# Heart-to-Heart

## Hot weather cycling: five tips to help you keep your cool **Nigel Wynn** of Cycling Weekly

#### 1 Keep hydrated

One of the biggest obstacles with cycling in hot weather is maintaining adequate hydration. You will sweat more as your body naturally tries to cool itself down, but that sweat will evaporate quickly, meaning that it is hard for you to gauge exactly how much fluid you are losing.

#### 2 Dress for the weather

With a huge array of technical cycle clothing now available on the market at a whole range of prices, there's really no excuse to be throwing on your long-sleeved winter jersey when its 85 degrees and boiling-in-the-bag. Lightweight materials with wicking properties will help you cool off and prevent the uncomfortable build-up of sweat.

#### 3 Keep an eye on the road surface

Having dealt with snow, ice, rain and potholes during the winter, summer brings a different set of road conditions to be wary of. On very hot days, tarmac can melt, causing patches of slippery or sticky tar as the road surface lifts off in the heat. Aside from the danger of riding on an unstable surface, the tar can become stuck to your tires, attracting grit and dirt.

#### 4 Wear suncream

While some cyclists are proud of their cycling tan as a badge of honor, others find it embarrassing to look as though you are still wearing a white T-shirt when you take your top off. But laughable tan lines are not the main concern – damaging sunburn and the risk of skin cancer due to excessive ultraviolet light exposure are a problem.

#### 5 Ride in the morning or evening

A very obvious way to avoid the severity of the sun's rays is to avoid the hottest periods of the day for your cycling trip. There's plenty of daylight in the summer months, so heading out early or at the end of the day can still mean you are riding in the warm, but without many of the hazards.

1

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## **Notes from the Board**

## A HeartCycle 'Who Dun it?' Set in Provence



#### Who?

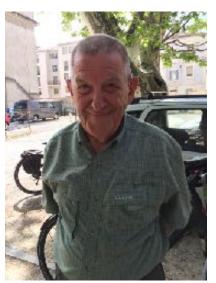
The initial investigation was spearheaded by lead investigator, Polly Page. She was assisted by her long time partner in crime, Rich Crocker. Within the year Polly and Rich were joined by a crack team of fellow HeartCycle members to complete the project.



Karen Johnson, Marilyn Choske, Bruce Kohl, Jerry Baer, Rich Crocker, Mary Stewart, Judy Schure, Phil Costic, Sally, Novak, Polly Page







Ellen Fitzpatrick

Nea Brown

Jeff Grider

#### What?

A Relaxed Tour of Provence by bicycle was conducted. Team members covered 22 to 41 miles and climbed 1400' to 2100' daily for 8 consecutive days.



Mary Stewart

#### How?

Multiple strategies were key to completing the investigation including the gathering and sampling of evidence, undercover work and the use of disguise, surveillance, considering various points of views, reconnaissance, informants, and questioning of eye witnesses.



Gathering Evidence

Sampling Evidence





Jerry Baer on Reconnaissance Assignment



Eye Witnesses Rich Crocker & New Brown



Coming upon the Scene Seconds Too Late



Bruce Kohl on Surveillance Duty



use of Disguise and Blending in With the Locals by unidentified Team Members



Considering Different Points of View



Working undercover - Marilyn Choske



Keeping Informants Close - Phil Costic





Where? Time was spent in the Provence area of Southern France - beginning and ending in Avignon with overnights in Uzes, St. Remy de Provence, and Fontaine de Vaucluse.





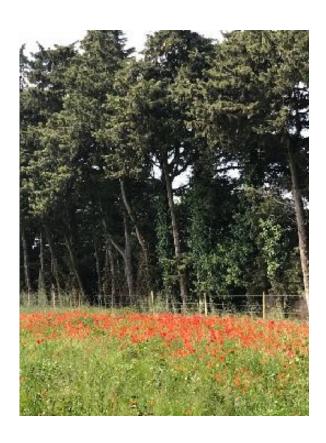
When? April 2018 during the height of Provence's spring season.

