

www.heartcycle.org

info@heartcycle.org

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



IN THIS ISSUE:

Mallorca Tour report	page 1, 3
HeartCycle contacts	page 2
New Sponsor	page 2
Upcoming Events	page 2
Go for the Gold	page 4
Financial Review	page 4,5
2006 HeartCycle Tours	page 6
Classified	page 6
Training Ride Schedule	page 7

Mallorca, Spain, March 2006 Don Leet, leader

What a wonderful 2 weeks in Mallorca, biking on this fabulous Mediterranean island off the coast of Spain. We were based at the same hotel for the entire stay, and since breakfast and dinner were included our group was able to really bond and reinforce old HeartCycle acquaintances as well as develop new lasting friendships. Thank you to Don, our leader from Portland, and Andy, our assistant leader from Scotland for helping us to have a terrific time in this cycling Paradise!! And Andy, it was great having you along so that you brought down the average age of our riders by a few years!

Since we were centrally located in the town of Porto Pollenta on the NE side of the island we were able to experience all terrain options. This included riding along the seacoast, going over rolling hills from village to village, passing through the Natural Wetland Marshes which allowed Barbara to do some very interesting bird watching, and of course getting into the foothills and nearby mountain passes. The friendly and laid back atmosphere of the island allowed us to choose the type of riding we wanted to do. Don would meet with our group most mornings, explaining the recommended ride for the day, offering numerous options (including for some the option of simply hanging around the hotel and going for a short walk and out to a wonderful café for lunch). Then we'd split into groups and go! For Don, Andy, Steve and Bob.....that meant go go go! For many of us that meant building up our training day by day and for others it meant doing whatever they felt like, whenever they were in the mood.

The first day's ride was to "Cap de Formentor". Although it was only 26 miles it was challenging. Half the group that rented bikes were busy adjusting the fit, and for Ginny's rented bike, repairing the 1st of 3 flat tires but the ride had spectacular views of the coast and coves, with good first day hill training. Don had warned us about a tunnel we'd have to ride or walk our bikes through, and unfortunately it was on this first day's ride that one of our riders had a biking injury. Sometimes in these tunnels riders get vertigo in the darkness (although the light at the end of the tunnel was always visible) and Marcy suddenly found herself riding in the oncoming traffic lane. When another biker going the opposite direction hit her, Marcy was injured and unable to ride the rest of the trip. Dealing with a lot of pain, having to use crutches for the rest of the stay, and then going back to Portland and having surgery for a tibia patella fracture was not what she had planned when signing up for this trip. Marcy was a trooper though and tried to make the best of this misfortune. We are all hoping for Marcy to have a rapid and full recovery. And For Don S., who had to return home early, we all missed you and are wishing you the best.



continued on page 3

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

Marketing	Bob Hoffman
Marketing@heartcycle.org	303-942-1779

Working Members

Newsletter Mailing Group	Sue Hoogstrate
Newsmailer@heartcycle.org	303-755-9362
Sag Supply Manager	Jeff Messerschmidt
sagmgr@heartcycle.org	303-904-0573
Web Site Manager	Debbie Finn
Webmaster@heartcycle.org	303-651-3898
Social Events	Melodye Turek
Social@heartcycle.org	303-320-1430
Assistant Registrar & Web Registration	Harvey Hoogstrate
WebReg@heartcycle.org	303-755-9362
Mapping Assistant	Ira Goldschmidt
Maps2@heartcycle.org	303-561-4817
Training Rides Assistant	Susan Loftus
rides@heartcycle.org	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	15% off merchandise Lisa D's of Cherry Creek 77 South Adams Denver, CO 80209 303-466-2454 10% off Yonka products
Frontier Airlines 10% discount for groups on HeartCycle tours	Handle Bar & Grill 305 South Downing Denver, CO 80209 303-778-6761 25% off a 2-person ticket
Denver Spoke 1715 East Evans Denver, CO 303-777-1720 15% off merchandise	Best Western Lake Dillon Lodge 1202 Summit Blvd. Frisco, CO 80443 1-800-780-7234 (reservations) 10% lodging discount
Cycle Analyst 722 South Pearl Denver, CO 303-722-3004	

