

# Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club  
November/December 2008



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

**HeartCycle is pleased to offer early registration for two of our 2009 tours.**

Due to the early season departure of the **Death Valley- Land of Ever-Changing Landscapes** tour, and to allow you time to make arrangements for your international flights for the **Late Spring in Spain** tour, HeartCycle is opening registration for these tours immediately. You may register for these two tours at <http://www.heartcycleregistration.org/>.

## **Death Valley- Land of Ever-Changing Landscapes**

February 28, **March 1 – March 8**, 2009      California  
446 miles with options for more/8 days (7 riding, 1 option day)  
\$1025      **Rating: I57 to A87**

**Due to the early season departure of this tour the full tour fee is due at registration.**

## **Late Spring in Spain**

May 30, **May 31 - June 13**, 2009      Olot & Girona, Spain  
540 miles/10 riding days/2 transfer days/1 sightseeing day/1 departure day  
35-70 miles/day  
\$1800/\$500 deposit.      **Rating: I35 to A70**

**Balance due by: March 28, 2009**

**Limited to 22 riders, including leaders.      SIGN UP QUICKLY!!**

For descriptions of these 2009 tours see pages 6 and 7 of this newsletter. For complete descriptions of these tours see the HeartCycle website, [www.heartcycle.org](http://www.heartcycle.org).

## **2009 Training Rides**

HeartCycle is making plans for the Training Ride Program for 2009. A Training Ride Committee has been established which consists of Emily Rucker, Susan Loftus and Sheridan Garcia. This committee will recruit a cadre of training ride leaders to lead rides in the north and south metro areas. Rides will be planned for each weekend beginning in mid-February (for those training for Spring tours) and continue through October. Rides will be “no-drop” with predetermined re-group locations. Many rides will include social activities such as coffee or snack breaks and post-ride gatherings for coffee or lunch. Some rides will include a short pre-ride training session for novices such as “how to fix a flat tire” and “how to remount a dropped chain”. The Training Ride Committee is looking to add new rides to the schedule so if you have a favorite training ride you would like to see on the schedule, and maybe even lead, contact the Training Ride Committee (see page 2 for contact #'s). The training ride schedule will be published in the newsletter and on the website as soon as the schedule has been established.



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

**Notes from the Board**

The HeartCycle Annual Meeting and Luncheon was held at The Mt. Vernon Country Club on October 25, 2008. There were about 80 attendees and nine people went on the ride before lunch and fought a mean head wind back to Mt Vernon Country Club.

Our speaker was Peter Duffy, the organizer for the Colorado Rocky Mountain Bicycle Tour, a challenging event with a cap of 500 attendees. Peter Duffy is a former local amateur bicycle racer who once raced in Europe for a year.

Peter was involved in racing during the 80's when Boulder was the epicenter of American bicycle racing. He competed in state road championships, the Coors Classic, among others. He was also one of the original organizers for the Front Rangers, a road, track and mountain bike club for underprivileged kids under 18. Peter told stories of his racing days and some of the cycling greats he raced with including Lance Armstrong.

We had a great buffet lunch with the usual table full of tantalizing desserts and a chance to catch up with friends and here about the trips they took this year and Sandi Ogin showed her paintings. Melodye Turek, did a great job planning this event, which takes a lot of work.

**New Tour Director Needed**

The HeartCycle Board is looking for a new Tour Director. After many years of outstanding service to the club, Gordon Tewell will be moving on to other duties for HeartCycle. Because Gordon is remaining on the Board he will be available to mentor the new Tour Director if needed. If you are interested in serving HeartCycle in this manner, please contact any of the Board Members for more information.

## Notches of New Hampshire – Fireworks of Fall

Jim Bethell & Janet Reilly, Tour Leaders  
Don & Deb Burger, SAGs

This year's tour in the Fireworks of Fall series began in Concord, the Capital of New Hampshire, and led an enthusiastic, congenial band of riders through the notches, gaps, passes and valleys of the White Mountain and Lakes Regions of the Granite state. Jim, Janet, Don & Deb initiated the tour with the first nightly six o'clock meeting, held in the lobby of the Holiday Inn. In spite of the distraction of automatic opening and closing doors as the Hockey Team and their parents came and went, we managed to hear Jim explain what to expect in the week ahead, to become "attuned" to the singing voices of Don and Deb, and to listen to the other participants tell us a bit about themselves. We discovered that three tour members were Heart Cycle "first-timers" and one individual claimed to be a first time bike rider!

