

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
October 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:

www.heartcycleregistration.org

Pay by credit card online or send a check to the club Registrar at:

HeartCycle Registrar

PO Box 100743

Denver, CO 80250-0743

We are looking for assistance at the registration desk ...

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

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

To renew your membership for next year go to:
www.heartcycleregistration.org

You will need your UserID and your Password.
If you don't know these, request them via email
from Registrar@heartcycle.org.

Notes from the Board

As an all volunteer organization, HeartCycle depends on its members to plan and lead its great line-up of international and domestic cycling tours. The HeartCycle Board is developing a Tour Leaders Apprenticeship Program for new tour leaders and those who would like to be future tour leaders. We recognize that being a tour leader is 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 a sense of humor will make your tours more enjoyable for everyone. What better way to learn these skills than to co-lead a tour with an experienced leader.

As an Apprentice Co-leader, you will be paired with one or two experienced HeartCycle tour leader to learn the ropes including planning, mapping, organization, communication, sag wagons, evening map talks, expense reports and more. This is on-the-job training and you can expect to actually do all the duties of a tour leader, under the guidance of an experienced leader.

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.

If you've ever considered leading a tour for HeartCycle, now may be the time to commit. Interested canidates should contact Gordon Tewell, HeartCycle Tour Director, at tourdiretor@heartcycle.org or 720-304-9572.

Art Show by Sandi Ogin

The HeartCycle Annual Luncheon and Meeting will feature a special showing of original art by Sandi Ogin. Here are some examples of her art that have a bicycling theme. Sandi will be on hand to talk with you about her art.



In Sandi's own words: Whether I am working with oil, acrylics, or monotype prints, I love to use painterly brush strokes in a gestural style, often using dazzling colors. I put my passion for life in all of my paintings and paint things that I love. My approach is to connect to beauty and spirituality, often focusing on my love of Judaism. My subjects may be the movement and excitement of dance, or the grace and loveliness of a woman, or the wonders places far away inspired by my travels, or even the lusciousness of a watermelon or a cherry. After spending most of my professional years dedicated to teaching reading skills to students of all ages, it is a beautiful surprise to see how my journey has changed directions.



I was only 34 (28 years ago) when I had breast cancer, and wondered whether I'd survive long enough to bring up my children. One never forgets that and I feel so blessed to now be able to express my passion for life in all of my paintings. My work has been in numerous galleries and juried shows in the Denver Metro area as well as held in private collections.





Idaho Panhandle Tour

By Carolyn Fuller

It was a trip of extremes – record-setting heat for our first two days, a solid day of rain in the middle (even though Jon, our resident rider swore, “it never rains in Idaho in August!”), and two days of perfect weather, and everywhere, spectacular scenery (including two black bear sightings, but no moose) . Through it all, our group of 30 cyclists (and our canine mascot Mokie) had a great time, built friendships, ate huckleberry ice cream, and supported each other as only HeartCycle groups can.

Day One, Spokane to Harrison, was a beautiful 65-mile trek through the rolling Washington wheat fields to roller coaster hills leading to Lake Coeur d’Alene. If it just hadn’t been 100 degrees by the time we hit the lake! This day included the obligatory four miles of gravel road. Jon led a group of about eight cyclists on an alternate route to the lake and the first black bear sighting of the trip. The last eight miles were a beautiful cruise along the Coeur d’Alene bike path. We saw birds and blooming lily pads on our way to our first stop, Harrison, Idaho, a quick dip in the lake, and dinner at the only place in town, One Shot Charlie’s.



Day Two, Harrison to Wallace, was another spectacular cruise, 50 miles entirely on the bike path. The only hitch – a 7-mile stretch of the

path was closed from 6 a.m. to 6 p.m. for rebuilding after some flooding. Most of the group followed the “official route,” a 10-mile detour through more rolling country side. A few of us opted for the “hypothetical route” through the section under construction, figuring we could either beat the early trail closing, or talk our way through. Those of us making the 5:30 start were treated to a spectacular sunrise along the river. After arriving in “Historic Wallace,” most of us took the Sierra Silver Mine Tour which included not only silver mine tour (we were only slightly disappointed to learn that not an ounce of silver was ever produced from the mine) but a tour of the town of “Historic Wallace.” We saw the house where Lana Turner lived when she was four, the house where Teddy Roosevelt had tea, and the fabulous Bear Monument – carved entirely by chainsaw!



Day Three, Wallace to Thompson Falls, MT, dawned a little gray and sprinkly, and the forecast wasn’t encouraging. This was the only day with significant climbing, including two passes. When we arrive at our designated lunch spot in Murray, Idaho, before our lunch driver, it gave us time to tour the “world famous” Spragpole Museum –which is kind of like a private museum operated by an obsessive-compulsive hoarder of anything and everything, but is not to be missed. Our lunch-time delay ended up for the best when the downpour hit

during lunch. Fortunately, the weather cleared for the climb (which included our second black bear sighting) and the marvelous, 20-mile downhill cruise into Thompson Falls, Montana.



