

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
June 2009



www.heartcycle.org

What To Do With All That Stuff?

Over the years, HeartCycle has built up a supply of jerseys, tee-shirts, vests, sock and other apparel, souvenirs that were left over from HeartCycle bike tours. Every year at the HeartCycle annual meeting Jeff Messerschmidt tries to ~~unload~~ sell all this highly sought after merchandise at fire-sale prices. And still, the supply in his basement continues to grow. The HeartCycle Board has decided to relieve Jeff of this burden by donating it to a group that will put it to good use, the International Christian Cycling Club. IC3 sponsors many activities for all sorts of cyclists, including mountain and road recreation rides, beginner to elite racing programs, race promotion, juniors, weekend trips, and plain old pot lucks. IC3 has local clubs all over the world known as Spokes. Spokes have been established in 14 countries including Australia, Canada, and the United States. IC3 also has two Spokes in Africa, the Uganda Spoke and the Kenya Spoke.

Each local Spoke takes the "flavor" of local members. The support provided through IC3 over the past several years through donations of bikes, bike parts, clothing, money, made possible the addition of the latest Spoke located in Jinja, Uganda. The Uganda Spoke recently competed in the Tour de Rwandan.



Members of IC3 Spoke in Kenya

You can learn more about donating bikes, bike gear or apparel to help IC3 Spokes in developing areas of the world by going to: <http://www.christiancycling.com/>



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Notes from the Board

The year is 1989 and I'm on a borrowed bike – a creaky red Allegro – and it doesn't have a granny-gear. Actually, I didn't know what a triple crank was, a Terry saddle, a cyclometer, or click-in pedals. But I knew that I suddenly got the fever for riding and HeartCycle was the remedy. At that time, I was dating a guy who was an athlete and excellent rider and he really didn't want to spend the time to teach me "how to ride" and I don't blame him. He was always ahead of me and waiting at the car, in a grouchy mood, I noticed, when I returned late but jubilant. He recommended that I join HeartCycle, to "find someone to ride with." I not only found camaraderie, but I found members who taught me how to avoid the radical cross-over that resulted in a dropped chain, to change a tire, to read a map, and to eventually feel secure enough to venture out on my own. Some of those people are gone now, moved out of state, continued their lives interest in other areas, but many have replaced them with a wealth of cycling knowledge and excitement for the open road and "in the moment" experiences that cycling can offer. Join us for the 2009 HeartCycle training ride season to get ready for a tour, to meet new people, and learn how enjoyable cycling can be in the Rocky Mountains. Happy Trails!

Sheridan Garcia, Ride Starter

The Board is proposing to eliminate paper mailings and go all electronic in January 2010, starting with the Tour Brochure. Also starting in 2010, the HeartCycle newsletter will cease to be mailed out in hardcopy, and will only be available on the website.

Colorado HeartCycle has set up a google group which is private so only "invited" people can join. This keeps the risk of spam to a minimum. To indicate you'd like to be added to the HeartCycle GoogleGroup and receive an invitation send a message to:

JoinTheGroup@heartcycle.org

Colorado HeartCycle – June 2009 Training Rides

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
June 6	8:00	89	Safeway west Of Exit 241 Off I-70 in Idaho Springs	Idaho Springs Loveland pass Dillon	John Steele 303-300-3573
June 7	8:00	63	Mineral park-n-Ride, NW corner of Santa Fe & Mineral in Littleton	Littleton / Conifer / Evergreen	Sheridan Garcia 303-638-0330
June 13	8:00	83	Bus Stop, SW corner of US-36 & Broadway in Boulder	Boulder / Left Hand Canyon / Brainard Lake	Brenda Hutchinson 303-527-0380
June 14	8:00	40	Sloans Lake	Sloans Lake Morrison	Gaar & Jeanne 303-964-3364
June 20	8:00	72	Parfet Park 10 th & Jackson Streets in Golden	Golden Bergen Park Echo Lake	Glen DeRussy 303-986-8724
June 21 Father's Day	8:00	55	Big Thompson School, US-34 & CR-27 west of Loveland	Big Thompson Estes Park Devil's Gulch	Jeanne Clayton 303-964-3364
June 27	8:00	63	Parfet Park, 10 th & Jackson Streets in Golden	Golden/ Golden Gate Wonderu	Cindy Dore 303-431-4026
June 28	8:00	TBD	Check HeartCycle website for start location	Check HeartCycle website for ride description	Luanne Ralph 303-798-6622

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: completed
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: completed
978 miles, 14 days & 1 off \$1600
Leaders: Jerry Bakke, (303) 738-9861,
Steve Parker, (970) 382-9551

Late Spring in Spain

May 31 – Jun 13, Spain status: closed
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
4 openings left

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
11 openings left

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
15 openings left

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
10 openings left

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
10 openings left

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
1 opening for a female

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
11 openings left

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.

Ride Across America Part II: El Paso to Kountze, Texas

On March 22 through April 4, 32 riders, led by Jerry Bakke and Steve Parker, and chaperoned by last year's superb sag drivers (Carol Nies and Kathleen Schindler), completed the second leg of the HeartCycle multi-year Ride Across America. After riding from San Diego to El Paso last spring, we continued our cross-country pedaling this spring, starting where we left off in El Paso and riding 983 miles across Texas to the small town of Kountze, located on the far eastern edge of the state about 40 miles from Louisiana.

