

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
April 2008



Ride Across America, Part 1

By Jerry Bakke

The first section of our three year ride across America will follow the old US 80 route from the coast of San Diego, California to El Paso, Texas. It will be springtime in the great American Southwest.

This article will cover the first week of this two-week tour. Look for second week in the May issue of Heart to Heart.

Day 1 - Thirty-four riders dipped their back tires in the Pacific Ocean to celebrate the start of Part 1 of Ride Across America. After dipping our wheels and flossing out the beach sand from between our toes, we peddled across San Diego and climbed 5,100 vertical feet to Pine Valley to end our first day (a total of 56 miles). Pine Valley is high in the coast range nestled into the oaks. It used to be where San Diego kids went to summer camp and remains a quiet small town full of horses and outdoor riding arenas. It was a nice place to end our first day: gabbing on the hotel porch, massaging a few sore muscles, and happy to be up the first long hill.



Day 2 - Today we rolled along the top of the coast range through shrubby high desert and hillsides of giant granite boulders, then dove down the shoulder of I-8 about 3,500 feet to the Imperial Valley whose elevation is below sea level! The road across the bottom of the desert valley was so bumpy in spots that one rider (Alan Fifer) broke his seat post. In honor of the road, some of the riders named the day "Training the Tush Day". We finished our 86 mile day in Brawley, CA. Everyone was now drinking more water and slathering on sunscreen, but all riders weathered the second day well.



For those who don't know, we have a blind rider with us on the tour, Ron Barton. He rides a tandem and each day one of the other men on the tour rides with him as pilot. It's an incredible pleasure to have him along and wonderful to see how everyone jumps in to help whenever he needs a little help navigating off the bike.

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For letters, articles or comments, send email to newseditor@heartcycle.org

To receive this newsletter by email please indicate your preference on the registration form.

A Big Thanks to Ken Cogger from the Board and all HeartCycle Members

After nearly ten years on the HeartCycle board, Ken Cogger resigned at the end of February. Ken was a major force in the club during this time and would often step up when others unexpectedly stepped away. Ken held positions as President, Vice-President, Treasurer, Tour Director and, of course, the author of the infamous April 1 "President's Message" that, remarkably, would still fool some people some of the time. Additionally he originated and led the North Cascades-Sasquatsh Loop, Lake Champlain, Oregon-Crater Lake and the Lewis and Clark Montana tours. Cogger also led tours to Taos, Katy Trail, Canadian Rockies, the Natchez Trace and, finally, the Michelson Trail.

So, the HeartCycle board, to use Ken's favorite email sign off, offers him Best Wishes!

And Thanks, Ken!!

A Tip to Prevent Damage to Your Bike and Maybe Your House Too!

Here's his way to prevent the horror of driving into your garage with your bike still on top: "If you put the bike on the roof, put the garage door opener in the back seat of the car. Then you'll have to get out of the car to retrieve it. It may not save you from some other low overhang, but I suspect that most of these accidents happen at home."

Day 3 - From Brawley to Blythe, CA. 90 miles today. Soft flat cool morning across irrigated fields of cabbage, kale, and alfalfa; a mid morning warming climb up and over the broad crest of the Imperial Valley sand dunes; and a long, slow climb up the Palo Verde Mountains through sparse fields of blooming evening primrose, yellow flowered creosote, and purple verbena on sun varnished plains of gravel. We're in the desert now, no doubt, and even the descent down the mountains back into more flat irrigated fields does little to change the desert landscape. But let's face it, any great trip is also about the people, and so far, we've confirmed that sitting on a ski lift all winter does not prepare the tush for a long distance ride in the saddle. We know that nearly everyone will wonder at some point - when it's really hot or the sag seems far away - why they're riding these long distances everyday. As Andy Anderson said today, "it's not whether you'll wonder why you're doing this, it's how long each day you'll wonder".



