

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
February 2007



www.heartcycle.org

info@heartcycle.org

web discussion list:
www.topica.com/lists/heartcycle

A Message From the President, Ken Cogger

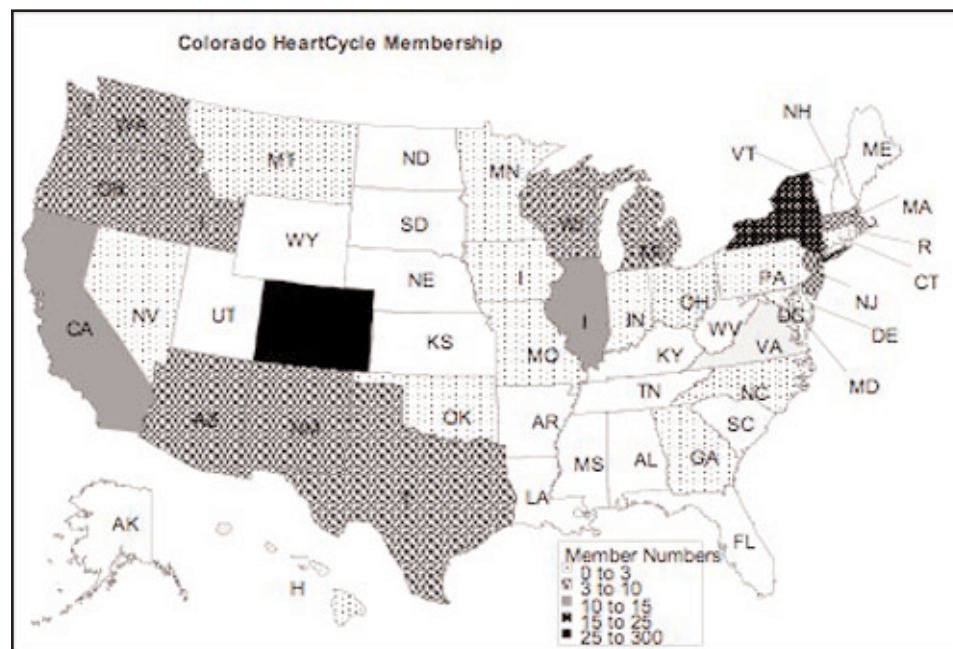
The 2007 Tour Brochure has been mailed to all members and has been posted on our website. Gordon Tewell and all volunteer leaders are to be commended for this fine slate of tours and I hope that all of you are planning on joining us this year on a tour of your choice.

A while back, I was asked why our website did not include the term 'Colorado' as in our official name, Colorado HeartCycle. Mostly, the website name of heartcycle.org was chosen for brevity. On further reflection, however, I thought it might be interesting to examine more closely who our members are and where they are located in an attempt to answer the question, "Who are we?"

In recent years, we have become international, not only in terms of tour offerings, but also in membership. We have had members in Scotland, Germany, Australia, and Canada. Several years ago, I was Registrar and always enjoyed receiving a membership renewal from a long-time member from Australia who included a crisp \$20 bill in his renewal letter along with a salutation of "Go Broncos". Thanks, Derek, for your continuing membership!

In 2006, the most recent year for which information is available, Colorado HeartCycle had 419 members including family members. The bulk of our membership was from the US and the majority of our members, 290, resided in Colorado. Even within the State of Colorado, our membership is fairly dispersed. As might be expected, the bulk of Colorado members are found in Denver, its suburbs, and other communities along the Front Range.

Clearly, a significant number of members are from outside our home state. The map below describes the distribution of membership by state. The 'white' states have no current members. New York members number 23, followed by Illinois with 14, and New Jersey and California with 11 each. Other 'hot spots' include Oregon, Arizona, Texas, Idaho, Washington, and Michigan, all with more than four members. Thank you all for your participation and support! Colorado HeartCycle clearly is now a national as well as international organization in terms of its membership.



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TrueMind Center for Traditional
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5 Cook Street
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25% off massages

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**USE OUR
SUPPORTERS/
SPONSORS,
AND THANK
THEM!**

***If you haven't yet renewed your membership
for 2007, the March newsletter will be your last!***

RENEW NOW!

(fill out form on back page and mail to club's PO Box)

Below are the names, responsibilities, phone numbers and email addresses of key HeartCycle volunteers. Please contact the individuals for questions about their assigned areas. Send any regular mail to the HeartCycle PO Box with attention to the desired person. For questions about specific tours, please contact the tour leader(s).

