

www.heartcycle.org

info@heartcycle.org

web discussion list:
www.topica.com/lists/heartcycle



IN THIS ISSUE:

HeartCycle contacts	page 2
Sky to Sea pictures	page 3
Trips for Kids	page 4
Book Review	page 5
2006 HeartCycle Tours	page 6
Classified	page 6
Training Ride Schedule	page 7

Upcoming 2006 Cycling Events

- April 22 2006 Spring Warm Up Ride, Ft. Collins, CO, 60 miles w/shorter options proceeds benefit Bicycle Colorado and FCCC, www.fccycleclub.org
- April 28 Roadless Ride - Stationary group indoor-outdoor cycling event, Athletic Club at Denver Place, to benefit kids with cancer. Brent's Place, 303-831-4545, www.brentsplace.org
- May 20 8th Annual Buena Vista Bike Fest, century ride with shorter options 719-528-6834 www.bvbf.org
- May 21 Santa Fe (NM) Century, century ride with shorter options www.santafecentury.com
- June 4 Elephant Rock, Castle Rock, CO, century ride w/shorter options www.elephantrockride.com
- June 24-30 Boulder Bike Week www.ci.boulder.co.us
- June 28 Denver Bike to Work Day
- July 8 Triple Bypass Evergreen-Vail, Colorado – 120 miles www.teamevergreen.org
- July 8 & 9 2006 MS 150, route: Highlands Ranch-Colorado Springs-Royal Gorge, Canon City, www.nationalmssociety.org/MSBike-Colorado.asp 1-800-344-4867)
- July 22-24 Childrens Hospital Courage Classic: day 1 – Leadville to Copper Mountain, day 2 - out and back rides from Copper Mountain, day 3 – Copper Mountain to Leadville (Fremont Pass), www.couragetours.com
- Aug 19 Stonewall Century, LaVeta, CO, century ride w/shorter options www.spcycling.org
- Aug 26 Tour de Cure, Boulder County Fairgrounds, Longmont 1-888-diabetes <http://main.diabetes.org>
- Sept 9 3rd Annual Aspen Ride for the Cure, fundraiser for breast cancer century ride w/26 mile option www.aspenrideforcure100.com

note: if you are unable to access the internet, contact newsletter editor Ann Nordstrom, 303-366-2716, for address and/or phone information of the cycling event you are interested in

also: if you know of other cycling events that would be of interest to the membership, please let the newsletter editor know (by the 15th of the month).

HeartCycle Contacts

Below are the names, responsibilities, phone numbers and email addresses of key HeartCycle volunteers. Please contact the individuals for questions about their assigned areas. Send any regular mail to the HeartCycle PO Box with attention to the desired person. For questions about specific tours, please contact the tour leader(s).

BoardMembers

President president@heartcycle.org	Myra Jans 303-337-9210
Vice-President VP@heartcycle.org	Ken Cogger 303-816-4781
Registrar (& Treasurer) Registrar@heartcycle.org	Steve Richards 303-321-5922
Tour Director TourDirector@heartcycle.org	Gordon Tewell 720-304-9572
Development Development@heartcycle.org	Mike Case 303-744-0229
Training Rides Co-Director	Homer Fritz 303-477-6446
Newsletter Editor newseditor@heartcycle.org	Ann Nordstrom 303-366-2716
Secretary & Marketing Secretary@heartcycle.org	Larry Sampson 303-733-5038
Training Rides Director (&Maps) maps@heartcycle.org	Lee Cryer 303-778-2305

Working Members

Newsletter Mailing Group Newsmailer@heartcycle.org	Sue Hoogstrate 303-755-9362
Sag Supply Manager sagmgr@heartcycle.org	Jeff Messerschmidt 303-904-0573
Web Site Manager Webmaster@heartcycle.org	Debbie Finn 303-651-3898
Social Events Social@heartcycle.org	Melodye Turek 303-320-1430
Assistant Registrar & Web Registration WebReg@heartcycle.org	Harvey Hoogstrate 303-755-9362
Mapping Assistant Maps2@heartcycle.org	Ira Goldschmidt 303-561-4817
Training Rides Assistant rides@heartcycle.org	Susan Loftus 303-758-5472

For letters, articles or comments, send email to newseditor@heartcycle.org by the 15th of the month

To receive this newsletter by email please indicate your preference on the membership registration form, or contact the Registrar.

