



# **Heart to Heart**

*Newsletter of the Colorado HeartCycle Bicycle Club  
September 2007*

## ***Annual Meeting***

**HeartCycle Annual Meeting and Lunch  
Saturday, October 20th, 2007, 12:00 PM  
Mt. Vernon Country Club  
24933 Club House Circle, Golden**

**members: \$10.00\***

**guests: \$20.00**

**\*the club subsidizes part of  
members' cost**

**25-30 mile ride beforehand. Meet in front of the Country Club at 9:30 AM**

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

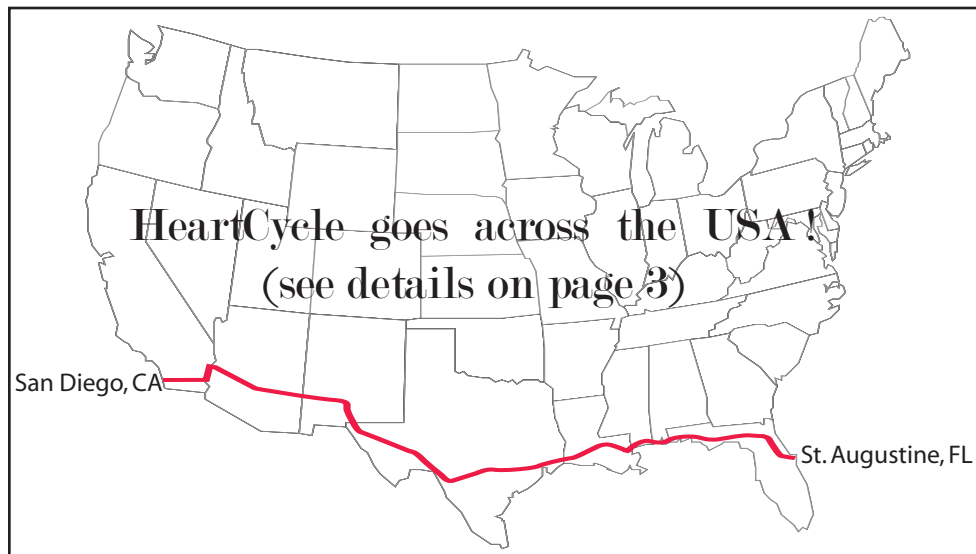
**Make check payable to HeartCycle. Please include your name, address, and  
phone number. Also include the name of your guest.**

**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](http://www.heartcycle.org)*

*[info@heartcycle.org](mailto:info@heartcycle.org)*

*web discussion list:  
[www.topica.com/lists/  
heartcycle](http://www.topica.com/lists/heartcycle)*



### **2007 Board of Directors**

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president@heartcycle.org

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Registrar@heartcycle.org

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Tour Director  
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TourDirector@heartcycle.org

Training Rides Co-Director  
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Secretary (& Marketing)  
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Secretary@heartcycle.org

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Training Rides Assistant,  
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New ride this fall (Sept. 23)  
called the Good Sam Bike Jam,  
that's sponsored by the  
Exempla Good Samaritan  
Medical Center in Lafayette.

All proceeds benefit cardiac  
care at the hospital.

The ride is being planned with  
the help of Bicycle Tour of  
Colorado, and includes a  
Family Fun Ride, 40-mile and  
62-mile course up Lefthand  
Canyon to Jamestown.



Complete details are available  
at: [www.goodsambikejam.org](http://www.goodsambikejam.org).

