

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
March 2008



www.heartcycle.org

infor@heartcycle.org

Web discussion list:

www.topica.com/lists/heartcycle

Message from the President

The President, Mickey Berry is on a HeartCycle tour in Vietnam so this month's message comes from the Vice-President, Jerry Bakke:

Welcome to the new Board Members, Jeff Messerschmidt, Barry Siel and Mickey Berry. They have been very busy doing Heartcycle chores already. Mickey being a long time member, volunteered to be our President for the coming year. Barry agreed to be the editor of the newsletter and Jeff is going to continue on as a SAG driver, supply manager and Leader of a new trip, Colorado Northern Front Range. Thank you to retiring Board Members, Myra Jans and Lee Cryer. Thank you to Ann Nordstrom, who has done a superb job with the newsletter the last 2 years. It is people like you who keep this wonderful club rolling!

The Club is busy, with a trip currently in progress in Viet Nam. Since our President and her husband Dr. Jim are on the trip I am writing the Presidents message this month. In less than 3 weeks, the Ride Across America will be in full swing. The first leg of a 3 year goal will be from San Diego, California to El Paso, Texas. We have a total of 36 people participating, including 2 leaders and 2 sag drivers. The club has a total of 13 trips this year, beginning in March and ending in mid October. Registration for our trips is up 11% from 2007. These trips take a lot of effort on the part of many people and, again the volunteer efforts of all these people is what continues to make this club run so well.

Harvey Hoogstrate has taken over as our Registrar. He has designed a new program to provide online registration. So as a convenience to our members, it is now possible to renew your membership or register for a trip on your computer, www.heartcycleregistration.org (see page 4) a big improvement for our member's convenience. Leaders and Board Members can also go into a secured web site and get an immediate up to date report on their trips. Information can be downloaded by Leaders and sent to trip Participants. Your club is continuing to change with the times. Thank you Harvey and continue your good work.

A big thank you to Steve Richards who has served as our Registrar the last few years and done a magnificent job. As a Tour Leader I can tell you that Steve always had things in a manner which made the leader's job much easier. Steve is staying on the Board and will serve as our Treasurer and Insurance coordinator.

Homer Fritz and Sue Loftus are working very diligently on training rides for 2008. The first ride begins on March 1. Be sure and check the tour brochure or web site, www.heartcycle.org for all the up to date information on training riders. Sue Loftus needs volunteers to lead training rides, if you have some time to help out get in touch with Sue at 303 758-5472 or Homer Fritz at 303 477-6446.

And last but certainly not least, John Steele is keeping our web site up to date with all the club information at www.heartcycle.org.

HeartCycle Contacts

Below are the names, responsibilities, phone numbers, and email addresses by key Heartcycle volunteers. Please contact the listed individuals for questions about their assigned areas. Send any regular mail to the HeartCycle P.O. Box with attention to the desired person.

Board Members

President

Mickey Berry
(303) 779-3607
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Term ends 2009

Vice President & Sag Vehicles

Jerry Bakke
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Term ends 2008

Secretary

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Term ends 2008

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Term ends 2009

Tour Director

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Term ends 2008

Training Rides Director

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Term ends 2009

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Term ends 2009

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Term ends 2009

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Term ends 2008

Working Members

Newsletter Mailing Group

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Registrar

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Maps

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Training Ride Recruiter

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Web Administrator

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Maps

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Social Events

Melodye Turek
(303) 320-1430
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From the editor:

Did you go on a memorable bike trip last year (HeartCycle or other)? Email me an article (one page) and one or two digital pictures and I will publish it. Also welcome are any type of article you think the membership would be interested in.

Barry Siel, newseditor@heartcycle.org, (303) 470-8431

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

Mountain Biking the Red Rocks of Sedona

April 6-12, Arizona status: open
100 miles, 6 days \$800
Leader: Steve Ireland
Info: (714) 505-2438, irelandsteven@hotmail.com

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

The Ride Across America HeartCycle Tour will be working its way from San Diego to El Paso March 9 – 18. The leaders, Jerry Bakke and Steve Parker, will be sending in reports from the road that will be posted on our website www.heartcycle.org. To keep tabs on the tour be sure to check the website regularly for these road reports.

HeartCycle Tour and Membership Registration is Now On-Line!

The HeartCycle database is now on-line and on-line registration is now available. The HeartCycle database is accessible on the internet at www.heartcycleregistration.org or, if you prefer, go to www.heartcycle.org and look for a link to on-line registration.

