

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
August 2008



www.heartcycle.org

HeartCycle Annual Meeting and Luncheon

Saturday October 25th, 2008 @ 12:00 PM

**Mt. Vernon Country Club
24933 Country Club Circle
Golden, Colorado**

Members: \$10.00* Guests: \$20.00

***HeartCycle subsidizes members' cost**

Guests joining HeartCycle at the luncheon will receive \$10.00 credited to their membership! Good for the remainder of 2008 as well as all of 2009.

New this year! You can now register for the luncheon at the Heartcycle website. Pay by credit card online or send a check to the club Registrar at:

**HeartCycle Registrar
PO Box 100743
Denver, CO 80250-0743**

Any questions, call Melodye Turek, Social Events Director at (303) 320-1430

There will be a 25 to 30 mile ride before the luncheon starting at 9:30 AM, meeting in front of the Mt. Vernon Clubhouse. This ride needs a volunteer leader. If you would like to lead the pre-luncheon ride please call Homer Fritz at (303) 477-6446.



HeartCycle Contacts

The Board

President president@heartcycle.org	Mickey Berry (303) 779-3607
Vice Pres. & Sag Vehicles vp@heartcycle.org	Jerry Bakke (303) 738-9861
Tour Director tourdiretor@heartcycle.org	Gordon Tewell (720) 304-9572
Treasurer, Insurance treasurer@heartcycle.org	Steven Richards (303) 321-5922
Secretary & Tour Souvenirs secretary@heartcycle.org	Larry Sampson (303) 733-5038
Training Rides Director	Homer Fritz (303) 477-6446
Newsletter Editor & Marketing newseditor@heartcycle.org	Barry Siel (303) 470-8431
Sag Supply Manager sagmgr@heartcycle.org	Jeff Messerschmidt (303) 904-0573

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Web Administrator webmaster@heartcycle.org	John Steele (303) 300-3573
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Maps maps2@heartcycle.org	Ira Goldschmidt (303) 561-4817
Newsletter Mailing newsmailer@heartcycle.org	Sue Hoogstrate (303) 755-9362
Social Events social@heartcycle.org	Melodye Turek (303) 320-1430
Training Ride Recruiter rides@heartcycle.org	Sue Loftus (303) 758-5472

For letters, articles or comments, send email to newseditor@heartcycle.org

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

Notes from the Board

HeartCycle is actively searching for tour leaders for the 2009 tour season. Interested candidates should possess a love of cycling and passion for travel, and be looking for a new challenge. Leading a tour can be a tremendous experience. You'll enjoy the opportunity to explore each region in an intimate way and the receive satisfaction of providing the "HeartCycle experience" to your tour riders. But, don't be fooled, it's not always easy! In order to run a smooth tour it helps to be highly organized, and as a leader your ability to develop relationships, flexibility in making on the spot decisions and sense of humor will make your tours more enjoyable for everyone.

HeartCycle has offered several hundred tours through its history, so many existing tour routes are available to select from. More adventurous leaders may create their own routes with the assistance of HeartCycle's mapmakers. New leaders may also call on our many experienced leaders to assist with logistics and planning.

As an all volunteer organization, HeartCycle depends on its members to plan and lead its great line-up of international and domestic cycling tours. If you've ever considered leading a tour for HeartCycle, now may be the time to commit. Interested parties should contact Gordon Tewell, HeartCycle's Tour Director, at tourdiretor@heartcycle.org or 720-304-9572.

Potential tours for 2009 include Oregon Coast tour, Land of Enchantment (New Mexico), Canadian Rockies, Arizona Spring Training, Gems of Colorado, Country Western (Colorado/Wyoming) and Natchez Trace (Mississippi, Alabama, Tennessee), or maybe a new tour you would like to lead.

**ANNUAL REPORT TO THE MEMBERSHIP:
2003-2007 FINANCIAL REVIEW**

The financial statements for HeartCycle's 2007 fiscal year along with 2003-2006 (for comparison) are hereby submitted for the membership to review. The HC board, having re-established sound financial footing in the previous several years, sought to achieve a "break-even" goal in 2007. The positive trend of the several prior years of better than expected ridership on the tours once again manifested itself in 2007 with the result being the club did modestly exceed the goal. It is expected that there will be increased operating expenses in 2008 due, in part, to increases in postage, insurance, and costs and fees associated with the new online registration system. However, given the club's current financial stability, the board expects to be able to handle these expenses without problem.

Respectfully submitted,
Steven Richards
HeartCycle Treasurer

Colorado HeartCycle Association, Inc.

