



Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
May 2007

This is the first in a series of articles highlighting upcoming HeartCycle tours. Our first article details the June 16-June 25 Idaho Adventure tour. Look for future stories on the Michigan Shoreline and Vietnam tours.

If the idea of being in the mountains leaves you with a sense of wonder, this tour of Central Idaho is a must. The awe-inspiring peaks of the Boulder, White Cloud, Lost River, Lemhi and Sawtooth ranges make this region Idaho's most mountainous. Here, Idaho's highest peak, Mount Borah, rises 12,662 feet above the sweeping plains near Mackay. The magnificent Sawtooth Mountains tower over the valley floor at Stanley; nestled between the peaks lie thousands of alpine lakes. It is here that the mighty Salmon River, the "River of No Return", is born of creeks flowing from high mountain summits. Elk, deer, and moose graze in the meadows while antelope sprint across the open plains. You can explore this mountainous area of Idaho during HeartCycle's Idaho Adventure.

Our trip will begin in Boise; we leave town on the Ponderosa Pine Scenic Byway as it follows Idaho 21 north to the historic mining town of Idaho City, where you can still pan for gold in a nearby stream bed. Forests and rivers dot the route from Idaho City to Lowman along the South Fork of the Payette River, as you slowly climb along the byway's north-easterly route. Our first day will end at The Sourdough Lodge near Lowman.

The following day the roadway leaves the Payette River and squeezes

between two of Idaho's wilderness areas. On the right lies the Sawtooth Wilderness and its 217,000 pristine acres of forest lands and wilderness lakes. To the left is the Salmon-Challis National Forest, entryway to the 2.3-million-acre Frank Church River of No Return Wilderness, with more contiguous acres of roadless wilderness than anywhere else in the lower 48 states.

The heart and soul of Central Idaho is found in the Stanley Basin. With dramatic views of the Sawtooth Mountains in front of you and the White Cloud Mountains behind, quiet reflection on the incredible beauty is inevitable. Stanley is surrounded by a high

mountain valley from which the Salmon River begins. It's a series of meadows punctuated with alpine lakes, forests, cattle and guest ranches. The town of Stanley lies at the base of the Sawtooths, at the junction of three of Idaho's best scenic byways: The Ponderosa Pine Scenic Byway from Boise; the Salmon River Scenic Byway from Salmon and Challis and the Sawtooth Scenic Byway from Sun Valley and Twin Falls. Our second night will be spent at the Red Fish Lake Lodge near Stanley.

No trip to Idaho would be complete without a stop in "The Queen of American Resorts," Sun Valley. Sun Valley combines the finest in tradition, ambiance and luxury, but it's casual Ketchum that adds the rich texture Sun Valley with fine restaurants, charming B & Bs, galleries and shops. Our ride from Red Fish Lake into Ketchum will be via the Sawtooth Scenic Byway which has the distinction of being the 100th National Forest Scenic Byway. The road carves its way up Galena Pass and through the Boulder Mountains, showcasing the ridge of the Sawtooth Mountains to Ketchum. We will spend an extra night in Ketchum to allow for a day off exploring all that Ketchum and Sun Valley have to offer.

After our day's rest in Ketchum we will head to

Arco. Along the route we will have the chance to visit one of the most unusual landscapes on earth, Craters of the Moon National Monument. The awe-some effects of volcanism are evident throughout Craters of the Moon National Monument and Preserve. Over the past 15,000 years, lava eruptions created a rugged

but scenic landscape that has forced animals and plants to adapt, and people to endure, detour, or ponder. Early pioneers avoided this eerie domain, yet today, you can explore an isolated landscape filled with such features as cinder cones, spatter cones, lava tubes, and several types of lava flows.

(continued on page 5)

Sawtooth Mountains



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web discussion list:
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letters to the editor: more about Bill

dear Editor:

After reading the Tribute for Bill Kemper in the April Newsletter, I realized that I may have met this man skiing at Butler Gulch in January 1991, although I only knew his first name was Bill.

Myself, my friend Bill Gumbart, and two others were skiing up through the switchbacks at Butler Gulch on New Year's Day. As we stopped occasionally to breathe hard, add skins, or whatever, we were slowly being caught by two fellows who maintained a steady pace behind us up the trail. They caught us at treeline where we exchanged greetings and pleasantries. My friend Bill introduced himself, and the older gentleman said, "My name's Bill too!! We're out skiing on my birthday."

