

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
September 2008



www.heartcycle.org

HeartCycle Annual Meeting and Luncheon

Saturday October 25th, 2008 @ 12:00 PM

**Mt. Vernon Country Club
24933 Country Club Circle
Golden, Colorado**

Members: \$10.00* Guests: \$20.00

***HeartCycle subsidizes members' cost**

Guests joining HeartCycle at the luncheon will receive \$10.00 credited to their membership! Good for the remainder of 2008 as well as all of 2009.

New this year! You can now register for the luncheon at the Heartcycle website. Pay by credit card online or send a check to the club Registrar at:

**HeartCycle Registrar
PO Box 100743
Denver, CO 80250-0743**

Any questions, call Melodye Turek, Social Events Director at (303) 320-1430

There will be a 25 to 30 mile ride before the luncheon starting at 9:30 AM, meeting in front of the Mt. Vernon Clubhouse. This ride needs a volunteer leader. If you would like to lead the pre-luncheon ride please call Homer Fritz at (303) 477-6446.



HeartCycle Contacts

The Board

President president@heartcycle.org	Mickey Berry (303)779-3607
Vice Pres. & Sag Vehicles vp@heartcycle.org	Jerry Bakke (303) 738-9861
Tour Director tourdiretor@heartcycle.org	Gordon Tewell (720) 304-9572
Treasurer, Insurance treasurer@heartcycle.org	Steven Richards (303) 321-5922
Secretary & Tour Souvenirs secretary@heartcycle.org	Larry Sampson (303) 733-5038
Training Rides Director	Homer Fritz (303)477-6446
Newsletter Editor & Marketing newseditor@heartcycle.org	Barry Siel (303) 470-8431
Sag Supply Manager sagmgr@heartcycle.org	Jeff Messerschmidt (303)904-0573

Working Members

Registrar registrar@heartcycle.org	Harvey Hoogstrate (303) 755-9362
Web Administrator webmaster@heartcycle.org	John Steele (303) 300-3573
Maps maps@heartcycle.org	Lee Cryer (303) 778-2305
Maps maps2@heartcycle.org	Ira Goldschmidt (303) 561-4817
Newsletter Mailing newsmailer@heartcycle.org	Sue Hoogstrate (303) 755-9362
Social Events social@heartcycle.org	Melodye Turek (303) 320-1430
Training Ride Recruiter rides@heartcycle.org	Sue Loftus (303) 758-5472

For letters, articles or comments, send email to newseditor@heartcycle.org

To receive this newsletter by email please indicate your preference on the registration form.

Notes from the Board

As an all volunteer organization, HeartCycle depends on its members to plan and lead its great line-up of international and domestic cycling tours. The HeartCycle Board is developing a Tour Leaders Apprenticeship Program for new tour leaders and those who would like to be future tour leaders. We recognize that being a tour leader is not always easy. In order to run a smooth tour it helps to be highly organized, and as a leader your ability to develop relationships, flexibility in making on the spot decisions and a sense of humor will make your tours more enjoyable for everyone. What better way to learn these skills than to co-lead a tour with an experienced leader.

As an Apprentice Co-leader, you will be paired with one or two experienced HeartCycle tour leader to learn the ropes including planning, mapping, organization, communication, sag wagons, evening map talks, expense reports and more. This is on-the-job training and you can expect to actually do all the duties of a tour leader, under the guidance of an experienced leader.

Interested candidates should possess a love of cycling and passion for travel, and be looking for a new challenge. Leading a tour can be a tremendous experience. You'll enjoy the opportunity to explore each region in an intimate way and the receive satisfaction of providing the "HeartCycle experience" to your tour riders.

If you've ever considered leading a tour for HeartCycle, now may be the time to commit. Interested canidates should contact Gordon Tewell, HeartCycle Tour Director, at tourdiretor@heartcycle.org or 720-304-9572.

Grand Valley Ramble

May 24-26, 2008

By Cindy Dore

What a group!! There were 22 wonderful, fun and easy going people on this tour. We started out on Saturday morning with an indoor meeting as it was uncharacteristically chilly for this time of year in Grand Junction. We quickly warmed up however as we jumped on our bicycles and beat feet to the first of 5 wineries for our wine tasting adventure!! What a hidden gem Palisades is for those who love wine. Steven Richards, our tour leader, was very gracious to drive his car to collect our purchases at the various wineries. He is also quite knowledgeable regarding the various wines as he had explored the day prior with his taste buds.



