

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
April 2009



www.heartcycle.org

What's a Mud Sak™?

Are you going on a HeartCycle tour this year and you are concerned about the cost of shipping a bike because of the changes in airline rules? Several tour leaders (at the tour leaders option, check with your tour leader) have offered to transport bikes from the Denver area to the tour start location. This service is provided for a fee, which is less than what the airlines charge. When utilizing this service, many riders have been concerned about their bikes being damaged. With that in mind HeartCycle has found a very nice tool to help you and your bike during shipping or transport. It's called the Mud Sak™.



HeartCycle has purchased a number of Mud Saks™ at a discounted price through volume buying and is passing the savings on to you. We've purchased them at a special price of \$31.00 per bag (regularly \$40.00). If you are interested, you should contact your tour leader to determine if they are providing bike transportation and/or the Mud Sak™. (See Notes from the Board on page 2 for information concerning the fee for bike transportation.)

The Mud Sak™ is currently being offered for bikes that are being transported to El Paso, TX for the 2009 HeartCycle Ride Across America tour.

The great thing about the Mud Sak™ is that it covers the bike from the top tube down and you can leave the pedals on. (On taller bikes the top tube may be exposed).

The Mud Sak™ bike bag is a rugged, durable, lightweight, protective bag made from rugged 600 denier nylon with a poly-plastic lining that keeps dirt and mud out of your SUV, truck, apartment, house or wherever you want to take or store your bike. It also acts as a barrier for your vehicle's interior, protecting not just your bike but carpet and side panels.

The Mud Sak™ bike bag is an easy fix for a messy problem. No bike disassembly is required. Your bike glides into the Mud Sak™ bike bag in seconds. Use the Mud Sak™ bike bag to protect your bike, your vehicle, or your home from unnecessary scratches, dings and tangles.

The Mud Sak™ bike bag boasts a heavy duty zipper, reinforced Velcro strips and double stitched handles for easy insertion, transportation and removal. The Mud Sak™ bike bag is also compatible with most trunk mounted racks due to its unique open top design. Use the Mud Sak™ bike bag instead of towels in your car to save time.

You can learn more about the Mud Sak™ at:
www.bags4bikes.com.



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Notes from the Board

If you are going on a HeartCycle tour this year and you are concerned about the cost of shipping a bike because of the changes in airline rules, here is some good news. In the past, several tour leaders have offered to transport bikes, for a fee, from the Denver area to the tour start location. The HeartCycle Board is working on establishing a fee schedule for transporting bikes to make it easier for everyone and make it a good deal for the riders too. The fee schedule will be finalized at the April Board meeting and notification posted on the website on in the May newsletter. Providing this service is at the option of the tour leader. In some cases, logistics make it impractical to offer this service to tour riders.



For 2009 HeartCycle tours that offer bike transport, Mud Saks™ will also be available, (see story on page 1).

You can see the above photo (and all photos in this newsletter) in color in the electronic version of the newsletter on the website. If you would like to receive the newsletter electronically, you can go to your personal record and change your preference, or you can email the Registrar at Registrar@heartcycle.org and we will change it for you.

Colorado HeartCycle – April 2009 Training Rides

HeartCycle offers training ride start locations throughout the Denver metropolitan and Front Range areas to provide a variety of convenient start locations and cycling terrain. Rides have been scheduled through early October 2009, but not all of the rides have starters so we have some opportunities for ride starters and would appreciate if you could volunteer to start a ride during the year. To see what is coming up beyond this month, to obtain a copy of Training Ride Starter Guidelines, or if you would like to volunteer to start a ride, go to the HeartCycle website, www.heartcycle.org and click on Training Rides.

