

# Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club  
June 2008



[www.heartcycle.org](http://www.heartcycle.org)

## Cycling in Paradise

By Barry Siel

Last month Judy and I celebrated our 25<sup>th</sup> wedding anniversary by taking a dream vacation, cruising around the Society Islands, also known as French Polynesia, or the Tahitian Islands. Since 90% of our vacations usually involve riding our tandem bicycle, when we told friends about our pending trip to Tahiti, the first question was always, “is this a biking vacation?.” We would always say, “no, no, this vacation is about snorkeling, laying on the beach and eating too much food”. Little did we know that the call of the open road would be too much to resist.

The vacation started out great. The first evening when we arrived on board our luxury cruise ship, the Paul Gauguin, we went on deck with umbrella drinks in hand to watch the dancers do that thing that Tahitian girls do with their hips. For the next three days we stuck to our plan to snorkel, sunbathe, and gorge on high calorie French foods. Then, on our second day at Bora Bora, we spotted some bicycles for rent at the local Avis car rental shop. We couldn't resist and decided to give it a shot. Now, these were not the high-end, 27-speed, Shimano equipped, well-maintained riding machines that we have back home. No, these were one-speed, balloon tire, banana handle bar, dinosaurs with pedal brakes, chubby-cheek saddles, and a very convenient wire basket bolted to the handle bars. Some shipmates that had driven around the island told us that the road around Bora Bora follows the coast and is very flat, except for a little hill on the far side, so we figured we could



### How much does that bike weigh?

handle it. The ride started out good with decent pavement and little traffic. Once we got out of the main town of Vaitape the pavement started to deteriorate, and then it got worse, and then it disappeared altogether and we were on a rough dirt road. At this point we were glad to be riding on big balloon tires. Then came the little hill. It was only a few hundred feet long but was a 7% grade. With only one gear and standard pedals it was quite a challenge. We had been told that the only road hazard for cyclist was the numerous feral dogs that roam the island. We were anticipating that we may have to outrun a couple of rabid dogs but it turned out that the hazard was that you had to be careful not to hit them when they were laying in the road because they are too lazy to get out of the way. Even the dogs were living on mañana time.

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For letters, articles or comments, send email to [newseditor@heartcycle.org](mailto:newseditor@heartcycle.org)

To receive this newsletter by email please indicate your preference on the registration form.

## Notes from the Board

Weekend training rides schedule is completed for the 2008 season. Homer Fritz did a good job of putting together a great slate of weekend training rides that started in March and ran through the end of May. In past years the training rides have continued into the summer months but, due to low participation, the weekend training rides schedule was shortened this year. If you have comments concerning this change or suggestions to increase future participation, please share your ideas with Homer Fritz, Training Rides Director.

Are you riding on a bike made with the latest, high-tech materials? What is the best material: steel, carbon, aluminum, titanium, magnesium or maybe bamboo? Here is someone who puts their trust in southern yellow pine.





Two days later we were at the island of Moorea and thought the bike ride around Bora Bora was such a treat that we would try it again. We again rented a couple of cruiser bikes and headed out of Paopao on Cook's Bay to circumnavigate the island.



**Your rental bikes only come in pink?**

This island was a real contrast to Bora Bora. On Bora Bora everything we saw was either luxury resorts with grass huts over turquoise water, or the poverty of locals living in ramshackle hovels. Moorea did not exhibit the same contrast between luxury and poverty that we saw on Bora Bora. There were schools, businesses and numerous homes that were modest but well maintained, and not so many of the upscale resorts.

After a few miles I was thinking that my bike must be in bad shape because I was working pretty hard and having a hard time keeping up with Judy. That was when I noticed that the front tire was half flat. Luckily, I found a gas station and was able to get the tire filled up with

air, and none too soon, just around the corner was the only hill on the road around Moorea.



**We made it to the top of the hill, overlooking a beautiful bay and resort.**

It was 38 miles around Moorea and with the heat and high humidity we underestimated the amount of water we would need. Luckily there are several shops around Moorea that sell the famous Tahitian black pearls. These shops are always happy to see "rich Americans" walk in and shop. We just acted like we were interested and they would take pity on us and ply us with cold drinks. Just like bike rides anywhere, you have to be resourceful.