Current and Past Members

If you are a current or past member, your personal record is accessible at www.heartcycleregistration.org. This information is secured by a personal UserID and password. You can only access your record by using your personal UserID and password which has been assigned by the registrar. Email was sent to all members who had an email address in the database. However, if you did not receive this email, you can request your personal UserID and password by sending an email request to Registrar@heartcycle.org. For security purposes, please include your name and address in this request. Using your UserID and password, you can access your record. You can update your personal information at any time, for example if you have a change in email address, phone number, etc. You can also change your password.

New Members

New members who do not have a record in the database can enter their own data and register as a new member. On the login screen at www.heartcycleregistration.org click on the link that says "Register as new member". You will then be directed to screens where you can enter your personal information and choose a UserID and Password.

Register for a Tour

Once you have accessed your personal record, or entered your personal information, as a new member, you may choose to register for a tour. You can do so by clicking the link to tour registration. You can choose a tour, look at the details and complete the registration information. You can register for more than one tour or register other family members for the same tour.

Payment

Once you have reviewed your personal information or registered for a tour, you can go to Checkout where you will have 2 alternatives to pay fees:

1. You can pay with **credit card or PayPal Account**. With this option, you do not need a PayPal account, however, you will be directed to PayPal for secure payment processing. Once you are in the PayPal screen you have 3 options:
 - a. Use your PayPal Account, if you have one. Using this option, you can pay by credit card, e-check or bank transfer
 - b. Establish a PayPal Account. If you do this, you have all the options listed above
 - c. Pay by credit card without establishing a PayPal account. Note that you do not have to have a PayPal account to pay by credit card.
2. You can pay by **mailing in a check**. You will be presented with a screen that you can print out and mail in with your check

After processing your payment in PayPal, you will be directed back to the HeartCycle registration site. Please note that HeartCycle does not see any of your financial information. It is all processed in the secure PayPal processing.

Tour Status

You can check on your status of tours for which you have registered at any time, by accessing your personal information and then clicking the link to Tour Status

Pay Balance

Form the Tour Status screen, you can pay the balance for a tour for which you have registered. Just click "Pay the Balance" and go to Checkout to complete the transactions. You have the same payment options for paying the balance.

Request Cancellation for a Tour

On the Tour Status screen, you also have the option of requesting a cancellation from a tour.

Capabilities are there for you to use

These capabilities are for your convenience. Of course, you can still register and renew your membership using the forms provided in the Tour Brochure and the Newsletter, but you may find that using the on line capability is easier and more convenient for you.

If you have any suggestions or need clarification, for on line capabilities, please contact the Registrar@hearcycle.org.

Winter Cycling Tips

Fall is in the air which means winter must be lurking around the curve. While the sun's rays are fading, that doesn't mean your cycling involvement must follow. Below are a few tips for riding and staying involved with advocacy throughout the approaching season.

- **Sand and Ice:** Start braking early to allow for the increased stopping distance on slick roads. Take this opportunity to practice your cornering technique by braking early and coasting through the turn - just don't practice this at stop signs.
- **Debris in the Bike Lane:** This time of year bike lanes are particularly laden with debris plowed off the roadway. Try using additional protection against flats and consider riding in the lane of traffic where the bike lane is unsafe. Report such conditions to the local street maintenance department.
- **Be Visible:** Motorists must deal with fogged windows, poor visibility, and glare. Make sure they see you by wearing bright, reflective clothing and even using lights on overcast days. Good headlights and flashing taillights are a must for night-time or early morning riding.
- **Temperature:** As any seasoned commuter will tell you, dress in layers. Start with a layer next to your skin that wicks moisture away, then go with an insulating layer such as fleece or a heavier jersey. On the outside use a shell to block the wind. To keep your hands and feet warm, wear long finger gloves and shoe covers - keeping your arms and legs warm help too. One common problem is to sweat and then get cold, so shed layers as you warm up.
- **Drink Up:** You may not feel thirsty, but when you see your breath, that's water leaving your body. When it's really chilly out, some riders even start with warm water in their bottles - never mind the plastic taste.

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 or two tours that still have openings.