Date	Time	Length	Start Location	Ride Description	Leader/Phone
Apr. 4	10:00	51	NW parking lot behind King Soopers, off Main St. & 23 rd Ave. in Longmont	Longmont / Johnstown	Jim Gearhart 303-438-5661
Apr. 5	10:00	53	Safeway in Castle Rock - I-25 Exit 181, east on Plum Creek Pkwy. south on Perry St.	Castle Rock / Palmer Lake New map	Jeanne Clayton 303-964-3364
Apr. 11	10:00	50	NW corner of US-36 & McCaslin in Louisville	Superior / Jamestown	Hank & Carol Hermes 303-494-4589
Apr. 12 Easter	10:00	37	Superior Metal Products in Louviers, 6.5 miles south of C-470 on Santa Fe, west on Kelly Ave, south on Cora Rd	Louviers/ Sedalia/ Rampart Range	Barry Siel 303-470-8431
Apr. 18	9:30	54	Lyons Park & Ride, Broadway & 4th Ave. in Lyons	Lyons / Allenspark	Lisa Koch 303-3255574
Apr. 19	9:30	28	NW corner of C-470 & Morrison Rd (Rooney Rd)	Morrison Genesee	Glen DeRussy 303-986-8724
Apr. 25	9:30	66	Mattison's home, Montview & Elm, call for directions	West Denver Bikeway	Roger & Barb Mattison 303-322-4878
Apr. 26	9:30	43	Superior Park&Ride, SW Corner of US 36 & McCaslin	Louisville Loop	Emily Rucker 303-442-8140
Apr. 4	10:00	51	NW parking lot behind King Soopers, off Main St. & 23 rd Ave. in Longmont	Longmont / Johnstown	Jim Gearhart 303-438-5661

Rides are conducted if the temperature is at least 40 degrees and roads are dry; and subject to the final decision of the Ride Starter at the ride's starting point on the day of the ride. In cases when it is clear ahead of time that conditions will be unsafe for riding, the ride may be canceled ahead of time. Should this occur, a notice would be placed on the HeartCycle Training Rides website.

All training ride participants are required to wear an approved bicycle helmet, obey all traffic signs and signals, ride single file when there is automobile traffic within 100 yards, and practice courtesy with other cyclists and motorists. Your cooperation is appreciated.



Colorado HeartCycle 2009 Tours

Death Valley

Feb 28 – Mar 8, California status: complete
446 miles, 7 days & 1 optional \$1025
Leaders: Carla Habuda, (303) 919-5974
Duncan Rollo, (970) 224-2783

Ride Across America – Part 2

Mar 21 – Apr 5, Texas status: enroute
978 miles, 14 days & 1 off \$1600
Leaders: Jerry Bakke, (303) 738-9861,
Steve Parker, (970) 382-9551

Taos Memorial Day Weekend

May 22-25, New Mexico status: open
160 miles, 3 days \$325
Leaders: Larry and Jeanette Augenstein,
(719) 598-4124

Late Spring in Spain

May 31 – Jun 13, Spain status: open
540 miles, 10 days \$1800
Leaders: Warren Barta, (719) 632-3602
Lee Cryer, (303) 778-2305

Scenic Treasures of Western Colorado

June 6 – 13, Colorado status: full
420 miles, 7 days \$950
Leaders: Jerry Bakke, (303) 738-9861
Jay Wuchner, (720) 840-6467

Land of Enchantment

June 6 - 13, New Mexico status: open
538 miles, 7 days \$975
Leaders: Larry Harris, (817) 457-6502
Paul Tate, (817) 557-1311

Anasazi

July 11-18, Colorado status: open
326 miles, 6 days & 1 optional \$925
Leaders: Sheridan Garcia, (303) 638-0330,
Luanne Ralph, (720) 280-4555,

Sea to Sky – Western Washington State

August 1 - 9, Washington State status: open
537 miles, 8 days \$975
Leaders: Ken Condray, (425) 745-1159
Ralph Nussbaum, (206) 783-6450

Black Hills of South Dakota

September 4 - 7, South Dakota status: open
180 miles, 3 days \$350
Leaders: Barry and Judy Siel, (303) 470-8431