Early the next morning, after flats were fixed and water bottles were found and filled, the riders wound their way out of town, rolling through the lovely countryside, enjoying the colors and the kindness of the people of New Hampshire. The alleged first-time rider was observed keeping up with the pack, and the Heart Cycle "newbies" appeared to blend seamlessly with the "experienced" tour riders.

All gathered and appreciated the first SAG stop in the parking lot of a classic, white New England church (see at right) in the picturesque town of Warner. Thanks to Deb's powers of persuasion, the church members welcomed us to use not only their lot but their rest room – even though it was on Sunday! Shortly after this pleasant respite, we turned onto our favorite section of the day's route. Roby Road meandered along a babbling brook, under a canopy of trees. The serenity of those 3 miles remained with us for the next 30 as we followed the route by Little Sunapee Lake and through New London toward

the lunch stop near the Shaker Village in Enfield.

That peacefulness helped sustain us through the traffic of West Lebanon to our destination. A truly "warm" welcome awaited us at the Fireside Inn where a real wood fire roared in the lobby fireplace. That evening, the group seemed reluctant to leave the circle after the nightly meeting and Don & Deb's song – it may have been the company, or the music, but it seemed to be the attraction of the crackling logs. Day Two was off to a good start with a substantial breakfast provided by the Inn. After bidding farewell to a bus tour of "leaf peepers," our fellow guests at the Fireside, we headed down the road through the quintessential New England town of Hanover, home of Dartmouth College. Not far beyond the ivy-covered brick buildings of the campus, we left the main road and town traffic behind and took a road "less traveled." River Road was definitely our favorite stretch of (mostly) pavement. Jim had warned us that one short section was unpaved, but that was a minor tradeoff to be on such a scenic, quiet byway, with lovely river and farm views around each turn. Some of the group crossed the river so that they could visit Vermont and add another state to their "life list." Before we rejoined the main road, we all crossed a covered bridge for a perfect finish to the "easy riding" part of the day.





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We climbed from the river to the lunch stop – experiencing our first spectacular views of the White Mountains. We also saw our first moose crossing signs, but fortunately did not encounter any actual moose on this or any day of our journey. Our next stop was the historic Thayer's Inn in Littleton, New Hampshire. Littleton's hotel dates back to civil war days and former guests include past political leaders and movie stars, most notably Bette Davis. Some of the other of the town's claims to fame are: a fine bike shop, an operating flour mill, a combination florist/coffee shop named Floralatte, "birthplace" of the fictional character Pollyanna AND the longest candy counter in the world, according to the Guinness Book of Records. A number of club members sampled the wares of this counter, and were witnessed carrying tell-tale treasured bags of candy.



Day Three was the coldest morning of the tour, but everyone warmed up quickly as we began our climb toward the Presidential Range of the White Mountains. It was a clear, sunny day so in spite of its brisk beginning, by the time we reached the lunch stop, riders were comfortable sitting on the grass enjoying both their food and the spectacular view of Mt. Washington. Most of the group took advantage of the "extra" sag stop at Glen Ellis Falls: a short hike in to see the

waterfall and the views. After returning to our bikes, the last 20 miles downhill into North Conway felt like a well-deserved reward for the uphill climbing we had most of the day. Riders seemed appreciative of both the expansive views and wide shoulder down the White Mountain Highway to our door at the Holiday Inn.

Day Four was an option day. Those who opted to ride with Jim were treated to one of the most beautiful routes of the week. The 44 mile loop from the hotel featured Bear Notch and included part of the scenic Kancamagus Highway and other great climbs and gorgeous roads. Those who did not ride were observed around North Conway shopping at the outlet stores and exploring the nature trails. Even those who rode found time to visit at least the Louis Garneau and Pearl Izumi outlets who had agreed ahead of time to give Heart Cycle Club Members an added discount on purchases. That evening the hotel provided homemade cider donuts and cider for us to share during the nightly six o'clock meeting.

Day Five from North Conway to Lincoln was the longest route with the most rigorous climbs. The first water stop on Crawford Notch Road had the perfect setting: at a scenic overlook of the Presidential Range. The climb through the Notch proved to be merely a warm-up for the steepest climb of the trip: Agassiz Pass – or as it is known by local riders: "Agony Pass." No-one questioned how it got that name. All welcomed the comfort of lunch in Franconia, beside another white, New England church, with magnificent views of the mountains all around us. The last climb of the day up and over Kinsman Notch left everyone grateful for the 10 mile downhill from the final water stop. We all zipped past "Lost River," a natural flume ride through the mountains, and zoomed by North Woodstock on our way to the Comfort Inn.