2007 Board of Directors

President, Ken Cogger
president@heartcycle.org
303-816-4781

Vice President (& Insurance),
Myra Jans
VP@heartcycle.org
303-337-9210

Registrar (& Treasurer),
Steven Richards
Registrar@heartcycle.org
303-321-5922

Training Rides Director (&Maps)
Lee Cryer
maps@heartcycle.org
303-778-2305

Tour Director, Gordon Tewell
TourDirector@heartcycle.org
303-304-9572

Training Rides Co-Director
Homer Fritz
303-477-6446

Secretary (& Marketing)
Larry Sampson
Secretary@heartcycle.org
303-733-5038

Director at Large (& SAG vehicles)
Jerry Bakke
@heartcycle.org
303-738-9861

**Annual Directors
(Working Members)**

Newsletter Mailing Group
Sue Hoogstrate
Newsmailer@heartcycle.org
303-755-9362

Newsletter Editor, Ann Nordstrom
Newseditor@heartcycle.org
303-366-2716

Sag Supply Manager,
Jeff Messerschmidt
sagmgr@heartcycle.org

303-904-0573

Web Site Manager, John Steele
Webmaster@heartcycle.org
303-300-3573

Social Events, Melodye Turek
Social@heartcycle.org
303-320-1430

Assistant Registrar & Web
Registration,
Harvey Hoogstrate
WebReg@heartcycle.org
303-755-9362

Mapping Assistant, Ira Goldschmidt
Maps2@heartcycle.org
303-561-4817

Training Rides Assistant, Susan Loftus
rides@heartcycle.org
303-758-5472



CAFFEINE AND CYCLISTS HAVE LONG BEEN FRIENDS, by Nancy Clark

Some cyclists live for their morning brew, midmorning latte, and/or late-afternoon espresso. When lacking energy during long rides, they stop pedaling at the first sight of a café. And, after a rough night in the tent, what could be finer than a warm mug of campfire coffee for a morning eye-opener? Then there are those who swear by caffeinated gels during hard rides. But questions arise about caffeine: Does coffee enhance performance, or is it dehydrating?

Are caffeinated gels a smart choice for long rides? What about Red Bull? Will it put pizzazz in my pedaling?

The purpose of this article is to take a look at caffeine (most commonly consumed as coffee) as a part of your sports diet and help you determine whether you want to take it or leave it.

Caffeine and hydration

We've all heard the warnings about caffeine:

- Coffee has a diuretic effect, hence it's dehydrating.
- Don't replace lost sweat with iced tea, it doesn't count as a fluid replacer.

While these statements were once deemed true, we now know differently. The truth is that coffee, cola, iced tea, and other caffeinated beverages do count towards fluid needs — particularly if you are accustomed to consuming caffeine as a part of your daily diet. Think about it: Don't we all know someone who drinks only coffee — no water — and is fully functional, not dying from dehydration?

The United States military is intensely interested in the physiological effects of caffeine. With soldiers enduring the heat of Iraq, the military needs to know how to optimize hydration; hence, they have researched the effects of moderate and high doses of caffeine. Using subjects who habitually consumed a relatively low amount of caffeine — equivalent to one 6-ounce cup of brewed coffee (100 milligrams per day; about 0.6 milligrams per pound of body weight), researchers found caffeine had no detrimental effects on 24-hour urine volume (Armstrong, *International Journal of Sports Nutrition*, June 2005). By day's end, the urine losses were similar whether the person consumed no caffeine or had a high intake (3 milligrams per pound of body weight).

How did the "coffee is dehydrating" myth start? The initial studies looked at urine collection just 2 to 4 hours after caffeine consumption and not the 24-hour picture. The studies did not compare coffee to water in terms of volume urinated. Other studies used abnor-

mally high doses of caffeine. We now know people have similar 24-hour urine volume whether they consume plain or caffeinated water (less than 1.5 milligrams of caffeine per pound of body weight).

Caffeine and performance

Given that more than half of all Americans drink coffee daily (and another 25 percent drink it occasionally), many cyclists have figured out that caffeine can heighten their alertness and performance. Research supports what cyclists intuitively know: caffeine can help them train harder and longer (assuming the caffeinated product settles well). Caffeine stimulates the brain and contributes to clearer thinking and greater concentration.

More than seventy-four quality studies support the use of caffeine for both endurance exercise and short-term, higher-intensity exercise. The vast majority of the studies conclude that caffeine does indeed enhance performance and makes the effort seem easier (by about 6 percent). The average improvement in per-

formance is about 12 percent, with more benefits noticed during endurance exercise than in short-term exercise (8 to 20 minutes). Caffeine has a negligible benefit for sprinters. More benefits are also noticed in athletes who rarely drink coffee, and have not built up tolerance to its stimulant effect.

Because each cyclist responds differently to caffeine, do not assume you will ride better with a caffeine boost.