Our second day rambling around the farmland outside of Fruita was very fun. The landscape is very flat by Colorado standards with a couple of

little rollers. We enjoyed lunch in Fruita sitting outside by “Mike the Headless Chicken”. Lore tells us that some dude cut off a chickens head (partially) while trying to prepare his dinner. The chicken ran around for years without his head – now we know where the saying “like a chicken with his head cut off” comes from. We had a very fun social hour that evening by the pool at our motel. Steven did a fabulous job of pulling appetizers together and many of us pitched in on the wine that we had purchased the prior day. Hint: don’t drink the wine that Jeff Messerschmidt provides as it might kill you. No offense Jeff. ☺



The third and final day of the Grand Valley Ramble was a ride UP and through the Grand Monument – the famous Tour de Moon Loop. It was quite blustery that day, which added to the challenge of our climb. Although the ride was only 36 miles or so, I for one was happy that I did not have to ride further in the wind.

I would highly recommend this tour as there is great variety in the 3 days of riding. Grand Junction is a fun town with several good restaurants to choose from, brewpubs and a nice downtown area with art scattered about. Have a fun and safe season of cycling.



Five Myths About Drinking Water

Is bottled water better for you than tap? Or should you choose vitamin-enriched water over sparkling? Experts say, skip it all. None of these products are likely to make you any healthier.

Below, we look at five major myths about the benefits of drinking water. But first, how do you know if you're drinking enough water? Experts say there's an easy way to judge. If you're not thirsty, you're fluid intake is likely "just right."

Myth No. 1: Drink Eight Glasses Each Day

Scientists say there's no clear health benefit to chugging or even sipping water all day. So where does the standard advice of drinking eight glasses each day come from? "Nobody really knows," says Dr. Stanley Goldfarb, a kidney expert at the University of Pennsylvania.

Myth No. 2: Drinking Lots of Water Helps Clear Out Toxins

The kidneys filter toxins from our bloodstreams. Then the toxins clear through the urine. The question is, does drinking extra water each day improve the function of the kidneys?

"No," says Goldfarb. "In fact, drinking large amounts of water surprisingly tends to reduce the kidney's ability to function as a filter. It's a subtle decline, but definite."

Myth No. 3: Lots of Water Equals Healthier Skin

The body is already 60 percent water. So, if you take a 200-pound man, he's 120 pounds of water. Adding a few extra glasses of water each day has limited effect.

"It's such a tiny part of what's in the body," says Goldfarb. "It's very unlikely that one's getting any benefit." His full editorial is published in the current issue of the *Journal of the American Society of Nephrology*.

One study published in 2007 on the cosmetic benefit of drinking water suggests that 500 ml of water increases capillary blood flow in the skin. "But it's unclear whether these changes are clinically significant," says Goldfarb.

Myth No. 4: Drinking Extra Water Leads to Weight Loss

A more accurate statement may be: Drinking water is a helpful tool for dieters.

"Water is a great strategy for dieters because it has no calories," says Madeline Fernstrom of the University of Pittsburgh. "So you can keep your mouth busy without food and get the sense of satisfaction."

But water is not magical, she adds. Other zero-calorie options such as diet sodas are fine, too.

Myth No. 5: It's Easy to Get Dehydrated During a Workout

Dehydration sets in when a person has lost 2 percent of his or her body weight. So for a 200-pound man, this means losing 4 pounds of water.

Marathon runners, bikers and hikers all need to recognize the signs of dehydration. "It is also obvious that individuals in hot, dry climates have increased need for water," says Goldfarb.

The American College of Sports Medicine recommends that athletes drink 16 ounces of fluids a couple of hours before starting sports practice.

But for a stroll in the park, no water bottle is necessary. Goldfarb's advice: Just drink when you're thirsty.

