

Heart-to-Heart



Still looking for a HeartCycle tour for 2019?

It's not too late!!!

After the kickoff November registration period, ten of our 2019 tours are full (a few have no wait list). Registration is open for all current, renewing, and new members. Grab some friends and register for one of the tours below before they fill too.

Le Monastere in Southern France Weeks 1 & 2 each have just 1 or 2 spots left. The following tours still have spaces available.

The Moab Area, May 11-16. Whether this is your first time to Moab or your 30th, the vistas never cease to amaze and inspire. Come join us on iconic rides of Arches NP, Dead Horse Point, La Sal Mountain Loop and Potash Road.

Bourbon and Bluegrass of Kentucky, May 22-30. This intermediate tour (with advanced options) rides through rolling countryside and horse farms. It includes stops at historic bourbon distilleries, Churchill Downs, listening to Bluegrass, and participation in the Horsey Hundred – a signature riding event.

Rediscover Colorado: Central Mountains and Passes, June 22-29. This advanced, scenic ride packs in classic climbs and passes you'll want to check off your bucket list, including: Cottonwood Pass, Trout Creek Pass, Hoosier Pass, Vail Pass, Tennessee Pass, Independence Pass, and McClure Pass.

Woman's Weekend, September 4-8. A "Woman's Only" Easy to Moderate tour in Colorado Springs (with harder riding options), and lots of non-riding activities such as hiking, painting and sightseeing.

Bicycling in Oz: the Ozarks, October 29-November 6. This is a one-of-a-kind fall foliage loop tour through the seldom biked Ozarks between Fayetteville, AK and Branson, MO, and back. You'll visit Mulberry Mountain, Branson, the Grand Canyon of Arkansas, plus enjoy 2 dinners cooked by our SAGs.

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Notes from the Board

Are you doing a HeartCycle tour this year? That's great! Consider writing an article for the Heart-to-Heart newsletter with photos of the things you saw and did, and the wonderful people on your tour. There are no strict guidelines for a newsletter article, just send your story in a Word (.doc or .docx) file to the editor along with as many photos (.jpg) as you want, maybe with captions for the photos, to the newsletter editor (bjsiel@msn.com) and the editor will do the rest. It's easy, it's fun, and you get to tell your story.

THINGS I LOVE ABOUT CYCLING

By: David Newcomer / Pactimo Customer Service Manager

I was doing some thinking on my ride this morning. There are so many things to love about our sport. I know I'm preaching to the choir here, but these are things I share with others, too, about how amazing the bike is.

1. **Versatility of the bike** – Sometimes it serves a purpose. Sometimes it gets me to work or the grocery store. It always helps me get in better shape. And sometimes it's just a ride with my daughter or friends to catch up and go easy on.
2. **Radiation** – Has there ever been a better time to be a cyclist? Road, Mountain, CX, Gravel, Randonneur, Racing, Single-speed, BMX, Bike sharing...I've even come to accept Electric. Every nook and cranny. It's all there for us.
3. **Transition and Mood Management** – Getting into the office after a ride - whether it's a tough and memorable commute or a beautiful spring morning for the ride in - it is the best way to start any work day. And going home? Give me anything you want in my work-day, the ride home will amplify the good and wipe clean the rest.
4. **The Fans are Us** – I don't want to make too many general statements, but there's something unique about fans of Cycling, Running and Triathlon. Most who follow these sports also participate in them. Cycling fans ride bikes. Football fans drink Lite Beer.
5. **New Gear** – It's been a while since I've needed new wheels. And since I had the opportunity, I went tubeless on the road bike now, too. Wow! What a difference! Rejuvenation with a good, thorough cleaning, some new bar tape, tune-up, and a new chain can make all the difference. I don't struggle much to justify the cost of these investments.
6. **Speaking of New Gear** – Have you got some bib-shorts that have seen better days? Is that rain jacket in the closet one that you're comfortable in or proud to wear when it's needed? We work hard in our sport. There's nothing wrong with looking good doing it. Check out the new Storm+ line and the Torrent Stretch Waterproof Jacket.
7. **Saying Hello** - To the passing cyclists, kids walking to school, neighbors walking their dogs and a quick wave of thanks to the driver who makes sure they see you and give you space, saying 'good morning' pays dividends.
8. **The View and Company** - I'm lucky to live and ride in Colorado. The mountains and views are amazing. Most mornings I keep a tally on the wildlife I see on my way in (always been a bird nerd), and I rarely see less than a dozen unique species. I do most of my rides alone, but I never feel that way.

See you out there!

BIKE HANDLING TIPS FOR WET CONDITIONS

By Tony Kelsey, Pactimo Marketing Director

WET ROADS PRESENT A WHOLE HOST OF POSSIBLE DANGERS FOR CYCLISTS. IF YOU WATCH THE GIRO D'ITALIA OR TOUR DE FRANCE, YOU'LL SEE EVEN THE BEST BIKE HANDLERS IN THE WORLD CRASHING OUT IN THE RAIN.