He asked me what I did for a living, and when I said I was a geologist, he asked me where I went to college. "Johns Hopkins", I replied. He said, "I went to Johns Hopkins too. I got my PhD there in 1937." "1937?", I said. "When was your birthday?" He answered, "One, One, One-One". January 1st, 1911. He proceeded to film us with the large camcorder he was carrying around his neck in a satchel.

"You guys caught us pretty steadily there on the trail", I said. "What's your trick?"

Bill replied, "I never stop moving". I took this to be a metaphor for both that ski day and for life in general, for it truly seemed to serve this man well.

*Dr. Russell F. Dubiel
Denver, CO*

correction/apology:

I neglected to give credit to Diane Short, HeartCycle member who submitted the article about Bill Kemper in last month's newsletter
- the editor

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TOUR UPDATE:

COLORADO HEARTCYCLE 2007 TOURS

The 2007 HeartCycle tour season has begun. Hopefully all you tour participants are taking advantage of the weekend training rides to prepare for your tour. The 2007 season includes a nice variety of international and domestic tours and a combination of both old classics and newly developed tours.

The season began with a flurry of activity at the registrar's office. It didn't take long for several tours to fill. Those filled include Spain, Utah-Idaho-Wyoming, and Lake Champlain. Please contact the registrar if you are interested in the wait list for these tours. Look for some of these new favorites to be repeated in future years.

If you didn't get a chance to register for one of the filled tours, don't wait too long to register for your second choice. We have several tours nearing capacity including Crater Lake, Tour the Passes of Summit County Colorado and the Holland Barge Tour.

As with any other year we've had to cancel some tours. The Death Valley Spring Ride was close to going, but unfortunately fell just a couple riders short of what we needed to make the ride a go. It looked like a spectacular ride through an amazing location, so we're sorry it had to be cancelled. We also had to cancel Desert Recon, but Mike Case and his distance crew are going to make a go of it on they're own. Contact Mike if you're interested.

Beginning with this issue we will preview several of our 2007 tours. Look for the preview of the Idaho Adventure on page one.

Utah, Wyoming, Idaho

June 4-10, UT-WY-ID, 425 mi., 7 days, \$875, leaders: Jerry Bakke, 303-738-9861, jerrybakke@msn.com, and Larry Harris, 817-457-6502, thepedalers@aol.com

FULL, wait list accepted

Idaho Adventure

June 17-25, Idaho, 560 mi., 9 days, \$1050, leaders: Gordon and Deb Tewell, info: 720-304-9572 or gtewell@worldnet.att.net

Crater Lake Oregon Cascades Loop

July 15-21, Oregon, 450 mi., 7 days, \$850, leaders: Ken Cogger, 303-816-4781, cogger@peakconsulting.com, and Larry Augenstein, 719-598-4124, bikenuts@juno.com (Larry)

FULL, wait list accepted

Colorado San Juan Mountains

July 21-28, Colorado, 508 mi., 8 days, \$900, leader: John McQueen, 303-419-6723, mcqueenj@yahoo.com

Michigan Shoreline

August 5-12, Michigan, 500 mi., 8 days, \$1175, leaders: John Crankshaw and Jacki Solon

info: crankshaw@att.net (John), or 616-897-6802 or jacki.solon@yahoo.com (Jacki)

The White Squirrel Scurry

August 12-19, Western North Carolina, 425 mi., 8 days, \$1150, leaders: Jim Bethell & Janet Reilly, info: 518-446-1766 or jim@bikes5.com

Tour the Passes of Summit County, Colorado

August 19-25, Colorado, 430 mi., 7 days, \$600, leaders: Jerry Bakke, 303-738-9861, jerrybakke@msn.com, and Sy Katz, 303-789-5268, SKSKatz@comcast.net

Dinosaur Droppings

Sept. 1-3, Colorado, 160-270 miles, 3 days (Labor Day weekend), \$275, leader: Mike Case, 303-744-0229, mikecase16@juno.com

Glacier-Waterton National Parks

Sept. 2-9, Montana/Canada 350 mi., 8 days, \$1175, leaders: Karen Ishibashi, 303-444-5082, ishibashi@comcast.net and Cyndi Ortman, 970-385-4388, cortman@frontier.net (Cyndi)