Northern California Wilderness

September 10-18, California, Oregon status: full
539 miles, 7 days & 1 optional \$1000
Leaders: Carla Habuda, (303) 919-5974
Duncan Rollo, (970) 224-2783

Tres Parques

September 13 - 22, Utah status: open
475 miles, 8 days & 1 off \$1150
Leaders: Gordon and Deb Tewell, (720) 304-9572

Lake Champlain with a French Connection

Sept 26 – Oct 3, VT – NY - QB status: open
360 miles, 6 days & 1 off \$1225
Leaders: Harvey Hoogstrate, (303) 755-9392
Gary Angerhofer, (303) 989-2015

Fireworks of Fall – Discovering Upstate New York

October 3 - 10, New York status: open
425 miles, 6 days & 1 off \$950
Leaders: Jim Bethell and Janet Reilly, (518) 446-1766

For more information on, and to register for, all the 2009 HeartCycle tours go to the website at www.heartcycleregistration.org or contact the tour leaders listed. Email addresses for tour leaders available on the website.

Colorado HeartCycle offers more than a dozen tours for 2009 that span the country from the Death Valley to Lake Champlain in Vermont and from Mount Rainer to Texas. There is something for everyone and the hardest part is deciding which tour(s) to sign up for this year. There is even a tour in Spain. Some of the tours are already full or keeping a waiting list. Below are descriptions of two tours that still have openings.

Land of Enchantment
June 6, 7-13, 2009 New Mexico

If you like exploring intriguing towns, experiencing diverse cultures and riding through the spectacular scenery of the Southwest, this is the tour for you. It begins in the historical town of Santa Fe.

On our first day, we will ride the Camino Alto (high road) to Taos. Taos is an artist colony abounding in interesting shops, quaint and winding streets, and adobe architecture. On Day Two, we leave Taos, follow the Rio Grande River, climb to a breathtaking view of the gorge below, and cross the sparsely traveled Ortega Plateau to the Abiquiu Inn.

Leaving the inn, the road affords beautiful mountain views and a smooth ride into Chama. At the Elkhorn Lodge, we will have a cowboy cookout and entertainment. We depart Chama for the longest day through Carson National Forest and the Tusas Mountains crossing the Rio Grande Gorge Bridge and back to the Kachina Lodge in Taos.

The fifth day is your choice; either rest and explore or ride Taos "Enchanted Circle" over Palo Flechado and Bobcat passes. From Taos we go to Angel Fire and drop down into the town of Las Vegas where we stay on the historic plaza. On the final day, we wind our way back to Santa Fe.

Note: The tour includes several long days (four days over 75 miles), an altitude of over 7,000 for most of the tour, and generous amounts of climbing.

Anasazi
July 11, July 12-July 18, 2009 Colorado

This Tour begins and ends in Montrose, Colorado and promises a 326-mile adventure to the historic regions and landscape of the San Juan Mountains, called the San Juan Byway. We will bicycle the way to high altitude ghost towns and ascent to passes where muleskinners traversed switchbacks to reach some of the most breathtaking scenery in Colorado.

Once we hit the road, we will visit the old mining towns of Telluride, Durango, Silverton, and Ouray. These high mountain roads will connect us to historic settlements of mining prospectors, where Ute Indians wintered for the healing sacred hot springs, and ranching towns whose wide open mountain views- dubbed the "Switzerland of America"- are nothing short of stunning. From the flatlands of Cortez we adventure into Mesa Verde National Park to experience the remarkable landscape of Southwest Colorado. In this rich archeological preserve are amazing cliff dwellings and more than 4000 ancient sites, which reveal the fascinating culture of the ancestral Pueblo people, also known as the Anasazi.

Venturing east to Durango, you can take the Durango & Silverton Narrow Gauge Railroad to Silverton, which follows the Animas River, offering a different perspective of the majestic San Juan Byway. We will venture on Otto Mears "Million Dollar Highway" from the mining town of Silverton, back to the smooth farming terrain of Montrose.



