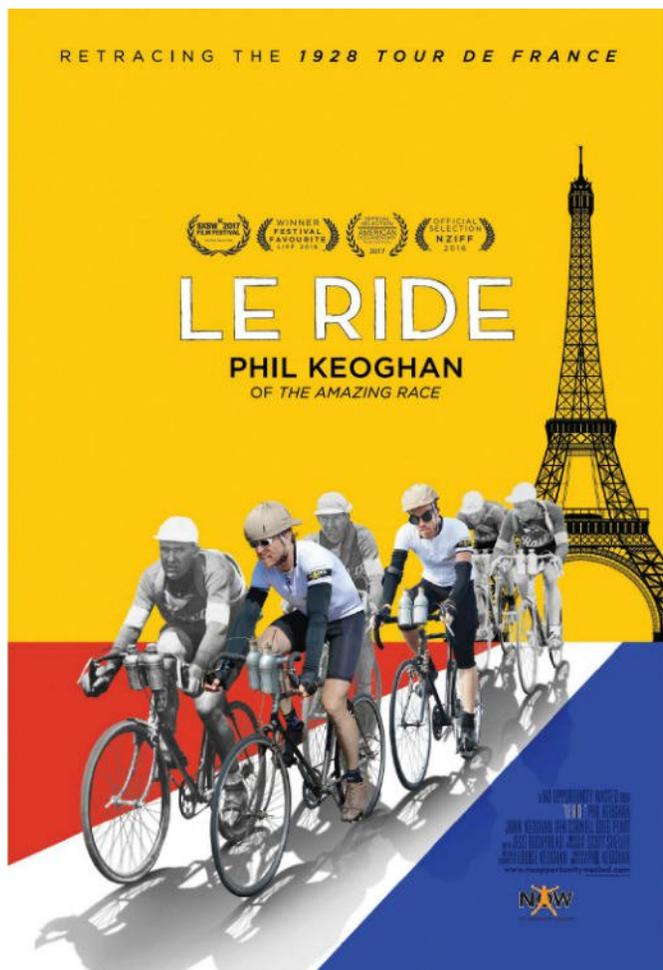


Heart-to-Heart



Retracing the 1928 Tour de France

LE RIDE follows Phil Keoghan and his friend Ben Cornell as they attempt to recreate the original route of the 1928 Tour de France. Averaging 240 kilometers a day for 26 days, Phil and Ben traverse both the unforgiving mountains of the Pyrenees and the Alps, on original vintage steel racing bikes with no gears and marginal brakes. The documentary takes inspiration from the remarkable true story of Australians Sir Hubert Opperman, Ernie Bainbridge and Percy Osborne, and New Zealander Harry Watson as the first English speaking team to compete in the Tour de France. They arrived after six weeks at sea, under-trained and under-resourced, untested and completely written off by the French media. The 1928 Tour was the toughest in history – a hell on wheels race of attrition. Only 41 finished out of 161 starters yet remarkably three were from the Australasian team. This extraordinary story of achievement against the odds has never been told on film – until now.



This film will be showing around the country including in three Colorado locations in February and March.

Longmont, February 15 @ 6:30 pm
Regal Village at the Peaks

Highlands Ranch, February 27 @ 6:30 pm
AMC Highlands Ranch

Denver, March 5 @ 6:30 pm
Regal Continental

For more information on locations, dates and times go to the website:

<https://us.demand.film/le-ride/>

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Notes from the Board

The souvenir jackets for 2018 are tailored to a "sport" fit, and have a snugger fit than the 2012 jackets. The sport fit allowed us to have both men and women sizes. **The directors tried on sample sizes and most decided to go up one size from the 2012 unisex sized jackets. We recommend you should do so, too.** To change your size, login on the website and select "Enter additional information" and edit your jacket size, update then log off.

If you decide to change your size, please do so before February 15th: after that you will get what you have in our database!

Why not do it **NOW** since you are at your computer anyway?

Bicycling in Paradise: Maui January 26-February 2, 2019



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!” Due to the January dates and Maui lodging contracts, if there is sufficient interest, Registration will be in April, 2018. Please let us

know if you are interested by emailing Bob Rowe at browe49@comcast.net.

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 still being developed, but we expect it to be in the \$2,250 to \$2,400 range with around 25 participants. Tour Leaders: John Aslanian (22flatrock@gmail.com) and Bob Rowe (browe49@comcast.net). SAG: Debbie Murphy.