### WHY?





van Gogh





Perched Village - Les Baux de Provence





Roman Ruins at Glanum





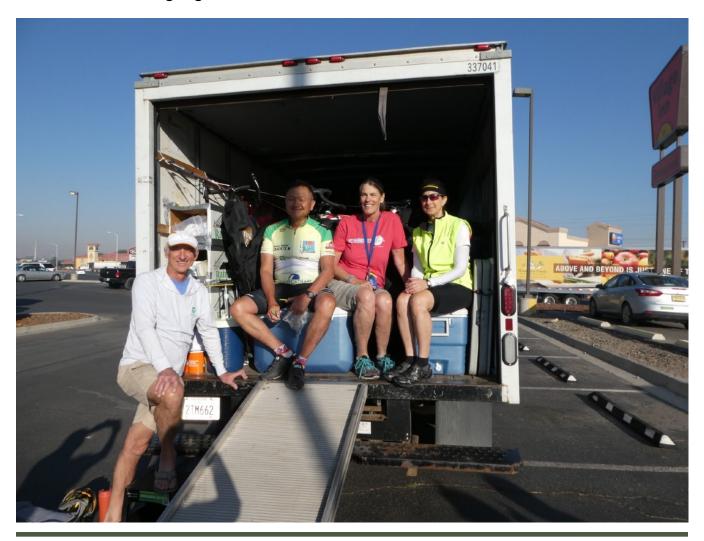
Carrieres de Lumieres



## **Heartcycle 4 Corners Tour -- June 2018**

By Mary Kerschbaum

East met West on the Inaugural 4 Corners Cycling Tour. Our group was about split with riders checking in from New York, Colorado, Washington, Maryland, British Colombia, Utah and Arizona. It didn't take longer than a day to see we all spoke the same language. Orchestrating and amazing week of events, our leaders Joan Spilka and Fred Yu set our sights on each day in the Four Corners of the U.S. And, if you picture those 4 corners coming together on perfectly straight roads to form an intersection, read on, each day brought on the challenges of keeping our group rolling up 6-16% grades on 13 mile climbs! We dodged the free range cows and horses; only to finish the day begging for more water and sunscreen! We couldn't have done it without our SAG support Rich and Maryann Loeffler. They were filling ice socks as fast as they could and hand them out to riders who were pacing the miles around the 4 state corners. Here are some highlights from each state we visited.



#### Colorado - New Mexico

Upon our arrival, **Durango** was experiencing the 416 Fire and we encountered smoke in town as we pedaled out **Wildcat Canyon Road**. Somewhere around mile 27, we hit sunny skies on our way to **Farmington**, **NM**. By the time we stopped for lunch at **Jackson Lake Wildlife Area**, the smoke was only a memory. Until our return to Colorado, we never saw much more of the smoke and fires or clouds for that matter.



Smoke plume from the 416 Fire



Out of the smoke and into New Mexico

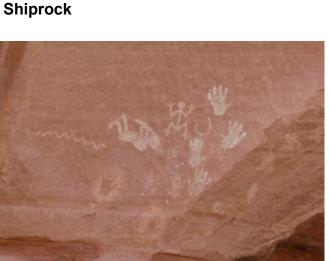


**Riding through beautiful New Mexico** 

#### **New Mexico - Arizona**

We woke up to an entourage of shuttles that took us to the shadow of **Shiprock** to start our ride of the day. We continued on through the picturesque Red Valley gawking at the beauty of the changing rocks along the way. Our first climb of 13 miles on the 6-16% grades up Buffalo Pass had many of us running out of gears and gas. Others made it looks easy on their way to lunch in the beautiful forest that awaited us at the top. The descent was steep and FAST. Our first overlook at Canyon de Chelly was worth all the pedaling. We headed to dinner to order our "frybread" and green chili stew. Our rooms were a welcome sight after a LONG day in the saddles! Our day off in Canyon de Chelly was relaxing and filled with many activities for all. Jeep rides, hiking and bike rides allowed everyone to explore the canyon overlooks seeped in historic stories told by the Navajo guides.





Petrographs in Canyon de Chelly



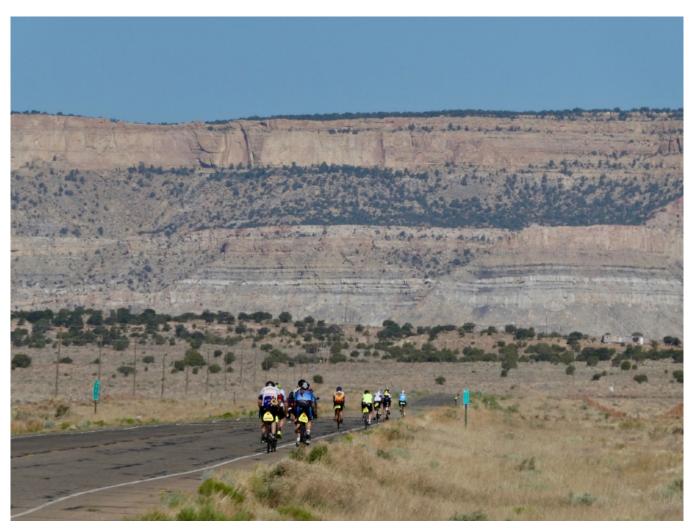
**Lunch on Buffalo Pass** 



Jeep tour in Canyon de Chelly

#### Arizona - Utah

The breakfast bell rang early today so we could beat the heat of the day on our 70-mile ride to **Kayenta** and on to **Monument Valley, UT.** We passed the town of Many Farms and then we passed many ROCKS. The scenery changed as we pedaled the morning away and after 4 hours on the road, we were eating lunch by 10:30 am. We were prepared to put away our last 30 miles of the day as the temperature climbed in the late morning and early afternoon. Our efforts were rewarded as we arrived 2 hours early into Kayenta! We had time to view the **Code Talkers Exhibit** and get an early pick-up into our charming **Gouldings Cabins** overlooking Monument Valley.