### **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  
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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!***

## **TOUR UPDATE:**

## **COLORADO HEARTCYCLE 2007 TOURS**

### **Glacier-Waterton National Parks, Sept. 2-9, Montana/Canada**

350 mi., 8 days, \$1175, leaders: Karen Ishibashi, 303-444-5082, [ishibashi@comcast.net](mailto:ishibashi@comcast.net) and Cyndi Ortman, 970-385-4388, [cortman@frontier.net](mailto: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](mailto:warrenb@pcisys.net), and Steve Richards, 303-321-5922, [registrar@heartcycle.org](mailto: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](mailto: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](mailto: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](mailto:cogger@peakconsulting.com), and Harvey Hoogstrate, 303-755-9362, [harv@pcisys.net](mailto:harv@pcisys.net)

### **Vietnam**

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

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## **HeartCycle goes across the USA !** (continued from page one)

Come along for the adventure of a lifetime! Coast to Coast with Colorado HeartCycle is definitely ready to roll into the annals of the club. In March of 2008 we will proceed with a route developed by Adventure Cycling. We will do a third of the route in 2008, a third in 2009 and the final third in 2010. It will take us two weeks to do each third. The entire route is perfect and offers amazing sights and surprises. Adventure Cycling updates their maps for us each year, so our routes will always be current.

In 2008 we will start on the coast in San Diego and ride to El Paso, Texas. The planned date is March 9 thru March 29. The route follows old US 80 thru San Diego county and crosses the coast range into the Imperial Valley. Riders will encounter quite a bit of climbing at lower altitudes in the first couple of days. Once out of San Diego, we will travel roads less traveled alongside I-8. Riding north from El Centro in the valley, we head towards Blythe where we follow back roads along I-10 across deserts, hills and low mountains into the Valley of the Sun.

From Phoenix we will head towards New Mexico on more back roads through some very pretty country into Hatch, Las Cruces and El Paso, TX. This leg of the route crosses some nice hills with very limited traffic. One of the passes is so little utilized it is unnamed.

Then in 2009 and 2010, the route will go across Texas and will take us near the western legends of Fort Davis, the Pecos River, Judge Roy Bean's court and Washington on the Brazos. We will also ride near the site of the original Alamo set for the John Wayne classic in Brackettville and then through the spectacular Texas hill country and the Guadalupe River near Austin. The views of bluebonnets were great when Steve Parker (one of our fearless leaders) rode it in 2004. The ride into East Texas will

offer great vistas and the deep woods of the Big Thicket.

Then the route will take us across the border into Louisiana, we will ride into the heart of Cajun Country with Crawfish pie and file Gumbo available at every turn. Laissez Les Bon Temps Roulez! (Let the good times roll) Crossing the Mississippi on a ferry will be a treat as will the jasmine and honeysuckle that will abound. Crossing the Pearl River into Mississippi changes the scenery again until we hit the Mississippi Gulf Coast into Alabama. Once across Mobile Bay, we will parallel the coast until Pensacola, FL.

From Pensacola, we head through the Florida panhandle and enjoy Tallahassee and Gainesville before we head to the Atlantic Coast. The flavor of the Old South lives on in these parts as does Spanish moss, azaleas and the Suwannee River of Stephen Foster fame. Finally, St Augustine, the oldest city in North America awaits us.

As earlier stated, we will do this trip in 3 two week legs with each leg starting in the spring. It will be springtime in the great American Southwest and the Deep South with Colorado HeartCycle. What a trip! Come along! You will have the ride of your life.

We will have further details on the trip in the coming news letters. We will have room for the first 30 riders to sign up. Please let Jerry Bakke know if you have some interest in the trip, e-mail: [jerrybakke@msn.com](mailto:jerrybakke@msn.com) or call him at 303 738-9861.

Tour leaders: Steve Parker, who has already ridden this tour, and long time leader Jerry Bakke will be sharing the leadership responsibilities.



