

Heart-to-Heart



Bicycling in Paradise: Maui January 26 - February 1, 2019

NEW: Registration is now open

Take an escape from winter and join us for 7 days of bicycling and fun in Paradise. John Aslanian rides here most winters and will show us the “best” routes!” We will stay the week at a luxury educational retreat and spa center just outside of the seaside village of Paia on Maui’s North Shore. All breakfasts, 1 dinner and 1 lunch are included. The weather will be wonderful – daytime highs in the 70’s to low 80’s. Bring sunscreen!



Most rides will be between 30 and 50 miles, with 2,500 up to 10,000 ft of climbing (that’s if you want to ride to the top of Haleakala). Rides include the Road to Hana from Twin Falls, West Maui North side, back side of Haleakala, a ride to Grandma house and Oprah’s house, and country road loops that only locals know. All of the rides feature lush vegetation and views. Our bike rides will have “light” (but ample) SAG support: 1 SAG driver for light snacks (generally not lunch), pineapple, banana break, water, day bags and support for breakdowns. We will have two vans to help shuttle riders to rides and non-riding events.

Other activities in our tour include a kayaking trip with whale watching and snorkeling, hiking, plus wellness and Yoga classes at our resort. On your own (not included) you could explore stand-up paddle boarding, wind or kite surfing, horseback riding, surfing, mountain biking, massage, and more.

What about Haleakala? Perhaps you want to climb it by bike to check it off your list of hardest climbs. John Sumerson’s book “Climb by Bike” rates Haleakala as the 3rd hardest climb in the US, and the 2nd most in vertical feet at 10,000 ft. (only Mauna Loa, HI is more). Perhaps you will want to drive up and take the spectacular hikes out of the visitor center at the top. Either way, you’ll pass through 7 climate and vegetation zones, from humid subtropical lowlands to subalpine desert, and experience magnificent views.

The price of this tour is \$2,290 with around 25 participants. Tour Leaders: John Aslanian (22flatrock@gmail.com) and Bob Rowe (browe49@comcast.net). SAG: Debbie Murphy.

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Notes from the Board

Have room in your bicycle touring schedule this year? Well good news! There are still openings on several tours. Tennessee Trek, Sardinia, Carbondale Extended Weekend and Bicycling in Paradise are open for registration. San Juan Islands, Coast-to-Coast Northern Tier Year 3, and Fireworks of Fall, Finger Lakes have openings for a single male or single female to share a room.

Check the HeartCycle website for details...

Texas Hill Country - 2018

By Kurt Arehart

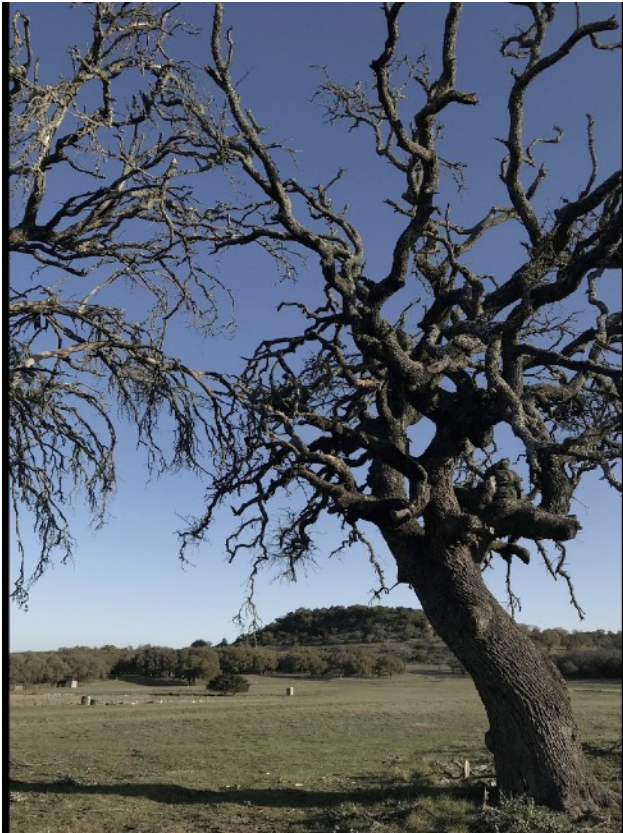
HeartCycle's spring training tour was a fixed-base in Fredericksburg, Texas and ably planned and led by Tom Biggi and Tina Vessels. Phil Biggi stepped in for Tina when a family emergency called her home. Overall we enjoyed great skies and temperatures for our rides but wind was a constant theme. It seemed to shift day by day so we had easy going outbound and some honest work to make it home. Carol Nies and Kathleen Schindler were absolutely great with their SAG support, serving up excellent snacks and lunches and consistently taking extra care to ensure that all were well looked after. Top marks to our leadership and support teams!



Tuesday evening group dinner, sporting our new club wind jackets.

