

Heart to Heart



HeartCycle Annual Meeting and Luncheon

Saturday - October 26, 2013

Mt. Vernon Country Club

24933 Clubhouse Circle

Golden, Colorado

Cash bar opens at 11:30 am and lunch will start at 12:00 noon

Members: \$12.00; Guests: \$22.00

Mark your calendar for the Annual Meeting and Luncheon and a chance to share memories of this year's tours. We have a great program and fabulous meal in store for you. Guests will receive a \$10.00 credit towards their 2014 annual membership fee.

We will have a continuous slide show of photos from this year's tours. A picture is worth a thousand words and we have lots of memories to share. If you have 8-10 photos that really capture the spirit the tour/s you rode, please email them to Barry Siel at bjsiel@msn.com and he will include them in the photo display at the meeting.

Can you imagine riding coast to coast in less than seven days? I can't! HeartCycle's own Race Across America teammates Ann Lantz, and Julie Lyons, will share their amazing story of this year's ride. Relive their experience of their second straight RAAM with a slide show and narrative. You won't want to miss hearing about their remarkable accomplishment.

Several of HeartCycles out of town tour leaders will be in attendance and will preview the trips they have planned for 2014. There will be an overview of the entire schedule of tours for next year with highlights provided by the leaders.

There will also be a brief member's forum at the end of the presentations to allow time for comments and questions from our members. The purpose is to obtain your feedback on what you like about HeartCycle, what you think could be improved, as well as what you would like to see in the future. Your constructive input will help the board in operating the club to best serve everyone's needs.

Register for the luncheon at <http://heartcycle.org/>. For non-member registration form, click here: <https://dl.dropboxusercontent.com/u/32387264/Annual%20Meeting%20Registration%20Form.pdf>
Please sign up and pay via the website if at all possible. We need to have a final head count by October 18. For information contact Mickey Berry at (303) 880-1944.

The traditional 25 to 30 mile ride before the luncheon will start at 9:30 AM. Meet in front of the Mt. Vernon Clubhouse. Links for the 9:30 Bike Ride:

Map and Cue Sheet: <https://dl.dropboxusercontent.com/u/32387264/Annual%20Lunch%20map%20and%20cue.pdf>

.gpx file: https://dl.dropboxusercontent.com/u/32387264/Heartcycle_lunch_ride_w_Genesee_Mnt.gpx

HeartCycle Contacts

The Board

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vp@heartcycle.org

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Co-Registrar - registrar@heartcycle.org

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Newsletter Editor - newseditor@heartcycle.org

Notes From the Board

2013 Board Elections

HeartCycle will have five director positions open for election this October as Mickey Berry, Rich Crocker, Steve Parker, Bob Rowe, and Joanne Speirs complete their terms. Any member of HeartCycle can nominate themselves to run for a director's position for the period from November 2013 – October 2015. The HeartCycle Board is composed of members who work in important jobs that keep HeartCycle running smoothly. They include accounting, tour planning and scheduling, souvenirs, maintaining the SAG supplies and Sprinter van, registration, and membership as well as special projects for the club. Directors also serve as the officers of HeartCycle: president, vice president, secretary and treasurer. Board meetings are on the second Tuesday of every month.

Nominations should be sent in writing to the Vice President, Mickey Berry, by September 26, 2013. A slate of candidates will be presented to the membership for election at the annual meeting on October 26, 2013.

Additionally, any member interested in becoming a working member for functions like the newsletter, map making, social events, or marketing can contact any current board member to volunteer.