**Biking off into Paradise**

It was a great vacation and we were grateful for the opportunity to burn a few of the extra calories that we consumed during those multi-course dinners.



## Colorado HeartCycle 2008 Tours

The 2008 Tour Brochure has been mailed out to all club members and has been posted on our website. The tour brochure includes other useful information about each of the tours listed above. Details and difficulty ratings for these tours can be viewed on the HeartCycle website, [www.heartcycle.org](http://www.heartcycle.org)

### Grand Valley Ramble

May 23-26, Colorado status: complete  
125 miles, 3 days  
Leader: Steven Richards  
Info: (303) 321-5922, [treasurer@heartcycle.org](mailto:treasurer@heartcycle.org)

### Utah-Wyoming-Idaho

June 8-16, UT-WY-ID status: full  
425 miles, 7 days \$875  
Leaders: Jerry Bakke & Larry Harris  
Info: Jerry (303) 738-9861, [jerrybakke@msn.com](mailto:jerrybakke@msn.com)  
or Larry (817) 457-6502, [thepedalers@aol.com](mailto:thepedalers@aol.com)

### Tour of the Sierra Nevada Mountains

June 19-29, California – Nevada status: open  
400 miles, 10 days \$1450  
Leaders: Henry Lam & Connie Brown  
Info: Henry (925) 708-4066, [hclam@comcast.net](mailto:hclam@comcast.net)  
or Connie (925) 681-0649, [ccjbrown@comcast.net](mailto:ccjbrown@comcast.net)

### Islands of the Northwest

July 5-13, NW Washington State status: open  
410 miles, 8 days (7 riding) \$1400  
Leaders: Ken Condray & Becky Bottino  
Info: (425) 745-1150, [condray3@comcast.net](mailto:condray3@comcast.net)  
or [bbottino@Comcast.net](mailto:bbottino@Comcast.net)

### Tour the Passes of Summit County Colorado

July 19-26, Colorado status: open  
430 miles, 7 days \$700  
Leaders: Sy Katz & Larry Augenstein  
Info: Sy (303) 789-5268, [skskatz@comcast.net](mailto:skskatz@comcast.net)  
or Larry (719) 598-4124, [bikenuts@juno.com](mailto:bikenuts@juno.com)

### Idaho Panhandle; Lakes, Rivers & Silver Mining

August 16-23, WA-ID-MT status: full  
425 miles, 7 days (6 riding) \$975  
Leaders: Harvey Hoogstrate  
Info: (303) 755-9362, [harvhoog@gmail.com](mailto:harvhoog@gmail.com)

### Colorado Northern Front Range

September 7-13, Colorado status: open  
250 miles, 6 days (5 riding) \$750  
Leader: Jeff Messerschmidt  
Info: (303) 904-0573, [jefmesserschmidt@hotmail.com](mailto:jefmesserschmidt@hotmail.com)

### Fireworks of Fall – The Notches of New Hampshire

September 20-28, New Hampshire status: open  
425 miles, 7 days (6 riding) \$1175  
Leaders: Jim Bethell & Janet Reilly  
Info: (518) 446-1766, [jim@bikes5.com](mailto:jim@bikes5.com)

### Big Bend – The Forgotten Park

Sept. 27 – Oct. 5, Texas status: open  
453 miles, 8 days (7 riding) \$1150  
Leaders: Larry & Sherry Harris  
Info: (817) 457-6502, [thepedalers@aol.com](mailto:thepedalers@aol.com)

### Classic California Coast

October 11-19, California status: open  
380 miles, 8 days (6 riding) \$1100  
Leaders: Dan Pappone & Duncan Rollo  
Info: Dan (408) 316-1667, [daniel.pappone@ge.com](mailto:daniel.pappone@ge.com)  
or Duncan (970) 224-2783, [dtewell123@msn.com](mailto:dtewell123@msn.com)

### Katy Trail: Leaf Peeper Edition

October 11-16, Missouri status: open  
200 miles, 5 days \$650  
Leader: Steven Richards  
Info: (303) 321-5922, [treasurer@heartcycle.org](mailto:treasurer@heartcycle.org)



## Ride of Silence

Did you participate in the Ride of Silence this year? Are you familiar with the annual “Ride of Silence”? It is a ride that is usually short, slow and, as the title suggests, silent. But that doesn’t mean that the ride is quiet. It speaks loudly about the hundreds of cyclist that have been injured or killed while cycling on public roadways in America and around the world. It began in 2003 when Chris Phelan organized the first Ride of Silence in Dallas, Texas after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed. This year the Ride of Silence took place on May 21 at 7:00 pm at hundreds of locations around the world including four locations in Colorado: Colorado Springs, Denver, Golden and Highlands Ranch.



