



# Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club  
October 2007

## *Annual Meeting*

**HeartCycle Annual Meeting and Lunch**  
**Sat., Oct. 20, 2007, 12:00 PM (bar opens at 11:30)**  
**Mt. Vernon Country Club**  
**24933 Club House Circle, Golden**

**members: \$10.00\***  
**guests: \$20.00**  
\*the club subsidizes part of  
members' cost



### **Special Speaker: Ron Kiefel**

**Super man from the original 7-11 team that first took an American team over to Europe to compete. Among his many accomplishments, he is a seven-time Tour de France competitor, the first American to win a stage in the Giro d'Italia and a 1984 Olympic bronze medalist. He now owns and operates the legendary Wheat Ridge Cyclery in Wheat Ridge, CO.**

**There will be a short ride beforehand for those interested. Meet in front of the Country Club at 9:30 AM.**

**Please mail your check, by Oct. 15, to Melodye Turek,  
8300 Fairmount Drive Q-103, Denver, CO 80231**

**Make check payable to HeartCycle. Please include your name, address, and phone number. Also include the name of your guest.**

**Guests joining HeartCycle at the luncheon will receive \$10 credited to their membership! Good for remainder of 2007 as well as all of 2008.**

*www.heartcycle.org*

*info@heartcycle.org*

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

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president@heartcycle.org

Vice President (& Insurance)  
Myra Jans, 303-337-9210  
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Registrar (& Treasurer),  
Steven Richards, 303-321-5922  
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Lee Cryer, 303-778-2305  
maps@heartcycle.org

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TourDirector@heartcycle.org

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Secretary@heartcycle.org

Dir. at Large (& SAG vehicles)  
Jerry Bakke, 303-738-9861  
sag@heartcycle.org

## **Working Board Members**

Newsletter Mailing Group  
Sue Hoogstrate, 303-755-9362  
Newsmailer@heartcycle.org

Newsletter Editor  
Ann Nordstrom 303-366-2716  
Newseditor@heartcycle.org

Sag Supply Manager,  
Jeff Messerschmidt, 303-904-0573  
sagmgr@heartcycle.org

Web Site Manager,  
John Steele 303-300-3573  
Webmaster@heartcycle.org

Social Events  
Melodye Turek 303-320-1430  
Social@heartcycle.org

Ass't Registrar & Web Registration  
Harvey Hoogstrate, 303-755-9362  
WebReg@heartcycle.org

Mapping Assistant, Ira Goldschmidt  
303-561-4817  
Maps2@heartcycle.org

Training Rides Assistant,  
Susan Loftus 303-758-5472  
rides@heartcycle.org



## ***Benefit Hill Climb For PatientDatabases and Lance Armstrong Foundations 10 A.M., Saturday, September 29, 2007***

Total Distance: ~30 Miles

Cumulative Elevation Gain: 6,300  
Feet

### **General Description:**

Starting at the Nature Center Pavilion on the Platte River Bikepath (near Santa Fe and Mineral), we head to Chatfield Park on the bikepaths, then head West up Deer Creek Canyon to Phillipsburgh, where we turn Left onto S. Deer Creek Road, then onto High Grade and Pleasant Park Roads to Conifer. In Conifer, there are several Lunch possibilities noted below. The remainder of the ride has much more climbing, but the Aspen colors are at a peak this time of the year.

Riders are on their own, with several indicated resupply and lunch stops. Once you reach Conifer, you have finished only half the climb! But, once you get to Ken's place, you will be treated (Free!) to a home-made Pasta dinner (red clam sauce, with vegan option; made from scratch Fettucini) in return for equal donations to both Foundations. Checks payable to 'LAF' and 'Patient Databases'. All funds go directly to both Foundations. Note: you are welcome to skip the bicycle ride and just drive directly to Ken's for dinner, which starts around 5 P.M.

Detailed itinerary can be viewed on page 6 in last month's newsletter.

## ***HeartCycle SUPPORTERS / SPONSORS***

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  
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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  
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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

***Newsletter Editor for  
2008 needed!!!***

***Please contact ANY  
Board Member if you  
can volunteer in this  
position.***

***Only requires a few  
hours a month.***

***Please help out your  
club!***

## Idaho Adventure, June 17-25

Who knew that Idaho could provide such a great cycling adventure? I have to admit that I signed up for the HeartCycle Idaho Adventure without giving it much thought. My friend, Julie Zahniser, asked if I would go. Without giving it much more thought than “how could any bike tour be a bad idea?,” I signed up. As the dates drew closer, I began to wonder why I would drive all the way to Boise, Idaho, to ride my bike with all Colorado Rockies right in my backyard. I’m so glad I did. Here’s what I found.