Other Upcoming Rides of Interest

July 8 Triple Bypass www.teamevergreen.org Evergreen-Vail, CO	August 26 Ride for 65 Roses www.ridefor65roses.org Boulder, CO
July 8 & 9 MS 150 www.nationalmssociety.org Highlands Ranch-Canon City, CO	August 27 Tour of the Valley www.discoverourtown.com Grand Junction, CO
July 16-21 Tour de Wyoming www.cyclewyoming.org Dayton, WY	August 27 Horsetooth Double Dip Challenge www.active.com Fort Collins, CO
July 22-24 Children's Hospital Courage Classic www.couragetours.com Leadville/Copper Mountain, CO	September 9 Aspen Ride for the Cure www.aspenrideforcure100.com Aspen, CO
July 23 Colorado-Eagle River Ride www.vailvelo.com Beaver Creek, CO	September 10 Boulder Buffalo Classic www.buffalobicycleclassic.com Boulder, CO
July 23 Durango-100 Century durango100.com Durango, CO	September 16 Tour of the Vineyards www.emgcolorado.com Palisade, CO
July 23-29 RAGBRAI www.ragbrai.org Sergeant Bluff-Muscatine, IA	September 23 Mountains to the Desert Ride Telluride CO to Moab UT m2dbikeride.tripod.com
August 11-12 Tour de Steamboat www.rockypeakproductions.com Steamboat Springs, CO	October 6-8 Moab Century Tour www.skinnytirefestival.com Moab, UT
August 19 Stonewall Century www.spcycling.org LaVeta, CO	October 28 VeloSwap
August 19 Moonlight Classic www.moonlight-classic.com Denver, CO	<i>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).</i>
August 26 Tour de Cure www.diabetes.org Longmont, CO	

Our second day's ride was supposed to be approximately 40 miles, to Selva, but when we got stuck in what seemed like a Mediterranean Hurricane, we were lucky to get in 25 and be happy to return before getting hypothermic! Weatherwise, that was our only day of rain, and except for a few chilly days, riding was terrific. In fact numerous European biking teams train in Mallorca in March and we were continuously passed up by serious German and British teams who took advantage of the biker friendliness of this Island and although not carless, roads were generally quiet or with big shoulders.

Highlight rides included the towns of Campenet, Petra, Luc, Bunyola, Alcudia, Selva, all beautiful, often with parts of medieval walls and always a square around a cathedral filled with "bars" (cafes) and bikers having a relaxing lunch before heading back on the bicycle. But the real highlight ride of the trip was the Sa Calobra ride. For me, (& for Bruce, in between his frequent habitual moans and groans) this was by far the island's signature ride. First riders need to get up the pass leading to Lluc. Then there's a spectacular, narrow, winding snake like road which drops 2700 feet of elevation in 6 miles down to the sea. Tourist buses go by frequently, but they are slow and careful whenever they pass bikers, and for me they just kept giving me an adrenalin rise making the climb up the hill less painful. And my trying to keep up with MaryAnne and Bill only added to the challenge and the satisfaction of such terrific riding.



Other highlights included an elegant lunch in a winery, having fun shopping in the open market, taking home the famous ("fake") Mallorcan pearls, taking a bus to the city of Palma and walking along the waterfront and climbing to the castle, looking forward to our dinner table for 20 with friends each night (although many of us tried out the lovely restaurants nearby as well), celebrating Devon's birthday with the 6 free bottles of wine we were given since our bus had been so late, and most of all, just waking up everyday, looking out to the Mediterranean, and knowing all I need to do is eat, drink, sleep, ride, and be with good HeartCycle buddies day after day, for 2 enchanting weeks! What a great way to start off the season!!

written and submitted by Sandi Ogin



HeartCycle Memorial Day Weekend Tour in Taos, New Mexico was a big success!

Leaders Dan Clark (photo above) and Ken Cogger (photo below) organized the tour for 40+ people!

Day one went through Penasco, Trampas, and Truchas ending at Chimayo, where many enjoyed dinner at Rancho Chimayo.



Day two was the Enchanted Circle, an 80+ mile loop over Palo Flechado Pass, through Eagle Nest, over Bobcat Pass, through Red River and Questa

Day three was a short ride out to the Rio Grande Gorge Bridge, allowing time for the drive back to Denver.



GO FOR THE GOLD

Sept. 23-25, 2006

Overall moderate to advanced tour.