Day 4 - Today was our longest ride (117 miles with approximately 2,500 vertical climb). We started the day early riding over the Colorado River into Arizona! The first 25 miles were on a newly paved wide shoulder of I-10 climbing two gentle hills through Quartzite, AZ and exiting onto Hwy 60 to Wickenburg. Shortly after we entered Arizona, we also left the Mohave Desert which is marked by its creosote shrubs and entered in the Sonoran Desert giving us our first glimpses of Saguaro cactus.

This was a day for small trains of riders who grouped up and sailed across nearly 60 miles of flat, almost perfectly straight stretches of nice highway with broad shoulders. It was a day for thanking riding buddies all around for the great view of their back tires running within a few inches of yours.



At the end of the day we smuggled 30 people into town for dinner in the back of the big truck. Rich Crocker decided that surf dancing was the order of the trip and soon everyone else joined in the party. Border Patrol would have had a great time finding 30 raucous people crammed into the back of an enclosed truck.

Day 5 - Today started innocuously enough: some heavy traffic out of Wickenburg, AZ easing into wide flat pavement along nice shoulders of Hwy 60 into Phoenix, where we would ride along the greater Phoenix area bike path system for nearly 60 miles to Apache Junction. There was a lot of stop and go through Phoenix, but the route was flat, a mere 90 miles total, and things were going well.

But while turning into the afternoon sag stop, Cliff Young accidentally snagged the tire of the rider just ahead of him, fell, and clunked his helmet on the pavement. So Cliff spent the night in the Scottsdale Hospital where they could monitor him. He was released on the next day and flew home that night.

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Colorado HeartCycle 2008 Tours

The 2008 Tour Brochure has been mailed out to all club members and has been posted on our website. The tour brochure includes other useful information about each of the tours listed above. Details and difficulty ratings for these tours can be viewed on the HeartCycle website, www.heartcycle.org

Grand Valley Ramble

May 23-26, Colorado status: open
125 miles, 3 days \$275
Leader: Steven Richards
Info: (303) 321-5922, treasurer@heartcycle.org

Utah-Wyoming-Idaho

June 8-16, UT-WY-ID status: full
425 miles, 7 days \$875
Leaders: Jerry Bakke & Larry Harris
Info: Jerry (303) 738-9861, jerrybakke@msn.com
or Larry (817) 457-6502, thepedalers@aol.com

Tour of the Sierra Nevada Mountains

June 19-29, California – Nevada status: open
400 miles, 10 days \$1450
Leaders: Henry Lam & Connie Brown
Info: Henry (925) 708-4066, hclam@comcast.net
or Connie (925) 681-0649, ccjbrown@comcast.net

Islands of the Northwest

July 5-13, NW Washington State status: open
410 miles, 8 days (7 riding) \$1400
Leaders: Ken Condray & Becky Bottino
Info: (425) 745-1150, condray3@comcast.net
or bbottino@Comcast.net

Tour the Passes of Summit County Colorado

July 19-26, Colorado status: open
430 miles, 7 days \$700
Leaders: Sy Katz & Larry Augenstein
Info: Sy (303) 789-5268, skskatz@comcast.net
or Larry (719) 598-4124, bikenuts@juno.com

Idaho Panhandle; Lakes, Rivers & Silver Mining

August 16-23, WA-ID-MT status: full
425 miles, 7 days (6 riding) \$975
Leaders: Harvey Hoogstrate
Info: (303) 755-9362, harvhoog@gmail.com

Colorado Northern Front Range

September 7-13, Colorado status: open
250 miles, 6 days (5 riding) \$750
Leader: Jeff Messerschmidt
Info: (303) 904-0573, jefmesserschmidt@hotmail.com

Fireworks of Fall – The Notches of New Hampshire

September 20-28, New Hampshire status: open
425 miles, 7 days (6 riding) \$1175
Leaders: Jim Bethell & Janet Reilly
Info: (518) 446-1766, jim@bikes5.com

Big Bend – The Forgotten Park

Sept. 27 – Oct. 5, Texas status: open
453 miles, 8 days (7 riding) \$1150
Leaders: Larry & Sherry Harris
Info: (817) 457-6502, thepedalers@aol.com