September in Spain

Sept. 2-15, Girona, Spain, 587 mi., 14 days,

\$1550, leaders: Warren Barta, 719-632-3602, warrenb@pcisys.net, and Steve Richards, 303-321-5922, registrar@heartcycle.org

Barge Cycling-Amsterdam to Brussels

Sept. 8-15, The Netherlands, 315 mi., 8 days, \$1075, leaders: Myra Jans, 303-337-9210, mcjans@comcast.net, and Dan Clark, 303-973-8803

FULL, wait list accepted

Texas Hill Country

Sept. 16-22, Texas, 430 mi., 7 days, \$775, leaders: Larry and Sherry Harris, info: 817-457-6502 or thepedalers@aol.com

Lake Champlain with a French Connection

Oct. 7-13, VT-NY-Quebec, 450 mi., 7 days, \$1025, leaders: Ken Cogger, 303-816-4781, cogger@peakconsulting.com, and Harvey Hoogstrate, 303-755-9362, harv@pcisys.net

Vietnam

Feb. 14-28, 2008, Vietnam, \$2175, leader: Roger Stoub, 708-597-8517, vollvel@comcast.net

Denver's 2nd Annual RIDE OF SILENCE

Wednesday, May 16th 7:00pm

12 miles; 12mph

Stage at 6:45pm, South High (1700 E. Louisiana) and ride Washington Park

Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and **remain silent** during the ride. There is no brochure, no sponsors, no registration fees and no t-shirt. The ride, which is held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.

Please visit www.rideofsilence.org for more information



HeartCycle May 2007 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.

DATE	TIME	MI.	START LOCATION	RIDE DESCRIPTION	LEADER(S)
Sat 5/5	9:00	54	Big Thompson School, US 34 and CR 27 west of Loveland	Masonville/ Rist Canyon	<i>Ride leader needed- please contact Susan Loftus or Lee Cryer</i>
Sun 5/6	9:00	44	Mineral park&ride, NW corner of Santa Fe & Mineral in Littleton	Littleton/Conifer	John McQueen 303-794-2623
Sat 5/12	9:00	83	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Left Hand Cnyn/Brainerd Lake	<i>Ride leader needed- please contact Susan Loftus or Lee Cryer</i>
Sun 5/13	9:00	43	Bergen Park park&ride, SE corner of Evergreen Parkway and CR 65 in Bergen Park	Bergen Park/Idaho Springs/Echo Lake	<i>Ride leader needed- please contact Susan Loftus or Lee Cryer</i>
Sat 5/19	8:30	81	Colony Square Theater, NW corner of US 36 & McCaslin Blvd in Louisville	Superior/ Carter Lake	Homer Fritz 303-477-6446
Sun 5/20	8:30	49	Superior Metal Products in Louviers - 6.5 mil. south of C- 470 on Santa Fe, west on Kelly Ave, south on Cora Road	Louviers/ Larkspur	Jeannie Clayton 303-964-3364
Sat 5/26	8:00	63	Parfet Park, 10th & Jackson Streets in Golden	Golden/Golden Gate/ Wondervu	<i>Ride leader needed- please contact Susan Loftus or Lee Cryer</i>
Sun 5/27			no ride scheduled		
Sat 6/2	8:00	84	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Masonville	<i>Ride leader needed- please contact Susan Loftus or Lee Cryer</i>
Sun 6/3	8:00	89	Safeway west of Exit 241 off I-70 in Idaho Springs	Idaho Spgs/Loveland Pass/Dillon	Lee Cryer 303-778-2305
Sat 6/9	7:00* /8:30	48	* Carpool from The Fort Restaurant, US285 & Morrison Exit; ride start/finish in Deckers in the lot behind the general store (only building in Deckers)	Deckers/ Woodland Park	Ken Cogger 303-816-4781
Sun 6/10	8:00	79	Lyons park&ride, Broadway & 4th Ave in Lyons	Lyons/Estes Park/ Drake	Tom Storm 303-451-0622



NOTICE:

STEAMBOAT SPRINGS MEMORIAL DAY TOUR – The HeartCycle Steamboat tour has been cancelled. The tour is still being offered by the Denver Bicycling Touring Club, and information is available at www.dbtc.org; or you can contact Diane at 303-763-9874 or dianbike@eazy.net.

