



Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
July/August 2007

Tour Report - Utah, Wyoming, Idaho - June 4-10, 2007

On June 3, 32 of us set out for the UT-WY-ID Three States Tour. This was my first HeartCycle tour. Not surprisingly it was one of the best tours I've ever done. Our co-leaders Jerry Bakke and Larry Harris have done tours before and it showed. Our support also included Sherry Harris, Larry's wife, who provided excellent food and sag support; and Jeff Messerschmidt, who was our primary sag support and comic relief for the week. These people really know how to plan a tour. It's an added bonus that they just happen to be some of the nicest people anyone will ever meet.

The route took us from our start in the wide, green valley of Logan, Utah, up Logan Canyon for a beautiful view of Bear Lake from a high lookout, then down to the lake and on to Montpelier, Idaho. Next we passed through the small towns and countryside of the Salt River valley to the lovely small town of Alpine, Wyoming, surrounded by snowy peaks. We had the honor of being the very first guests ever at the just opened Bull Moose Lodge. Tailwinds that day allowed us to make great time. We surprised the proprietors of The Bull Moose by arriving two hours earlier than expected and they were not ready for us. We hung out on the patio while they hastily finished up some last minute details including putting doorknobs on the room doors. Our "easy" day from Alpine to Jackson, Wyoming, along the Snake River turned into a bad weather day. Riders who started early got caught in a freezing downpour. Those of us who left later, didn't get very far before we were waving the sag vehicle down for a ride. If we had to have bad weather, that was the best day for it. The silver lining was that we all got to see the Snake River in its raging glory. The tour was

perfectly planned for a rest day in Jackson on day four where we enjoyed lovely motel rooms complete with fireplaces. Jackson is a popular tourist destination so the group had lots of activities to choose from on our day off. Some people shopped and relaxed, some hiked, some biked, some rented cars and drove to nearby Grand Teton and Yellowstone National Parks in search of wildlife. Most enjoyed the many fine restaurants in town with local fare such as elk and buffalo meat not readily available back home. Day five was our "big day" as we climbed out of Jackson via the challenging Teton Pass. The storm of the days before left snow at the top of the pass, allowing us a cool climb and a view at the top that would have taken our breath away if the climb had not already done so! This day's route has a high ranking on the "I did it" scale as the climb was quite challenging. The route beyond the climb was beautiful lush green forest with road signs indicating it was moose country. Bullwinkle did not come out to say hello that day however. Our day ended back in the now familiar Alpine where the good folks at the Bull Moose Lodge were ready for us this time.

Next we were on to Soda Springs, Idaho, along a moderate route through rural roads with loads of scenery. In Soda Springs we stayed at a classic motel right out of the 70's and had a wonderful dinner at a historic hotel and museum which had been arranged just for us by Jerry our tour leader. Our last day was also our longest day but thankfully was mostly flat. Significant headwinds made us all happy to finally arrive back in Logan, Utah.

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Governor Signs the Share the Road Bill

Colorado Governor Bill Ritter signed the Share the Road bill into law at the Elephant Rock Cycling Festival on June 3rd.

This is fantastic news for bicyclists because the Share the Road license plate will generate funds to promote bicycle safety on Colorado's roads.

State rules require at least 3,000 of these specialty license plates to be ordered for the plates to be in circulation. So we're going to need your help getting the word out.

Go to bicyclecolorado.org to find instructions on how to order a license plate certificate that you can take to your motor vehicle office in January 2008 to get your plate.

On the web site you can also find answers to frequently asked questions about the Share the Road bill.



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.

HeartCycle

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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 Crater Lake, Spain, Holland Barge, and Lake Champlain. Please contact the registrar if you are interested in the wait list for Crater Lake or Holland. 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.

