. To take full advantage of the technical properties of your Primal apparel, it should fit close to the body so that moisture is effectively transported away from the skin to help keep you cool and dry.

For a looser fitting jersey, please order one size up from the size shown in the size chart.

Colorado HeartCycle 2018 Tours

Spring Training in Texas Hill Country

Fredericksburg, TX

March 18 - 24 Status: Open
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: Open
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: Open
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: Open
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: Open
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: Open
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: Open
4 days, Intermediate \$690.00
Ron Finch, blouie-rfinch@comcast.net
Steve Heil, rjsheil@bresnan.net

Tennessee Trek

Nashville, TN

May 12 - 20 Status: Open
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: Open
9 days, Int./Adv. \$3200.00
Fred Yu, frederickyu@comcast.net
Graham Hollis, gramhollis@comcast.net