IDAHO ADVENTURE (continued from page one)

Our day ends in Arco which became the first city in the world to be lit with electricity generated by nuclear power due to a national reactor testing station established nearby in 1949. On the eastern side of Arco is the Idaho National Laboratory, a vast complex of scientific experiment stations in the wind-swept high plains desert. Experimental Breeder Reactor #1 is open to the public for free self-guided tours. At EBR 1, a National Historic Landmark, you'll learn about this former nuclear reactor plant, the Three Mile Island reactor incident and new technology in the field of nuclear energy.

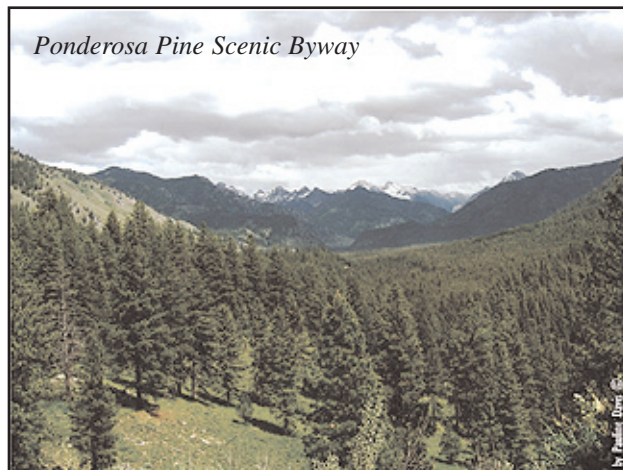
Leaving the lava and reactors behind our next day will lead us to Challis. As we ride along the Lost River Range on Hwy. 93, we'll pass Idaho's highest peak, Mt. Borah, the most noticeable mountaintop in the range topping the others at 12,662 feet. Nearby is the town of Mackay, nicknamed "Top of Idaho" because of its proximity to the peak. Our arrival at Challis and the Land of the Yankee Fork Historic Area the latter being among Idaho's most famous mining areas signals our arrival to the heart of Idaho's mining history. The region's mineral riches brought early pioneers to prospect and farm the high mountain desert. Today, Challis is a paradise for outdoor recreation, and serves as the gateway to the Salmon River country. The nearby Land of the Yankee Fork Interpretive Center commemorates Idaho's frontier mining history.

Our ride out of Challis is the beginning of our return towards Boise; we'll head southwest along Idaho 75 on the Salmon River Scenic Byway back to Stanley. As we near Stanley once again we'll begin to see glimpses of the majestic Sawtooth Mountains ahead before beholding their full splendor as we drop into town. We'll stay the night at Stanley's Mountain Village Lodge.

The return towards Boise continues the following day as we revisit the Ponderosa Pine Scenic Byway. The Byway takes us back to Lowman where we turn west and head to Garden Valley via the Wildlife Canyon Scenic Byway.

Herds of elk numbering nearly one hundred are not an unusual sight along the Wildlife Canyon Scenic Byway. Several campgrounds along the byway have natural hot springs to enjoy. We'll stay the night at the Garden Valley Motel before ending our adventure the next day.

Ponderosa Pine Scenic Byway



HeartCycle's Idaho Adventure ends as we finish our ride along the Wildlife Canyon Scenic Byway and join the

Payette River National Scenic Byway as it heads south on Idaho 55 to Horseshoe Bend and back to Boise. It can be a distracting ride as the river crashes and tumbles its way over the rocks through this narrow river valley. Depending on where you are on the river, it can be a mild ripple or a wild torrent. There are occasional pull-offs where you can view the wilder parts and treat your senses to the sight, sound, smell, and rhythm of Idaho's famous whitewater.

We hope that HeartCycle's Idaho Adventure will allow you to enjoy this region's history and scenery and be a trip you'll always remember. Please contact Gordon or Deb Tewell at 720-304-9572 or tourdiretor@heartcycle.org for more information on this tour.



dates to remember:
May 13th - Mother's Day
May 28th - Memorial Day

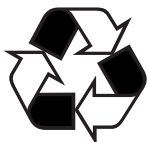


Classified:

For Sale: Trek 520 Touring. 17" frame, Shimano Decore Components, front/rear panniers & racks. \$450.00 complete. Excellent condition. Contact Brenda at 303-527-0380 or brenda1231@comcast.net.



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P. O. Box 100743
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2007 Colorado HeartCycle Membership Form

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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 _____

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Home Phone _____ Work Phone _____ Cell _____

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.

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