Day 8: Leahey to Fredericksburg - What a day. 85 miles, 2,710 vertical climb up and 2,450 vertical ft total down, along the Guadalupe River, through Kerrville, and north to Fredericksburg all pushed by a gentle tailwind. Folks are tired from eight straight days of riding and according to Jerry, "Gettin' a little cranky", but today was the prettiest so far and left us for tomorrow's rest day in the small German resort town of Fredericksburg, full of limestone-masonry buildings, boutique shops, and the Museum of the Pacific War.

Day 9: Rest Day in Fredericksburg - The rest day went like this: sleep in, eat a giant breakfast (that usually involves syrup), do laundry with 30 other cyclists who critique the color of your underwear and whether you fold or stuff, go to the local bike shop and browse (for nothing except a little retail therapy), stroll around town, take a nap, get a massage, hang out by the pool, and do whatever you need to do to put yourself back together enough, in this case, to be with a group of 32 kooky and fun cyclists for another week of pedaling 60 to 100 miles a day across Texas. At the end of the day, we all gathered again for our evening meeting and gave Terri Rabinowicz her birthday cake (which we had to modify because it accidentally said "Happy Birthday Charlotte").



Mark Berenson, Alan Church, Charlotte Patterson, and Clare Bena pedal up a roller.



Day 10: Fredericksburg to Wimberley - Yahoo! Ride those rollers! 58 miles, about 2,000 vertical feet broken up into short double black diamond ski slopes of speedy downhill runs where you stand on your pedals and tuck, trying to get as far up the next uphill as you can before you have to start pedaling again. The important thing about today is that we're officially halfway across America. It happened somewhere near Blanco, (pronounced like "ankle" in proper Texan twang). It's a great feeling, though most riders said something like: "All this pedaling and only half way?"

Day 11: Wimberley to Bastrop - We spun 67 miles downhill out of the central Texas Hill Country into the fertile green fields (and occasional oil derrick) of the Prairies and Lakes District. The sturdy Brahman cattle of the west Texas desert have given way to Angus and Texas Longhorn cattle, with a transition between the two of, I'm not kidding, Brangus cattle (a hybrid of Brahman and Angus). You could almost map the rainfall across Texas just by mapping the breeds of cattle as you ride across.



Texas bluebonnets and Indian Paintbrush in the Prairie and Lakes District near Bastrop

Day 12: Bastrop to Navasota - 104 miles and 4,000 vertical feet of climbing. You never really know what the next mile on an unknown road will bring. We woke this morning to lightning and heavy rain, wondered about our ride at breakfast, then found the rain had stopped, blue sky surrounded us, and we could easily begin riding through rain-soaked mossy trees of Bastrop State Park on a tiny, traffic-less road for our first 13 miles. Out of the forest, we spun another 20 miles across lush green fields full of cattle, horses, and Texas blue bonnets. Then rather suddenly, a nasty crosswind began to blow just as we hit 15 miles of heavy traffic on a narrow shouldered road with excited drivers pushing their way into parking areas along a 5-mile long annual antique show near Roundtop. Drivers honked, at least one cussed at us for being on a bicycle in the middle of the antique show, and one rider grumped back at them. All the while, the wind blew us around a narrow shoulder and a lot of riders felt concerned about the safety of heavy winds on the narrow, high traffic road. So at lunch, nearly a third of the riders put their bikes on the van and sagged, some just 4 miles down the road, others all the way to Navasota.

Day 13: Navasota to Cleveland - This year's tour includes thirty-two riders. Twenty-four of these came as pairs, either couples or friends who often ride tours together. The remaining eight came alone. It's a big deal to come on a tour alone because everyday you have to either ride alone or glom onto a couple who rides about your speed and doesn't mind you being a tick on the back of their wheel. If the terrain is hilly and there's no wind, it doesn't matter whether you find a group or not because climbing hills often separates people anyway. On a day like today, however, it's a great thing to find a train to glom onto: a flat 63 miles with a wide shoulder and heavy traffic. There's power in numbers, so many people grouped up just to make sure all those cars knew we were there. From Navasota we crossed north of Houston from fields of bluebonnets and Indian paintbrush into the beginning of the east Texas Piney Woods. These are thick forests of verdant green that get thicker and marshier further east. Since we left Fredericksburg it's been feeling like we're approaching the east (at least to a westerner). The fields are green because of rainfall rather than irrigation, there is moss on some of the trees, and the humidity and pollen counts are up.

Day 14: Cleveland to Kountze - We did it! Thirty-two riders, ranging in age from 40 to 70 arrived in Kountze, Texas today, completing the second leg of our Ride Across America. In the last two weeks, we rode 983.3 miles and over 22,000 vertical feet of climbing, averaging 77.5 miles/day, and, we officially left the 'west' and entered the south, crossing our first bayou (even labeled with a sign) and riding through the misty trees of the Big Thicket National Preserve. Hugs, high fives, and cheers spread around as riders arrived in Kountze. Many thanks to our great tour leaders Jerry Bakke and Steve Parker, and sag queens extraordinaire Carol Nies and Kathleen Schindler, for another incredible trip on our tour across America.



Carol Nies, Jerry Bakke, Kathleen Schindler, and Steve Parker at the end of this year's Ride Across America – the Texas Leg.

This newsletter chronicles the second week of this two week Ride Across America Part II. Week one was presented last month in the May issue of *Heart to Heart*.



Colorado HeartCycle Association, Inc.
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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