Day Four, Thompson Falls, MT to Sandpoint, ID. This could have been the prettiest day of all – 90 miles of downhill to flat highway through (we think) more spectacular scenery– except that it started raining about 7:30, and didn't stop until about 3:00. I'm sure there was beautiful country-side, but my eyes were focused on the road and the logging trucks whizzing by. A few of us opted to sag some of this day but most successfully completed the whole distance, no worse for wear other than a few flat tires.

Day Five was our off-day in Sandpoint, on Lake Pend Oreille, the largest lake in Idaho. Sandpoint is a growing resort with a pretty little marina and a thriving downtown.



The day was cool and blustery. Some got an early bike ride in, four of us opted for a half-day kayak tour, but most went to a marvelous lunch hosted by some local cyclists. Our group dinner at an Italian restaurant was a big hit.

Day Six, Sandpoint to Coeur d'Alene. We left Sandpoint on a foggy morning, cycling lovely back roads including another stretch of dirt road along the lake and river. The weather cleared in an hour or two, and we rode through spectacular scenery to a lunch in Spirit Lake. After riding on busy highways with big trucks leaving Spirit Lake, we were all relieved to reach cycling-friendly Coeur d'Alene and its designated bike routes. Coeur d'Alene is a beautiful city with a great city park and beach on the lake, many quality restaurants, and our last taste of huckleberry ice cream.



Day Seven, Coeur d'Alene back to Spokane. Most of this route was along the Centennial Trail, a bike path started in Washington, and continued by Idahoans when they saw what a great amenity it was. The industrial and commercial sites of Idaho gave way to beautiful river scenery in Washington – and although not every turn was perfectly marked, no one got seriously lost, even when we left the trail at Riverside Park in Spokane to make our way back to our motel near the airport.

Thanks to everyone for a week of good cycling, and great friendship. And thanks specially to Harvey, Scott, Bill, Mary, and Jim.



Bicycle Friendly State Program

The League of American Bicyclists has recently expanded its efforts in building a Bicycle Friendly America with its Bicycle Friendly State Program. The two part program recognizes states that promote cycling through legislation, policies, programs, and by creating new places to ride, educating motorists and cyclists, and encouraging people to bike for transportation and recreation.

The first part of the program has been to create an annual ranking of all 50 states. The ranking was based on 74 questions across 6 categories:

In each of the 6 categories your state ranked:

10-tied in Legislation

19-tied in Policies & Programs

25-tied in Infrastructure

23-tied in Education & Encouragement

26-tied in Evaluation & Planning

34-tied in Enforcement

Colorado has finished **22** overall.

There will also soon be a second part to the program that will get at the more qualitative aspects:

Responding to Trash Talk About Bikes

Every now and then, someone takes a potshot at bicyclists and bicycling. Sometimes it's a politician; other times a shock jock. Whoever it is, and whatever their motivation, we don't like it! So we're starting to keep track of who says what, and give you the chance -- and the data you need --- to talk back.

Help Shape America's Transportation Future

The current federal transportation program, which funds many bicycle and pedestrian projects and programs, expires in September 2009. Bicycle and pedestrian groups, led by the America Bikes

Coalition, are determining what we want out of the next bill, and how we will get it. Help us with your opinion of what matters: Take this survey by October 1.

Huge Growth in Portland Bicycling Economy

Alta Planning + Design has been updating the 2006 study we did about the value of bicycle-related businesses to Portland's economy, which determined that the value of this industry sector was \$63 million. They just released the results, and growth has been tremendous -- a nearly 40 percent increase in gross revenue (\$90 million), and 50 percent increase in the number of businesses. More info can be found [here](#).

Older Americans Searching for a Car-Free Way

A new poll by AARP finds that while many Americans older than 50 are trying to move away from car transportation as a result of high gas prices, their attempt to go "green" is challenged by inadequate sidewalks and bike lanes, as well as insufficient public transportation options. "More Americans age 50+ are trying to leave their cars behind but face obstacles as soon as they walk out the door, climb on their bikes or head for the bus," said Elinor Ginzler, AARP Senior Vice President for Livable Communities. Almost one of every three people (29%) polled say they are now walking as a way to avoid high gas prices. But as those people set out to walk, almost 40% of the 50+ population say they do not have adequate sidewalks in their neighborhoods. Additionally, 44% say they do not have nearby public transportation that is accessible. Almost half (47%) of poll responders say they cannot cross the main roads safely -- 4 in 10 pedestrian fatalities are over the age of 50.

For more information go to: bikeleague.org

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: complete
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: complete
250 miles, 6 days (5 riding) \$750
Leader: Jeff Messerschmidt
Info: (303) 904-0573, jefmesserschmidt@hotmail.com

Fireworks of Fall – The Notches of New Hampshire

September 20-28, New Hampshire status: complete
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: closed
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: full
200 miles, 5 days \$650
Leader: Steven Richards
Info: (303) 321-5922, treasurer@heartcycle.org



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