While it is impossible to eliminate all the risks associated with riding in the rain, there are tips and techniques that will help keep the rubber on the road.

Here's just a few:

"PUMP" YOUR BRAKES

As you approach a stop give your brake lever a couple light pumps. This will squeegee the water from the rim and make the pads more efficient even if they're still damp. When executing, make sure to use a light touch and start with the rear brake before doing the same with the front. Of course if you have disc brakes you can forego this!

SHIFT YOUR WEIGHT

If you typically ride in dry conditions, you probably give little thought to your body position when stopping. But in wet conditions it is imperative to shift your weight back to maximize rear wheel traction. As you approach a stop, slide back on your saddle. For emergency stops get out of the saddle and push your hips back over the rear wheel.

PEDAL WHILE STOPPING

If you continue to pedal while braking, your rear wheel will be far less likely to lock up and skid. The pedaling keeps the tire spinning even when significant brake pressure is applied. This might seem awkward the first time you try it, so you might want to practice on dry roads until you get the hang of it.

STEER, DON'T LEAN

Avoid leaning into corners and focus more on turning the front wheel through the curve. This will keep your bike more upright and result in more downward force on the tires. And of course, take corners a little slower!

BRAKE BEFORE THE TURN

Probably the worst thing you can do in wet conditions is brake in a corner. You'll lose complete control and exponentially increase your chances of going down. Instead, brake early and release before actually making your turn, while also pedaling through the corner. If you truly need to brake in a turn, use only the rear lever—applying pressure evenly and releasing quickly. And don't stop pedaling.

EVERYTHING GETS SLIPPERY

Road surfaces are especially slick when it first starts to rain as oil and other gunk is washed up. For a cyclist, this super slick condition will last a whole lot longer than it does for people driving cars. Make sure to watch out for oily looking patches or puddles, as attempting to turn or stop in one could be very hazardous. Similarly, a build up of wet, fallen leaves, steel street plates, wood or metal bridge decking, manhole covers and painted road markings are all going to be things to traverse with caution.

DON'T BOMB THROUGH PUDDLES

When we were kids we loved the rain for the puddles! But, as a cyclist you should always avoid puddles. What might appear to be something fun to splash through could actually be a foot deep pothole or a sewer grate just waiting to grab your front wheel. Stay away from puddles and you'll significantly reduce your chances of a pinch flat, broken rim or a trip over the handlebars.



(Do we need to say that it's not a good idea to ride holding an umbrella?)

RIGHT HAND ON BARS

We've mentioned it above: braking when it's wet should primarily be with your rear brake. You are far less likely to skid out or crash when engaging the rear brake than you are when you utilize your front brake—even if you lock the rear wheel. That means you should always keep your right hand on the bars and ready to brake, and use your left hand to reach for a water bottle or rummage around in a pocket.

Hopefully these tips will help you to stay safe and actually enjoy a ride in the rain.

AFFORDABLE UPGRADES AND SEASONAL MAINTENANCE FOR YOUR BIKE

By David Newcomer / Pactimo Customer Service Manager

Spring has Sprung! If the bike is seeing a bit more attention than it has in the last few months, or maybe it has taken a bit of a beating with some winter riding, here are a few important and affordable things to upgrade your bike. Guaranteed to make an immediate and positive impact!

1. **A New Chain** – I know this can be met with skepticism when the fine folk at the shop tell you that it's time for a new chain. Worse still when the cassette is worn along with it to the point that needs replacing, too. We all know the feeling of issues shifting in the mid-range that can't be resolved with adjusting the range on the derailleur. And despite the care and cleanliness you maintain, chain stretch is inevitable. I wish I could claim the wisdom of preventative maintenance here, but like many of you, it tends to creep up on me. Yes, it's one of those things we know is going to happen. And we know, too, that there are too many variables to predict exactly when that will be. So get it checked and pony up when it's time. You'll be glad you did.
2. **Bar Tape** – Bar tape is another tool in the kit of instant gratification! I love how much difference this simple and affordable change can bring. This is one of those things that I resolve to do myself and almost always regret. Considering how often I do it versus a wrench at the shop, I should know that the crisp, consistent wrap I'm looking for is worth paying to have done. But here I go again...
3. **Saddle** – I know a few guys that buy bike frequently enough that this isn't a concern, but even after the initial upgrade that is often needed here, saddles, too, have a lifetime. This can be a challenging one to research and with the price of some in consideration, the faith required in the purchase can be tough, too. If you're happy with the one you've ridden – or maybe there's a saddle on another bike that you love – play it safe. But if you're noticing wear on the saddle itself or in the seat of your shorts sooner than you should, this may be a consideration for the season.
4. **Tires** – Getting a few more flats than you should? Noticing that the nicks and cuts are starting to add up? Or maybe, like me, you even let it go until the threads are showing? There are some great resources for finding the best tire for your road, 'cross, or MTB. Durability, puncture resistance, tubeless ready, rolling resistance and many more considerations can be researched for your next pair. For me, this is an annual investment, but considering my trigger (threadbare spots and flats) maybe it's something I need to schedule like you would an oil change...
5. **Cables and Housing** – Yep. For the tried and true love in your quiver, new cables and housing can be a whole new lease on life. Shifting and braking both improve immediately. And you can even change it up a bit with a variety of housing colors available to match the bar tape, stem, pedals, frame or saddle. Live a little!