Bicycle the magnificent aspen country Saturday, Sunday and Monday, September 23, 24, 25 2006. We will meet Friday night and stay in Carbondale for the whole tour.

Saturday the ride will be moderate (one Big hill at Woody Creek, so be prepared) from Carbondale to Aspen, almost all of this day is on bike paths now, which is great. Lunch is on your own in the quaint Aspen eateries. Head on back or extend the day with an advanced climb up into the Maroon Bells. Sunday we will rise and shine with breakfast reservations set up at the Village Smithy for those who would like to participate— not to be missed. This is not part of the tour cost.

Sunday's ride will be to Glenwood with an easy option to take the bike path along Glenwood Canyon, and/or an advanced climb up to the Sunlight ski area for more incredible views of the Roaring Fork Valley.

A highlight of the tour will be the Monday ride through Redstone (moderate, steady climb) and then the advanced climb (well it is only about 10% for a short distance!) to the top of McClure's pass. This is a breathtaking ride. The road up the Redstone valley to McClure's can be busy on the weekends, thus the Monday ride day. There is no sag support for this tour

and no bag-packing, so come and enjoy. Saturday is the traditional social gathering as part of the tour cost. We will supply beverages and snacks from about 4:30 to 5:30 pm. All meals are on your own. Reservations will be made for some of the group to eat dinner together, per the interest of the group.

If riders are not prepared to participate in the planned rides, there are easy to moderate rides that can be done if the riders are willing to go on their own. The club will not be responsible for these riders. Riders who participate in the planned rides will have first preference of rooms, however, should the accommodations at the Lodge fill. The Days Inn is available for overflow, but there is a \$20/night increase in the tour cost for this option. This is a joint Colorado Heart Cycle/ Denver Bicycle Touring Club ride, so look forward to meeting new riding friends.

\$225 for the 3 days (double occupancy rooms). Checks, made payable to Colorado HeartCycle, need to be received by the registrar no later than September 13, 2006, along with a completed tour registration form, which can be downloaded from the heart-cycle.org web site. Mail to HeartCycle Registrar, P. O. Box 100743, Denver, CO 80250.

Tour Leader Diane Short

303-763-9874

Colorado HeartCycle Association, Inc. Statement of Financial Position Income Tax Basis - December 31:

	2005	2004	2003	2002	2001
ASSETS					
Cash - Checking Account ^a	\$63,170	\$2,427	\$9,475	\$21,638	\$10,659
Reserve Account	\$16,871	\$13,496	\$13,369	\$23,268	\$23,052
Inventory - Tour clothing ^b	\$6,606	\$17,557	\$7,968	\$4,896	\$6,799
Equipment and Software	\$1,099	\$1,259	\$1,419	\$1,869	\$2,048
Prepaid Tour Expenses	\$26,613	\$25,149	\$11,039	\$4,854	\$32,451
Total Assets	\$114,359	\$59,888	\$43,270	\$56,525	\$75,009
LIABILITIES and NET UNRESTRICTED ASSETS					
Tour revenue ensuing year	\$39,325	\$24,050	\$250	\$250	\$30,930
Accounts Payable	\$0	\$2,452	\$0	\$0	\$0
Total Liabilities	\$39,325	\$26,502	\$250	\$250	\$30,930
Net Unrestricted Assets^c	\$75,034	\$33,386	\$43,020	\$56,275	\$44,080
Total Liabilities and Net Unrestricted Assets	\$114,359	\$59,888	\$43,270	\$56,275	\$75,009

Notes:

^aNecessary to cover early-year cash expenditures such as lodging deposits and tour brochure costs prior to receipt of dues and tour deposits

^bJerseys, hats, vests, and other tour souvenirs

^cIf HeartCycle were to cease operations and all assets liquidated at book value, this would be the cash residue

5 YEAR FINANCIAL REVIEW: A REPORT TO THE MEMBERSHIP

It was 2004 and HeartCycle was in financial trouble. Three out of previous four years HeartCycle had lost money and had now been forced to dip significantly into reserves. By the end of 2004, we had only a total of \$15,922 in the bank (cash + reserves), which was not a viable fiscal position. A cash/flow crisis was looming. Another year of losses may have meant.... No, it's too horrible to even mention!