Grand Valley Rambler

May 23-26, 2008

What better way to kick off the 2008 bike touring season than a Memorial Day weekend ride in the Grand Valley of Colorado! That's right, the Grand Valley, land of wine, peaches and dinosaurs. After arriving Friday night, Saturday will be spent riding the Palisade winery loop. While only 30 miles, it usually takes 5 hours or more as there are four optional winery (and a meadery) stops along the way. Sampling can include everything from Road Kill Red to award winning Riesling, Chardonnay, Merlot and Syrah. Many of the wines are available **ONLY** at the wineries. A SAG vehicle will be available to carry your lunches and wine purchases. This is guaranteed to be *grape* fun!

A gently rolling 50-mile ride around the farmlands and ranches of Fruita on Sunday can be topped off with a visit to the famous fossil beds or the dinosaur museum, or simply kick back for a nap before a social hour in the late afternoon to finish the day.

On Monday morning it will be off to experience cycling the beautiful "Tour de Moon" loop that winds through the Colorado National Monument. Back in the day the Red Zinger Cycling Classic followed this same route, but you won't want to race through this awe inspiring scenery. Be sure to take your time and stop often for pictures of the wonderful views. This is a 34 mile ride that begins with a four-mile climb that is a bit of a grind but offers stunning vistas before flattening out on top. Finish at your own pace before you return home or maybe check out a couple more wineries.

[IMPORTANT REMINDER!! The annual HeartCycle Memorial Day tour this year is the Grand Valley Ramble. It is limited to 30 riders and the DEADLINE to get your tour registration in is APRIL 28, 2008 (if there is still room).]

Tour of the Sierra Nevada Mountains

June 19-29, 2008

Come tour the spectacular mountain passes of the California Sierra Nevada mountain range on this 10-day tour which starts and ends conveniently in Reno, Nevada.

The first day will give you a chance to warm up as we head out of Reno to Topaz Lake over gently rolling high desert terrain with views of the stark, rocky Eastern Sierra. The next day the climbing begins as we ride over Monitor Pass and into the heart of the Sierra Nevada. The views change dramatically into the tall pines and aspens of the Sierras as we ride through some of the most beautiful high mountain scenery anywhere on earth.

This tour takes us over Ebbets Pass and Carson Pass both designated scenic byways because of their pristine beauty. We will enjoy a well deserved day of rest in a resort destination beside beautiful Lake Tahoe, the second largest freshwater lake in the US. You will not believe how blue the water is in Lake Tahoe. Stops along the way include the ski resort towns of Kirkwood and Bear Valley as well as the last night of the tour at a lovely spa hotel in the historic town of Truckee.

We have purposely kept the mileage within reasonable limits so that anyone with merely human climbing skills and a desire to see the beauty of the Sierra Nevada up close and personal should be able to comfortably complete this tour.

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	Distance	Leader/Phone
Mar 1	10:30	Littleton/Highlands Ranch/Parker	41	Luane Ralph 303-798-6622
Mar 2	10:30	Hygiene/Loveland	43	Homer Fritz 303-477-6446
Mar 8	10:30	Golden/Morgul Bismarck	46	Mike Case 303-744-0229
Mar 9	10:30	Sedalia/Larkspur/Palmer Lake	51	Sheridan Garcia 303-638-0330
Mar 15	10:30	Littleton Roxborough	40	Homer Fritz 303-477-6446
Mar 16	10:30	Boulder/Carter Lake	67	Bob & Leslie Cutler 303-786-9927
Mar 22	10:30	Broomfield/Longmont	44	Warren Barta 719-632-3602
Mar 23	10:30	Aurora/Bennett/Strasburg	62	Dennis Fitzpatrick 303 322-0290
Mar 29	10:30	Outskirts of Boulder	61	Debbie Finn & John Mills 303-651-3898
Mar 30	10:30	Louviers/Sedalia/Rampart Range	37	Sheridan Garcia 303-638-0330

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

Blue Ribbon Commission Says Fund Bicycling!

The blue ribbon transportation panel created by Governor Bill Ritter highlighted the need for state funded bicycle improvements in its final report recently released.

Currently the Colorado Department of Transportation relies almost entirely on federal money for bicycle projects and not state generated transportation funds. The panel's recommendations contrast greatly from this current practice by specifying future state funding should be designated for creating new bicycle projects, adding paved shoulders to roads, and improving multimodal mobility.

During a presentation on the panel's report, Carla Perez , the governor's senior transportation advisor talked about public meetings around the state. "The bicycle community was out in full force," she said. "Who would have known bicycling was such an industry in Colorado?"



Colorado HeartCycle Association, Inc.
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Denver, CO 80250-0743



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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 _____ Fax _____

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