On the road between Chinle, AZ and Monument Valley, UT

#### **Utah - Colorado**

To begin our day, an early morning driving tour of the 17-mile dirt road in Monument Valley introduced us to the "mittens", the "three sisters" and views looking out John Ford Point. Luckily, cloud cover remained until we exited the Valley pedaling up and down "Forest Gump" road with the amazing monuments behind us. Soon we were negotiating 8-10% grades again as we headed to Mexican Hat, a community on the San Juan River with an inverted sandstone Mexican Sombrero perched on a rock. Many riders also rode to Gooseneck State Park where the river is 6 miles long in a 2-mile stretch. It snakes around goosenecks for a crooked view as the river winds to Lake Powell. We pedaled toward Bluff with the Valley of the Gods in full view, a miniature monument valley of spectacular red rocks. Our last climb of the day was a daunting 8% up Comb Wash Road.



**Monument Valley** 



John Ford Point



Monument Valley from "Forest Gump Road" Mexican Hat rock formation



We had definitely reached Bluff, UT and were ready for our Resort Rooms at the **Desert Rose Inn**. Sunset turned the sky a hue of pink and orange from the view of the Duke's Restaurant. We were still in awe of Utah as we headed back to the start of our four states in Cortez, CO on our next riding day. Around the halfway point of the day, the road lead us to Hovenweep, a National Monument of the ancestral Puebloan Indians with buildings dating back to the 1230-1275 CE (Common Era). After a welcome shady lunch stop, we pedaled through the Canyons of the Ancients National Monument in Colorado along farmer's fields and the quiet roads of McElmo's Creek. We had a fun day cheering on bike riders from the RAAM Road Race that intersected our route today! The speedy riders enjoyed our cheers as we caught up to many of the support vehicles and were even able to chat with a few riders during the day! We relinquished the finish line to our last ride into Cortez. We welcomed the rain to put out the fires but it was coming down too hard for our skinny tires! Approximately 350 miles and 16,500 feet of climbing added up to an amazing week around the 4 Western Corners of the map. East parted West as we all headed home to rest up for the next tour. The Inaugural 4 Corners Cycling Tour can be the only claim to fame to cover 4 states in one tour! Congrats Heartcycle Riders!



## 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

#### <u>Springtime in California - Solvang in Style</u> Solvang, CA

April 14 - 20 Status: Complete 6 days, Int./Adv. \$1,450.00

Bob Rowe, <u>browe49@comcast.net</u>
Alan Scott, <u>ascott999@comcast.net</u>

#### **Relaxed in Provence**

Avignon, France

April 22 - 30 Status: Complete 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: Complete 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: Complete 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: Canceled 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: Complete 7 days, Advanced \$1,480.00 Fred Yu, <a href="mailto:frederickyu@comcast.net">frederickyu@comcast.net</a>
Joan Spilka, lispilka@hotmail.com

#### Sardinia

Sardinia, Italy

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

#### **Carbondale Extended Weekend**

Carbondale, CO

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

#### <u>Dordogne - Foie Gras, Truffles and More</u>

Dordogne, France

July 10 - 19 Status: Complete 9 days, Int./Adv. \$3200.00

Fred Yu, <a href="mailto:frederickyu@comcast.net">frederickyu@comcast.net</a> Graham Hollis, <a href="mailto:gramhollis@comcast.net">gramhollis@comcast.net</a>

## **Colorado HeartCycle 2018 Tours**

#### San Juan Islands

#### La Conner, WA

August 4 - 11 Status: 1 Female 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, jdpenick@gmail.com Rosemarie Lueke, ree22@msn.com

#### **Bike and Barge - Germany**

#### Koblenz, Germany

September 15 - 22 Status: Open 7 days, Easy/Int. \$1,785.00 Joanne Speirs, icspeirs1@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

#### **Bicycling in Paradise: Maui**

#### Maui, Hawaii

Jan. 26 - Feb. 1, 2019 Status: Wait List 6 days, Int./Exp. \$2,280.00

John Aslanian, <u>22flatrock@gmail.com</u> Bob Rowe, <u>browe49@comcast.net</u>