Support our Sponsors

TrueMind Center for Traditional Chinese Medicine
5 Cook Street
Denver, CO
303-320-1530
25% off massages

Denver Spoke
1715 East Evans
Denver, CO
303-777-1720
15% off merchandise

Cycle Analyst
722 South Pearl
Denver, CO
303-722-3004
15% off merchandise

Frontier Airlines
10% discount for groups on HeartCycle tours

Lisa D's of Cherry Creek
77 South Adams
Denver, CO 80209
303-466-2454
10% off Yonka products

Handle Bar & Grill
305 South Downing
Denver, CO 80209
303-778-6761
25% off a 2-person ticket



Any golfers out there?

The BikeMountGolfCart mounts and dismounts to your bike, using a ratchet quick-release assembly feature. It combines golf and cycling; now you can pedal your golf bag and clubs from home, down the fairway and back home again. It's just like having your own caddy! Check it out at www.BikeMountGolfCart.com

Unbeatable Ways to Boost Alertness In the Workplace

Drink an ice-cold drink. Make it water or juice, rather than caffeinated, sugary soda

Exercise. A brisk walk, running in place or doing a few jumping jacks gets the blood moving and wakes up the brain.

Smell something scented with lemon, lime, mint or rosemary. Or, brush your teeth.

Eat a crunchy snack such as raw veggies, pretzels or a rice cake with crunchy peanut butter.

Change tasks, especially if you're doing something repetitive. Briskly cleaning up your work space can help clear your head.

Turn on the lights. Light exposure triggers wakefulness Make your work area as brightly lit as possible.

Cool off. Cool air, especially on your face, helps you feel more awake. Use a small fan or open a window if your work area is humid, warm or stuffy.

Breathe deeply. Take 10 deep breaths; go outside to get some fresh air if possible. Flooding your lungs with fresh oxygen and exhaling stale air refreshes your mind and body.

Take a nap. All you need is 15-20 minutes. Be careful not to sleep too long, or you may find yourself groggy afterward.

TRIPS FOR KIDS DENVER - Call for Volunteers

The recent record high temperatures were certainly hot enough to stir our friend, the black bear out of hibernation. Just like our ursine friends, Trips for Kids Denver is waking up, tuning up our equipment and preparing for rides to resume in April. Andy Brannon, our new full-time Ride Program Manager, has been ringing our youth agency partners and, as we expected, they are happy to hear we'll be back in business and offering even more ride dates this year. We have over twenty rides already on the calendar, with one group planning way ahead, reserving a spot for our "Take a Kid Mountain Biking Day" in October! Our goal for this season is to complete 60 rides with over 400 urban youth. To accomplish this goal we'll need strong support from our growing group of amazing, committed volunteers. This is your wake-up call! Please join us for our season kick-off event:

Thursday, April 13 from 6pm to ?: TFKD's 2nd Annual Beers for Bikes Benefit!

Help us rally the troops and gear up for the season with a kick-off party at **Swanky's Oysters and Libations**. It's simple, no cover or tickets to buy. Grab the gang, head down to Swanky's and have a beverage, while munching on yummy apps and entrees with other fun-loving Trips for Kids Denver supporters and volunteers. Swanky's is generously donating a portion of their sales for the night to TFKD. Thanks, Rodney! Drink a beer, or two, and give a kid a chance to ride with TFKD. We'll have a silent auction, prize drawing, and other fun contests to keep the evening as spicy as an oyster with two shakes of Tabasco. Oh, and did I mention...free beer?!? Evite to follow shortly. This event is an important part of our fundraising efforts to cover the program's expansion. **Items for our silent auction are needed and greatly appreciated.** Please contact Andrew Goodwillie, if you would like to sponsor the event: 303-725-6723 or tfkdenver@mac.com. Swanky's Oysters and Libations, 1938 Blake Street Denver (near Coors Field), 303-297-2399

I think I'd like to volunteer. What's involved?

The main job of the ride volunteers is to ensure that the day is safe and fun. After fitting the kids with helmets, gloves and bikes, we review the rules of the trail and then do several shifting and breaking drills to make sure the children are comfortable with the equipment and that they can safely control their bike and stop! When we hit the trail, ride volunteers become critical to the success of the ride, coaching the kids on proper bike handling skills, encouraging them up difficult hills, and most importantly - just having fun and connecting with the youngsters when we stop to catch our breath or just to enjoy the view.

How do I volunteer?

Fill out a Volunteer Application and Waiver. Send it to Andy Brannon, 5712 A West Asbury St, Unit 202, Lakewood, CO 80227 or fax it to 303-399-4841.