Classic California Coast

October 11-19, California status: open
380 miles, 8 days (6 riding) \$1100
Leaders: Dan Pappone & Duncan Rollo
Info: Dan (408) 316-1667, daniel.pappone@ge.com
or Duncan (970) 224-2783, dtewell123@msn.com

Katy Trail: Leaf Peeper Edition

October 11-16, Missouri status: open
200 miles, 5 days \$650
Leader: Steven Richards
Info: (303) 321-5922, treasurer@heartcycle.org

Day 6 - REST DAY!!!!!!! Finally! We stopped in Apache Junction for the day which is the eastern most suburb of Phoenix. There's a cue in front of the laundry machine; a group of people went into a bike shop in Tempe; several folks got massages; coolers were refilled with beer; and there's lots of laughing going on down by the pool. It's a little desolate out here: spotty creosote shrubs and lots of dirt, but tomorrow we head east and up in elevation to Globe, AZ.



Day 7 - Today was a day of climbing up two passes into the high desert mountains east of Phoenix, of a little more traffic than we'd expected, and of the land of the big open-pit copper mines. We rode 55 miles and 3,950 vertical feet to end in Globe, AZ which is the center of some of the largest copper mines in North America.



As everyday, it was a day to sing the praises of our fabulous sag drivers: Louisiana Lightning and Texas Tornado, or rather, Carol and Kathleen. These "sag queens" are superb: they keep track of everyone on the road, serve great lunches, and today even followed several of us through the scary tunnel east of Superior, AZ. Because of the heavier-than-expected traffic and sometimes narrow road, several of us did a little sagging. In good spirits, though, we officially formed "Team WIMP" (see photo below), and as soon as we were past the nasty part, we got back on our bikes.



The high desert is lovely and lush with dense vegetation of palo verde trees, saguaro cactus, prickly pear cactus, cholla cactus, and hillsides of bright yellow blooming composite flowers and California poppies.

This article covers the first week of this two-week tour. Look for second week in the May issue of Heart to Heart or check the HeartCycle website www.heartcycle.org for Jerry's daily logs and more photos of the riders and the great scenery.



Colorado HeartCycle offers a dozen tours for 2008 that span the country from the San Diego to the Notches of New Hampshire and from Victoria Island to Big Bend National Park. There is something for everyone here, the hardest part is deciding which tour(s) to sign up for this year. Several of the tours are already full or keeping a waiting list. Below are descriptions of two tours that still have openings.

Colorado Northern Front Range

Tour the northern front range over famous routes as the aspen turn. Starting in Golden we climb Lookout Mountain and Mt. Vernon Canyon to Central City, Rollinsville, and Nederland for a Nepalese/Indian dinner. The second day we ride the Peak To Peak Highway through Ward, Allenspark and Estes Park with two nights at the beautiful YMCA of the Rockies Estes Park Center, founded before adjacent Rocky Mountain National Park. The day off, you can hike Long's Peak from the Center, even if only to the boulder field, or cycle a loop through Glen Haven to Big Thompson Canyon. Next day we cross the National Park on Trail Ridge Road (world's highest continuous paved highway) over the Continental Divide to a lodge overlooking Grand Lake. An easy day follows to Winter Park. Plan a full final day, with the longest distance, but plenty of downhill after crossing back over the Continental Divide on Berthoud Pass. Lunch in Idaho Springs, ride hills through Evergreen, zoom down Bear Creek Canyon, and explore Red Rocks Amphitheatre Visitor Center, before returning to Golden.

Note from leader, Jeff Messerschmidt: Maybe this tour has not filled up yet because riders are wary of cycling Colorado passes in the fall. However, September usually has warm days and less precipitation here in Colorado. There is little midweek traffic on scenic byways, and most importantly, the aspen trees are turning golden to add color to the mountains. Join us for this colorful tour through the Colorado front range.