**2006 Ride of Silence stops to honor Jim Price who died November 25, 2005 in Highlands Ranch, Colorado**

The Ride of Silence is a free ride that asks its cyclist to ride no faster than 12 mph and remain silent during the ride. There is no brochure, no sponsors, no registration fee and no t-shirt. The ride, which is held during Bike Safety month, aims to raise awareness of motorists, police and city officials that cyclists have a legal right to

public roadways. The ride is also a chance to show respect for those who have been killed or injured. To learn more about the Ride of Silence for next year go to the website: [www.rideofsilence.org](http://www.rideofsilence.org). This website includes a link to a list of cyclists that have been killed while cycling on public roads. In the past decade 77 cyclists have died on Colorado highways.

Nine of those cyclists are listed in the Ride of Silence website along with their stories, including Bill Bliss. Bill was riding on Colorado 67 north of Wetmore on a cross country tour with Adventure Cycling and was traveling in the middle of the lane when he was struck by a motorist on June 24, 2005.



**Bill with his Bike Friday and custom trailer**

Bill was easy to identify when he was out on the road riding his Bike Friday with his customized trailer, big saddle bags and even bigger smile under his brushy handlebar moustache. Bill was a respected bicycle advocate and educator and often gave lectures on such subjects as the “wherewithalls of traffic light sensors.



### Big Bend – The Forgotten Park

Before you make plans for your 2008 bicycling adventures, have we got the trip for you! Larry and Sherry Harris will be leading the Big Bend Tour in Texas. It is sometimes challenging, totally remote, and very unusual. The scenery is spectacular and the traffic is minimal. Everyday is different and although the longest day is less than 80 miles there are opportunities to extend your mileage if you care to do so.

The tour will start in the historic town of Ft. Davis at the Limpia Hotel which faces the quaint town-square. The ride includes a climb up to the McDonald Observatory where you will want to spend time in the visitor's center and viewing the three telescopes. After climbing Paisano Pass we drop into the desert and the remote town of Marfa where a busy art community has sprung up. Struggling and innovative artists are ditching the city's bright lights, high rents, dog-eat-dog competition and heading for the quiet southern town of Marfa, where a burgeoning artists' community has sprung up. Artists in Marfa are painting, opening theater companies, working with mixed media, sculpting, opening public and private studios, teaching art lessons to locals, opening bookstores, and helping emerging musicians launch their careers. However, Marfa may be most famous for the mysterious Marfa Lights, visible every clear night just above the horizon; the lights remain unexplained since the first recorded sighting in 1883. According to the Handbook of Texas Online, *"...at times they appear colored as they twinkle in the distance. They move about, split apart, melt together, disappear, and reappear."*

We will head south to the Mexican border and through the ghost town of Shafter where we lunch with the spirits and the town hermit. (He probably won't come out.). Then we will ride

along the Rio Grande for some great views of Mexico and the surrounding mountains. This road takes us to the town of Study Butte at the entrance to Big Bend National Park and we will dine that evening at the famous Star Light Theatre in Terlingua.

Upon entering Big Bend National Park we will leave the main road and head to Castolon. This is a designated scenic road with interesting sights around every turn. Sometimes considered *"three parks in one,"* Big Bend includes mountain, desert, and river environments. Many diverse species of wildlife, some of which



are found nowhere else, make their home in this 801,000-acre park. The Rio Grande forms the park's southern boundary and has carved sheer-walled canyons. 118 river miles form the boundary including the spectacular canyons of Santa Elena, Mariscal, and Boquillas. At one point the river's flow changes abruptly from southeast to northeast and forms the "big bend" of the Rio Grande.