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

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
FULL

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, 303-973-880

Texas Hill Country

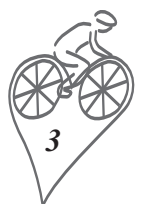
Sept. 16-22, Texas, 430 mi., 7 days, \$775, leaders: Larry and Sherry Harris, info: 817-457-6502 or thepedalers@aol.com

Lake Champlain with a French Connection

FULL
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



HeartCycle July 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 car-pool 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 6/30	8:00	54	Parking lot .5 miles south of US Forest Service at Exit 240 off I-70 in Idaho Springs	Idaho Springs/ Mt. Evans	<i>Ride Leader needed**</i>
Sat 7/7	8:00	100	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Lyons/Ward/ Wondervu	<i>Ride Leader needed**</i>
Sat 7/14	6:30/ 8:00	80	Carpool from Cold Springs park&ride, 4th & Union in Lakewood, or meet at Conoco station just off Exit 185 off I-70 at Copper Mountain	Copper Triangle	Mike Cota 720-530-8041
Sat 7/21	8:00	55	Big Thompson School, US 34 & CR 27 west of Loveland	Big Thompson/Estes Park/Devil's Gulch	<i>Ride leader needed**</i>
Sat 7/28	8:00	43	King Soopers, NW corner of Wadsworth Blvd & Chatfield Ave, Littleton	Turkey Creek Run	<i>Ride leader needed**</i>
Sat 8/4	6:00/ 8:30*	64	Carpool from Cold Spring park&ride, 4th & Union, Lakewood; ride start/finish at Safeway in Estes Park	Estes Park/ Trail Ridge Road	Mike Case 303-744-0229
Sat 8/11	8:00	72	Parfet Park, 10th & Jackson Streets, Golden	Golden/Bergen Park/ Echo Lake	Fred Larke 303-369-6615
Sat 8/18	8:00	83	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/Lefthand Canyon/Brainard Lake	Mike Case 303-744-0229



**** If you can help out the club by leading a ride where a ride leader is needed, please call Susan Loftus at 303-758-5472, or Lee Cryer at 303-778-2305**

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As mentioned, this was my first tour with HeartCycle. It was my sincere pleasure to meet everyone on this trip. This was one group of fit and friendly cyclists. Many participants already knew each other from past trips, and I particularly appreciated how readily the "newbies" were welcomed into the folds of the Heartcycle organization. Jerry mentioned several times that most of his closest friends are involved in HeartCycle. It's easy to see why so many people keep coming back for more.

Each evening before our group meeting our resident limerist Leslie and apprentice limerist Helen entertained us with limericks discussing things like hills that weren't supposed to be there, the debate over whether to start each day's ride early or late, and the challenges of executing bodily functions when a suitable facility is not available. One night we did "name that rider" limericks describing members of our group. Lively discussions about politics and the challenges of running a business kept us engaged another night. In Alpine the hotel owner called a local musician to come down to the bar to entertain us.

He was told that a bunch of "bikers" were in town and they were tired from their 80 mile ride in from Montpellier. He figured we must be a bunch of wimps because he'd made much longer rides before on his Harley and it was no big deal. But when he arrived he realized that our bikes did not have motors. He had gray hair, beard, tattoos, and a pot belly but if you closed your eyes and listened to him sing "I Walk the Line" you'd swear it was Johnny Cash himself.

Perhaps the reason I ride a bike is the opportunity it provides me to really experience places and people that I just don't get when traveling in any other way. I have previously made the drive along our route on the way to the wonderful national parks of Wyoming and beyond. But on my previous journeys in the car, I never noticed how charming and peaceful some of the small communities are. I never took the time to talk to the people in these small towns and witness their civic pride first hand. I never enjoyed so much the taste of the famous blackberry milkshakes that the Bear Lake area in Utah is known for. I never felt the sense of satisfaction of making it to the top of Teton Pass under my own power. I never got to chuckle over the sound of our co-leader Larry's Texas drawl as he's exclaiming "Ahmmm injooyin theeis" right in the middle of an 11% grade. I never took the time to stop and quietly watch as three newborn horses

