



Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
April 2007

TRIBUTE TO CYCLING MENTOR

On February 25, 2007, Bill Kemper left to bicycle in another dimension of existence. He was 96. Much of the world will remember Dr. Bill Kemper as an outstanding scientist who worked with some of the world's most respected chemists, nuclear physicists and military personnel. He was a tireless and talented advocate for environmental quality and peaceful uses of nuclear resources.

As HeartCycle members, we know Bill as our oldest member, an admirable mentor and one of our charter members. Bill did the first HeartCycle rides under the original research programs. He was 70 at the time. He maintained his loyalty to CHC and attended almost all of the annual luncheons. Until he was 90, he would still bicycle to the meetings up Mt. Vernon Canyon from his home in Lakewood. No wonder that he married his wife Marcia. He met her as she was on her way to bicycle Europe with another girl friend (this was 50 years ago women!!).

I met Bill when he was in his early 80's. He was the nuclear physics advisor to one of the Rocky Flats Citizens' committees. We would meet and bicycle commute to the meetings, which were held in various places all over the metro area. We did that together for years. He also bicycled with his 'brother' Ed Hamilton who really had become a member of his family. At Marcia's request, Ed helped Bill pick out a new cross bike with upright bars as his old Trek was not longer safe to ride. This was just a few years ago, as Bill continued to be an advocate for bicycle commuting.

On his birthday in January, he would get a group of his friends together and we would cross country ski up Butler Gulch to the Continental Divide where he would love to have a picture taken with his good friends. When he turned 90, we started doing more moderate trips, then hikes around Crown Hill Lake. He also participated in – and always won – the senior games biathlon event, which was skiing and shooting. He was also a star in the winter skiing competitions. One of his favorite pictures was when he was flying off some bumps at one of the ski areas – he was somewhere in this 80's.

What will you be doing when you are in your 80's and 90's? Life should be so good as it was for Bill. At his memorial, part of the reason for his longevity was repeated over and over again. Bill was a man of Heart first and everything else came in second. He had a kind word for everyone. His hearing was not actually poor at the end; we are all sure that he only listened for the Good. Blue skies and tailwinds to you Bill!!



Bill Kemper and furry friend, Chasm Lake, August 1992

www.heartcycle.org

info@heartcycle.org

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

ABC

Quick Check

a is for air

✓ Inflate tires to rated pressure as listed on the sidewall of the tire
✓ Use a pressure gauge to insure proper pressure
✓ Check for damage to tire tread and sidewall; replace if damaged

b is for brakes

✓ Inspect pads for wear; replace if there is less than an inch of pad left
✓ Check pad adjustment; make sure they do not rub tire or dive into spokes
✓ Check brake lever travel; at least 1 inch between bar and lever when applied

C is for cranks, chain & cassette

✓ Make sure that your crank bolts are tight; lube the threads only, nothing else
✓ Check your chain for wear; 12 links should measure no more than 12 1/8 inches
✓ If your chain skips on your cassette, you might need a new one or just an adjustment

quick is for quick releases

✓ Hubs need to be tight in the frame; your quick release should engage at 90°
✓ Your hub quick release should point back to insure that nothing catches on it
✓ Inspect brake quick releases to insure that they have been re-engaged

check is for check over

✓ Take a quick ride to check if derailleurs and brakes are working properly
✓ Inspect the bike for loose or broken parts; tighten, replace or fix them
✓ Pay extra attention to your bike during the first few miles of the ride



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

Basil Doc's Pizza
330 Holly (& 4 other locations)
303-322-5832
25% off all orders, at all locations

**USE OUR
SUPPORTERS/
SPONSORS,
AND THANK
THEM!**

**Have
you renewed
your membership for
2007?**

RENEW NOW!

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).

2007 Board of Directors

President, Ken Cogger
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Susan Loftus, 303-758-5472
rides@heartcycle.org

COLORADO HEARTCYCLE 2007 TOURS

Desert Recon

May 12-20, NV-CA-AZ-UT, 875 mi., 9 days, \$1225, leader: Mike Case, info: 303-744-0229 or mikecase16@juno.com

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

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)

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

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

* wait list accepted

More details and difficulty ratings of these tours can be viewed on the HeartCycle web site, www.heartcycle.org, where you can also download a registration form

*notable dates this month:
April 2nd - Passover
April 8th - Easter*



Classified:

Wanted: Used touring bike in good condition. (21"/56 cm.) please contact Ann at 303-366-2716

Wanted: Used Burley Flatbed or Bob Trailer. Contact Larry at bikenuts@juno.com or 719-598-4124.

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.

From the editor:

Did you go on a memorable bike trip last year? Would like to share it with the membership? Email me an article (one page) and one or two snapshots and I will publish it. If you are unable to email, call me and I will give you an address to mail it. Also welcome would be any type of article you think the membership would be interested in. This is your newsletter, contributions welcome! - Ann Nordstrom, NewsEditor@heartcycle.org, 303-366-2716



