

Heart-to-Heart



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

NEW: Registration will begin Thursday April 12, 2018

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 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.

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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 March 15th: after that you will get what you have in our database!

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

The 4 Worst Things You Can Do When Your Muscles Are Sore

You might be making your aches even worse

If you've stepped up your workout routine, it's probably no surprise that lowering yourself onto the porcelain throne for the next day or so can be a grimace-worthy ordeal.

This exercise-related soreness, otherwise known as Delayed Onset Muscle Soreness (**DOMS**), usually worsens a day or two after training and then begins to subside within a few days.

So, what causes this soreness? That's a good question, and one researchers don't fully understand. But, they believe it has something to do with micro-trauma, or the very small tears and structural damage to the muscle tissue that occurs when lifting—and the associated inflammation that follows as your muscles try repair themselves.

But just because you're sore after a big workout doesn't necessarily mean that you're making progress. In fact, it could actually have the opposite effect if it takes away from your other workouts during the week or interferes with your ability to go about your daily life.

Here is what experts say are the worst things you can do when your muscles are sore.

1. Not Staying (At Least a Little) Active

Yes, you need to move your body—even if the slightest movement makes you wince.

The bottom line is this: Don't stop moving the joint above and below the sore muscle. So if your quads are sore, that would mean you should focus on moving your knee joint and hip joint.

Muscles contract to act on joints to move them so it makes sense that when you have sore muscles from a workout, it can be painful to move the joint, right? Of course, it might not feel great, but your joints need movement to keep them lubricated and moving freely. Staying curled up on the couch can cause muscles to get stiff, which makes the pain from the soreness much worse.

And while rest is important for recovery, doing a little bit of light exercise to get your muscles working helps to decrease the actual sensation of muscle soreness. This likely occurs because of the boost in circulation, as well as the production of endorphins even during light exercise.

The key here is *light* exercise. This is not your normal workout, so you need to start slow and keep it easy. That means something like a walk or a slow jog for 20 minutes, or a relaxed and effortless ride.

2. Always Changing Up Your Exercises

Ever notice when someone comes into the gym, looks around, and then randomly picks some lifts to do? Those people likely change workouts every single time they hit the gym.

And while changing things up occasionally is key to meeting your goals, mixing things up *too much* can have negative consequences.

Gym-goers who are constantly changing their exercises each time they hit the gym to try a different approach—especially when battling sore, achy muscles. Your body needs time to adapt to an exercise routine and when it does, your muscles will acclimate to the activity and you won't experience the same level of soreness anymore.

If you constantly change your exercises, you will provide your muscles with novel stimuli and they won't get a chance to adapt to any specific activity, so you'll create more and more soreness with each workout.

Bottom line is this: Listen to your body. If it's constantly sore and you're always making changes to your workout, ease up on the changes. Let your muscles and joints adjust to a new routine before adding anything else.

3. Cheating on Your Form

Scan any gym and you're bound to see someone doing this—say, a person using their entire upper body to do a bicep curl. While the weight he or she stacked on the bar might look impressive to some, the horrible technique being used is guaranteed to aggravate even the slightest muscle soreness.

If your muscles hurt, be careful as you go through your workout routine to not cause inadvertent injury to other body parts because of poor form.

You might unintentionally favor your sore muscles and instead recruit other muscles for the lift. That might throw your form off, so those muscles could end up getting hurt, too.

Instead, he recommends decreasing the weight or resistance to allow your muscles to work smoothly through a normal range of motion. Remember, the workouts following a bout of serious DOMS should not be performed at your max or even sub-max level. Give your body some time to recover.

4. Performing Eccentric Training When You're Sore

Some exercises are more likely to trigger DOMS—like those killer, slow, lowering motions you do with bicep curls. When you lower a weight, the muscle has to contract while it's lengthening.

Eccentric training is basically any form of training where the muscles are being lengthened under a load. These “lengthened contractions” occur when you lift a heavy weight up and then bring it down very slowly.

Eccentrics have been shown to worsen muscle soreness—so if your exercise program is heavily dominated by eccentrics, it will supercharge your soreness.