Idaho provides amazing mountain vistas, lush green meadows, and roaring rivers that certainly rival Colorado’s. I was pleased to realize that all this comes at a lower altitude (the highest pass being at 8700’), allowing those of us who train in Colorado and at higher elevations to feel really good. I didn’t realize that there are still such beautiful places in the west with so few people and so little traffic. We mostly had the roads to ourselves, and when vehicles did come along, they normally left us a lot of room as they passed. Everywhere we stopped people were friendly and congratulated us on our long ride. They seemed to have been bypassed by the over-development, busyness, and road rage I’ve become accustomed to in the Colorado Front Range.

We had a group of 12 cyclists, including our leaders Gordon and Deb Tewell. Debbie Tewell and Duncan Rollo were our most amazing sag drivers, spoiling us all rotten with frequent snacks and great lunches all timed perfectly. In addition, they shared with us their interest in the natural history and culture helping to make the history of the area come alive.

If you’re one who likes to know a bit more about what you might find on the Idaho Adventure, read on for some notes about each day’s route and some of the highlights we experienced. You will see few references to the weather. It was clear the whole time. Some days (especially the first two) were cool. It got warmer as we moved into the lower, desert areas. We did encounter some strong headwinds, but also benefited from tailwinds a couple times. As far as we know, the weather was pretty typical for mid-June.

Day 1: Boise to Lowman - 83 miles

5300’ elevation gain. Probably the hardest day. We rose through pine forests, climbing over three summits before descending into the Payette River valley. We stopped for

lunch in historic Idaho City, once a booming mining town. We ended at the Sourdough Lodge. Some rooms were quite small, calling for some ingenuity in accommodating ourselves and our gear.

Highlights included an exciting descent from Beaver Creek Summit, and excellent Marionberry pie at the Sourdough Lodge (Debbie surprised us with “takeaway” pie the next day at lunch)

Day 2: Lowman to Redfish Lake - 53 miles

4300’ elevation gain. Most of the climbing occurred early in the ride, while the air was cool. We crossed Banner Summit (7200’) into a high, green valley, edged on our right by the jagged and snowy Sawtooth Range where we had a spectacular lunch spot. We must have looked pretty good, too, since a group of tourists took a picture of us! The end of our ride took us through Stanley and to the historic Redfish Lake Lodge. Dinner at the Lodge was delicious.

Day 3: Redfish Lake to Ketchum – 59 miles

2500’ elevation gain. The ecosystem changed as we rode on toward Ketchum, with lush green meadows giving way to sage-covered rolling hills. We climbed to the headwaters of the Salmon River and the highest pass in Idaho (Galena Summit) at 8701’. Historic markers en route to the summit helped us appreciate the activities of early residents who had built the road as a toll road. Livestock traveled the road and were charged by the head. On the other side of the summit, we descended down a long valley



full of beautiful flowers into Ketchum.

Day 4: Rest day in Ketchum

Ketchum is a beautiful resort town, yet less busy than many such towns in Colorado (we heard the season wouldn’t really start until July 4). I started my morning by chasing down a herd of sheep that was moving through town to higher pastures. It was a true western scene, with gauchos, herding dogs, and Great Pyrenees dog to lead the herd. They moved along with surprising speed, flowing easily around any vehicles that were on the road.

*(continued on page 5)*

## HeartCycle October 2007 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 9/29	9:30	54	Big Thompson School, US 34 & CR 27, west of Loveland	Masonville/ Rist Canyon	Deb & Gordon Tewell, 720-304-9572
Sat 10/6	10:00	48	Skyline High School, Mountain View Ave. west of Pace Street in Longmont	Mead Pumpkin Ride	Homer Fritz 303-477-6446
10/20	9:30	TBA	Mt. Vernon Country Club, Lookout Mountain, ANNUAL MEETING 12:00		TBA

### TOUR UPDATE:

### COLORADO HEARTCYCLE 2007 TOURS

And the last 2007 tour...