Many of us made our way back to the brewpub in Woodstock where we enjoyed good company, the food and local brews. A particular favorite was the “Pig’s Snout” Ale. Day Six brought a change in the weather that necessitated a change in the planned route. Heavy rains were predicted as a result of a hurricane moving up the coast. It was not certain when it would reach us. For safety’s sake the group collectively decided to abandon the scenic but exposed, potentially dangerous, mountainous Kancamagus Highway and instead follow the most direct path to our next stop, the Center Harbor Inn on Lake Winnepesaukee.



Thanks to Jim’s knowledge of the roads, Marty’s GPS, and the willingness of the Comfort Inn’s staff to make copies, we were able to develop a new cue sheet on the fly. Fortunately, the rain held off for the first 20 miles, and the alternative route was primarily along a lovely, gently rolling and winding, low traffic road. With the assistance of the Innkeeper, by the time we arrived at the Inn, Deb and Don had set up lunch on a big table in the middle of the common room. We were able to sit together in the window seats and be comfortably safe, warm and dry while we enjoyed our sandwiches and Elinor’s famous fudge bars.

There was much angst about what we would do if the rain continued. Thankfully, the morning brought dry roads and happy riders. Many of the group elected to do the optional ride around

Lake Squam, the lake featured in the movie, “On Golden Pond.” From all reports, this was a popular option. Others did their own routes, and some tour participants accepted the offer of a (car) ride to Concord to pick up vehicles as a precaution should the rain return. Others explored the Loon Center and hiked the nature trails, and most everyone checked out the interesting shops in town. One brave soul even ventured into the lake for a swim! In the evening, we carpooled in the sag vehicles and autos to the town of Center Sandwich for our group dinner at the Corner House. We enjoyed fine meals, creative songs by Don & Deb and the camaraderie of the group. The mood of the evening was just a bit melancholy, however, because our journey together was nearly over.



The final day it was raining too hard to consider riding. Fortunately, there were sufficient cars available so that everyone could be transported back to Concord in one trip. Some of the group headed home directly from Center Harbor, while others took or provided the shuttle back to the Holiday Inn where we had started. One meeting room became the bike disassembly room. After all bikes and their riders left for home, the leaders and sags returned the SAG vehicles; happy that the trip went so well and safely but sad to say farewell to friends, old and new. Hope to see everyone again: the newbies, the “oldbies” and especially that “new” rider (and his brother); just follow that road.



## Death Valley - Land of Ever-Changing Landscapes

The wind reshapes the magnificent dunes, just about every day. There is even a place where rocks glide mysteriously across the barren playa-although no one has ever seen it happen. A desert by definition is a place where less than ten inches of rain falls each year. In Death Valley the average is less than two inches! And yet, when the rain does fall at the right time in spring, (February to mid-March) the desert explodes with flowers and butterflies and all the signs of nature in all its glory.

Death Valley has been described as a superlative desert of streaming sand dunes, snow-capped mountains, multicolored rock layers, and water-fluted canyons. Springtime is the most popular time to visit Death Valley. Besides warm and sunny days, the possibility of spring wildflowers is a big attraction. If the previous winter brought rain, the desert can put on an impressive floral display. HeartCycle brings you the opportunity to explore this magnificent national park.

Most of the roads that we will be on are long and straight. The climbs are gradual and not too steep – usually less than 6%. The options are out-and-back, allowing you to tailor your riding to your level of fitness and enthusiasm.

**Day 1** - We will start our adventure into the greatest desert of the Southwest. Our first day's travel includes an optional in-and-out ride through Red Rocks Canyon National Conservation Area. When we get back onto Highway 160, we will ride over Mountain Springs Summit to the desert oasis town of Pahrump, where we will end our day at the Best Western Pahrump Station.

**Day 2** - We will start our day's ride as we head north into the Park and on to Death Valley Junction and the Amargosa Opera House. As we continue on, look for Pyramid Peak on our right before we head into the Furnace Creek Wash. An optional side trip will take you past the mining town of Ryan out to Dante's View overlooking the heart of Death Valley and the Panamint Range. Just five miles south of Furnace Creek is Zabriskie Point, which we recommend for an unforgettable view of Death Valley's wildly eroded and vibrantly colored badlands, so have your camera handy. After this final stop, it's on to Furnace Creek and our lodging for the night.