Now, there's certainly nothing wrong with incorporating eccentric training in your workout. In fact, it might even supercharge your gains. But if you're extra sore following a workout, you might want to back off the eccentric training for a few days.

And if you always tend to focus on really slow, eccentric training—lowering the weight slower than normal—think in terms of controlling the eccentric contraction rather than slowing it down. Lowering the weight in a bicep curl, for example, should take no more than one to three seconds.

Tips for effective rest and recovery after cycling

Everybody's heard it said that recovery is as important as training, here is what you could be doing to optimize the adaptation process while you're off the bike

There's no denying it — the time spent off the bike recovering is as vital to an athlete as the time spent training. If you miss the opportunity to repair muscle damage, you can be left with more than just aching legs.

So it is no surprise that scientists have been trying for decades to improve the process of recovery and reduce the soreness, injury and fatigue that result from training. Yet wading through the different research that has been produced can be baffling, contradictory and can lead to you making wrong decisions about your own training and recovery.

It is with good reason that recovery has increasingly been the focus of science in sport. It's the most important bit of training. So many guys go over the top with the training and just don't recover from it — their form gets worse and it's a vicious circle. They think they're doing badly so they train harder and it only makes it worse.

Worse still, failing to recover can cause and aggravate injury. Muscles don't behave normally when they're tired; it's not just the muscles themselves but fatigue in the central nervous system and the necessary neural responses. If you're tired you're maybe not controlling your knee so well, or the location of your foot. Things are not quite working and you end up with an injury because of it.

Overtraining and injury aren't just limited to the elite either. The reality is that those fitting training around an ordinary lifestyle are most susceptible. Some people feel compelled to just train and train and train and they just become more and more ill. A lot of people underestimate the need for recovery and the power of recovery. Chances are, if you are a competitive cyclist and a busy professional, you've already experienced more than one symptom of overtraining.

Fact or fad?

So, how can we speed the process of recovery? There are many tricks that people use in approaching recovery, in an attempt to speed the process and reduce pain, but many have proved to be ineffective. For instance, many think that stretching after a training session can reduce muscle damage and soreness. Unfortunately, though, studies suggest your muscles won't be spared simply by holding a position for 15 seconds after a difficult session, as stretching has little or no effect on short-term muscle soreness.

That's not to say that cyclists shouldn't make stretching a regular part of their training routine. In the long term, flexibility training (prolonged stretching over time) has been shown to reduce the amount of tearing that occurs during intense training. Ice baths have also been a highly publicized technique used by the ultra-competitive. Yet, the majority of the studies contest any benefit of their use. Immersing yourself in a cold bath (around room temperature) and contrasting this with hot water has produced much better results.

Another popular method of reducing muscle soreness and speeding recovery is active recovery, replacing rest time with light exercise. While the science often supports it, active recovery has its drawbacks.

Once you raise your pulse, you raise your metabolic rate and once you raise your metabolic rate you're not creating the new proteins or the adaptation that your training has pushed you to achieve. The adaptations that you would get from recovery aren't taking place. So while a gentle warm-down is a good idea, replacing valid rest time with more exercise can prove problematic.

When does science work?

So what help can one enlist to improve the process of recovery? Of all the recent innovations, compression clothing is one method that has taken off. Although the practice dates back to the 1970s, the recent commercialization of compression clothing has been wildly successful, particularly in triathlons. Many top cyclists use the kit for recovery but very few train while wearing it, which the marketing often encourages.

But where does the science on compression kit stand? A study by the Australian Institute for Sport in 2010 showed astounding results for the clothing, suggesting that it lowered heart-rate during exercise, decreased swelling during recovery, reduced soreness and improved performance while being worn and during subsequent sessions — so much so that the UCI has banned its use as race clothing.

An area which has also been shown to have significant effect, but which conveniently hasn't been banned, is nutrition. A well known study in the journal *Medicine & Science in Sports & Exercise* showed that endurance cyclists were able to cycle 40% longer on a second session with a four-to-one ratio of carbohydrates to protein. Protein and carbohydrate mixtures are a must-have among top cyclists. The protein and carbohydrate drinks that we have soon after racing are definitely beneficial, along with a balanced healthy diet.