**Statement of Income and Expense
For the Years Ending December 31**

	<u>2007</u>	<u>2006</u>	<u>2005</u>	<u>2004</u>	<u>2003</u>
<u>REVENUE AND EXPENSES</u>					
Membership Dues ¹	\$8,170.00	\$6,215.00	\$8,150.00	\$7,550.00	\$8,475.00
Tour Income ²	\$226,457.00	\$233,727.50	\$238,297.50	\$175,149.00	\$234,430.50
Other Income ³	\$2,207.20	\$1,849.41	\$1,039.36	\$472.53	\$1,236.29
Total Income	\$238,834.20	\$240,791.91	\$247,486.86	\$183,171.53	\$244,141.79
 Tour Expenses ⁴	 \$207,488.92	 \$188,600.68	 \$181,263.06	 \$164,734.57	 \$227,886.13
Operating Expenses ⁵	\$24,436.65	\$21,273.01	\$24,575.96	\$28,070.95	\$29,510.06
Total Expenses	\$231,885.57	\$209,873.69	\$205,839.02	\$192,805.52	\$257,396.19
 Excess (Deficit) for the Year	 \$4,948.63	 \$31,918.22	 \$41,647.84	 (\$9,633.99)	 (\$13,254.40)
 Net Unrestricted Assets					
Beginning of year	\$106,952.43	\$75,034.21	\$33,386.37	\$43,020.36	\$56,274.76
End of Year	\$111,901.06	\$106,952.43	\$75,034.21	\$33,386.38	\$43,020.36

¹Current and future year's dues

²Net after refunds and non-refundable deposits

³Includes annual meeting fees, souvenir sales, interest from reserve account

⁴Gasoline, vehicles, souvenirs, food, lodging, SAG stipends, scouting, supplies and other expenses assignable to specific tours

⁵Expenses necessary to conduct tours and training rides (insurance, accounting, website, printing, etc.), bicycle advocacy



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

Grand Valley Ramble

May 23-26, Colorado status: complete
125 miles, 3 days \$275
Leader: Steven Richards
Info: (303) 321-5922, treasurer@heartcycle.org

Utah-Wyoming-Idaho

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

Tour of the Sierra Nevada Mountains

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

Islands of the Northwest

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

Tour the Passes of Summit County Colorado

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

Colorado Northern Front Range

September 7-13, Colorado status: open
250 miles, 6 days (5 riding) \$750
Leader: Jeff Messerschmidt
Info: (303) 904-057 jefmesserschmidt@hotmail.com

Fireworks of Fall – The Notches of New Hampshire

September 20-28, New Hampshire status: wait list
425 miles, 7 days (6 riding) \$1175
Leaders: Jim Bethell & Janet Reilly
Info: (518) 446-1766, jim@bikes5.com
If on wait list email leader for status

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

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
or Duncan (970) 224-2783, 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
Opening for 1 single male

Keep up the Training

The riding season is about half over and there is still plenty of touring to do so it is important to keep training. Although the HeartCycle training rides ended in May there are several other opportunities to train with groups in the Denver metro area. Two of those groups are highlighted below.

Team Evergreen

The Team Evergreen Bicycle Club was founded in 1988 and is based in Evergreen, Colorado at the crest of the foothills entering the majestic Rocky Mountains west of Denver.

Team Evergreen promotes cycling and though the love of cycling support the local community with training rides, a monthly newsletter, their Website, and special events both in Evergreen and afar. The Triple Bypass is their flagship event.

Their next training ride is on August 3 and starts at the Evergreen Lake House. The ride will be 31 miles long and cover 3200 vertical feet. The route will cover Evergreen Lake House, Evergreen, Kittredge, Meyers Gulch, Parmalee Gulch, Indian Hills, Highway 285, Tiny Town, North Turkey Creek, High Dr., Stanley Park Rd., Little Cub Creek Rd., Buffalo Park Rd., South Hatch Dr., Snowshoe Rd., Buffalo Park Rd., Evergreen, Evergreen Lake House.

For more information about joining Team Evergreen, their training rides, and other events go to the Team Evergreen website at: www.teamevergreen.org.

Rocky Mountain Cycling Club

The Rocky Mountain Cycling Club is a premier road bicycling club for Colorado and the Rocky Mountain region, offering a full range of rides for the active, enthusiastic cyclists of intermediate and advanced levels and interests. RMCC has hundreds of members with a wide range of riding abilities. The key to having a pleasurable group-ride experience is to select the type of ride that suits your personal ability and riding goals. If you go out too fast you will likely be dropped and doing the rest of your group riding in a group of one. Go out too slow and you may not feel challenged, and may not be riding with those best suited to you.

There are usually two different length routes for each ride. R/P is the shorter Recreation /Performance route. E is the longer Endurance route. Our rides are self-supported. While other riders will help you out by loaning you a tube or tool, they will expect you to come prepared - RMCC is not a club for complete novices. Unless you have some group riding experience, please take some time to observe group riding skills from the back of the group. After you are comfortable and gain some skill, you can move forward in the group. You should also be comfortable on a ride of 25-30 miles at 14-16 mph on flat ground.

The next RMCC ride is on August 3 from Aurora to Bennett and return. The R/P route is 43 miles and the E route is 71 miles.

For more information on RMCC go to their website at: www.rmccrides.com



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



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Please print legibly!

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