It was under this dire cloud that the Board had to take a long, hard look at what happened. Actual tour costs were up, participation was down and even some of the tours that went out full lost money for the club. The pricing assumptions that had gone into each tour's cost were analyzed and some were found to be wanting. For instance, the costs of lodging were frequently underestimated with the actual cost at times exceeding the estimate by several thousand dollars. Each tour had been priced to generate revenue over actual cost to pay HeartCycle's overhead and this was not happening. While there is always some WAG-ing ("Wild Ass Guessing") that goes into pricing tours, and unexpected and unpredicted expenses do occur, the losses could not continue. Change had to be implemented.

Therefore, in the fall of 2004, it was deemed necessary to upgrade and improve the tour pricing model and to build in enough over-tour-cost revenue to not only meet estimated operating expense, but also to begin

to rebuild financial reserves. Concurrently, efforts were made to attempt to decrease operating costs where possible. (For example, receiving the HC newsletter by email.) Given that most of the operational costs HC has little to no control over – postage, insurance, printing, etc. – it was clear that not much could be saved. But, the effort was needed.

And the result – SUCCESS! Indeed, better than had been hoped for. The tours in 2005 had better participation and the improved pricing model assumptions worked well. Even with having to cancel three tours, a not wholly unexpected event, the revenue generated exceeded costs. Plus, the operational costs were able to be pared down nearly \$3500 from the prior year. HeartCycle is now once again financially stable and the world as we know it WILL continue!

The Statement of Income and Expense and also the Statement of Financial Position are included in this newsletter for your review. These can demonstrate in more (mind-numbing!) detail how far HeartCycle has progressed. Please remember: even a non-profit club such as HeartCycle is must have money to cover its expenses. Having reserve funds is both prudent and appropriate.

Respectfully submitted,

Steven Richards, HC Registrar/Treasurer

Colorado HeartCycle Association, Inc. Statement of Income and Expense for the Years Ending December 31:

	2005	2004	2003	2002	2001
REVENUE AND EXPENSES					
Membership Dues ¹	\$8,150	\$7,550	\$8,475	\$6,970	\$12,030
Tour Revenue ²	\$238,298	\$175,149	\$234,431	\$269,301	\$260,073
Other Income ³	\$1,039	\$472	\$1,236	\$1,201	\$1,652
Total Income	<u>\$247,487</u>	<u>\$183,171</u>	<u>\$244,142</u>	<u>\$277,472</u>	<u>\$273,755</u>
 Tour Expenses ⁴	 \$181,263	 \$164,735	 \$227,886	 \$234,737	 \$253,255
Operating Expenses ⁵	\$24,576	\$28,070	\$29,510	\$30,539	\$29,174
Total Expenses	<u>\$205,839</u>	<u>\$192,805</u>	<u>\$257,396</u>	<u>\$265,277</u>	<u>\$282,429</u>
 Excess (Deficit) For the Year	 <u>\$41,648</u>	 <u>-\$9,634</u>	 <u>-\$13,254</u>	 <u>\$12,195</u>	 <u>-\$8,674</u>
 Net Unrestricted Assets					
Beginning of year	\$33,386	\$43,020	\$56,275	\$44,080	\$52,754
End of year	<u>\$75,034</u>	<u>\$33,386</u>	<u>\$43,020</u>	<u>\$56,275</u>	<u>\$44,080</u>

Notes:

¹Current and future year's dues

²Net after refunds and non-refundable deposits

³Includes annual meeting revenue, souvenir sales, interest from reserve account

⁴Gasoline, vehicles, souvenirs, food, lodging, SAG stipends, scouting, supplies and other expenses assignable to specific tours

⁵Expenses necessary to conduct tours and training rides (insurance, accounting, printing, postage, telephone, etc.), bicycle advocacy, and miscellaneous expenses

Colorado HeartCycle 2006 Tours

Status at time of printing, end of June

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	Dinosaur Droppings Fruita, Rangely, Colorado	September 2-4	\$300	Mike Case, 303-744-0229, mikecase16@juno.com
open	Go For the Gold weekend Colorado	September 23-25	\$225	Diane Short, 303-763-9874
full*	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
	Mallorca, Spain 2007	cancelled		

* wait list available



Save the date - Saturday, October 14th, 2006
HeartCycle Annual Meeting and Lunch
Table Mountain Inn, Golden
watch for more details in future newsletters

CLASSIFIED:

For Sale: Sidi Genius 5 Mega Lorica bike shoes, size 43.5 (about 9.5-10 US) \$150. Worn once. I bought the wrong size and have already replaced with the correct size. Cost \$230 retail. Photos available. David Harman 303-748-9986

For Sale: Performance Cargo Case - used once. \$150.00??Contact: Dan Stanton, 303-988-6513, stanton50@msn.com.

