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## to Heart

### Colorado HeartCycle Bicycle Club Newsletter

#### Sky to Sea August 7-14, 2005

Okay, so you're tired of hearing from me but I guess somebody has to step up and tell you all about the most awesome trip of 2006 - Sky to Sea. First, when you think of this area of the country, Washington state, you think - ooh damp and rainy. No way!! Not for us. Beautiful sunny weather most of the time, and believe me, as the locals would say "The Mountain Was Out" As in RAINIER.

We started at very elegant accommodations located right on the waterfront in old Seattle. Our leaders, Seattle locals, sure knew how to get us out of the city on Sunday

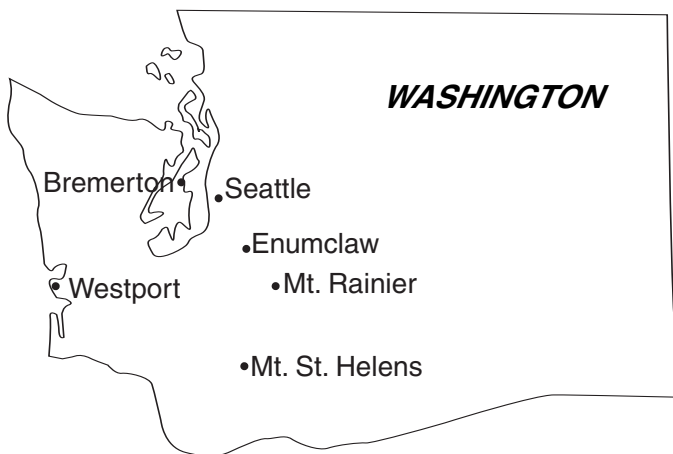
morning. We rode for miles on the paved bicycle network of trails throughout the city. They even timed our crossing of Lake Washington to coincide with the annual speed boat race which draws the crowds by the thousands. Our view of the action was high above the throngs (and the thongs, I guess.)

As we made the transition to the farmlands and forest, our sag driver passed by and pointed to the horizon - and there it was, looming in the distance, larger than you can imagine - Mt. Rainier.

We overnighed in Enumclaw which is situated on the route of RAMROD (Ride Around Mt. Rainier in One Day). Day Two

took us up the Mt. (well, 6,000' of it anyway) to historic Paradise Lodge. The Lodge is the end of the road of wheeled travel, so to speak, and we were not even at the half way point of the summit - another 8,000' up!! On the way, we pedaled through the various ecosystems, most impressive was the old growth forest with moss so thick it could swallow you up to the knees. Our lunch stop was strategically placed at

Mirror Lake with the mountain gleaming in the distance - it looked so peaceful and benign - like a nice place to take a sled or snow



saucer. Just a note: Mt. Rainier is a towering ice clad volcano. Currently it is dormant, it is not extinct. It's 35 square miles of glaciers constitute the largest single-peak glacial system in the contiguous United States: 26 glaciers extend down the mountain side. (Later that week they were searching for a missing hiker - each year the mountain claims several lives.)

Staying at the lodge was a real treat. Some of the summit baggers were just finishing their hike. The great room and open beam architecture was impressive. That evening, there was the usual National Park ranger led lecture. It was quite interesting really.

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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
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 Hoogestrade 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 Hoogestrade 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.*

## A few words from the president...

Don't know how many of you were able to see the article in the Denver Post last week from the Associated Press, but I thought it was worth replicating in our newsletter:

**Denver** is the second best city for cycling, the report says

Portland, Oregon was named the best overall city for cycling by Bicycling Magazine.

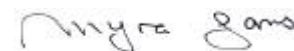
The Pennsylvania-based magazine also named Portland the top cycling spot for cities with a population between 500,000 and a million, followed by Denver and Seattle (never mind the rain)

**Bicycling magazine identified Denver's Cherry Creek Trail as the local "must ride."**

The best cycling cities with populations more than a million were San Diego, Chicago and New York – just watch out for the traffic. The list appears in the magazine's March issue, which is on newsstands through the end of February. For cities with populations between 200,000 and 500,000, Madison WI, Tucson, AZ and Albuquerque, NM took the top three spots.