HeartCycle News Shorts

GERALD E. BAKKE AWARD

TO BE ANNOUNCED AT THE ANNUAL MEETING ON OCTOBER 26, 2013

After more than twenty years of service to HeartCycle, Jerry Bakke has announced that he is retiring from active tour leadership. Not only has Jerry been one of our most successful tour leaders, he has served on the board of directors, is a past president, vice president, tour director, sag equipment manager and support vehicle manager. He also designed some of our most popular tours including The Grand Canyon, Tres Parques, and Utah, Wyoming and Idaho to name a few. As most of us know, there isn't much that Jerry hasn't done for the club. We will certainly miss Jerry and his cheerful leadership in the years ahead. At this year's Annual Meeting, the current board of directors would like to honor Jerry by initiating the Gerald E. Bakke Award that will be awarded to a HeartCycle member who exemplifies the dedication, hard work and passion for cycling that Jerry has demonstrated. Please mark your calendar to attend this year's Annual Meeting on October 26, 2013 to congratulate Jerry and wish him well.

As we did last year at the Annual Meeting, we will have a continuous slide show of photos from this year's tours. A picture is worth a thousand words and we have lots of memories to share. If you have 8-10 photos that really capture the spirit of the tour/s you rode, please email them to Barry Siel at bjsiel@msn.com and he will include them in the photo display at the meeting.

Mallorca 2014 registration update: The registration for the tour is delayed until late September. HeartCycle is awaiting final room and bike rental pricing from two of our vendors. Your patience is very much appreciated.

Great Rivers Tour

The Adventure Series CONTINUES. Won't you come along with me to the Mississippi and ride the pathways of history? Join Chris Matthews, Steve Parker and a serious core group of adventurers for two years as we follow in the footsteps of Ulysses Grant, W.T. Sherman, Joe Johnston N.B. Forrest from the Civil War era, David Crockett, Mark Twain and Huckleberry Finn. St. Francisville, LA to Natchez, Miss and then up the Natchez Trace to Vicksburg, Jackson and Tupelo before entering Tennessee and finishing just outside of Nashville to wrap up year one. Year two will take us back to the Mississippi River after riding across the Cumberland and Ohio Rivers with stops in Cape Girardeau, and Hannibal as we cross and recross the "Father of Waters." This first leg of the adventure will commence the last two weeks in March. This tour is Tandem friendly.

Oregon Coast Tour

By Mary Kerschbaum

A great combination of cycling days and tourist stops were all part of the Oregon Coast Tour.

The tour started in McMinnville, OR where everyone met for our first evening meeting. We were encouraged to tour the Evergreen Aviation and Space Museum in McMinnville, which displays various retired military aircraft. The “Spruce Goose” is the most famous aircraft on the grounds with its saga of short flight and early retirement. Introductions and instructions for our first ride day over to the coast were led by Ralph and Carol Nussbaum our tour leaders. We were also introduced to our SAG leaders Pete Weiner and Sharon O’Grady.

We headed out from McMinnville to Pacific City for our first day through beautiful shaded and cool forest roads. Our first tourist stop was exploring Fort Yamhill Park at lunchtime. The beautiful coast of Oregon revealed itself when we arrived in Pacific City. The haystack rock and sand dune beach provided a gorgeous view for 2 full days from our hotel at Cape Kiwanda.



Day two took us around the Three Capes Scenic Loop. We toured the Tillamook Cheese Factory for some ice cream and cheese samples then headed to our first Cape, the 'chubby, stubby' lighthouse at Cape Meares. We followed a peaceful bay along Whiskey Creek Road to our second Cape, Cape Lookout State Park. A yummy lunch awaited us along with a bit of up and downhill for our cycling legs. We all found our way back to our third Cape, Cape Kiwanda, for our final evening in this fun coastal city.

Day three took us on and off the main coastal highway to see some gorgeous views, parks and beaches as we cycled to the coastal town of Newport. Our first climb surrounded us by trees and forest cover during our tour of Slab Creek. Next it was downhill to Devil's Lake State Park for another fabulous SAG stop and refuel for our continued cruise of the coast. For the rest of the day, we made the best of picturesque views of Gleneden Beach, Boiler Bay, Depoe Bay, The Devil's Punch Bowl, Beverly Beach and Agate Beach. So many beaches and so little time! We pulled into Newport just in time for a colorful sunset on the beach during dinner.