Contact Andy Brannon: 303-919-4259 or twowheelfunman@yahoo.com. He can answer any questions you might have about volunteering and give you more information about the youth groups. If you are willing and able to volunteer, Andy will add your name to the volunteer list for one or more specific ride dates. A week or so before the ride Andy will call to confirm the ride location and time. Volunteers can either meet us at our storage facility or at the trailhead. Unless other wise

noted, rides generally run from 10 am to between 1 and 2 pm and are held on trails less than an hour drive from Central Denver.

March 28, 29, 30, 31: TFKD Spring Break Rides with Denver Parks and Rec., Bear Creek Lake Park (10am -2pm).

We're working with the Parks Department on a series of rides while DPS students are out on break. We need 2 or 3 volunteers each day for these rides.

Saturday, April 15: TFKD Ride with Jefferson Hills at Mt. Falcon Park from 10 am to 2pm. We need two volunteers for this ride.

Saturday, April 22: TFKD Ride with the Denver Family Crisis Center. Location and time TBD. We need two or three volunteers for this ride.

Saturday, April 29: Foxy 'n Fun Bicycling Event with Fox Crossing Apartments. Fox Crossing, along the Cheery Creek Bike Path, has invited TFKD to be a part of their event to encourage the young residents from this low-income housing complex to get out and ride. Local bicycle police units will be in attendance teaching bicycle safety. A few bike shops will man a "bike hospital" to keep the kids rolling and a live band will add to the festival like atmosphere. We'll be hosting a morning and afternoon ride to Cheery Creek State Park with the Fox Crossing kids. The following weekend the same group of children will join us for one of our "real" mountain bike rides up in the foothills.

We need 3 or 4 volunteers for the both morning (9am to noon) and afternoon rides (1pm to 4pm).

Thanks to our Sponsors

Last year, TFKD received generous financial support from Pearlizumi, New Belgium Brewing, GMAC-RFC, Horizon Organic Dairy, and a host of individual donors. The financial support we received gave us the confidence and resources to move from an all-volunteer to a professionally directed organization. TFKD just hired Andy Brannon full-time to manage the details of the ride program. We believe that with his endless energy and talent as a ride leader, we can maintain the quality of the program while, at the same time, expanding the number of children we reach.

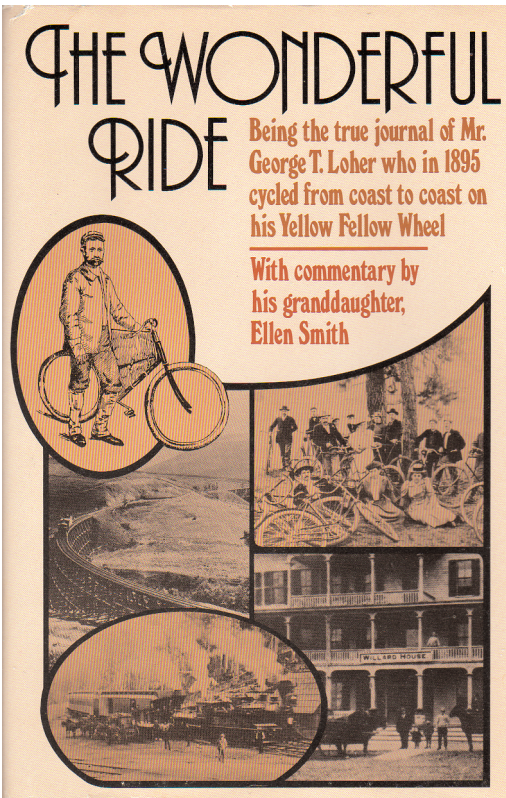
We are currently seeking "Ride Sponsors" from the local business community. If your business would like to become a TFKD sponsor, please call Andrew Goodwillie at 303-725-6723 for more information.

Thank you,
Andrew Goodwillie, Director, Trips for Kids Denver
303-725-6723, tfkdenver@mac.com

Web Site: <http://www.tripsforkidsdenver.org>

Trips for Kids Denver is organized under Section 501(c)(3) of the Internal Revenue Code and is operated exclusively for charitable and educational purposes. Contributions are 100% tax deductible. Mailing Address: Trips for Kids Denver, 1430 Gilpin St, Denver, CO 80218





It was something that perhaps could have been conceived and carried out only in the Victorian America of 1895. George T. Loher, a butcher from Oakland, California, decided that it would be “a pleasant undertaking” to bicycle from San Francisco to New York City: an excursion through thirteen states and territories, across five ranges of mountains, through deserts and across sandy valleys - a distance of 4,354 miles.