Islands of the Northwest

You are invited to join your fellow Colorado HeartCycle comrades for a tour of 6 of the Pacific Northwest's most beautiful islands. The scenery is breathtaking with thick, green forests; sparkling blue water, snow capped mountains, and quaint island towns.

This 8 day tour begins in Mukilteo, WA adjacent to Boeings giant airplane factory and Future of Flight Museum. Sunday begins our tour with hilly Whidbey Island and the quaint towns of Langley and Coupeville. Monday we cycle the north end of the Olympic Peninsula with panoramic views of the Strait of Juan de Fuca and the Olympic Mountains. Tuesday we travel to Victoria, BC with a day off for sightseeing. (Note: Passport is REQUIRED for travel to Canada!) Wednesday's itinerary includes cycling along Victoria's picturesque shoreline, a stop at Butchart Gardens and an evening ferry to San Juan Island. The remainder of the week will be spent island-hopping for tours of San Juan, Orcas, and Lopez Islands. The final day of touring takes us over Deception Pass with its picturesque views then back down Whidbey Island.

Wildlife here is abundant so expect sightings of bald eagles, great blue heron, seals, sea lions, sea otter, deer, and if we are lucky maybe even an Orca whale! The challenge of the week is the 2400 ft climb up Mt. Constitution for an awesome 360o view of the San Juan Islands and mainland. Don't miss this tour through Washington's most treasured landscape.

Colorado Heartcycle - 2008 Training Rides

Rides will go if the temperature is at least 40 degrees and the roads are dry. Call the ride leader if the weather is questionable.

Date	Time	Route	Dist.	Start Location	Leader/Phone
Apr 5	10:00	Longmont/Johnstown	51	NW parking lot behind King Soopers, off Main St. & 23 rd Ave. in Longmont	Lisa Kock (303) 325-5574
Apr 6	10:00	Castle Rock/Palmer Lake	53	Safeway in Castle Rock I-25 Exit 181, east on Plum Creek Pkwy., south on Perry St.	Glen DeRossy (303) 986-8724
Apr 12					
Apr 13					
Apr 20	9:00	Littleton/Roxborough	40	Mineral Park-n-Ride, NW corner of Santa Fe & Mineral in Littleton	Mike Fife (303) 679-9212
Apr 21					
Apr 26					
Apr 27	9:00	Turkey Creek Run	43	King Soopers, NW corner of Wadsworth Blvd. & Chatfield Ave. in Littleton	Lee Cryer (303) 778-2305

This list of training rides is tentative. Please check the website at www.heartcycle.org for up to date information, including start location.

Yield to Life - Pro-cyclist **David Zabriskie** has started a new website called **Yield to Life**, www.yieldtolife.org. The website includes some great safety tips for both cyclists and motorist. Check it out!

Yield to Life's Mission

Yield to Life will engage in a vigorous awareness campaign to promote positive attitudes toward cyclists and replace any hostility that exists between motorists and cyclists with understanding, respect, and appreciation for all life on the road. Safety for every cyclist is the top priority of Yield to Life.

Cycling is a healthy, life-affirming, environmentally-sound activity that adds value to anyone's life. Since cyclists' lives are often in motorists' hands, motorists must understand the vital role they play in a cyclist's safety.

Yield to Life will concentrate on road-rule education programs for motorists and cyclists alike through driver's education programs, public awareness movements and media campaigns in order to ensure a safer and more harmonious environment for all those on the road.

Yield to Life will engage in a hands-on educational program with target audiences that range from school assemblies to corporate conventions. Workshops will be created to arm cyclists with tips for navigating through traffic and tools for riding in a safe and responsible manner. Yield to Life will work on a database for cyclists to find the best, the safest and the most accommodating roads for commuting and for recreation.



Colorado HeartCycle Association, Inc.
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Please print legibly!

2008 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 _____
(please print your email address very carefully)

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell _____

Individual Membership \$20.00

Family Membership \$25.00

Names 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 ride _____ Leading Tour _____ SAG driving _____ Website 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 agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other party 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
Or pay membership fee electronically by going to: www.heartcycleregistration.org**