## ***HeartCycle September/October 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 9/1	9:00	43	Superior park&ride, SW corner of US 36 & McCaslin Blvd.	Louisvill Loop	Homer Fritz 303-477-6446
Sat 9/8	9:00	43	Parfet Park, 10th & Jackson Streets in Golden	Golden/Lookout Mountain/Genesee	John Steele 303-300-3573
Sat 9/15	9:00	91	Bus Stop, SW corner of US 36 & Broadway in Boulder	Boulder/ Horsetooth Reservoir	Emily Rucker 303-442-8140
Sat 9/22	9:30	40	NW corner of C-470 & Morrison Rd. (at Rooney Road)	Morrison/Bergen Park/Evergreen	Homer Fritz 303-477-6446
Sat 7/29	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



**\*\* 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**

## 5 YEAR FINANCIAL REVIEW: ANNUAL REPORT TO THE MEMBERSHIP

The financial statements for HeartCycle's 2006 fiscal year are presented for the memberships review. Overall, the board's goal of replenishing the club's reserves to a fiscally prudent position was accomplished. Indeed, this goal was achieved over a two year span rather than the three or four years that was anticipated. This was due, primarily, to better than anticipated ridership (and a bit of good luck!) on the HC tours. It might also be noted that for the second year in a row the clubs operating expenses were lower. As a consequence the estimated revenue the tours needed to generate was lowered for 2007. It is hoped this positive trend will continue into 2008. Respectfully submitted,

Steven Richards, HeartCycle Treasurer

### Colorado HeartCycle Association, Inc. Statement of Financial Position Income Tax Basis - December 31. note: rounded to nearest dollar for clarity

	2006	2005	2004	2003	2002
<b>ASSETS</b>					
Cash - Checking Account <sup>a</sup>	\$48,521	\$63,170	\$2,427	\$9,475	\$21,638
Reserve Account	\$33,244	\$16,871	\$13,496	\$13,369	\$23,268
Inventory - Tour clothing <sup>b</sup>	\$9,022	\$6,606	\$17,557	\$7,968	\$4,896
Equipment and Software	\$939	\$1,099	\$1,259	\$1,419	\$1,869
Prepaid Tour Expenses	\$15,226	\$26,613	\$25,149	\$11,039	\$4,854
<b>Total Assets</b>	<b>\$106,952</b>	<b>\$114,359</b>	<b>\$59,888</b>	<b>\$43,270</b>	<b>\$56,525</b>
<b>LIABILITIES and NET UNRESTRICTED ASSETS</b>					
Tour revenue ensuing year	\$0	\$39,325	\$24,050	\$250	\$250
Accounts Payable	\$0	\$0	\$2,452	\$0	\$0
<b>Total Liabilities</b>	<b>\$0</b>	<b>\$39,325</b>	<b>\$26,502</b>	<b>\$250</b>	<b>\$250</b>
<b>Net Unrestricted Assets<sup>c</sup></b>	<b>\$106,952</b>	<b>\$75,034</b>	<b>\$33,386</b>	<b>\$43,020</b>	<b>\$56,275</b>
<b>Total Liabilities and Net Unrestricted Assets</b>	<b>\$106,952</b>	<b>\$114,359</b>	<b>\$59,888</b>	<b>\$43,270</b>	<b>\$56,275</b>

Notes:

<sup>a</sup> Necessary to cover early-year cash expenditures such as lodging deposits and tour brochure costs prior to receipt of dues and tour deposits

<sup>b</sup> Jerseys, hats, vests, and other tour souvenirs

<sup>c</sup> If HeartCycle were to cease operations and all assets liquidated at book value, this would be the cash residue

### Colorado HeartCycle Association, Inc. Statement of Income and Expense for the Years Ending December 31. note: rounded to nearest dollar for clarity