nursed with their mothers. I never tasted hashbrowns as good as the ones at Kringles Café (they probably put something really fattening in them to make them taste so good), I never saw a cyclist pass riders almost half his age as they read the message displayed on his back that says "you've just been passed by an 81 year old". I never saw a wolverine scuttle down an embankment. I never noticed that the Mormon Tabernacle in Paris, Idaho, has it's own beauty that rivals that of the mighty temple in Salt Lake City albeit on a smaller scale. I did all these things on this trip and more. When I tell my co-workers I spent my vacation riding my bike though the mountains of UT, ID and WY they think I'm crazy. They see my tired sunburned face and say I have a strange idea of what a vacation is. They will never experience all these things though, so I think I have the right idea. So thanks to HeartCycle for a great trip. I'll be back.

I've listed some statistics from my bike computer that I thought might be of interest. Obviously calories is based on my heartrate and weight, so different riders would have different results, but it's an interesting baseline. I estimated data for day three using my own info as well as others because I got in the sag wagon when the rain got really bad. It should be a pretty accurate estimate. If there are any other stats you want to know, send me an email, I probably have it.

Day 1 - 70.7 miles - 3540 ft elevation gain - 3302 calories

Day 2 - 81.3 miles - 2760 ft elevation gain - 2842 calories

Day 3 - 37.0 miles - 715 ft elevation gain - 795 calories

Day 5 - 75.5 miles - 4360 ft elevation gain - 3480 calories

Day 6 - 73.7 miles - 2160 ft elevation gain - 3012 calories

Day 7 - 86.3 miles - 1600 ft elevation gain - 3201 calories

Totals - 424.5 mi. - 15,135 ft elevation gain - 16,632 calories

submitted by ride participant Connie Brown



STORIES OF THE SELF-CONTAINED - My Dinner With Chris

It was still pleasant riding. The record breaking heat had yet to fully announce itself that day. I was about 8 miles outside of Limoux, having passed St. Polycarpe a little while ago. (My mnemonic for this small town: “many fish”.) The legs felt strong, but was my most minimal command of the French language going to serve me, I wondered. The past two weeks had been terrific. And, as usual on one of these multi-week cycling holidays, there was a certain blurring effect. Which day was it the group rode to the Mediterranean? Or the bone rattling ride up over a Col, back down a road (in name only) not much wider than small driveway that had potholes, twists and turns for untold miles. Everything that could rattle loose on the bike – did so that day. Or so I found out. (A loose cassette was discovered the next day.)

Of course, I recalled, there was the day on the Col du Aspin, where the group rode to the top a few hour prior to the Tour de France coming though. We then found a scenic spot a few hundred feet down where we could look down the mountain at the road that switchbacked itself up, over the top, and then down again onto Col du Tourmalet. (Lance fell that day. But, we did not see it.) We took in the international party of cycling fans lining the road, waiting for the riders. As the publicity caravan stormed through, we all were kids again, jumping up and down trying to snarf up some of the goodies being tossed at 30 MPH from the extravagantly decorated vehicles. Of course, the rolling coffee pot vehicle was mobbed. Just a little espresso, dont’cha know. One of our group managed to snap up a genuine TDF water bottle that one of the riders tossed after use. He was certainly a happy camper that day! I thought about the various Cathar castles we had seen – perched on top of impossibly steep hills with views that would not stop. And the bloody history that went with them.

My bike arrived four days after I did. It went off on its own to Singapore before it found its way back to France and to its appreciative owner. But, due the generosity of our guide, who also owned the wonderful hotel we stayed at for two weeks, all who were missing bikes got the loan of other bikes from his stable of steeds. But then, he was a professional cycling coach to young, aspiring-to-be-TDF riders, so having a few bikes around made sense. Then of course there was the food and the wine. Having a major wine jones (after all, it is part of how I support myself) being able to experience all the wines, many of which are only available in that local market, was a treat. And, let us

not forget the cheese. Real honest to goodness Roquefort, stinky and delicious, made nearby. With all of the hill climbing the prior two weeks, I was hoping I was ready. My trusty old (and heavy) Miyata touring bike was now loaded with my panniers. Sure, it wasn’t a light go-fast bike. But I was

out for the ride and the scenery, not just popping my lungs and quads trying to get up some hill so fast – only to get back to the lodging to nap the afternoon away. I wanted to get off the bike and stare down a herd of curious cows now and then. Or look behind at where I had been. After all, when will I ever get a chance to get to southern France again?

