

Heart-to-Heart



Happy Holidays!



2018 HeartCycle Tour Souvenir

The HeartCycle tour souvenir for 2018 will be a jacket by Primal that matches the 2017 HeartCycle tour souvenir jersey. The souvenir jacket will feature an emblem on the shoulder commemorating the 40th anniversary of HeartCycle. They will be made in both women's and men's sizes.

If you register for a HeartCycle tour in 2018, please be sure the size in your profile record is correct. Jerseys will be ordered based on the profile information.

Size chart is shown on page 8 of this newsletter.

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Notes from the Board

Of the 14 tours slated for 2018 six tours are already full and another two tours are nearly full. That leaves six tours with plenty of openings. Check which ones have openings on the last two pages of this newsletter or go to HeartCycle.org for the latest status.

Complete Your HC Bicycle Tour Shopping EARLY this Year

RELAXED in PROVENCE TOUR REGISTRATION WILL
CLOSE JAN. 12, 2018



We reserved rooms for 8 single people and 6 couples. Space is still available for a few couples and for singles who are willing to pay the single supplement.

The hotels have agreed to hold these rooms for us until January 15, 2018. If you know of someone who is considering Provence, remind them to decide AND register by Saturday, January 12 to make sure that they are not disappointed.

Polly - mspollypage@gmail.com

**You KNOW you want to go to Europe in 2018,
so don't put off 'til tomorrow what you can do today!**

Cycling slower in winter? Six excuses for slow winter riding and the truth behind them

Moan: I'm slower because I'm on a heavy bike. It's made of steel. It must be well over 22 lb. Of course it'll slow me down.

Truth: Not as much as you think, unless you only ever ride up steep hills. The British Medical Journal published a brilliant real world experiment by a consultant anesthetist who rode a total of 800 miles on two bikes during a regular 27 mile commute.

One was heavy (30 lb.) and one light-ish (21 lb.). Over almost 60 journeys, each around an hour and three quarters, divided half and half between bikes, his lighter bike was quicker – by a whole 32 seconds. His fastest single ride was . . . wait for it . . . on his heavy bike.



Moan: Cold muscles don't work as well. That's why we warm up before a race. Ergo, I'm slower in winter. Because it's cold.

Truth: We'll give you that one. A 1% decline in muscle temperature may result in a reduction of muscle force generation of up to 10%.

So if your legs are cold, 18 mph is going to feel as hard as 20 mph. But, hey, they'll soon warm up unless you're riding in the Arctic, and think of the training benefit.

Moan: Cold air is like syrup. It's harder to get through it, meaning it's slower.

Truth: To an extent, that's true. Cold air has more molecules – in other words, it's denser. However, it's got to be very cold to make a big difference.

Assuming the same air pressure, there's a 10% difference between air density at 70F and 20F meaning drag is increased by 10%. Over a 25 mile TT, you'd be 1:23 slower at 20F than 70F for the same effort. But how often is it 20F?

Moan: The “boil-in-the-bag” effect of all that winter clothing slows me down.

Truth: Hard to be absolutely definitive on this one. Over-heating is a limiting factor on performance, but no-one said going up a climb in the Alps in August was a refreshingly cool experience.

However in summer, exposed skin helps the body's natural cooling mechanism – sweating – to regulate temperature. That's not as efficient a system in winter when little skin is exposed. But it's probably more psychological than physiological.

Moan: I keep having to stop for a pee – I'm sure it's because it's cold.

Truth: We can see how that would play havoc with pee breaks. And it's rock solid science. The cold does affect physiology and it changes the way the body processes liquid.

Moan: My tires definitely don't roll as fast when it's cold.

Truth: There's something in this. Tires roll faster when they're more elastic and bounce back into shape quicker. They do this less when it's cold.

It's estimated that for every 10F drop in temperature the rolling resistance of a tire will increase by 6%. Converting this to lost speed is tricky, given the huge variation in tire types and pressures. But do tires roll slower in the cold?

Yes, they do.

So, not all the moans are justified. But some are, and even though they may not make much difference individually, their cumulative effect is to slow us down.

And there's another thing – we just don't feel fast in winter. Bulky clothing, heavy bikes and rubbish roads all take their toll on our riding psyche.

And that's probably the biggest single reason we're slow in winter.

TRAINING DURING WINTER AND THE HOLIDAY SEASON



The winter and the holiday seasons are coming closer. Most athletes enjoyed their off season break sometime back in October or early November and by now it is time to be back in training for next season.