Colorado HeartCycle 2008 Tours

The 2008 Tour Brochure has been mailed out to all club members and has been posted on our website. The tour brochure includes other useful information about each of the tours listed above. Details and difficulty ratings for these tours can be viewed on the HeartCycle website, www.heartcycle.org

Grand Valley Ramble

May 23-26, Colorado status: complete
125 miles, 3 days \$275
Leader: Steven Richards
Info: (303) 321-5922, treasurer@heartcycle.org

Utah-Wyoming-Idaho

June 8-16, UT-WY-ID status: complete
425 miles, 7 days \$875
Leaders: Jerry Bakke & Larry Harris
Info: Jerry (303) 738-9861, jerrybakke@msn.com
or Larry (817) 457-6502, thepedalers@aol.com

Tour of the Sierra Nevada Mountains

June 19-29, Calif. – Nevada status: complete
400 miles, 10 days \$1450
Leaders: Henry Lam & Connie Brown
Info: Henry (925) 708-4066, hclam@comcast.net
or Connie (925) 681-0649, ccjbrown@comcast.net

Islands of the Northwest

July 5-13, NW Washington status: complete
410 miles, 8 days (7 riding) \$1400
Leaders: Ken Condray & Becky Bottino
Info: (425) 745-1150, condray3@comcast.net
or bbottino@Comcast.net

Tour the Passes of Summit County Colorado

July 19-26, Colorado status: complete
430 miles, 7 days \$700
Leaders: Sy Katz & Larry Augenstein
Info: Sy (303) 789-5268, skskatz@comcast.net
or Larry (719) 598-4124, bikenuts@juno.com

Idaho Panhandle; Lakes, Rivers & Silver Mining

August 16-23, WA-ID-MT status: complete
425 miles, 7 days (6 riding) \$975
Leaders: Harvey Hoogstrate
Info: (303) 755-9362, harvhoog@gmail.com

Colorado Northern Front Range

September 7-13, Colorado status: open
250 miles, 6 days (5 riding) \$750
Leader: Jeff Messerschmidt
Info: (303) 904-0573, jefmesserschmidt@hotmail.com

Fireworks of Fall – The Notches of New Hampshire

September 20-28, New Hampshire status: closed
425 miles, 7 days (6 riding) \$1175
Leaders: Jim Bethell & Janet Reilly
Info: (518) 446-1766, jim@bikes5.com

Big Bend – The Forgotten Park

Sept. 27 – Oct. 5, Texas status: open
453 miles, 8 days (7 riding) \$1150
Leaders: Larry & Sherry Harris
Info: (817) 457-6502, thepedalers@aol.com

Classic California Coast

October 11-19, California status: open
380 miles, 8 days (6 riding) \$1100
Leaders: Dan Pappone & Duncan Rollo
Info: Dan (408) 316-1667, daniel.pappone@ge.com
or Duncan (970) 224-2783, dtewell123@msn.com

Katy Trail: Leaf Peeper Edition

October 11-16, Missouri status: open
200 miles, 5 days \$650
Leader: Steven Richards
Info: (303) 321-5922, treasurer@heartcycle.org
Opening for 1 single male



Colorado HeartCycle Association, Inc.
P.O. Box 100743
Denver, CO 80250-0743



Printed on Recycled Paper — Please Recycle.

Please print legibly!

2008 Colorado HeartCycle Membership Form

Please print legibly!

Membership (Jan. 1 – Dec. 31) application only. Must be filled out even if you are not signing up for a tour.

New _____ Renewing _____ Email address _____
(please print your email address very carefully)

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell _____

Individual Membership \$20.00

Family Membership \$25.00

Names of family members _____ Email Address _____

I prefer to have the monthly newsletter delivered: electronically (email) _____ or paper (USPS) _____

As a member, I am willing to contribute to Colorado HeartCycle in the following ways:

Starting training ride _____ Leading Tour _____ SAG driving _____ Website team _____ Making maps _____ Event helper _____

Signature _____ Date _____

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other party connected with club-sponsored rides in any way whatsoever, individually and collectively from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage suffered or sustained as a result of participation in said club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that HeartCycle Association, Inc., requires the use of helmets when participating in all club rides.

Send this form with check payable to HeartCycle. Mail to: HeartCycle, PO Box 100743, Denver, CO 80250-0743

Or pay membership fee electronically by going to: www.heartcycleregistration.org