Newport was a great place for a day off the bikes. Many of us walked or ran the beach, headed to the aquarium or just strolled downtown for a day of shopping in the ocean breeze. A few participants even suited up for a mini-day ride around the bay to the town of Toledo. Heartcycle Tours treated us all to a delicious banquet. It was the perfect way to share stories about our relaxing day and get ready to pedal the rest of the week.

As the coast of Oregon would have it, we woke up to a chilly, misty marine layer. We biked past Yaquina Bay State Park (lighthouse #1) and over two bridges on our way to Devil's Churn. The coast cleared as we road South and showed us amazing views of the beach and the famous Haceta Head Beach Lighthouse (#2 today). We ate lunch and took our group photo on the sands of the shore at Haceta Head Beach. We continued through a short tunnel and up to the largest Sea Lion Caves on the coast. The Sea Lions were nowhere to be found but we were treated to whales spouting and frolicking in the bay. We did a short 'double back' to Yachats for the evening.

Nearing the end of our journey, we headed inland cycling on the quiet road in the Siuslaw National Forest along the Alsea River. We had a fun 1230-foot climb to the top of Alsea Mt. Pass and probably one of the most beautiful 6 miles of downhill on a gently graded curvy road. We met the bike trail for a spin into Corvallis where we spent our final evening along the tour.

Finally, we cycled through the hills and countryside of Corvallis along the wine, corn and hay fields. There were many hilly overlooks of the farms along the Willamette River. Our final fantastic lunch stop was in Salem on the other side of a 1912 RR Bridge at Wallace Park. From there, an easy cruise back into McMinnville for packing up and saying good-bye until we cycle again.



Cycle for Life Supporting the Cystic Fibrosis Foundation September 21, 2013

The ride begins and ends at the Boulder County Fairgrounds in Longmont, CO

Jay Wuchner (Colorado HeartCycle Board member) is organizing a team to participate in the Cycle for Life to support the Cystic Fibrosis Foundation. Jay has a friend who's son, Max, is living with Cystic Fibrosis. Max looks like a normal 9 year-old even though he is battling a bad respiratory infection. If you would like to participate on team **Maxmiles-Colorado** contact Jay Wuchner at jaywuchner@comcast.net for more information.

For more information about the ride:
<http://www.cff.org/chapters/colorado/chapterevents>



WASHINGTON-BRITISH COLUMBIA - 2014



July 12 - 19, 2014, HeartCycle will run a Washington-BC tour, which is a 425 mile loop that starts and end in Colville in Eastern Washington (approximately 80 miles north of Spokane). This tour travels along beautiful valleys, quiet roads and along nearly unspoiled lakes of the Kootenay Mountains. It only climbs two mountain passes, but makes up for that lack by climbing many small hills on most days. The shortest day is 45 miles and the longest is 92 miles. The rest of the days average 55-60 miles per day. Among the highlights of the tour is a half day stop in Nelson, BC which is one of the most scenic resort towns in the Kootenay region BC. We will also stop at the world famous Ainsworth Hot Springs where we can walk into the mountain to the source of the hot spring. Our day off will be in Kaslo where we stay at a 5-star hotel. We hope to again have live music to dance away the night. Look for a more detailed description when the tour is posted in the fall. Ralph and Carol Nussbaum will lead the tour supported with two SAGs.

Mallorca – 2014

HeartCycle will be returning to Mallorca May 3 – 17, 2014. Rich and Polly Crocker will be leading a reprise of the 2012 tour and hope they have 28 members join them on this wonderful tour. They planned this tour to accommodate couples with mixed cycling abilities and members who may like to relax and take days off to enjoy the amenities and surroundings.



The Mediterranean Island of Mallorca is known as the Mecca of European spring cycling for good reasons. It has a sunny climate in May (55–73 °F) and a wide variety of routes on excellent roads with extremely low automobile traffic. The cycling routes vary from flat terrain to rolling hills to long climbs as we'll ride along the coast, through the plains and foothills into the mountains. The beautiful landscape includes secluded pine forests, citrus groves, spectacular sea cliffs and Spanish architecture. On days you may not want to ride there are many options for other tourist or sport activities including staying on the beach, winery tours, spa visits, golf, etc.