	2006	2005	2004	2003	2002
<b>REVENUE AND EXPENSES</b>					
Membership Dues <sup>1</sup>	\$6,215	\$8,150	\$7,550	\$8,475	\$6,970
Tour Revenue <sup>2</sup>	\$233,728	\$238,298	\$175,149	\$234,431	\$269,301
Other Income <sup>3</sup>	\$1,849	\$1,039	\$472	\$1,236	\$1,201
<b>Total Income</b>	<b>\$241,792</b>	<b>\$247,487</b>	<b>\$183,171</b>	<b>\$244,142</b>	<b>\$277,472</b>
Tour Expenses <sup>4</sup>	\$188,601	\$181,263	\$164,735	\$227,886	\$234,737
Operating Expenses <sup>5</sup>	\$21,273	\$24,576	\$28,070	\$29,510	\$30,539
<b>Total Expenses</b>	<b>\$209,874</b>	<b>\$205,839</b>	<b>\$192,805</b>	<b>\$257,396</b>	<b>\$265,277</b>
<b>Excess (Deficit) For the Year</b>	<b>\$31,918</b>	<b>\$41,648</b>	<b>-\$9,634</b>	<b>-\$13,254</b>	<b>\$12,195</b>
<b>Net Unrestricted Assets</b>					
Beginning of year	\$75,035	\$33,386	\$43,020	\$56,275	\$44,080
End of year	\$106,953	\$75,034	\$33,386	\$43,020	\$56,275

Notes:

<sup>1</sup>Current and future year's dues

<sup>2</sup>Net after refunds and non-refundable deposits

<sup>3</sup>Includes annual meeting revenue, souvenir sales, interest from reserve account

<sup>4</sup>Gasoline, vehicles, souvenirs, food, lodging, SAG stipends, scouting, supplies and other expenses assignable to specific tours

<sup>5</sup>Expenses necessary to conduct tours and training rides (insurance, accounting, printing, postage, telephone, etc.), bicycle advocacy, and miscellaneous expenses





***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.

Mile	Elevation	Notes
0.0	5,380	Nature Pavilion—Take Platte River bike path South.
1.1	5,397	Cross C-470 into Chatfield State Park—continue on bikepath/Perimeter Road.
4.2	5,531	CR-121—Cross at light onto Deer Creek Canyon Road
10.4	6,602	Phillipsburgh—Turn Left on South Deer Creek Road
12.8	7,241	South Deer Creek Road becomes High Grade Road—continue
14.7	7,726	Critchell—continue on High Grade/Pleasant Park Road
17.8	8,398	Pleasant Park Grange—honor system beverages are available
20.9	8,426	Conifer—Stop Sign, continue straight, go under US-285
		NOTE: There are restaurants at the location described below and other options by turning left at the stop sign, then right onto US285 for a hundred yards or so & right again up into the "new" Safeway complex.
21.0	8,404	Stop sign—Turn Left on CR73 (Evergreen-Conifer highway)
21.1	8,404	Stop sign—veer Right into the strip mall complex.
		A couple of restaurants are here for lunch-Subway, Coal Mine Dragon (Chinese).
		Ride through the Safeway complex to the South, and get on the US 285 turn lane/shoulder.
21.4	8,404	Right on Kennedy Gulch Road.
24.2	8,952	Right on Conifer Mountain Drive (homeowner assn. sign on left side of road just before this turn)
24.9	9,114	Veer Left to stay on Conifer Mountain Drive. If you accidentally turn right here, you will wind up on gravel
26.0	9,468	Right on Christopher Drive—this is the first gravel road on the route. It was resurfaced yesterday, so it may or may not be packed firmly. Last year, it was fine for riding.
		CONGRATULATIONS: your climbing is over!!
27.0	9,400	Right on Christopher Lane—first house on the right—
		Look for the pinwheel. 32154 Christopher Lane, 303-816-4781
		Supper begins around 6 PM.



## ***Crater Lake Oregon Cascades Loop, July 15-21***

Some of the most beautiful mountains and rolling terrains in all of the State of Oregon were traversed on this HeartCycle ride. My best memories of the trip are of the rolling, mountainous countryside; beautiful, musical streams; and incredible Crater Lake itself. We biked for seven days, and only had scattered rain showers one day! Our hotel accommodations were refreshing after our average of 75 miles per day. This is a unique tour not to be missed when it comes around again.

Our tour started in Roseburg, Oregon, located on the Umpqua River in SW Oregon. Most of our stays were in Best Western Hotels, and in Roseburg, we had a swimming pool, a good breakfast, and even cookies at night for us. The first day of riding was 50 miles through beautiful rolling countryside. Even though Phil's altimeter read 2,000 ft of climbing, the climbs snuck in there somehow on the mostly downhill ride.