#### 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](mailto:cogger@peakconsulting.com), and Harvey Hoogstrate, 303-755-9362, [harvhoog@gmail.com](mailto:harvhoog@gmail.com)

#### Vietnam

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

*Watch for the 2008 tour brochure in your mail in early January!*



*It's not too early to mail in your*

*2008 membership renewal.*

*See form on back of newsletter*



*(continued from page 3)*

We all found plenty to keep us busy in Ketchum:

- Visit to Sun Valley and the historic lodge – don't miss the celebrity pictures along the hallways and take a few minutes to watch the figure skaters practice (yes, even in the summer!)
- Look for the Ski/Ernest Hemingway museum in town. You'll enjoy the old ski fashions as well as the histories of some of Ketchum's local heroes
- We found several good restaurants – just ask the locals
- Look for cultural events; several of us went to a talk by journalist, Barbara Ehrenreich; there are also several movie theaters
- And there's always shopping, boating, and more biking.....

Day 5: Ketchum to Arco – 81.9 miles

We left Ketchum on a bike path that runs the length of the busy valley that extends from Ketchum to Bellevue. Our progress was halted by herd of sheep moving up valley along the bike path, reminding us that the “Old West” still lives – next to the more recreational new West. We rode into the more desert-like region, which is used for agriculture, where irrigated. We began climbing toward Craters of the Moon, crossing the paths that had been traveled by early settlers. We marveled at the effort and determination it must have taken to pull their wagons through the lava flows that form the Craters of the Moon. Craters was our high spot and our lunch stop. We descended rapidly from there into Arco, enjoying a strong tailwind

Highlights included (1) Riding the scenic loop at Craters of the Moon (2) Wildlife sightings: marmots, foxes and sheep (3) A great tailwind (4) Homemade Oreo ice cream provided by Debbie

Day 6: Arco to Challis- 78.6 miles

2700' elevation gain. The road from Arco to Challis took us through dry high desert below the highest peaks in Idaho. The valley we climbed is a geologic wonder that attracts interested students and geologists from far away. In 1983, the valley floor below Mt. Borah sank 9 feet in an earthquake! The human history of the area was also evident in the old log structures that remain from the area's ranching heritage.

Highlights included (1) Yankee Fork State Park

Interpretive Center in Challis, which brought the area's mining history to life (2) Many historic buildings preserved and renovated in Challis (3) Twinkies with Nutella for the afternoon food break (4) Great pizza at Antonio's in Challis

Day 7: Challis to Stanley - 56.3 miles

2000' elevation gain. We followed the Salmon River, climbing from the dry desert hills of Challis to greener valleys on the way to Stanley. Miles were short, but the headwind was strong. We took a welcome lunch break at the Sunbeam Hot Springs.

Highlights included milk shakes at Bridge St. in lower Stanley, and a beautiful hot pool next to the river at our hotel, the Mountain Village Lodge.

Day 8: Stanley to Garden Valley – 79.5 miles

1500' elevation gain. We retraced our route from Stanley to Lowman, this time enjoying the cold air and quiet roads early in the morning. At Lowman, we followed the South Fork of the Payette River, enjoying some spectacular descents and climbs to and from the valley floor. The canyon opened into a wide, lush valley for the last miles to Garden Valley.

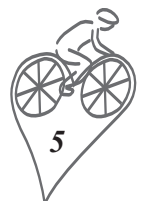
Highlights included Kirkham Hot Springs with warm waterfalls into soaking pools and cold plunge pools in the adjacent river, and a barbecue at the Longhorn Saloon in Crouch

Day 9: Garden Valley to Boise: 55 miles

2300' elevation gain. The roads grew busier as we left Garden Valley and headed toward Boise. We continued along the Payette River until Horseshoe Bend, where we climbed over Horseshoe Bend Summit (about 1500' climb) before our final descent into Boise. As we entered Boise, Gordon amazed us by navigating the twists and turns that took us on the bike path. We followed the path for several miles to our final destination.

In closing, I think ALL enjoyed the trip thoroughly. Part of that enjoyment was due to a great group of cyclists and awesome leaders and sag drivers. The other part was due to a beautiful route. Check it out!

*thanks to ride participant Julie Naster for submitting this article*



**Colorado HeartCycle Association**  
**P. O. Box 100743**  
**Denver, CO 80250-0743**  
*www.heartcycle.org*



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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 \_\_\_\_\_

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**