You might just end up nauseated, coping with a "coffee stomach," or suffering from caffeine jitters at a time when you are already overtired and anxious. Coffee can also stimulate a bowel movement — this is sometimes deemed desirable, but, at other times, it can create "rapid-transit" problems. Be forewarned!

Caffeine and sports beverages, sports supplements

The boost from caffeinated gels, Jolt, and Red Bull likely comes more from the calories and carbohydrates than from the caffeine. Don't think caffeine can take the place of food! Without question, cyclists vary in their response to caffeine (and sugar). Some are very sensitive and prefer to abstain rather than get overstimulated. Others thrive on a jumbo cup of brew. Because the amount of caffeine in coffee is so variable, some competitive bike racers prefer products with specified doses. Clearly, you have to learn through trial

and error the amount of caffeine — if any at all — that works best for your body. Perhaps more sleep would be better?

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Caffeine and calories

While black coffee is calorie-free and a “coffee regular” with two creamers and two sugars has 80 calories, specialty coffees are loaded with calories:

- A 16-ounce Starbucks Vanilla Frappuccino perks you up with 470 calories of sugar and fat.
- A Dunkin’ Donuts Coffee Coolatta revs your engines with 350 calories.

Clearly, these are not diet beverages. They may be able to energize you enough to pedal extra hard or fight strong head-winds. But, if they become excess calories, you might find yourself spending extra time on the exercise.

The bottom line

While exercise research supports the use of caffeine as an ergogenic aid, my experience indicates that many cyclists can get their desired energy boost from better fueling practices that provide adequate calories, carbohydrates, and water at the right times. Add to that better sleep habits and they’ve got the makings for a high-energy day!

Sports dietitian and former Trans-America tour leader Nancy Clark, MS, RD, counsels both casual exercisers and competitive athletes at her private practice in Chestnut Hill, Massachusetts. She is the author of Sports Nutrition Guidebook and Cyclist’s Food Guide, and contributes articles to “The Adventure Cyclist,” monthly publication of the Adventure Cycling organization. Her web site is www.nancyclarkrd.com

By the Numbers

- The average American consumes about 200 milligrams of caffeine per day.
- A moderate caffeine intake is considered to be 250 milligrams per day.
- In research studies, subjects enhanced their performance with about 225 to 600 milligrams of caffeine consumed one hour before exercise. (For a more precise calculation, use 1.5 to 4 milligrams of caffeine per pound of body weight, 3 to 9 milligrams per kilogram).
- More caffeine is not better; higher doses will not help you pedal faster.

Caffeine Sources:

- Gu, vanilla, 1 oz, 20 milligrams
- Diet Coke, 12 oz, 30 milligrams
- Espresso, 1 oz shot, 40 milligrams
- Jolt gum, 1 piece, 40 milligrams
- Pepsi, 12 oz, 45 milligrams
- Dexatrim diet pill, 52 milligrams
- Excedrine, 1 tablet, 65 milligrams
- Red Bull, 8 oz can, 80 milligrams
- NoDoz max, 1 tablet, 200 milligrams
- Starbucks coffee, 16 oz, 200 milligrams

notable dates this month:

February 14th - Valentine’s Day

February 19th - Presidents Day

February 21st - Ash Wednesday

Classified:

Wanted: Used touring bike in good condition. 56 cm. please contact Ann at 303-366-2716

Preview of upcoming March training rides. Get ready - it’s just around the corner and will be here before you know it!

- Mar. 3 - 10:30 - Littleton/Highlands Ranch/Parker
- Mar. 4 - 10:30 - Hygiene/Loveland
- Mar. 10 - 10:30 - Golden/Morgul Bismarck
- Mar. 11 - 10:30 - Sedalia/Larkspur/Palmer Lake
- Mar. 17 - 10:30 - Littleton/Roxborough
- Mar. 18 - 10:30 - Boulder/Carter Lake
- Mar. 24 - 10:30 - Broomfield/Longmont
- Mar. 25 - 10:30 - Aurora/Bennett/Strasburg
- Mar. 31 - 10:30 - Outskirts of Boulder



COLORADO HEARTCYCLE 2007 TOURS

Death Valley Spring Break Training Ride

March 26-31, California status: open
300 miles, 6 days, \$900
leaders: Cyndi Ortman & Bruce Liddiard
info: 970-385-4388 or cortman@frontier.net

Desert Recon

May 12-20, NV-CA-AZ-UT status: open
875 miles, 9 days (7 riding, 1 hiking, 1 rest), \$1225
leader: Mike Case
info: 303-744-0229 or mikecase16@juno.com

Steamboat Springs Memorial Day Weekend

May 26-28, Colorado status: open
120-160 miles, 3 days, \$210
leader: Diane Short
info: 303-763-9874 or dianbike@eazy.net