The "must-ride" routes featured in the magazine for the winning cities were: for Portland, an 18-mile trek from the Eastbank Esplanade of the Willamette River downtown to the Springwater Corridor Trail in Boring; in San Diego, the 24-mile Bayshore Bikeway, which includes a ferry ride; in Chicago, the Lakefront Bike Path; and in New York, the Hudson River Greenway along Manhattan's West Side.

The Board would like to welcome Susan Loftus as a non-working member and appreciate your working with Lee Cryer in recruiting Training Rides.



*HeartCycle President*

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Two of our group managed to stay up to attend. Well, make that one of us since the other rider (name anonymous) was settled in a soft sofa seat and he was "out" most of the time. I was quite envious since I was stuck on a hard chair, forced to stay awake or keel over.

WHAT GOES UP, GETS TO GO DOWN!! YAHOO!! And down we went the next morning on Day Three. We were on our way to "base camp" for the Day Four (optional day) ride to Mt. St. Helen. Who would not want to!! Well, unfortunately a few of our riders were hit with a bug and had to bail out on the way there. The damp morning didn't help. Our goal was to get to the Coldwater Visitor Center, and, if open, the option to go up to Johnston Ridge, the end of the road. Well, quite a few of us did make it all the way. After a dreary start, the day turned quite sunny and warm.

Okay, now just a few facts. When the mountain uncapped, an explosion equal to a ten megaton blast of TNT devastated 200 square miles of land around the mountain. Trees vaporized, logging equipment weighing up to eighty tons was ripped apart and thrown hundreds of feet. Winds ranging up to 200 miles per hour

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carried 300° ash with a plume that billowed out of the volcano reaching a height of 15 miles, transforming day into night across Eastern Washington. Ritzville, 200 miles away, received the majority of ash that fell due to the fact the ash acted like a bullet shot from a gun. The gun being Mt. St. Helen...yikes, glad it was behaving when we were there!!

I had an interesting chat with a local lady at a little gift shop near our hotel, and what impressed me were the recollections of the (oh my goodness!) cleanup they all had to do.

Day Five, we headed to the sea. (Leaving behind the “Volcano evacuation route” signs and moving on to the “Tsunami Evacuation route” signs. “Down” for one, “Up”? for the other!!) If there were any “Earthquake evacuation route” signs I didn’t notice - I was getting so blase.

Our coastal residence for two nights was Westport; great accommodations and good food in town!! Nobody went fishing on the layover day since I guess it was an all day commitment and none of our group was capable of sitting still that long. Typical condition found in most cyclists (with the exception of hours on end on a bike seat which is better than endo off a bike seat!! Sorry - I digress, as usual. Some of our group did a long walk along the beach. A few of us took a ferry across the harbor, with our bikes, to check out the other side. Why? Because it was there! Before our launch, we visited the local bike shop. I had a shifting problem that had been creatively “fixed” with a juice straw two days earlier by one of our own techno experts. I thought I’d see if the shop had the replacement gizmo that guides the cables under the frame. Whatever! Well, you know when the “cranks” (mechanics) at a shop start drooling over your bike and picking it up to see how light it is, they probably don’t have the part you need! That being said, it’s always nice to visit such a place. Kind of makes you feel like a hot shot rider (which I am not!!)

Day Seven was a hundred mile day along the coast but not a lot of climbing. butt (take it the way you read it) it was a bustin’ day. Forty miles of endless orange triangular signs that read FRESH OIL; LOOSE GRAVEL. I got the Fresh Oil, Loose Gravel blues... I can still see those Dam(n) (as water over the) signs. Oh yes, and did I mention wind?? We were glad to bring it on in that day.