For sale: Women's Terry Butterfly bicycle saddle. only used one day. \$30 Contact Ann at 303-366-2716 or annn@estreet.com

For sale: Santana Cilantro Tandem. 1993, perfect condition. Shimano XTR 24 speed, rear rack, new tires, drum brake on rear. Fits captain 5'10", stoker, 5'5" to 5'6". \$1200 Contact: Jerry or Bonnie Bucher 303-926-0012

Equipment wanted: HeartCycle is in need of 5 Rocky Mount or Yakima trays (racks) to complete third bike rack. Will pay up to \$50 each, or accept donation. Please leave message for Sag Supply Manager Jeff Messerschmidt at 303-904-0573.

Equipment wanted: I have an older model (595) Thule roof rack, and need the 8" wheel tray. Can't find it online. Anyone have one they'd like to get rid of? Ann, 303-366-2716

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 July 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 call the ride leader to confirm your participation. These rides will go only if at least three people call by the Thursday before the ride.

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

DAY	DATE	TIME	MI.	START LOCATION	RIDE DESCRIPTION	LEADER(S)
Sun	Jul 2	*8:00/ 9:30	50	*Carpool from Cold Springs park&ride, 4th & Union, Lakewood. Ride starts/finishes at Best Western south of exit 203, I-70, Frisco	Frisco/Loveland Pass/ Montezuma	Steve Dertinger 303-756-0054
Sat	July 8	8:00	61	I-25 south to Monument exit, right back 2 blocks on Main St. to Safeway parking lot	Monument/ Black Forest	Fred Larke 303-369-6615
Sun	Jul 9	8:00	100	Bus Stop, SW corner of US 36 & Broadway, Boulder	Boulder/Lyons/Ward/ Wondervu	Steve Sipocz 303-485-6536
Sat	Jul 15	*8:15/ 10:00	72	carpool from 4th & Union park&ride, Lakewood, to Granby. meet at City Market south of Granby across from Sol Vista Resort	Granby/Rand	Cyril Vidergar 720-352-4238
Sun	Jul 16	8:00	55	Big Thompson School, US 34 & CR 27, west of Loveland	Big Thompson/Estes Park/Devil's Gulch	Ride leader needed - please contact Susan Loftus or Lee Cryer
Sat	Jul 22	*6:30/ 8:00	80	*Carpool from Cold Spring park&ride at SW corner of 6th & Simms/Union, or meet at Conoco station just off Exit 185 off I-70 at Copper Mountain.	Copper Triangle	Mike Cota 720-530-8041
Sun	Jul 23	8:00	89	Safeway west of Exit 241 off I-70 in Idaho Springs	Idaho Springs/Loveland Pass/Dillon	Ira Goldschmidt 303-561-4817
Sat	Jul 29	8:00	43	King Soopers, NW corner of Wadsworth & Chatfield, Littleton	Turkey Creek Run	Lee Cryer 303-778-2305
Sun	Jul 30	8:00	55	Burger King, NE corner of S. Boulder Rd & 96th Street, Louisville	Lafayette/Jamestown	Ride leader needed - please contact Susan Loftus or Lee Cryer
Sat	Aug 5	*6:00/ 8:30	64	*Carpool from Cold Springs park&ride at SW corner of 6th & Simms/Union, or meet at the Safeway in Estes Park	Estes Park/Trail Ridge	Mike Case 303-744-0229
Sun	Aug 6	8:00	55	Harbor Shopping Center, SE corner of Parker & Quincy in Aurora	Cherry Creek/Delbert Road	Ann Nordstrom 303-366-2716
Sat	Aug 12	8:00	83	Bus stop, SW corner of US 36 & Broadway, Boulder	Boulder/Lefthand Canyon/Brainard Lake	Deb & Gordon Tewell 720-304-9572
Sun	Aug 13	8:00	63	Parfet Park, 10th & Jackson, Golden	Golden/Golden Gate/ Wondervu	Barb & Dan Watson 303-526-0204

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