

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
July 2008



www.heartcycle.org

Don't be a Road Hog

The Colorado Department of Transportation (CDOT) has initiated a new statewide public safety campaign to raise awareness and promote responsibility for road safety among motorists, bicyclists and pedestrians. CDOT believes that an increase in awareness is the first step in decreasing the number of traffic incidents and deaths in Colorado. In 2007, CDOT developed a Share the Road Campaign Tool Kit to help communities, groups and organizations implement a Share the Road campaign in their areas. This year CDOT offered mini-grants to these groups, agencies and communities who are willing to implement a Share the Road campaign in their area. Through the month of May groups were notified of the mini-grant program and given instructions on how to apply for a mini-grant. CDOT then reviewed the applications received and awarded 10 mini-grants of up to \$3000.00.



Mini-grant recipients will be implementing their Share the Road campaigns this summer. The primary target audiences for the Share the Road campaign are motorists, bicyclists, pedestrians, roller skaters and joggers as well as new media and law enforcement organizations. The slogan for the campaign is "Don't be a Road Hog" which uses friendly porkers to point out different types of road users and asks the public: "What kind of pig are you?" Whether you are on foot, bike or in your car, the most dangerous thing on the road can be encountering a selfish person. In the form of a completely oblivious pedestrian who thinks only of himself as he jaywalks across the street; a cyclist trampling any semblance of law as she ploughs through a stop sign; or a driver taking up the whole road, weaving in and out of lane lines, selfish people can be everywhere. This kind of oblivious/selfish behavior is the main target of the "Don't be a Road Hog" campaign.

What can you do? Whatever your travel purpose, a leisurely trip or a daily commute, whether on foot, in a car or on a bike, be respectful of everyone's rights to our roadways:

Motorist: focus on driving. Avoid using cell phones and other devices while driving. Keep your eye on cyclists and pedestrians and remember, they have the right to use all the roads on Colorado unless expressly prohibited. Pass with care and keep track of them in your rear and side mirrors, and, slow down.

Pedestrians: cross in the crosswalks. Make eye contact with drivers before crossing to ensure they see you. Walk against traffic.

Cyclists: ride with the flow of traffic. Obey traffic laws, you're a vehicle too. Ride single file whenever possible, and never more than two abreast.



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

Working Members

Registrar registrar@heartcycle.org	Harvey Hoogstrate (303) 755-9362
Web Administrator webmaster@heartcycle.org	John Steele (303) 300-3573
Maps maps@heartcycle.org	Lee Cryer (303) 778-2305
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

Share the Secret -

What is the best kept secret in cycle touring? Shhhh ... don't tell anyone, but it's called HEARTCYCLE!!!

Your HeartCycle Board is working on some ways to get the word out about the benefits of being a HeartCycle member, namely, our great cycling tours.

We will be developing a new brochure that will have all the important information about HeartCycle along with a synopsis of our tours and directions to our website. The question is how to get these brochures into the hands of people looking for great cycling tours with leaders that are experienced and organized, sag drivers that take good care of the riders and provide great lunches on the road, and the best value anywhere in cycle touring.

That's where you, the HeartCycle members come in. Do you belong to a cycling club? Do frequently visit your favorite local bike shop? Do you have cycling friends who would be interested in taking advantage of what HeartCycle has to offer? Share the secret!

When we have the brochure ready to go we will need you to help us get them distributed as broadly as possible. Watch this space for more information on how you can get involved with this outreach effort.

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, California–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 State status: closed
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: closed
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: open
425 miles, 7 days (6 riding) \$1175
Leaders: Jim Bethell & Janet Reilly
Info: (518) 446-1766, 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

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



Colorado HeartCycle offers a dozen tours for 2008 that span the country from the San Diego to the Notches of New Hampshire and from Victoria Island to Big Bend National Park. There is something for everyone here, the hardest part is deciding which tour(s) to sign up for this year. Several of the tours are already full or keeping a waiting list. Below are descriptions of some tours that still have openings.

Fireworks of Fall - The Notches of New Hampshire

September 20, 21-28, 2008 New Hampshire
425 miles/7 days (6 riding, 1 day off)
\$1175/\$350 Deposit Rating: I50-A75
Balance due by: July 20, 2008

Continuing our Fireworks of Fall series, you're invited to join us for The Notches of New Hampshire. Captivating splashes of Fall Foliage can be seen as we traverse the White Mountain National Forest climbing over 3 of the famous 7 notches: Crawford, Franconia and Pinkham. Views of the Presidential Mountain Range along with as many as 5 Federal Wilderness Areas, Covered Bridges, pristine lakes, waterfalls and wildlife await you on this challenging yet, rewarding tour.