Utah, Wyoming, Idaho

June 4-10, Utah-Wyoming-Idaho status: open
425 miles, 7 days (6 riding, 1 rest), \$875
leaders: Jerry Bakke and Larry Harris
info: 303-738-9861 or jerrybakke@msn.com (Jerry) or
817-457-6502 or thepedalers@aol.com (Larry)

Idaho Adventure

June 17-25, Idaho status: open
560 miles, 9 days (8 riding, 1 rest), \$1050
leaders: Gordon and Deb Tewell
info: 720-304-9572 or gtewell@worldnet.att.net

Crater Lake Oregon Cascades Loop

July 15-21, Oregon status: open
450 miles, 7 days, \$850
leaders: Ken Cogger and Larry Augenstein
info: 303-816-4781 or cogger@peakconsulting.com (Ken)
or 719-598-4124 or bikenuts@juno.com (Larry)

Colorado San Juan Mountains

July 21-28, Colorado status: open
508 miles, 8 days (7 riding, 1 rest), \$900
leader: John McQueen
info: 303-419-6723 or mcqueenj@yahoo.com

Michigan Shoreline

August 5-12, Michigan status: open
500 miles, 8 days (7 riding, 1 rest), \$1175
leaders: John Crankshaw and Jacki Solon
info: crankshaw@att.net (John), or 616-897-6802 or
jacki.solon@yahoo.com (Jacki)

The White Squirrel Scurry

August 12-19, Western North Carolina status: open
425 miles, 8 days (7 riding, 1 rest), \$1150
leaders: Jim Bethell & Janet Reilly
info: 518-446-1766 or jim@bikes5.com

Tour the Passes of Summit County, Colorado

August 19-25, Colorado status: open
430 miles, 7 days (optional day off), \$600
leaders: Jerry Bakke and Sy Katz
info: 303-738-9861 or jerrybakke@msn.com (Jerry)
or 303-789-5268 or SKSKatz@comcast.net (Sy)

Dinosaur Droppings

September 1-3, Colorado status: open
160 to 270 miles, 3 days (Labor Day weekend), \$275
leader: Mike Case
info: 303-744-0229 or mikecase16@juno.com

Glacier-Waterton National Parks

September 2-9, Montana/Canada status: open
350 miles, 8 days (7 riding, 1 rest), \$1175
leaders: Karen Ishibashi and Cyndi Ortman
info: 303-444-5082 or ishibashi@comcast.net (Karen) or
970-385-4388 or cortman@frontier.net (Cyndi)

September in Spain

September 2-15, Girona, Spain status: open
587 miles, 14 days (13 riding, 1 rest), \$1550
leaders: Warren Barta and Steve Richards
info: 719-632-3602 or warrenb@pcisys.net (Warren) or
303-321-5922 or registrar@heartcycle.org (Steve)

Barge Cycling - Amsterdam to Brussels

September 8-15, The Netherlands status: open
miles, 8 days/7 nights, \$1075
leaders: Myra Jans and Dan Clark
info: 303-337-9210 or mcjans@comcast.net (Myra)
or 303-973-8803 (Dan)

Texas Hill Country

September 16-22, Texas status: open
430 miles, 7 days (6 riding, 1 rest), \$775
leaders: Larry and Sherry Harris
info: 817-457-6502 or thepedalers@aol.com

Lake Champlain with a French Connection

October 7-13, VT-NY-Quebec status: open
450 miles, 7 days, \$1025
leaders: Ken Cogger and Harvey Hoogstrate
info: 303-816-4781 or cogger@peakconsulting.com (Ken)
or 303-755-9362 or harv@pcisys.net (Harvey)

Vietnam

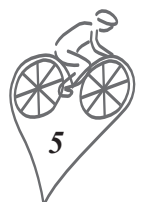
February 14-28 (2008), Vietnam status: open
\$2175
leader: Roger Stoub
info: 708-597-8517 or vollvel@comcast.net

*Details and difficulty ratings of these tours can be viewed on the HeartCycle web site,
www.heartcycle.org, where you can also download a registration form*

From the editor:

Did you go on a memorable bike trip last year? Would like to share it with the membership? Email me an article (one page) and one or two snapshots and I will publish it. If you are unable to email, call me and I will give you an address to mail it. Also welcome would be any type of article you think the membership would be interested in. This is your newsletter, contributions welcome!

Ann Nordstrom, NewsEditor@heartcycle.org, 303-366-2716



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



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2007 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 _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Fax _____

Individual Membership \$20.00

Family Membership \$25.00

Name 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 rides _____ Leading Tours _____ SAG driving _____ Web Site 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 I hereby agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other parties 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