**Day 3** - Our ride will start off south on Highway 178 past the Devil's Golf Course to Badwater, the lowest elevation in North America (282 feet below sea level). Artist's Palette 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. When we get back on Highway 190 and head north past Mustard Canyon and Salt Creek to Stovepipe Wells Village, we will come to our night's lodging. This small, rustic village backs up against the Panamint Mountains and faces the most photographed sand dunes in North America, the Mesquite Flat Dunes.

**Day 4** - Today is our rest day, offering us the opportunity to hike in the Mesquite Flat Dunes, swim in the outdoor pool and just relax, or choose to ride up Highway 190 to Towne Pass at 4956 feet and on to Panamint Spring and Father Crowley Point. For those of us who want to head east, there is Daylight Pass at 4317 feet, with the well preserved ghost town of Rhyolite a few miles farther down the road. What ever we decide to do, we will thoroughly enjoy ourselves in this incredible National Park.

**Day 5** –Today is 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 will learn the strange and colorful history of Death Valley and its only castle. The trip back to Stovepipe Wells offers 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.

**Day 6** - Our ride this morning takes us out Highway 190 to Emigrant and up Emigrant Canyon Road to Emigrant Pass at 5318 feet. This is one of the more remote areas of the Park, and since we are starting early, we will keep our eyes open for some of the area's wildlife such as birds of prey, roadrunners, bighorn sheep, chuckwallas, desert tortoises, coyotes and kit foxes. Doubling back on our route will take us back down into the valley where we will pass by the Harmony Borax Works, the start of the trail for the Twenty Mule Team wagons.

**Day 7** -We will head out of the Park and ride towards Pahrump retracing our Monday route. Remember, early morning is prime time to observe some of the southwestern desert wildlife. Once we check into the Best Western Pahrump Station, we should have time to check out the town and enjoy some its different entertainment venues.

**Day 8** - This is our final day to enjoy a ride in the warm desert sun before we head home. Once we reach the Silverton Hotel, we will have a limited number of rooms where we can shower and get ready for our trip home.

**For anyone who has not visited Death Valley National Park you can check out their web site at [www.nps.gov/deva](http://www.nps.gov/deva)**

For more information please contact: Carla Habuda, (303) 919-5974, or [smilla531@aol.com](mailto:smilla531@aol.com) or Duncan Rollo, (970) 224-2783 or [dtewell1234@msn.com](mailto:dtewell1234@msn.com)

## **Late Spring in Spain**

There is a reason that Lance Armstrong, Tyler Hamilton, Freddy Rodriguez, Team Garmin-Chipotle, and other top professional cyclists have chosen Girona as their home and training center in the past and present - the cycling is tremendous! We'll meet in Barcelona and transfer the next day by bus to Olot near the French border. Olot is located in a volcanic region and is the center for the La Garrotxa natural park. We'll spend six nights in Olot and will bike to some amazing passes (called "cols" here), fascinating medieval villages, and you'll even have the opportunity to ride to the French border. We're planning a group dinner on the last night in Olot. The next day we'll ride to Girona, which is a beautiful ancient walled city about 60 miles north of Barcelona; the cycling here ranges from flat to hilly. There are many lovely stone villages in the countryside, so you can always find an enchanting café for food and drink. Some of our rides will take us over to the Mediterranean coast - called the Costa Brava (take your swim suit!). After riding, you can wander the streets of the Old Quarter in Girona. Here, you slip back 500 years in time. Girona has been called the "city of many sieges"; even Napoleon had a tough time taking it. You'll wander the narrow alleyways and cobbled streets of the Jewish quarter, tour the cathedral, or perhaps take a stroll atop the ancient wall - now a pedestrian walkway. Dinner is a laid-back event that starts about 8:30. Not to worry though, because the locals usually have tapas and wine about 5:00. We'll spend six nights in Girona, with four days of cycling and one day of sightseeing. Our transfer back to Barcelona occurs on Friday, June 12. The lodging this last night **IS INCLUDED** in the tour fee. Breakfasts in Olot and Girona are provided; lunches and dinners are the responsibility of each individual participant, with the exception of the group dinner in Olot. This is a tour for the self-reliant rider as there will not be any SAG support. All rides will be loop or out-and-back rides. No single rooms will be available.

For more information please contact Tour Leaders: Warren Barta, (719) 632-3602, [warrenbar47@comcast.net](mailto:warrenbar47@comcast.net) or Lee Cryer, (303) 778-2305, [lee.cryer@comcast.net](mailto:lee.cryer@comcast.net)



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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 \_\_\_\_\_

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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)**