

www.heartcycle.org

info@heartcycle.org

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



Big Bend - The Forgotten Park October 8-16, 2005

What a fantastic trip across one of the most bicycle friendly parts of the country. Larry and Sherry Harris were the consummate organizers. Everything was organized and operated to a "T". The lunches were a moving feast everyday, and Sherry's cookies spurred riders to get to the lunch stop fast.

The first day's ride was from Fort Davis and the historic and luxurious Limpia Hotel up through the Davis Mountains with a stop at the McDonald Observatory. The view of the mountains and valleys as we rode along was superb. A late afternoon thunderstorm dampened more than a few riders, but the wind pushed the others the last few miles into town. Texas Monthly describes this ride as one of the top ten in Texas.

The second day took us from Fort Davis down to Alpine. A quick right turn into the mountains and a pass dropped the ride into the Chihuahnana desert. The El Paisano Hotel and the arts & crafts colony of Marfa made the evening's stay a wonderful bookmark. A group even made the pilgrimage to see the mysterious "Marfa Lights".

The third day started the descent to the Rio Grande Valley, through high desert, cattle ranches, and the famous ghost town of Shafter. The long descent into Presido on the Rio Grande was enjoyed by all, and the traffic on the road was extremely sparse. That night, the tour went across the border for another first rate meal, arranged by Larry and Sherry, in the vibrant Mexican town of Ojinaga. The Border Patrol

checked us all back into the States after a lengthy wait in a classic government waiting room. No pictures were allowed.

The fourth riding day was along the Rio Grande from Presido to the resort community of Lajitas. Lots of "rollers" kept us busy in the morning. Lunch was near the top of the steepest hill in Texas (15% grade). The hill, of course, was called "Big Hill". A couple members of the party did head back down the hill before they headed up again.



Chihuahua in costume

Lajitas has a restored western town atmosphere; we were met by a chihuahua in costume (see photo); the "mayor" (a goat) entertained us by drinking bottle after bottle of beer. Another thunderstorm knocked out power late in the evening.

The next day we rode about five miles up the road toward the Chisos Basin and Big Bend National Park before we hit a section of roadwork the morning after a heavy rain. The sag wagon and support vehicles sputtered, swayed and splattered mud around the landscape and on the vehicle pushers as we maneuvered through the morass.

Once past that we rode into the Terlingua and Study Butte for a lunch stop. The ride into the park was into the wind until the last five miles uphill into the Chisos Basin. Fog rolled in and made the ride to the lodge a bit tricky.

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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
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Web Site Manager Webmaster@heartcycle.org	Debbie Finn 303-651-3898
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Assistant Registrar & Web Registration WebReg@heartcycle.org	Harvey Hoogstrate 303-755-9362
Mapping Assistant Maps2@heartcycle.org	Ira Goldschmidt 303-561-4817

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.

A few words from the president...

Welcome to the New Year and HeartCycle's 28th year of bicycle tours, training rides and social events. HeartCycle's membership is continuing to grow, and I would like to welcome all new members who have joined in 2006

The 2006 Tours offer a variety starting in March and continuing through October. There are two cycling opportunities within Colorado, a mountain bike tour, an international Holland barge tour, and various other tours throughout the nation. Whether you're riding on a training ride or an extended tour, please ride safe and always be aware of surrounding traffic.

We have a wonderful Board of Directors and Working Members for 2006!

I would like to thank all those leading tours, providing SAG support and leading training rides for their efforts on our behalf!

Social Events Director Luanne Ralph, Training Ride Co-Director Emily Rucker, and Tour Director Debbie Rudy have left the Board after completing their commitment. Many thanks for your contribution to HeartCycle!


HeartCycle President



The sixth day on the road was rest day at Chisos Mountain Lodge. Almost everyone went for a day hike into the park. Lots of wildlife was observed, especially on the trail to the Window. We enjoyed seeing and hearing the javelinas, who were foraging in the dense brush and wandered onto the trail. Because of their poor eyesight they rely on their sense of smell, and were comfortable being close to us (probably due to all of us having had a chance to shower). (see photo).