Top Tips for Base Training in the Cold

This is the time of year to make plans for the year ahead. For the next 3 - 5 months plan your *base training*, whether you live in Boston, Colorado, Maine or California (in other words, regardless of the climate).

Base training has many important benefits, it increases:

- The endurance of your cycling muscles by increasing both the size and the number of mitochondria. The mitochondria are subcellular structures in the muscles where aerobic energy is produced. These increases in mitochondria are the result of the *number of contractions* of the muscles, not the intensity of the contractions. This is why (relatively) high volume and low intensity riding is so important.
- The efficiency of your heart so that it can pump more blood to your muscles. Base training increases the stroke volume, the amount of blood pumped per heartbeat.
- The amount of carbohydrates you can store in the liver and muscles. Your body can store approximately 1800 calories' worth of carbohydrate as glycogen, which is converted to glucose to power your muscles. You can exhaust your glycogen stores during several hours of hard riding. Through endurance training you can increase your ability to store glycogen by 20% to 50%!
- The capacity to burn fat during long rides. Through endurance training your fuel mix on endurance rides shifts to more fat and less glucose, sparing precious glycogen stores. Note that this doesn't automatically result in weight loss; that is a function of calories in and calories out.

Because effective base training is low intensity, *high volume riding*, it's mentally very tough to do on the trainer. Here are some tips for *outdoor winter training rides*:

Choose Appropriate Clothing

These suggestions work well if you're out for a relatively short ride in stable conditions. But what if the weather is changeable? Always carry (even riding in the mountains in the summer!):

- Light-weight glove liners and balaclava
- A motel shower cap as an emergency helmet cover
- A dry base layer, preferably wool
- A couple of plastic bags to pull over my socks

Use a seat bag from which offers varies sizes using a modular system. This will allow you to put in emergency gear and cinch the straps down when you start. Then as you shed layers you can put them in and expand the bag. An expanded bag can carry the above extra clothing, tools, tubes, food, heavy rain coat, stocking cap and lobster mitts.

Tailor Eating and Drinking to Conditions

The key is to eat *every hour* even if you don't feel like it. Consider a thermos sized to fit in a bottle cage that allows you can open and close the valve with one hand so you can drink warm liquids while riding. When it's really cold, stop, turn your back to any wind, eat and get back on the bike.

Buddy Up for Motivation

The best way to get yourself to ride in adverse conditions is to agree to meet a friend or friends at a certain time or place. No one wants to be the one to wimp out.

Have an Immediate Goal

It's hard to be motivated to ride when it's cold, and especially when it's rainy. It's too easy to slack off if your goal is to do specific club rides next summer or a goal event months away. Set an achievable near-term goal like riding five hours a week (outdoors and on the trainer).

Stop for Coffee or Lunch

Plan every ride to include a stop for, at least, coffee and usually for lunch. The planned stop gives you something to look forward to as you pedal in the cold, as well as a chance to warm up.

Combine Outdoor and Indoor Cycling in a Single Ride

If you plan to do a two-hour ride, ride at least 30 minutes outdoors and the rest may be on the trainer. The rider gets to choose whether to ride as much as two hours outdoors or as little as 30 minutes. It's much easier to start with the time outdoors rather than starting on the trainer and dreading the outdoor segment.

Split Workouts If Necessary

Remember that the physiological adaptations from base training are the *result of volume*. Set a goal to do three hours of riding over the weekend. Depending on family responsibilities, weather and your motivation, you could do a three-hour ride, or 90 minutes outdoors in the morning and the rest on the trainer after dinner watching TV with her family, or three separate one-hour rides over Saturday and Sunday.

Ride Laps

Want to do a century? Consider riding 8 laps of a 12.5-mile loop from you house. You will never be more than 30 minutes from home in case of a problem. To make it more interesting, you can alternate riding a different bike every lap!

Increase the Pace (Slightly)

Base training is done at the classic conversational pace so that you and your buddy are chatting comfortably the entire way. You can ride just a little harder and still get the same benefits of base training. How much harder? You should still be able to talk but can't whistle.

Warning Signs During Cold-Weather Exercise

You feel cold most in your fingers, ears and toes. During World War II, gunners on the bombers complained bitterly about frozen hands, ears and toes. The Army Air Force added special insulation to their gloves, hats and boots, and the flyers stopped complaining, even though they still suffered frostbite on the skin of their necks and front of their chests. They had unzipped their jackets because they didn't feel cold.