The tour begins and ends in Concord, NH, the State Capital pedaling our way through many charming New England towns and villages throughout the trip. In the western part of the state we'll see Lebanon / Hanover (Home to Dartmouth College) and Littleton. Headed back east we'll go visit Jefferson and Gorham, then thru Pinkham Notch and into North Conway for 2 nights. A rest day here will give you a chance to explore this unique village with its numerous shops and eateries, climb aboard the Conway Scenic Railroad or take a hike. Crawford Notch and Franconia Notch await us as we travel back west through the Heart of the White Mountains as we end up in the Lincoln / Woodstock area. Our last day in the Whites takes us east along the famous Kancamagus Highway towards another 2 night stay in Center Harbor in the

Lakes Region. The following day will afford you the opportunity to either bike, take a boat tour or train ride around Lake Winnepesaukee. Our last day, we head back south through the Merrimack River Valley on a 50 mile route to our starting point.

Tour Leaders: Jim Bethell & Janet Reilly

For more information contact Jim or Janet @
518-446-1766 or email jim@bikes5.com

Katy Trail: Leaf Peeper Edition

October 11, 12 – 16, 2008 Missouri
200 Miles/ 5 days
\$650/\$350 deposit Rating: E43 – E60

One of HeartCycle's most popular tours! Cycle in the fall to take advantage of the beautiful mid-western fall colors and weather. The Katy Trail in Missouri, one of the most well known rails-to-trails routes, offers a 200 mile ride along riverside wetlands, soaring bluffs, quiet forests and rolling farmlands, taking us back in history to the Lewis and Clark Expedition, Daniel Boone and the railroad days.

The tour is flat (no hills!) on a traffic-free path made of crushed limestone, and can be ridden on either a road bike with wide tires or a hybrid/mountain bike with smooth tires. The trip will be 5 days, with several nights spent in bed and breakfasts along the way.

This relaxing tour starts in Sedalia, with the first night after riding spent in Booneville,

which has 450 sites on the National Register of Historic places. We will pass thru Rocheport, a small town beautifully preserved, and one of Lewis and Clark's campsites. There is also the opportunity to visit a winery in Rocheport that boasts a beautiful view of the river and the trail. We will later overnight in the state capitol of Jefferson City. The nearby state capitol building is decorated with paintings and murals by N. C. Wyeth and Thomas Hart Benton. Next is the town of Herman, which has a proud German heritage and will tempt you with their locally produced wines and beer. The final stop will be Old Town St. Charles, the original capitol of Missouri, featuring charming restaurants and shops located on the river front blocks near our lodging.

In the days the railroad was active there was a small town established every 7 – 10 miles and a number of these have been revitalized by the trail, some including restoration of the old depots. There will be ample time to explore these little gems. To return to Sedalia this outstanding trip will feature as a highlight the train ride on Amtrak the last day of the tour. (Cost is included in tour fee.) From there one can optionally explore some or all of the last 30 miles of the Katy Trail. We are looking forward to lots of fun and camaraderie.

This trip is **limited to 20 participants** and is expected to fill up quickly, so get your reservations in early.

Tour Leader: Steven Richards

For more information contact Steve @ 303-321-5922 or e-mail Treasurer@heartcycle.org

Classic California Coast

October 11, 12-19, 2008

California

380 Miles/8 days (6 days riding, 2 rest/activity days) - lots of options for additional activities

\$1100/\$350 Deposit Rating: E30-A85

Balance due by: August 20, 2008

This new HeartCycle tour visits the mountains and coast of central California - one of the most spectacular coastlines in the world.

From the tour start in San Luis Obispo, we will head west to Morro Bay where we will take a brief look at the Pacific Ocean before heading inland to our first night at Paso Robles. From Paso Robles, we will follow quiet inland valleys and oak woodlands to the Salinas Valley farming town of King City, deep in the heart of the "Salad Bowl of the World." The next day's ride will start off with an intimate tour of the lettuce fields before turning into the heart of the coastal ranges. We'll finish the day with a long downhill run through Carmel Valley before turning north to our lodgings in the Fisherman's Wharf area of Monterey.