Javelina

Day seven was a long day from Chisos Basin to Marathon, approximately 79 miles. The road crossed about five basins and ranges, but was most scenic. When you're riding across the desert one does get to see the tarantulas crossing the road. You would never see them in a car. We got to the edge of Marathon, the day after the Marathon, Marathon. Some of us got caught in a downpour just as we reached town limits. We stayed at the Gage Hotel, another classic restored hotel. A white buffalo graces the bar.

The last day was a ride from Marathon to Fort Davis with another right turn in Alpine. As people pulled in the vans were cleaned, the bikes put into cars and the adventure ended as we headed to our respective homes.

The route, the accommodations, and the work of Larry and Sherry made this a fun and unforgettable ride. A number of the party were repeating the ride from tours in the past. My advice - this is one for the ages and worth signing up for.

submitted by Tom Peterson and Laura Davis

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Denver, CO
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Frontier Airlines

10% discount for groups on HeartCycle tours



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waxes



Handle Bar & Grill
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Denver, CO 80209
303-778-6761

25% off a 2-person ticket

Colorado HeartCycle 2006 Tours

Status shown at time of printing, end of January

full	Mallorca, Spain	March	\$1700	Don Leet, 541-389-2782 donoso@bendnet.com
open	Zion Mountain Bike Utah	April 9-14	\$700	Steve Ireland, 714-505-2438 irelandsteven@hotmail.com
open	Desert Ruins Colorado, New Mexico	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
open	Holland Barge Cycling The Netherlands	July 15-22	\$1150	Myra Jans, 303-337-9210, mcjans@comcast.net Dan Clark, 303-973-8803
open	Bridger-Teton Utah, Wyoming, Idaho	July 30-August 5	\$950	Gordon & Deb Tewell, 720-304-9572 gtewell@worldnet.att.net
open	Shoreline L.P. to U.P. Michigan	July 30-August 6	\$1075	Kevin & Jacki Solon, 616-897-6802 jacki_solon@yahoo.com
open	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

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 February 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. You may also check our web site at <http://www.heartcycle.org>

within 100 yards, and to practice courtesy with other cyclists and motorists. Your cooperation is appreciated.

All training ride participants, whether members of HeartCycle or not, are required to wear an approved bicycle helmet and to obey all traffic signs and signals, ride single file when there is automobile traffic

*** For rides that require driving significant distances, please call the ride leader to confirm your participation. These rides will only go if at least 3 people call by the Thursday before the ride.**

Day	Date	Time	Miles	Start Location	Ride Description	Leader
Sat	Feb 18	10:30	43	Superior park & ride, SW corner US 36 & McCaslin Blvd.	Louisville Loop	Lee Cook 303-423-6661
Sat	Feb 25	10:30	41	Country Store, SE corner of Santa Fe & Town Center Dr., Highlands Ranch	Littleton/Highlands Ranch/Parker	Luanne Ralph 303-798-6622
Sat	Mar 4	10:30	43	Hygiene Elementary School on east side of 75th St. in Hygiene	Hygiene/Loveland	Emily Rucker 303-442-8140
Sat	Mar 11	10:30	46	Parfet Park, 10th & Jackson St., Golden	Golden/MorgulBismarck	Mike Case 303-744-0229
Sun	Mar 12	10:30	51	Sedalia Elementary School on Rio Grande Ave. west of SH 67 in Sedalia	Sedalia/Larkspur/Palmer Lake	Lee Cryer 303-778-2305
Sat	Mar 18	10:30	40	Mineral Park & Ride, NW corner Santa Fe & Mineral, Littleton	Littleton/Roxborough	Mike Fife 303-679-9212
Sun	Mar 19	10:30	60	Bus Stop, SW corner US 36 and Broadway in Boulder	Boulder/Carter Lake	leader needed, call Lee Cryer at 303-778-2305 to volunteer



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



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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