A few affordable upgrades and maintenance needs can make a big difference in ride quality. Affirm your commitment to the season, your health and the bike this year with a couple changes to improve and reward your efforts.

Colorado HeartCycle 2019 Tours

Bicycling in Paradise: Maui

Maui, Hawaii

Jan. 26 - Feb. 1, 2019 Status: Complete
 6 days, Int./Exp. \$2,280.00
 John Aslanian, 22flatrock@gmail.com
 Bob Rowe, browe49@comcast.net

The Moab Area Tour

Moab, Utah

May 11 - 16 Status: Open
 5 days, Int./Adv. \$1,130.00
 Doug Moll, doug@aaplus.com
 Richard Loeffler, richardtloeffler@gmail.com

Tucson Town & Country

Tucson, Arizona

March 2 - 10 Status: Complete
 8 days, Intermediate \$1,470.00
 Rich Crocker, richcrocker@hotmail.com
 Tina Vessels,

Bourbon & Bluegrass

Louisville, Kentucky

May 22 - 30 Status: Open
 8 days, Int./Adv. \$1,520.00
 Jimmy Schroeder, jimmyschweb@gmail.com
 Helayn Storch, helaynstorch@hotmail.com

Paso Robles Wine Country

Paso Robles, California

April 6 - 13 Status: Closed
 7 days, Int./Adv. \$1,390.00
 Becky Bottino, bbottino@gmail.com
 Ken Condray, condray3@gmail.com

Central Oregon High Desert

Sisters, Oregon

June 10 - 17 Status: Wait List
 7 days, Int./Adv. \$1,695.00
 Ann Werner, acwerner@comcast.net
 Bill Buckley, william.buckley87@gmail.com

Big Bend - The Forgotten Park

Marfa, Texas

May 4 - 12 Status: Wait List
 8 days, Int./Adv. \$1,950.00
 Nate Dick, npdick@gmail.com
 Larry Harris, thepedalers@aol.com

England - Magical History Tour

Oxford, England

June 16 - 26 Status: Wait List
 10 days, Intermediate \$3,340.00
 Graham Hollis, gramhollis@comcast.net
 Fred Yu, fredericky@comcast.net

The Island of Mallorca

Palma, Mallorca, Spain

May 4 - 18 Status: Wait List
 14 days, Intermediate \$2,750.00
 Rich Crocker, richcrocker@hotmail.com
 Polly Page, mspollypage@gmail.com

Rediscover Colorado - Central Rocky Mountains and Passes

Gunnison, Colorado

June 22 - 29 Status: Open
 7 days, Advanced \$1,420.00
 John Penick, jdpennick@gmail.com
 Rosemarie Lueke, ree22@msn.com

Colorado HeartCycle 2019 Tours

Italy's Dolomites

Alta Badia, Italy

Part 1 Base Tour

June 23 - 30

Status: Closed

7 days, Adv./Exp.

\$1,650.00

Bormio, Italy

Part 2 Option

June 30 - July 4

Status: Closed

4 Days, Expert

\$650.00

Clare Bena, cbvamoots@gmail.com

Le Monastere: Session 1

Lemoux, France

June 29 - July 6

Status: Open

7 days, Int./Exp.

\$2,350.00

Bob Rowe, browe49@comcast.net

Le Monastere: Session 2

Lemoux, France

July 6 - 13

Status: Open

7 days, Int./Exp.

\$2,350.00

Bob Rowe, browe49@comcast.net

Women's Weekend with Love, Sweat and Gears

Colorado Springs, Colorado

September 4 - 8

Status: Open

4 days, Easy +

\$700.00

Maryann Loeffler,

Julie Lyons,

Coast-to-Coast Northern Tier Year 4

Grand Rapids, Michigan

September 7 - 21

Status: Wait List

14 days, Int./Adv.

\$2,450.00

Rich Crocker, richcrocker@hotmail.com

Richard Williamson, richard6a@gmail.com

Bicycling in OZ: The Ozarks

Fayetteville, Arkansas

Oct. 29 - Nov. 6

Status: Open

8 days, Int./Adv.

\$1,540.00

Jimmy Schroeder, jimmyschweb@gmail.com

Tom Biggi, biggi@awdboost.com