Canyonville to Cave Junction was the most challenging day for us. Due to some of the small town hotels' closure, the total mileage for the day was 120 miles-! Fortunately, we had a great leadership team of Ken Cogger, Bill Stone, and Larry Augenstein. As riders, we were given a choice of getting a "jump start" by riding to 40 miles in the van, making it an 80 mile day; attempting the full 120 miles; or sagging in at the 75-mile sag stop. It all worked out very well; most of us were able to ride the full 120! Of course, it took ALL DAY, but it turned out to be a beautiful day weather-wise. The scenery along the Rogue River was magnificent. Even though Steve Richards claimed the ore in the river was pulling the water uphill as we descended, his humor did not diminish the fact that the river was still incredibly gorgeous as it ascended alongside.

I didn't think very many of us could sit let alone ride the next day, but this group of riders was incredibly strong and ambitious. The next day we rode into Ashland, a jewel of a city with a picturesque downtown, and a large venue of Shakespearian theaters. If we didn't have over 5,000 ft of climbing the next day, some of us MAY have taken advantage of an evening play! After a delicious dinner, we were able to do an evening walk around the city. Ashland looked like the best of small town America.

Even though our ride from Ashland to Klamath Falls involved quite a bit of climbing, it was all before lunch (yeah!), and threaded us through the scenic Fremont-Winema National Forest. Trees that looked to be 150 ft tall surrounded us as we wound our way through the wilderness. Bill and Mary were there with a great lunch, as they were every day, feeding us and encouraging us as we rode off into the forest. "Dead Indian Memorial Rd." was named for some Indians who were found dead in the Willamette Valley around 1850. Today it was part of our beautiful scenic route.

After enjoying a wonderful dinner in Klamath Falls, the next day we skirted around scenic Klamath Lake. None of us will soon forget the Garter snakes some children found along the way. "You can hold it for FREE!!!" I will also never forget the wonderful SAG stops that Ken set up along our routes; the cantaloupes were always ripe, and the bagels and cookies were there

"just in time"! Somehow, he always seemed to know where to meet us to replenish our energies and encourage our cycling.

To me, this was the loveliest ride in the whole tour. The canyon leading up to the Rim Road of Crater Lake was incredible! The river must've been 70 ft below the road we were on. Our total climb for the day was 3,500 ft., and we attained an altitude of 6,000 ft. We stayed in cabins at Mazama Village, which included a wonderful restaurant and campground. Our buffet dinner was very filling and satisfying, even though we seemed far from civilization. Everyone slept very well in the fresh air and higher altitude.

On Friday, some of us chose to ride around Crater Lake, a 30+ mile extension. Crater Lake is famous for its deep blue color and water clarity. It partly fills a 4,000 feet deep caldera that was formed around 5,677 BC by the collapse of the volcano Mount Mazama. It also holds the honor of being the deepest lake in the world that is completely above sea level—the caldera rim ranges in elevation from 7,000 to 8,000 feet. We found out the lake is so deep it doesn't freeze in winter. After our tour around the Lake, and a short ride downhill, we spent our last night together at Diamond Lake.

Diamond Lake is another gem in the Southern Cascade Range. The lake is clear and a haven for fishermen year-round. Our final day of riding started with 40+miles of downhill (!), through some forested countryside. Near the end of the ride, the rolling terrain reminded me of Tuscany, Italy.

We ended our tour having made some new friends, riding some awesome roads in Oregon, and visiting the exquisite Crater Lake. I would highly recommend this ride to my friends, especially with Ken, Bill and Larry in charge!

--Submitted by Sharon F. Howrey



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Denver, CO 80250-0743  
[www.heartcycle.org](http://www.heartcycle.org)



*Printed on Recycled Paper - Please Recycle*

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**