Day 1 - Bat Cave - 58 miles, 2,500 ft of climbing

We looped south of our Fredericksburg base and got plenty of practice with cattle gates and the concrete bridges designed to be flooded in times of high water. The chip-seal road surfaces proved fine, particularly if you were running a wider tire with reduced tire pressure. Tailwinds blew us south and rising headwinds slowed our return to Fredericksburg.



Some magical mesquite early on Day 1. Club members descend a rolling stretch of chip-seal country lane. We quickly learned to pick out cattle grates well in advance.

Day 2 - Luckenbach Loops - 45 or 72 miles, 1,600 ft or 3,100 ft of climbing.

We again were wind-aided heading south and then faced stiff headwinds returning north.

Lunch was in iconic Luckenbach, a tiny historic place of cold beer and frequent guitar pickin'.



We crossed many cattle grates with signs indicating loose livestock. Mostly sheep, as the local grass is not rich enough to support cattle.



Club members enjoy lunch at Luckenbach, Serious guitar pickin' comes later in the day.

Day 3 - A day off, time to hike Enchanted Rock!

Just a 20 minute drive north of Fredericksburg, Enchanted Rock State Natural Area made for fine off-bike entertainment.



Helayn Storch contemplates the infinite atop the huge pink granite formation.



Beautiful wind sculpting.

Day 4 - Willow City loops 55 or 67 miles, 2,600 ft or 3,100 ft of climbing.

Our route looped northeast out of Fredericksburg, taking in much hillier terrain including the famous Willow City Loop road. This was my favorite route of the week. The insidious wind swung around so now we had tailwinds northbound to start and so headwinds out of the south to slow the return.



Tom Biggi and Cassie Klumpp roll a curve



Leaders Tom Biggi and Phil Biggi, with Rob Klumpp. Author Kurt Arehart tiptoes through the only wet flood bridge we encountered all week. These can be very slick when wet, so a bad idea to ride through. Arehart stayed up.



This Willow City ATM was not accepting debit cards, our guess is someone got shorted a twenty and delivered some Texas justice. Also seen in quirky Willow City: a local fondness for placing old boots on fence posts. This booted stretch ran more than an unbroken a quarter mile.



At last, some bluebonnets! Seen along State Route 16, during a long climb southbound into a stiff headwind. Still plenty of time to sniff the flowers.

Day 5 - Enchanted Rock Loop, 60 miles, 3,800 ft of climbing.

This was our one wet day, pretty miserable. Several of us shorted the course back to Fredericksburg and hit the homemade pie shop pretty hard. No photos this day. But we had pie!

Day 6 - LBJ 100, 62 miles, 2,500 ft of climbing.

Our trip was timed to let us build up to this famed mass-start fundraiser ride that started and finished on the LBJ Ranch. We enjoyed reduced winds, a cool overcast start and finished in the sunny 70's. Then it was burgers and beans under the big tent with the masses. Great way to wrap up our tour!



LBJ 100 participants prepare to start, queued up on the ranch's private airstrip.

A scene typical of the wide open spaces just north and west of the LBJ Ranch (left).

LBJ got hay! Well, this was a bit off the ranch, but you get the idea (right).





In the final mile, back on the LBJ Ranch, we are greeted by a tunnel of live oaks. Magnificent!



At the final team meeting, SAG volunteer Carol Nies has a birthday celebration to remember. We know how old she is, but we ain't sayin'.

5 Rookie Cycling Mistakes We Make Before Rides

Don't do these things if you want to make the most of your next ride

If you want to keep up with the group on your next long ride, you need to be prepared. But preparation is about more than what you should do—it's also about what you shouldn't do. Below are five things you should stop doing:

Eating foods high in fat and fiber

Your pre-ride fuel should be a good source of energy that breaks down quickly. Fat and fiber don't qualify. "High-fiber foods, such as salads or large portions of non-starchy vegetables, take a while to digest and therefore stay in the stomach longer," says Barbara Lewin, RD, owner of Sports-nutritionist.com. The same goes for foods with high fat content. Apart from potentially making you feel sick, foods that sit in your stomach aren't digesting fast enough to do you any good. "This means that the food is not efficiently breaking down to provide energy to the muscles." Instead, says Lewin, opt for carbohydrates and lean proteins.

Chugging lots of water

Water, obviously, is necessary, but the "everything in moderation" rule applies. If you haven't had much water leading up to your ride, you might be tempted to make up for it by downing a full glass or two. That's not a good idea. Your stomach and liver can only process so much water at once. Drink too much, and it will just slosh around in your stomach and have you stopping for a bathroom break early and often. Drink way too much, and you could actually overdose on water, causing a condition called hyponatremia. While pretty rare, hyponatremia can bring on symptoms that will end your ride, including headache, fatigue, and nausea. It's best to (slowly) drink 16 ounces of water 1 to 2 hours before your ride, leaving enough time to use the bathroom before you leave. During the ride, take a few sips of water every 15 to 20 minutes.