He left on August 11 on a Stearn’s Yellow Fellow with no brakes and no maps, arriving eighty days later. *The Wonderful Ride* is his journal of that incredible venture, lavishly illustrated.

And what a ride it is! Our dauntless author nearly runs into a train in Oregon, breaks his front forks in Washington, smashes his front wheel on boulders in Montana, is sworn at - in Swedish - in North Dakota, parties with tobacco buy-

ers in Wisconsin, rides between oil wells in Ohio, and sits in an electric chair in New York.

Thoroughly delightful and steeped in the outlook peculiar to the time, *The Wonderful Ride* evokes both the spirit of turn-of-the-century America and the enormous breadth and diversity of the country itself. The book’s illustrations are authentic depictions of the route.

And George T. Loher emerges in its pages as a champion cyclist, tireless tourist, thoroughly likeable personality, and most of all a classic American individualist. Cyclists, history and nostalgia buffs, and anyone whose sense of *joie de vivre* has not been diluted will delight in Mr. Loher’s journal and find in it an affirmation of life itself.

Ellen learned of this journal while sifting through her grandfather’s memorabilia in 1969
 HARPER & ROW, publishers

***Boulder Community Rowing presents the 2006
 “Sprint into Spring” - Auction and Reception***

All area fitness enthusiasts are invited to a fun and informative evening **April 19th from 6pm to 9pm** at The Dairy Center for the Arts, 2590 Walnut St. in Boulder. Our featured speaker is **Neal Henderson**, Coordinator of Sports Science at the Boulder Center for Sports Medicine. Come and hear how you can maximize performance and get the most from your training.

Proceeds from this event will fund the continuing activities of Boulder Community Rowing, a non-profit, tax-deductible corporation which brings the sport of rowing to the greater Boulder area.

Food and drink will be available as well as the opportunity to bid on a wide variety of interesting and desirable items in a **silent auction**.

Come and mingle, make new friends, explore cross-training opportunities, support a local sports club, learn techniques to improve fitness and go home with some neat stuff.

Tickets are available in advance from club members and will be available at the door for \$15 per person or \$25 per couple. For more information about Boulder Community Rowing, see our website at www.BoulderRowing.com.

~ **Cash or Check Only Please** ~



Colorado HeartCycle 2006 Tours

Status at time of printing, end of March

open	Zion Mountain Bike Utah	April 9-14	\$700	Steve Ireland, 714-505-2438 irelandsteven@hotmail.com
open	Desert Ruins, CO,NM	May 20-28	\$1375	Mike Case, 303-744-0229, mikecase16@juno.com
open	Taos, New Mexico Memorial Day weekend	May 27-29	\$275	Dan Clark, 303-973-8803 Ken Cogger, 303-816-4781, cogger@peakconsulting.com
open	Colorado Rky Mtn High	June 18-24	\$ 950	Harvey Hoogstrate, 303-755-9362, harv@pcisys.net Ken Cogger, 303-816-4781, cogger@peakconsulting.com
open	Texas Hill Country Fredericksburg, Texas	June 18-23	\$775	Larry & Sherry Harris, 817-457-6502, thepedalers@aol.com
full*	Holland Barge Cycling The Netherlands	July 15-22	\$1150	Myra Jans, 303-337-9210, mcjans@comcast.net Dan Clark, 303-973-8803
	Bridger-Teton	cancelled		
open	Shoreline L.P. to U.P. Michigan	July 30-August 6	\$1075	Kevin & Jacki Solon, 616-897-6802 jacki_solon@yahoo.com
full*	N. Cascades Sasquatch Loop Washington	August 6-13	\$1175	Harvey Hoogstrate, 303-755-9362, harv@pcisys.net Ken Cogger, 303-816-4781, cogger@peakconsulting.com
open	Go For the Gold weekend Colorado	September 23-25	\$225	Diane Short, 303-763-9874
open	Grand Canyon Arizona, Utah	October 1-8	\$1000	Jerry Bakke, 303-738-9861 jerrybakke@msn.com
open	Fireworks of Fall Finger Lakes, New York	October 8-15	\$1100	Jim Bethell & Janet Reilly, 518-446-1766 jim@bikes5.com
open	Mallorca, Spain (tentative)	March, 2007	\$1725 (tentative)	Don Leet, 541-389-2782 donoso@bendnet.com

