

www.heartcycle.org

info@heartcycle.org

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



HeartCycle Annual Meeting and Lunch
Saturday, October 14th, 2006, 12:30 PM
Table Mountain Inn
1310 Washington Ave., Golden

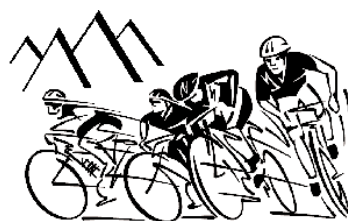
members: \$10.00*

guests: \$20.00

***the club subsidizes part of
members' cost**

Guest Speaker: Cindi Braun

She will talk about the Front Rangers, a volunteer club working with "at risk" kids in an effort to get them into cycling and keeping them out of trouble. Cindi will show some slides and spotlight some of the kids they have helped over the years.



**Front Rangers
Cycling Club**

Diane Short will lead a short (25-30 mile) ride beforehand. Meet in front of the Table Mountain Inn at 9:30 AM.

IN THIS ISSUE:

Annual Meeting	page 1
HeartCycle contacts	page 2
Upcoming Events	page 2
President's Letter	page 3
Holland Tour Report	page 4
2006 HeartCycle Tours	page 5
Training Ride Schedule	page 5

**Please mail your check, before Oct. 11, to Melodye Turek,
8300 Fairmount Drive Q-103, Denver, CO 80231**

**Make check payable to HeartCycle. Please include your
name, address, and phone number. Also include the name
of your guest.**

**Guests joining HeartCycle at the luncheon will receive
\$10 credited to their membership! Good for remainder of
2006 as well as all of 2007.**

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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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

Frontier Airlines
*10% discount for groups on
HeartCycle tours*

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

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

Best Western Lake Dillon
Lodge
1202 Summit Blvd.
Frisco, CO 80443
1-800-780-7234 (reservations)
10% lodging discount



Other Upcoming Rides of Interest

October 6-8
Moab Century Tour
www.skinnytirefestival.com
Moab, UT

*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).*

President's Message

Objectives and psychological explanations for the differences in bicycling programs within different nations

Current levels of walking and cycling in American cities are far lower than in many other countries. Even Canada has almost twice the percentage of non-motorized trips as in the US, and a few countries like Denmark and The Netherlands are reporting over 40% for non-motorized travel.

There are numerous reasons for the higher levels of walking/cycling in Europe compared to the US. There is a more compact land-use in European cities and their average density is triple of US cities. Average trip lengths in European cities are roughly half as long than in the US, thus making walking/cycling less feasible as trip distance increases. But, 49% of all trips are shorter than 3 miles, 40% are shorter than 2 miles and 28% are shorter than one mile. So, this low level of walking/cycling in the US can't be attributed solely to long trip distances.

Other reasons for the low walking/cycling in the US are: lowest cost of auto ownership and use compared to Europe; ease, low cost and young age of obtaining a driver's license; lack of appropriate facilities for cycling/walking; American culture and lifestyle, which are almost entirely oriented to the car; and the real or perceived danger of cycling/walking in US cities.

Almost every survey noted the perceived danger of cycling/walking as one of the major deterrents to increased cycling/walking. On a per trip basis, walking/cycling are roughly three times as dangerous as riding in a car. Pedestrian and bicyclist injuries are a serious public health problem that has been largely ignored in the US. In contrast, pedestrian and bicyclist safety has been central to transportation and land-use planning in Europe. Using urban design oriented to people and not cars; restriction on auto use; expanded education and training programs; and stricter enforcement of traffic laws, have shown fatality rates for cyclists/pedestrians to be less than a fifth the US level.

A comparative study between the US and The Netherlands & Germany showed cycling trips in the US to be 1% in the age group of 16-24 year olds to .02% in the age group over 65. In The Netherlands/Germany 30% of trips are by bike in the age group 18-24 year olds and 24% in the age group over 75. These differences between

the US and Europe are even more dramatic for walking. European bikeway systems serve practical destinations for everyday travel and not just recreation attractions, as most bike paths in the US.

European cycling safety is not limited to more bike paths, but uses other measures to enhance safety such as: special bicycle streets permitting car traffic but giving cyclists strict right-of-way priority; streets that are one-way for cars but two-way for bikes; permission for cyclists to make right turns on red, but motorists can't; giving cyclists an advance on green light so that they can clear the intersection before the cars get started; special priority traffic lights for cyclists at intersections along with special bicyclist-activated traffic signals at key intersections; and traffic calming in residential neighborhoods limiting motor vehicle traffic to 20 miles per hour which has reduced traffic accidents by 70%.

Education plays an important factor also. Schoolchildren in Europe in the third and fourth grades are required to take bicycling courses, often taught by traffic police held in special 'traffic parks' simulating streets, intersections, traffic signals, with possible dangers and then this course is concluded with an exam. Motorist's also go through a similar education and exam program. This sort of safety education is lacking in the US.

Less than 2% of European cyclist's wear helmets as this is not a safety law. However, a new campaign shows that approximately 32% of German children up to the age of ten years old are now wearing a safety helmet when cycling. Nevertheless, the dramatic lower fatality rates in Europe are not due to safety helmets.

The US is changing, but attitudes must change. The public must be educated about the severity of the pedestrian/bicyclist crash problem. The neglect of non-motorist safety not only risks the injury and death of family and friends, but also deprives everyone of valuable exercise, mobility options, independence, fun and lower gasoline costs.

This issue needs to be presented and taken on as a new opportunity for all segments of the population.

article submitted by HeartCycle president



Holland Barge Tour, July 2006



As I disembarked the Nooderzon and hopped on to my 7 speed bicycle on this warm July afternoon, it was a beginning of an exciting journey.



It was a start on a eight day bicycling tour of approximately 204 miles of Holland's "Castles and Walled Town's" of Wijk bij Duurstede, Heaveadorp, Amham, Doesburg, Brummen, Zutphen, Deventer, Kempen, Harderwijk, Spakenburg and Baam.



Our group of 20, lined up behind Rudy (our guide) peddling away on this 11,000-mile system of bike paths of flat terrain. The scenery was idyllic! Picturesque farm houses and windmills surrounded by green farms and pastures of cows, sheep, goats, horses and pigs. The air was fresh, sometimes a little pungent with manure. Riding though woods, farms, sands, small towns and villages was truly enjoyable experience for a lightweight rider like me. Thank you - Myra, Dan & HeartCycle

Mirza Mirza

HeartCycle October 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)
Sat	Sep 23	9:30	62	Village Inn, NE corner Chambers & Colfax in Aurora	Aurora/Bennett/Strasburg	Homer Fritz 303-477-6446
Sat	Sep 30	9:30	54	Big Thompson School, US 34 & CR 27 west of Loveland	Masonville/Rist Canyon	Deb & Gordon Tewell 720-304-9572
Sat	Oct 7	10:00	62	Wal-Mart, SE corner of US 85 & Bromley Lane in Brighton	Brighton Loop	Bill & Mona Bedell 303-670-7995
Sat	Oct 14	9:30	TBD	Table Mountain Inn, 1310 Washington St., Golden	In and around Golden	Diane Short 303-763-9874

Colorado HeartCycle 2006 Tours

Status at time of printing, end of September

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

*18th Annual Denver VeloSwap
Saturday, October 28, 2006
National Western Complex
9:00 a.m. to 4:00 p.m.*



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!!

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



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2007 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