Leaving without checking your gear

Twenty minutes into a day-long ride is not a good time to realize your brakes are loose. Jack Sheehafer, women's program manager for USA Cycling, advises that you do a quick gear check before heading out. "Cut tires, loose brakes or a broken cleat can leave you out on the road doing maintenance when you should be riding," he says. If you're traveling for a long bike trip, you might want to inspect your gear several days in advance so you'll have time to get to a bike mechanic, if need be. At the very least, do a quick look-over before you head out. Make sure your chain spins smoothly, your wheels don't wobble, and your brakes work well.

Static stretching

While stretching itself is not a bad thing, reaching down to touch your toes for two minutes before your muscles are warmed up is not a good idea. There's some debate on the issue, but most studies indicate that static stretching before a workout can actually weaken your muscles. Start your ride with 10 minutes of easy pedaling to warm up your muscles. Static stretching does serve a purpose, and some stretches are particularly good for cyclists, but it's best to wait until after a ride.

Leaving without telling anyone where you're going

Thinking about getting injured and stranded is no more appealing than actually getting injured and stranded, but it's best to be prepared. "Let somebody know where you're going and bring an ID," says Sheehafer. You should also let someone know how long you plan to be gone, and, of course, bring a cell phone. At the very least, your Instagram opportunities are endless on a long ride. More importantly, you're more likely to be found quickly if you do end up hurt on your ride.

Colorado HeartCycle 2018 Tours

Spring Training in Texas Hill Country

Fredericksburg, TX

March 18 - 24 Status: Complete
 6 days, Int. w/Adv. Options \$1,330.00
 Tina Vessels, tina.vessels@gmail.com
 Tom Biggi, biggi@awdboost.com

Gunnison Fixed Base Explorer

Gunnison, CO

June 3 - 7 Status: Canceled
 4 days, Intermediate \$685.00
 Rosemarie Lueke, ree22@msn.com
 Chris Matthews, chrismatthews@msn.com

Springtime in California - Solvang in Style

Solvang, CA

April 14 - 20 Status: Complete
 6 days, Int./Adv. \$1,450.00
 Bob Rowe, browe49@comcast.net
 Alan Scott, ascott999@comcast.net

Four Corners - Land of the Anasazi

Durango, CO

June 9 - 16 Status: Wait List
 7 days, Advanced \$1,480.00
 Fred Yu, fredericky@comcast.net
 Joan Spilka, ljspilka@hotmail.com

Relaxed in Provence

Avignon, France

April 22 - 30 Status: Closed
 8 days, Easy/Int. \$2,495.00
 Polly Page, mspollypage@gmail.com
 Rich Crocker, richcrocker@hotmail.com

Sardinia

Sardinia, Italy

June 17 - 26 Status: Open
 9 days, Advanced \$2,775.00
 John Aslanian, 22flatrock@gmail.com

The Island of Mallorca

Mallorca, Spain

May 5 - 18 Status: Wait List
 13 days, Int. w/Easy & Adv. \$2,685.00
 Rich Crocker, richcrocker@hotmail.com
 Polly Page, mspollypage@gmail.com

Carbondale Extended Weekend

Carbondale, CO

June 20 - 24 Status: Open
 4 days, Intermediate \$690.00
 Ron Finch, blouie-rfinch@comcast.net
 Steve Heil, rjsheil@bresnan.net

Tennessee Trek

Nashville, TN

May 12 - 20 Status: Open
 8 days, Int./Adv. \$1,400.00
 Jim Schroeder, jimmyschweb@gmail.com
 Helayn Storch, helaynstorch@hotmail.com

Dordogne - Foie Gras, Truffles and More

Dordogne, France

July 10 - 19 Status: Wait List
 9 days, Int./Adv. \$3200.00
 Fred Yu, fredericky@comcast.net
 Graham Hollis, gramhollis@comcast.net

Colorado HeartCycle 2018 Tours

San Juan Islands

La Conner, WA

August 4 - 11 Status: 1 M, 1 F
7 days, Int./Adv. \$1,770.00
Ken Condray, condray3@gmail.com
Doug Moll, doug@aaplus.com
Sue Matthews, scmatt2@gmail.com

Coast-to-Coast Northern Tier Year 3

Rapid City, SD

September 8 - 23 Status: 1 Male
15 days, Int./Adv. \$2,595.00
John Penick, jdpenic@gmail.com
Rosemarie Lueke, ree22@msn.com

Bike and Barge - Germany

Koblenz, Germany

September 15 - 22 Status: Wait List
7 days, Easy/Int. \$1,785.00
Joanne Speirs, jcspeirs1@gmail.com

Fireworks of Fall, Finger Lakes, New York

Rochester, NY

September 29 - October 7 Status: 1 Male
8 days, Int./Adv. \$1,660.00
Jim Bethell, bethell.jim@verizon.net
Jay Wuchner, jaywuchner1@gmail.com