This tour is a complete package including lodging, half pension (breakfast and dinner) and bicycle rental. We'll stay for a week at each of two different hotels to allow us to take advantage of all the varied landscapes and roads. The daily group rides will be 40–50 intermediate miles with shorter and longer options. There will not be a SAG vehicle as we will stop in the small villages for group rally points and to purchase food and beverages.

The final price is expected to be \$2300–\$2600 and the registration should open in late September.

Colorado HeartCycle 2013 Tours

Texas Two Step

March 17 - 23 Status: Complete
 6 days, Easy/Intermediate \$1,075.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Jim Bethell, jim@bikes5.com (518) 446-8490

Springtime in Santa Monica

April 14 - 21 Status: Complete
 7 days, Advanced/Expert \$1,165.00
 Sy Katz, skskatz@comcast.net (303) 550-2073
 Bob Rowe, browe49@comcast.net (303) 910-7230

Pacific Coast Border to Border 3

May 4 - 16 Status: Complete
 12 days, Easy/Intermediate \$2,260.00
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551
 Bill Stone, bill.stone@q.com (719) 598-6329

Yakima Hill Country Weekend

May 16 - 21 Status: Complete
 5 days, Advanced \$475.00
 Ralph & Carol Nussbaum
rnussbau@earthlink.net (206) 783-6450

South Fork Soujourn

May 24 - 27 Status: Complete
 3 days, Intermediate \$325.00
 Diane Short, dianbike@eazy.net 303-763-9874

Eastern Washington Weekend

June 6 - 10 Status: Complete
 4 days, Advanced \$395.00
 Ralph Nussbaum, rnussbaum@earthlink.net
 (206) 783-6450
 Pam Austin, freeandflying@live.com

Traverse City

June 7 - 15 Status: Complete
 8 days, Intermediate/Advanced \$1,325.00
 Lynn Driver, ldriver@med.umich.edu
 (734) 646-0307
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Lake Champlain and Vermont

June 22 - 29 Status: Complete
 7 days, Intermediate/Advanced \$1,345.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362
 Kristen Wright, k27wright@gmail.com

Willamette Valley Cruise

July 13 - 20 Status: Complete
 7 days, Intermediate \$995.00
 Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Washington Coast

July 27 - August 4 Status: Complete
 7 days, Intermediate/Advanced \$1,175.00
 Rod Lee, kennedy6017d@yahoo.com
 (206) 604-7145
 Ken Condray, condray3@comcast.net
 (425) 334-1444

Colorado HeartCycle 2013 Tours

Harrison Hot Springs Weekend

August 7 - 11 Status: Complete
4 days, Easy/Intermediate \$515.00
Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Hudson River Ramble

Sept. 29 - Oct. 5 Status: Full
6 days, Intermediate/Advanced \$1,395.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Janet Reilly janet@bikes5.com

Glacier Park

August 9 - 17 Status: Complete
8 days, Intermediate/Advanced \$1,295.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Sue Matthews, scmatt1@comcast.net

Moab Weekend

October 11 - 14 Status:
Opening for a couple plus female shared room
3 days, Intermediate/Advanced \$450.00
Chris Matthews, chrismatthews@msn.com
(303) 618-4789
Mike Cota jmichelcota@msn.com
(720) 530-8041

Oregon Coast

August 17 - 24 Status: Complete
7 days, Intermediate \$1,050.00
Ralph & Carol Nussbaum
rnussbaum@earthlink.net (206) 783-6450

Explore the Door

September 8 - 14 Status: Complete
6 days, Easy \$1,120
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467
Deb Wuchner, debwuchner@comcast.net
(303) 792-2111

Northern Utah

September 13 - 22 Status: Full
8 days, Advanced/Expert \$1,065.00
Ken Condray, condray3@comcast.net
(425) 745-1159
Ralph Nussbaum, rnussbaum@earthlink.net
(206) 783-6450