A note on the gravel report above: As we all know, when leaders do such an awesome job planning our trips (months to years in advance), they, and we, are at the mercy of first, the weather (rain, hail, etc.) and other natural disasters (like wild-fires) and then, road construction. It’s part of the game!! Just play along!! No complaining here!! Bring it on Baby!!

Our last day was a beautiful and scenic ride along the Hood Canal to Bremerton. There, after hitting the local Starbucks and having lunch, we boarded the ferry that returned us to Seattle, within a city block of our finish. (PS Our leaders had a treat for us on the ferry - yummy pie.)

Special thanks to Ken (and Becky) and Ralph (and Carol) for organizing such a great trip. (It’s a tandem thing.) And special thanks for our great Sag Drivers, Christine and Sal for keeping us on track and well fed.

*written and submitted by Linda from Pennsylvania*

## 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*

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

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 all massages, facials, waxes*

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

## Colorado HeartCycle 2006 Tours

Status at time of printing, end of February

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
full*	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
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. Retails: 289.99 w/o tax. Will sell: 250.00 (cash and carry), Call: Astrid @ 303.674.6143 Leave message

Treadmill, must sell - True 450 series. "best overall choie" Consumer Magazine. "Gym Dandy Winner" Smart-Money. Originally \$2,300, Best Offer. Myra, 303-337-9210

### 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 March 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.

Day	Date	Time	Miles	Start Location	Ride Description	Leader
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	No ride today (no leader)		
Sat	Mar 25	10:30	44	Garden Center on Midway Blvd, 2 blocks east of Wadsworth in Broomfield	Broomfield/Longmont	Homer Fritz 303-477-6446
Sun	Mar 26	10:30	62	Village Inn, NE corner Chambers & Colfax in Aurora	Aurora/ Bennett/Strasburg	Dennis Fitzpatrick 303-222-0990
Sat	Apr 1	10:30	61	Superior Park&Ride, SW 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

### TRI IT Camp, April 28-30, 2006

**What:** An intensive 3-day camp aimed at introducing visually impaired women and sighted women guides to the methods of guiding, preparation, training and competition of a triathlon. In addition we will discuss how to network within communities to involve other guides and potential blind triathletes.

**Who:** Enthusiastic visually impaired women and guides who crave hands-on training in methods of guiding for open water and pool swimming, cycling and running – a triathlete in the making! We require that each participant be able to swim at least 2 lengths of a 25 yard pool freestyle. We will be able to give some swim instruction, but the purpose of swimming at this camp is to demonstrate how to effectively swim with a guide when there aren't lane markers to follow.

**Where:** Glenwood Springs, Colorado  
We received a discounted rate the Hot Springs Lodge located across from the Hot Springs Pool and Athletic Club where we will swim and hold part of our training.

**Why:** Tri it, you'll like it! Whether you're looking to be a recreational triathlete, or to compete at the world championship level, this camp will help build a team of supportive women who want to

make lifetime fitness an integral part of their lives.

**How:** Send your application to Nancy Stevens: [nstevens@sopris.net](mailto:nstevens@sopris.net) or call (970) 945-2171

**Cost:** \$250 which includes 2-nights lodging, meals and specialized training (including use of the Glenwood Hot Springs pool for swimming, and the athletic club for introducing methods of running with a guide and teaching basic cycling commands on stationary spin bikes).

**Instructor:** Nancy Stevens – tandem cyclist, skier, rock climber, successful entrepreneur, musician and triathlete. A 3-time gold medalist at the January 1998 Olympic trials, Nancy went to Nagano, Japan for the Winter Paralympics as a member of the U.S.Disabled Cross Country Ski team, and then placed first in all of her races in the U.S.National Championships. In the fall of 2000, she completed a 3000-mile bike ride across America in support of young women and athletics. Though blind since birth, Nancy has never let anything stand in the way of achieving her goals. As founding director of High Country Options in Frisco, CO, she has assisted over 100 individuals with disabilities explore and achieve their dreams and a new sense of self-worth.

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



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**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**