Other foods can have a more direct effect on muscle soreness as opposed to purely fueling the body. There has even been research into 'anti-inflammatory' foods that can allegedly help in the breakdown of damaged tissues. This has led to certain unusual food sources to be favored by athletes, cherry juice to work very well for some time now.

Cherry juice also has a high antioxidant potency along with its anti-inflammatory properties, which can be beneficial. As exercise increases the intake of air, it also increases the production of free radicals, which have a role in damage to muscle tissue. So, antioxidant foods that counter the effect of free radicals can also have a notable effect on recovery. This sort of thinking on diet is seeping into the consumer market.

Managing your time

Leaving aside any purchases, there's a simpler ingredient to good recovery: sleep is definitely the main thing in recovery, up to 12 hours a night.

Professional cyclists are now looking toward sleep for marginal gains. So much so, that Team Sky decided to take all their athletes' beds on tour with them last year. Some teams have enlisted the help of professionals to analyze riders' sleep. While sleep analysis might be out of range of the average athlete, the first step is getting enough sleep.

Getting enough sleep and passive recovery both require a basic element of time management which is the key to effective training and recovery.

For many who lead busy lives, it is important to think less about fitting training around work, and more about fitting life around recovery. If you've got a busy life, I would say do less training. I mean this is old stuff but it still holds true. Write yourself a training plan that fits in with your life rather than fits in with the calendar.

It's worth trying anything that may offer up an advantage, especially in the often-neglected area of recovery. But there's no need to break the bank on a full range of experimental methods. Instead, be safe in the knowledge that rest and general diet is 95 per cent of the battle, and the science confirms it. It is only when honing the last five per cent that expensive supplements, kit or recovery therapy become necessary.

Recovery shopping list

Cherry juice: Originally studied in the British Journal of Sports Medicine in 2006, cherry juice was found to have notable benefits on muscle damage. It's been shown to reduce muscle pain and reduce loss of strength over several days of intensive training.

Beetroot juice: Studies in the Journal of Applied Physiology show that beetroot juice can boost your stamina and VO2max owing to high levels of nitrate. Some are even calling it the new EPO.

Fish: Fish contains oils that can have a notable effect on the recovery. The omega-3 polyunsaturated fatty acids are able to increase the oxygen intake of damaged muscles and generally lower fatigue.

Milk-based drinks: While professional supplements are more likely to provide the correct ratios of carbohydrates and proteins, supermarket milkshakes like Friij or ForGoodnessShakes have often been found to be similarly effective.

Fresh tropical fruits: Pineapples, passion fruits and mangos are known to have anti-inflammatory and antioxidant potency to reduce muscle damage after a session.

Vitamin/antioxidant tablets: Tablets containing supplementary antioxidants and vitamins can help the recovery process when used alongside a healthy diet. The antioxidants can help counter the muscle damaging effects of free radicals produced during exercise.

Recovery methods at a glance

These are the tried-and-tested rescue remedies that the pros and amateurs alike have been using for years:

Active recovery

Often effective in reducing muscle damage, active recovery (light recovery training) has some positive effects but can also exacerbate overtraining, injury and reduce energy. As with most approaches, if it doesn't seem to be working for you, opt for passive recovery.

Compression clothing

The jury is out on whether the kit has any benefit during training. But a variety of studies and testimony of top riders suggests that pulling on a pair of compression tights after training can make recovery a little more effective.

Recovery drinks, supplements or tablets

In addition to a healthy diet, topping up your levels of antioxidants, vitamins, proteins and carbohydrates is essential, and often supplements can speed this process.

Hot/cold therapy

Contrast water therapy, basically alternating a hot and cold shower or bath, can help reduce inflammation and simultaneously increase circulation. Although the science at times doesn't support it, many athletes and coaches respect this method of speeding recovery.

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: Canceled
 4 days, Intermediate \$685.00
 Rosemarie Lueke, ree22@msn.com
 Chris Matthews, chriswmattthews@msn.com

Springtime in California - Solvang in Style

Solvang, CA

April 14 - 20 Status: Wait List
 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
 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: 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, 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: Open

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: 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: Wait List

8 days, Int./Adv. \$1,660.00

Jim Bethell, bethell.jim@verizon.net

Jay Wuchner, jaywuchner1@gmail.com