HeartCycle April 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 automo-

bile 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 3/31	10:30	61	Superior park & ride, SW corner of US 36 and McCaslin Blvd., Superior	Outskirts of Boulder	Debbie Finn & John Mills, 303-651-3898
Sun 4/1	10:30	37	Superior Metal Products in Louviers - 6.5 mi. south of C-470 on Santa Fe, west on Kelly Ave, south on Cora Rd.	Louviers/Sedalia/ Rampart Range	Sheridan Garcia 303-638-0330
Sat 4/7	10:00	51	NW parking lot behind King Soopers, off Main St. & 23rd Ave. in Longmont	Longmont/ Jamestown	Joanne Spiers 303-665-0167
Sun 4/8	10:00	53	Safeway in Castle Rock. I-25 exit 181, east on Plum Creek Pkwy, south on Perry St.	Castle Rock/ Palmer Lake	Glenn DeRussy 303-986-8724
Sat 4/14	9:30	50	Colony Square Theater, NW corner of US 36 & McCaslin in Louisville	Superior/Jamestown	Gorddon&Deb Tewell 720-304-9572
Sun 4/15	9:30	28	NW corner of C-470 & Morrison Road (at Rooney Road)	Morrison/Genesee	Lee Cryer 303-778-2305
Sat 4/21	9:00	54	Lyons park&ride, Broadway & 4th Ave. in Lyons	Lyons/Allenspark	Hank Hermes 303-494-4589
Sun 4/22	9:00	40	Mineral park&ride, NW corner of Santa Fe & Mineral in Littleton	Littleton/Roxborough	Mike Fife 303-679-9212
Sat 4/28	9:00	43	Superior park&ride, SW corner of US 36 & McCaslin Blvd.	Louisville Loop	Lee Cook 303-423-6661
Sun 4/29	9:00	43	King Soopers, NW corner of Wadsworth Blvd. and Chatfield Ave. in Littleton	Turkey Creek Run	Jeanne Clayton 303-964-3364
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



NOTICE:

STEAMBOAT SPRINGS MEMORIAL DAY TOUR – The HeartCycle Steamboat tour has been cancelled. Several folks have contacted me, but not yet signed up. 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.

PRESIDENT'S MESSAGE - APRIL 2007

Because inquiring minds want to know, I thought it would be informative to list a few highlights of April fool's Day from days past. There is always the infamous 2004, when a joint news conference was announced featuring the President of HeartCycle, the Colorado Governor, the Secretary of the Colorado Dept. of Transportation, and the entire Colorado Congressional delegation where approved plans were to be presented for the destruction of US-285 and its replacement by a pedestrian and bicycle path. Who can forget 2002, when Tosco announced the upcoming product release of "whistling carrots"? Sheldon Brown runs a humorous website related to bicycling where, in 1996 he offered the Bayonetz Bar Endz product for aggressive cyclists and couriers needing to make bicycling through crowds more efficient; he had in 1995 been the first to offer Superleggero ball bearings for bicycles which were half the weight of normal ball bearings due to their hollow structure and claimed vastly superior riding characteristics for them. Another celebration occurred in 1977 when the Guardian reviewed the 10th anniversary of Sans Seriffe, a small republic made up of several semi-colon shaped islands in the Indian Ocean. The largest of the island group was Upper Caisse and the smallest island was Lower Caisse.

I do not want the following to be thought of as an April fool's joke in spite of the above. I am quite serious about the following. The well-known mail order outfit, Hammacher-Schlemmler, has recently introduced a new cycling conveyance. It may well appear on HeartCycle tours and since we currently don't have policies prohibiting unusual cycling conveyances, and I suspect we may



have to consider banning some types of cycling conveyances. On the other hand, we may have good reasons for encouraging their use on our tours. Here is the advertisement from www.hammacher.com:

The Seven-Person Conference Bicycle

Why be satisfied with a bicycle built for two? The unique and easy-to-manuever Conference Bike™ comfortably seats up to seven people, sitting in a circle and biking together for an unforgettable riding experience. Originally commissioned exclusively for

Hammacher Schlemmer, American artist and inventor Eric Staller has created what he calls "a symbol for community, a tool for bringing people together." Almost anyone can ride on this distinctive trike, so you can use it for family reunions, summer gatherings, corporate retreats, outdoor education programs, or taking the neighborhood along for a ride. The frame has an ergonomic design making it easy to get on and off, and has seven sets of pedals that propel the trike forward via a patented transmission system. One person steers, while all seven riders are free to pedal, or not, as the bike moves along. The vehicle is easy to operate, with Porsche™-engineered steering, hydraulic brakes, parking brake and lights. Hand-crafted in Germany, and built to last, The Conference Bike safely transports a combined weight of 1,400 lbs. Red paint finish is a durable baked-on powder-coat; drive-train is completely covered for protection against dust and rain. Easy-to-access maintenance points. Best for riding on hard level surfaces. Maximum speed of 15 mph. Seat heights are adjustable. 4'H x 6'W x 8' L. (400 lbs.) (Please add \$650.00 to regular shipping and handling.)



Due to the popularity of this item, we are unexpectedly sold out. Please contact customer service at 1-800-321-1484 regarding future product availability.

Item 78743 (\$650)..... \$18,999.95

Your Colorado HeartCycle Board of Directors needs member input. Specifically, should the annual Tour Brochure outlaw participation with this seven-person cycling machine? Or, alternatively, should we permit such usage and perhaps in addition give tour pricing discounts since when seven people are all on one bicycle, it makes our Sag logistics much simpler? Should HeartCycle encourage or specifically ban other cycling designs such as recumbent and tandems in the interest of fairness?

Ken Cogger
President, Colorado HeartCycle



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



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please print legibly!

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 _____ 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.

Send this form with check payable to HeartCycle. Mail to: HeartCycle, PO Box 100743, Denver, CO 80250-0743