Following are tips to keep various body parts protected during cold weather exercise, followed by descriptions of (and warning signs for) hypothermia and frostbite.

Your Hands

To help keep your hands warm on very cold days, wear an inner layer of thin gloves made from loosely-woven material that permits sweat to pass through. Gloves allow you to control your fingers better than mittens when you shift gears or use ski poles. On cold days, you may also need a middle layer of a more tightly woven-thick material, and if it is very cold, an outer layer that does not let wind or water in. The single compartment of mittens retains heat better than gloves that have separate compartments for each finger.

If your hands feel cold while you are outside, swing your arms around rapidly from your shoulders with your elbows straight. This motion imitates a centrifuge that will drive blood toward your fingers and open up the blood vessels in your hands. You can also buy hand warmers to be used inside your gloves or mittens. They may be:

- iron that is air-activated, lasting for one to 10 hours and not re-useable
- crystallization types that can be reused (follow the package directions for reheating)
- electric types that can be cumbersome because they use a battery and wires

Your Ears

On days when temperatures drop below 50 degrees F (10 C), cover your ears with an ear-band or a balaclava that covers your head and neck and has a small opening for your eyes, nose and mouth. Cyclists and skiers can wear a balaclava comfortably underneath their helmets.

Your Toes

Avoid cotton socks because cotton holds water, while wool and various synthetic fibers do not. On very cold days, wear layers of socks and perhaps use knee socks. Cyclists, skaters and skiers may want to add windproof and waterproof booties that are designed to fit over their special footwear.

If cold feet still make you miserable, you can get the same types of warmer packets described in the section on hands (above), shaped to fit in your shoes or boots. When using them in cycling shoes, remember to place them on top of your toes, not underneath.

Body, Arms and Legs

Use layers of clothing because the air space between layers provides insulation from the cold. You generate a lot of heat when you exercise, so use full-length zippers on your outer layers so you can adjust to your changing needs by unzipping and allowing air flow when necessary. By wearing several layers, you have the option of removing layers or unzipping the front of a jacket.

The base layer should wick away sweat, so use fabrics made from wool blends, silk or synthetics. Again, cotton is a poor choice because it holds water. The middle layers should be breathable and provide insulation. The outer layer should be of a material that blocks wind and rain, so you can unzip it or remove it easily when you don't need it.

Hypothermia

Hypothermia is a severe drop in body temperature. If you dress properly and exercise vigorously enough, it shouldn't happen to you. Your body sends you signals as your temperature starts to drop. With a one-degree drop in body temperature, your speech can become slurred. This, in itself, is not dangerous, but it serves as a warning that you are losing more heat than your body is producing.

To protect yourself, you can produce more heat by exercising harder, or you can conserve heat by adding more layers of clothes or seeking shelter. With a drop of three degrees, you will find it difficult to coordinate your fingers. Seek shelter immediately. When your temperature drops five degrees, you won't be able to walk and may fall and not be able to get up. Then you may not be able to get out of the cold and your body temperature will continue to drop rapidly and you can die. If your clothes are wet, your temperature will drop even faster. Take the warning signals seriously. If you have slurred speech or difficulty using your hands, take immediate action or you may not get another chance.

Frostbite

Your normal skin temperature is a degree or two below your internal body temperature of 98.6 degrees F (37 C). When your internal body temperature starts to drop, your brain tries to preserve heat by sending a message to the nerves in your hands and feet to close the blood vessels there. With decreased blood flow, the skin temperature of your hands and feet drops rapidly. When your skin temperature reaches 59 degrees Fahrenheit (15 C), your brain sends signals to open up blood vessels in your hands, causing your fingers to turn red, burn and itch. This is called the "Hunting Response" and is normal. You should get out of the cold immediately when your hands or feet turn red and start to itch and burn.

If you don't get out of the cold, the blood vessels in your hands and feet will close down again and the temperature will continue to drop even more rapidly to below freezing. You will suffer frostbite and may lose your fingers and toes.

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.



When you register for your 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 the next page of this newsletter.


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

Gunnison Fixed Base Explorer

Gunnison, CO

June 3 - 7 Status: Open
 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: 1 male
 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: 1 male/1 female
 7 days, Advanced \$1,480.00
 Fred Yu, frederickyu@comcast.net
 Joan Spilka, ljspilka@hotmail.com

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

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: 1 male/1 female
 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, 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

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