Death ValleyLand of Ever Changing Landscapes

By Rich Crocker

Photos by Ken Kaplan

The first HeartCycle tour of 2009 kicked off at the Silverton Lodge and Casino in south Las Vegas and allowed the riders a chance to bend the one armed bandits before getting down to some serious riding in the greatest desert in the southwestern United States. The next morning, our experienced leaders, Carla Habuda and Duncan Rollo got us started at 7:30 AM on an amazing, unique tour with many well thought out options. The hardest riders who took all the challenging options completed 589 miles with 43,200 feet of climbing!

The first option was an in-and-out loop ride through Red Rocks Canyon National Conservation Area and then back on Highway 160 for a nine-mile climb over Mountain Springs Summit. We coasted into Pahrump where everyone relaxed in preparation for our entrance into Death Valley the next day.

After Leaving Pahrump, any sight of civilization was rare and cell phone coverage was non-existent: truly, we were now in the care of our leaders and sag driver/chef, Carol Nies. We did pass one cluster of buildings, complete with the Amargosa Opera House, before we had lunch at the base of the climb to Dante's View. This would be our first peek into the valley before descending 3000 feet into the Death Valley National Park and descending below sea level. The climb up to Dante's View would be a challenging 13 miles that finished with the last quarter mile at a 15% grade. On the climb we all met a new friend that would be with us for next three days, a constant 25 mph wind from the south...well sometimes a friend.



Dante's View

After a speedy descent from Dante's View, we headed for the Furnace Creek Ranch with a stop at Zabriskie Point, with an unforgettable view of Death Valley's wildly eroded and vibrantly colored badlands. After some time to check out the museum, swimming pool and golf course, we had a palate pleasing group dinner at the Wrangler Steakhouse.

The next morning we headed south to the Artist's Palette loop where sea green, lemon yellow, periwinkle blue and salmon pink mineral deposits are splashed across the barren background like brilliant dabs of paint from a giant's paintbrush. Afterwards we went to the end of the road at Badwater and learned a bit about some of the unique species that inhabit the briny pools and groundwater.



Badwater Group

We then headed north past Mustard Canyon and Salt Creek to Stovepipe Wells Village, our base for the next three days. This small, rustic village backs up against the Panamint Mountains and faces the most photographed sand dunes in North America, the Mesquite Flat Dunes.



Sand Dunes

Luckily for us, our rest day allowed us to avoid having to ride for a third day in the steady wind (why does it always seem to be a head wind?). We had the opportunity to hike in the Mesquite Flat Dunes, swim in the outdoor pool and just relax, or ride out to Towne Pass at 4956 feet and on to Panamint Spring and Father Crowley Point. We all thoroughly enjoy ourselves in this incredible National Park.

On Thursday we did our longest ride day, 87 miles to Scotty's Castle, a remarkable and exotic edifice that rises from the dust like a

desert mirage. Here, on our tour, we learned the strange and colorful history of Death Valley and its only castle. The trip back to Stovepipe Wells provided another option for those who would like to ride an additional eleven miles, and that is to Ubehebe Crater. This location, one of the Park's most popular overlook, provides an incredible view of Death Valley.



Scotty's Castle

The next day we had a short 26-mile back track ride to Furnace Creek Ranch. Everyone tailored their day to their pleasure. Some folks hiked, some had a massage and spa treatment at the deluxe Furnace Creek Inn, some golfed, some relaxed at the heated pool, and some hardcore riders climbed 6000 feet to see the fresh snow on Emigrant Pass.

The next two days we backtracked through Pahrump and arrived in Las Vegas with stronger (and well tanned) legs, smiling faces, and many new friends. Everyone had their own personal description of this trek through one of the most distinctive landscapes in the United States.

Many thanks to Carla, Duncan and Carol, we really appreciated their diligent, continuous efforts, and especially cue sheets that were printed large enough to read without glasses!



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



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Please print legibly!

2009 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 _____ 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