Following a day of activities in Monterey (the wharf, aquarium, kayaking, and 17-Mile drive are all temptations), we embark on the highlight of the tour - the rugged Big Sur coastline. At 85 miles, this is our longest day (with quite a bit of climbing), but the scenery, the sea otters, and the prevailing tailwinds will all make this day seem too short. After a night in our lodgings perched on the cliffs at Ragged Point, an easy ride past basking elephant seals will bring us to a tour of Hearst Castle then on to Morro Bay, where we will spend our second rest/play day. A picnic lunch at Montana de Oro and a 30 mile hop bring us back to San Luis Obispo on the last day.

Tour Leaders: Dan Pappone & Duncan Rollo

For more information contact Dan @ 408-316-

1667 or email daniel.pappone@ge.com or

Duncan @ 970-224-2783 or e-mail

dtewell123@msn.com



Dancing in the Rain

By Judy Siel

Have you ever wanted to have many varied experiences in a one week vacation? The Utah, Wyoming & Idaho bike tour that just completed on June 15th had a little of winter, spring, and summer all in one week. It also had great climbs, fun descents, lovely green river valleys, snow covered peaks, wildlife, great roads and polite drivers. What else could one want on a bike tour... friendly cyclists, new friends, wonderful lunches and snacks from a fantastic sag crew and well organized leaders? Throw in some gracious locals with a school bus that held all 35 hypothermic cyclists and assorted bike tires to our rescue one afternoon and that is only a portion of this story.

We trained all spring on the front range of Colorado for this tour and suffered through many cold, windy days to get ready; not knowing that we would have all those similar experiences while cycling over 400 miles from Logan, UT to Jackson, WY and back in one week. We were a large group of 35 when we assembled Sunday night at our start hotel in Logan. A glorious but windy day greeted us as we started the 33 mile climb up beautiful Logan canyon to lunch at the Bear Lake overlook.



Our route crossed the historical Oregon Trail several times and there were many historical markers to offer riders a break along the way. Day 2 had several challenges: construction/dirt road shortly after leaving Montpelier, ID and then some rain on the climbs that turned to ice pellets and finally snow. Everyone realized as they descended the second pass that it was time to seek shelter or flag down the sag. Several businesses between the Smoot General Store and the Alton Pizza Hut gave everyone shelter. The generous locals in Smoot went home and made 5 gallons of hot chocolate for a large group of shivering cyclists and then got the local school bus fired up and plucked everyone up from 3 locations, while the sags loaded all 35 bikes up! It was a happy bunch that sagged the last 40 miles into Alpine, WY.



Winter arrived the next morning with some light snow flurries as we followed the beautiful Snake River valley into Jackson on our third day. We had arrived in Jackson by the time the wind and snow got serious in the afternoon which we watched from our warm hotel near the square. Perfect timing to have hot tubs and fireplaces!!

Although we were suppose to have a day off in Jackson, many headed out biking, even though it was cloudy with intermittent rain (hard to stay off the bike in such stunning territory). That evening skies cleared as the sun set, just so the temperature could drop below freezing!



Day 5 had clear skies to display the freshly powdered Teton mountains while we climbed up Teton Pass, a 9-10% grade for 4 miles and then south through the Targhee Nat'l Forest and past the Palisades Reservoir.



The sixth day we biked one of the loneliest roads of the trip as we headed down another scenic byway. We finished with a pristine summer day for our final route back to Logan via the Bear River valley: sunny, warm, calm winds and lots of downhill as we cycled past green valleys and farms.

This was a wonderful group of people, including 11 rookie HeartCycle members that joined Jerry Bakke & Larry Harris for another HeartCycle bike tour. Everyone of our group believed that ***“Life is not waiting for the storm to pass, but going out & dancing in the rain”***. Everyone was upbeat and met the challenge of each day whether it was the climbing, wind, rain, snow or long distance!



We had the amazing help of our sag drivers every day-special kudos to Sherry Harris for the best lunches ever served and Jeff for keeping track of all our bags and snacks (Jeff even tracked down Chuck who missed a turn on our last day into Logan and tried to bike west on the Oregon Trail).



If you haven't signed up for a bike tour this year, get off your bike and onto your computer and find the perfect HeartCycle tour to meet new friends, seek great experiences, & maybe you will find yourself dancing in the rain!!



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



Printed on Recycled Paper — Please Recycle.

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