Next is town of Marathon and the historic Gage Hotel. We will relax at this desert oasis in the quiet courtyard, around the pool or in the White Buffalo Bar. The group dinner will be held in their upscale restaurant. We will wind our way back through Alpine and into Ft. Davis. Come join us in Big Bend National Park this fall!



## HeartCycle Member Spotlight - On Ron Barton

Soon after becoming blind, Ron began downhill skiing through the visually impaired program at Winter Park. Although he has run into a few trees throughout the years he still hits the slopes every winter. Skiing has given Ron his winter thrills, but he would not let the summers go by without some sort of physical activity. In 1984 Ron and a couple of friends established Rocky Mountain Eagles “beep” baseball for the visually impaired. The bases and the baseball beep so the players can keep track of where they are as well as the ball. Ron’s team made it to the World Series every year during the 20 years that he played.

In order to raise money for a softball team he was on at the time, Ron did his first bike tour in 1989. It was a 500-mile tour that took seven days to go from Durango to Denver. After that tour, Ron was hooked on bike touring. He just finished the first leg of HeartCycle’s Ride Across America.



Because he is blind, Ron tours on a tandem bike and teams with other cyclists who captain his tandem. He and his pilots rode a tandem bike 900 miles in 13 days from San Diego, CA to El Paso, TX on this first of three legs on the Ride Across America. The tour averaged about 80 miles a day experiencing the heat and desolation of the desert as well as the intense climbing and descending of several mountain passes. Although he would rather race than tour, he hasn’t been able to find a

pilot that is will to go that fast, so he settles for the bike touring.



Ron works out several times a week at the Goodson Recreation Center in Centennial, Colorado where he lifts weights, boosts his cardio vascular system on the elliptical machine, and goes to spinning class, often all in the same day.

In addition to all these physical accomplishments, Ron who has been married to his wife Yvonne for 16 years, also works full-time as a computer analyst, is a “Healthy Living” mentor, and encourages prison inmates with his story. Despite his blindness, Ron’s energy, courage, and confidence seem boundless.

Ron has a new goal to add to his life. He wants to speak to groups, sharing his story in order to inspire and motivate them. Ron’s physical accomplishments only tell half the story of his life. When he was 11 years old, Ron lost the sight in his left eye during a rock fight with his brother. Fifteen years later, Ron was the victim of a mugging, which resulted in the loss of sight in his right eye. Today, Ron is actually grateful for his blindness. He believes that his life would not be as full as it is now if he had not lost his eyesight. Ron says “I was blind before I lost my eyesight, and it took the loss of my eyesight before I could see.”

(Paraphrased from an article written by Laurie Calamore, and published in the Centennial Villager community newspaper.)



Colorado HeartCycle Association, Inc.  
P.O. Box 100743  
Denver, CO 80250-0743



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## 2008 Colorado HeartCycle Membership Form

Please print legibly!

**Membership (Jan. 1 – Dec. 31) application only. Must be filled out even if you are not signing up for a tour.**

New \_\_\_\_\_ Renewing \_\_\_\_\_ Email address \_\_\_\_\_  
(please print your email address very carefully)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell \_\_\_\_\_

Individual Membership \$20.00

Family Membership \$25.00

Names of family members \_\_\_\_\_ Email Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I prefer to have the monthly newsletter delivered: electronically (email) \_\_\_\_\_ or paper (USPS) \_\_\_\_\_

As a member, I am willing to contribute to Colorado HeartCycle in the following ways:

Starting training ride \_\_\_\_\_ Leading Tour \_\_\_\_\_ SAG driving \_\_\_\_\_ Website team \_\_\_\_\_ Making maps \_\_\_\_\_ Event helper \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other party connected with club-sponsored rides in any way whatsoever, individually and collectively from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage suffered or sustained as a result of participation in said club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that HeartCycle Association, Inc., requires the use of helmets when participating in all club rides.

**Send this form with check payable to HeartCycle. Mail to: HeartCycle, PO Box 100743, Denver, CO 80250-0743**

**Or pay membership fee electronically by going to: [www.heartcycleregistration.org](http://www.heartcycleregistration.org)**