This was also why I elected to stay an extra week to tour solo. Just me and my bike. And, now I was into my first day. Just past St. Polycarpe, looking forward to a casual 35 mile ride to the tiny village of Bugarech. (Which I still never learned to pronounce correctly.) I wasn’t riding fast – which compared to most HeartCycle riders is not very hard. The little farm road was quiet, perhaps one or two cars over the past 45 minutes. As usual, they gave this cyclist plenty of room, with a friendly wave on occasion. (In general I have found riding with panniers tends to elicit friendlier reactions than when on my regular road bike.) Being a Saturday, I expected more riders out. But it was just myself. At least until another rider overtook me at a casual pace. “Bonjour”, I said in my best but still awful French. “Ah, you are English?” he immediately replied. I explained where I was from (seems like most people have heard of Colorado) and what I had been doing the past two weeks. We rode together for some miles, just chatting. Then it happened. After I told him about one of my goals for this solo week was to taste as many of the local wines as I reasonably could (after all, it’s my job and somebody has to make such sacrifices), he informed me that he was a wine

producer himself. This naturally led to a lively discussion that only wine geeks would appreciate – so I won’t go into details. “Where do you expect to be on Monday night” he asked. “Lagrasse”. “My domaine it near there. How about I pick you up there Monday afternoon. We could go back, taste some wine and have a simple dinner at my house.” I paused before responding. Was this for real? Or, only his being polite? It felt like an imposition. I initially demurred, but he responded with – “it would

be no trouble.” I then agreed. Shortly thereafter he turned down another road while I went straight.

Several days later, per plan, I arrived in Lagrasse. This town is a picture postcard with a beautiful abbey, stone bridges across the small river and lot of nice cafes to relax in. But, I was very, very tired due to lack of sleep the night prior. It seems that there had been a low rent carnival in town that had set up directly below my hotel window. The primary entertainment seemed to be loud music and lots of cheap beer.



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So, naturally, there were a lot of drunken teens expressing themselves at the top of their lungs until about 4 AM. And the music.... Would you believe “YMCA” by the Village People was a favorite?! At least once every 15 it blasted out of the speakers. So, sleep was hard to find. That was why when the most gracious hotelkeeper in Lagrasse said, “Monsieur Baillat wants to know if 5 PM would be good?” I had to have him repeat it several times before I grasped it.

The wine producer, Chris Baillat, from several days ago wanted to meet. I was very pleasantly surprised to say the least. Naturally I said “Whee!” by which I meant “Oui”. Well, the evening was a treat in all respects. His wines were a delight to taste. His simple dinner was just that, but still the ripe tomatoes had the special something that all the food did over there. And the conversation was good fun.

Once again, the opportunities presented by my self-contained cycling pastime made me only want to do some more.

Which I have. I recommend it.

submitted by HC board member Steve Richards



Editor's Note:

In May of this year, HeartCycle members Larry Harris, Bob Hoffman, and Boris Krivoruk, led by Mike Case and supported by sag driver Sherry Harris, courageously toured parts of Nevada, California, Arizona and Utah on Mike's "Desert Recon" adventure.

It was a very challenging tour, including long miles, and high temperatures - quite a unique experience.

Ride participant Boris Krivoruk wrote a very entertaining article, which included many beautiful photos, and submitted it to the editor for publication. To best enjoy the article and the photos it was decided to publish it on the HeartCycle web site, www.heartcycle.org

You are encouraged to go to the web site and read about this exciting tour.



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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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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.

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