* wait list available

CLASSIFIED:

Shimano Wheel Set with Hubs for Sale: Brand new in original box. Product: WH-R550 (700c), black spokes with silver rims, Lot# 04091699, Code: 4BE02000-09. Retail: 289.99 w/o tax. Will sell: 250.00 (cash and carry), Call: Astrid @ 303.674.6143 Leave message

Bike for Sale: 53 cm Eddy Merckx, Cro/Moly frame, Dura Ace, 54/39 chainring, 11/34 cassette, low miles, great condition. \$1,200.00 or best offer. Contact Joe Halbeisen at 303-450-9013

Carpool: Going to RAGBRAI? Me, too - I'm looking for someone to share the drive to and from Sergeant Bluff. Contact Ann at 303-366-2716 or annn@estreet.com

NEW HOME ADDRESS? NEW EMAIL ADDRESS?

If you are not getting your monthly issues of the HeartCycle newsletter, it may be because of an incorrect mailing or email address.

PLEASE inform the REGISTRAR of all changes to keep your newsletters coming!!

HeartCycle April 2006 Training Rides

Rides will go if the temperature is at least 40 degrees and the roads are dry. Call the leader if the weather is questionable.

This list of training rides is tentative. Please check the web site at <http://www.heartcycle.org> or the most current newsletter for up to date information, including start location, distances, and ride leader(s) name and phone number.

All training ride participants, whether members of HeartCycle or not, 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.

An asterisk (*) indicates that there will be a carpool from the metro Denver area leaving at the first time point and the ride will start at the second time point. Please check the web site or the current newsletter for up to date information.

DON'T FORGET - DAYLIGHT SAVINGS TIME BEGINS APRIL 2

mileages are approximate, and shorter options are available on most routes.

Day	Date	Time	Miles	Start Location	Ride Description	Leader
Sat	Apr 1	10:30	61	Colony Square Theaters, NW corner of US 36 & McCaslin Blvd	Outskirts of Boulder	Tom Detloff 303-444-5844
Sun	Apr 2	10:30	37	Superior Metal Products in Louviers - 6.5 miles south of C 470 on Santa Fe, west on Kelly Ave, south on Cora Road	Louviers/Sedalia/Rampart Range	Kathy Stahl 303-932-0376
Sat	Apr 8	10:30	51	NW parking lot behind King Soopers, off Main St & 23rd Ave in Longmont	Longmont/Johnstown	Debbie Finn & John Mills, 303-651-3898
Sun	Apr 9	10:30	53	Safeway in Castle Rock, I-25 Exit 181, east on Plum Creek Pkwy, south on Perry St	Castle Rock/Palmer Lake	Glenn DeRussy 303-986-8724
Sat	Apr 15	9:30	50	Colony Square Theaters, NW corner of US 36 & McCaslin Blvd, Superior	Superior/Jamestown	Mickey Berry 303-779-3607
Sun	Apr 16	9:30	28	NW corner of C-470 & Morrison Rd at Rooney Rd	Morrison/Genesee	Lee Cryer 303-778-2305
Sat	Apr 22	9:00	54	Meadow Park in Lyons	Lyons/Allenspark	Hank Hermes 303-494-4589
Sun	Apr 23	9:00	61	Safeway on CO 105 in Monument, I-25 exit 161	Monument/Black Forest	Warren Barta 719-632-3602
Sat	Apr 29	9:00	80	West Gravel Lakes Park, 88th & Colorado, Thornton	Thornton/Platteville	Kevin Brady 720-870-1259
Sun	Apr 30	9:00	43	King Soopers, NW corner of Wadsworth & Chatfield, Littleton	Turkey Creek Run	Luanne Ralph 303-798-6622
Sat	May 6	9:00	54	Big Thompson School, US 34 and County Rd 27 west of Loveland	Masonville/Rist Canyon	Emily Rucker 303-442-8140
Sun	May 7	9:00	44	Mineral park & ride, NW corner of Santa Fe and Mineral, Littleton	Littleton/Conifer	John McQueen 303-794-2623



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



Printed on Recycled Paper - Please Recycle

please print legibly!

2006 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 _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Fax _____

Individual Membership \$20.00

Family Membership \$25.00

Name 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 rides _____ Leading Tours _____ SAG driving _____ Web Site 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 I hereby agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other parties 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