How do we manage to get back into training and build up for 2018 despite the holiday stress and possible dark, cold and nasty winter weather? It is time to come up with a plan! That's also why working with a coach year-round is important. Good winter training/build-up is key to perform in 2018. Here are a few tips on how to make the most of the training during the winter and holiday seasons:

- **Have a Goal:** As always, having a goal is more motivating. By now you should have thought about your 2018 goals or events. If not, think about a goal for 2018. It doesn't need to be a race. It can be an event, challenge, or ride.
- **Mix your training up with different activities:** especially this time of the year. Some examples include: weight lifting/strength training, hiking, mountain biking, yoga, snow shoeing, skiing, etc. This will also help you to keep balance and stay motivated.
- **Work on skills and weaknesses.** Fall and winter time is a great time to work on your skills and weaknesses. Fall and winter time is a great time to work on your skills and weaknesses. The more you work on it the more you will improve.
- **Wear the right gear.** Make sure you are wearing the right clothing for the dark, cold and wet winter weather conditions. Having the right gear vs the wrong gear will make a big difference.
- **Ride with a group.** It is a lot easier to stay motivated if you meet up with folks for a ride or other activity. The ride and training goes by faster with good company!
- **If you are in a time crunch with all the holiday activities:** think about the holiday season and plan ahead. Let your coach know if you like to have a few days off to spend time with family, friends, or for travel, etc. Schedule 1-2 hrs per day for yourself to get our training done and then spend the rest of the day doing holiday activities.

Happy Training!

Surviving the Holidays: 5 Quick Tips for Healthy Eating

It's that time of the year when friends and families get together in love and fellowship to enjoy the holiday season and to usher in the New Year. It's a wonderful time that, unfortunately, can wreak havoc on our eating habits. But don't despair! Here are five quick and simple tips for navigating the nutritional minefields we inevitably encounter around the holidays:

1. Don't change your normal diet, especially if you already have good eating habits.

For example, don't skip a meal in anticipation of a big holiday spread. This is a very common mistake. Eat your normal meals at their normal times and you will find that you eat less at the "event" meals (e.g., Thanksgiving dinner).

2. Eat prior to arriving at a family or social gathering.

With the large amounts of food available at most holiday gatherings, it is very easy to overeat. One way to minimize this is to eat a small meal prior to arriving at the event. Because if you are not hungry, you will be far less likely to overeat.

3. Avoid drinking calories.

You might be amazed at the number of calories in many holiday beverages. For example, a 12-ounce soda typically contains about 150 calories. A packet of hot chocolate contains about 120 calories. And that's before you add whipped cream or marshmallows! This may not sound like much but it can add up very quickly, and these are some of the lower caloric values. That old holiday standby, egg nog, can have 340 calories in a single 8-ounce glass! So, try drinking lots of water instead.

4. Develop an eating plan.

Don't leave your nutritional choices to chance, especially on the days of family gatherings. Figure out in advance *what* and *when* you will eat. Then stick to your plan. Make sure you incorporate foods you really enjoy. Now is not the time to try to eliminate your unhealthy eating habits. There is very little chance you will be successful. Just try to eat sensible portions and incorporate lots of healthy and nutritionally-dense foods like vegetables as well.

5. Don't be afraid to indulge—a little!

It's the holidays, have a good time. Don't stress yourself out by trying to avoid all "bad" foods. If you want a piece of pie, eat it. If you want some cookies, help yourself. Just don't overdo it. If you are worried about overdoing it, make a deal with yourself to hold off on the desserts until your last meal of the day (instead of eating them throughout the day). You'll be less likely to overdo it at this point.

Follow these simple tips and you will make it through the holidays without significant weight gain or the guilt that follows. Have a safe, peaceful and enjoyable holiday season!



PRIMAL

PRIMAL FIT GUIDE

Fit Guide applies to jerseys, bibs and shorts.
All measurements, apart from weight, are listed in inches.

Men's Size Chart

SIZE	WAIST	CHEST	WEIGHT	HEIGHT
X Small	26-29	33-35	100-120	60-64
Small	29-32	35-38	120-145	64-68
Medium	32-35	38-41	145-165	66-70
Large	35-38	41-43	165-180	68-72
X Large	38-42	43-46	180-210	70-76
2X Large	42-46	46-49	210-240	74+
3X Large	46-51	50-52	240-260	74+

Women's Size Chart

SIZE	WAIST	CHEST	WEIGHT	HEIGHT	HIPS
X Small	24-25	32-33	90-110	Up to 62	34-35
Small	25-27	33-35	105-120	61-65	35-37
Medium	27-29	35-37	120-145	64-68	37-39
Large	29-32	37-40	140-165	67-71	39-42
X Large	32-35	40-43	160-185	70-73	42-45
2X Large	35-37	43-45	185-205	70+	45-47
3X Large	37+	45+	190+	70+	47+

Primal apparel is engineered for the highest possible performance. To take full advantage of the technical properties of your Primal apparel, it should fit close to the body so that moisture is effectively transported away from the skin to help keep you cool and dry.

For a looser fitting jersey, please order one size up from the size shown in the size chart.

Colorado HeartCycle 2018 Tours

Spring Training in Texas Hill Country

Fredericksburg, TX

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

Springtime in California - Solvang in Style

Solvang, CA

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

Relaxed in Provence

Avignon, France

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

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

Gunnison Fixed Base Explorer

Gunnison, CO

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

Four Corners - Land of the Anasazi

Durango, CO

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

Sardinia

Sardinia, Italy

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

Dordogne - Foie Gras, Truffles and More

Dordogne, France

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

Colorado HeartCycle 2018 Tours

San Juan Islands

La Conner, WA

August 4 - 11 Status: Wait List
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: Wait List
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: 1 female
7 days, Easy/Int. \$1,785.00
Joanne Speirs, jcspeirs1@gmail.com

Fireworks of Fall, Finger Lakes, New York

Rochester, NY

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