

Heart-to-Heart



Adventure Cycling's Underground Railroad

HeartCycle's Adventure Series is the brainchild of the venerable Steven Parker. Adventure Cycling, originally named Bike Centennial, embarked on implementing a cross-country bicycle route to celebrate our country's bicentennial in 1976. Since then, Adventure Cycling has designed many other cross-country routes and smaller routes, too. HeartCycle has done many of them, but in two-week increments. It is an incredible commitment to bicycle for two weeks, for three to five years. But, it is well worth it. Instead of concentrating on the "camera spots" of our country the riders will imbed themselves into the spirit of what this country is all about. Some call it "the heartland", some call it "flyover states"... We call it America.

After two or three years of tribulation HeartCycle has finally chosen to ride Adventure Cycling's **Underground Railroad** over three or four years, starting in 2024. Ron Finch and Jimmy Schroeder are excited to be leading this tour. If you've ridden any of Jimmy's rides, this route is right up your alley. The Leaders have worked very hard to design the first year. The published route is designed for camping, so they have had to redesign it for hotel and dining accommodations standards of HeartCycle, and with airline services at the beginning and the end.

This first year includes Alabama, Mississippi, and Tennessee starting in Mobile, AL and ending in Nashville, TN. Geography that most of us in HeartCycle have never experienced. Please join us on this two-week adventure. You just might learn a few things along the way.



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Newsletter Editor

Tour Director Musings

HeartCycle launched five 2024 European tours for registration a few days ago. I hope everyone took time to read the tour descriptions and maybe registered for one of them. Our domestic tours will be announced in October. If traveling long distance to Europe is not in the cards for you, may you find one of our domestic tours closer to home that excites you and gets you inspired to tour with us next year.

Some of the best people to travel with are your friends. They make every adventure so much better. So look over our tours: those announced and those soon to be announced. Join HeartCycle for some fun and an adventure with a friend, to share the road and wonder with along the way. Our members are the best advocates for recruiting new members! Invite your BFF to join you next year on a HeartCycle tour. "A good friend listens to your adventures. A best friend makes them with you." Unknown

Judy Siel, Tour Director

WHY DO I RIDE?

**I ride to explore the world
To get in touch with nature and myself
To make new friends along the way
To share the experience with my family**

**I enjoy the open road and the winding trail
To stop and smell the flowers and cafes
To expand my limits**

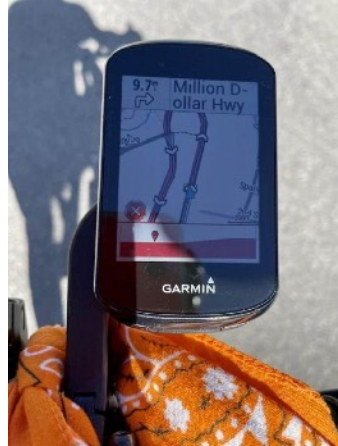
**I ride to experience what is authentic
To share a meal with locals
To relax after a long day in the saddle
Because the best view comes after the hardest climb**

**I ride to travel
To understand the local culture
To go out on an adventure
To create memories**

**I don't ride to add days to my life
I ride a bike to add life to my days!
Unknown**

MILLION DOLLAR VIEWS ALONG THE MILLION DOLLAR HIGHWAY, SAN JUAN MOUNTAINS, COLORADO

By Jimmy Schroeder



I'm a Hoosier from Indiana, but I've ridden all over Colorado many a time. The San Juan Mountains are my favorite; I concur with the tour description that states, they're "arguably the most beautiful part of Colorado." This was my third time there. The last time was 25 years ago, and unfortunately, this time the altitude affected me immensely. It was still quite grand though, and I'm happy to report that I survived.



We arrived in Durango, all 17 of us including some newbies—4 new HeartCycle members, 1 new leader, and 1 new SAG! We were greeted at the orientation by our leaders, Roger Sass and Janet Slate, and our SAGs, Mary Ann Loeffler and Sam Allen, Janet's son! Janet explained to us that our first day was a loop in the Durango area and the rest was an "out-and-back" along the Million Dollar Highway over four days plus a rest day in between. "You get a different view going the other way. From north to south is considered the more difficult climbing direction in the San Juan Mountains because it's steeper. You can compare which you like the best!"



On Day 1, an artsy bicycle sculpture in the middle of a roundabout caused us to veer to the right, while Laura came back and mixed it up with them! A few climbs prepared us for what was waiting over the coming days! Afterwards, those of us who drove loaded up to park our cars at Janet's friends—no room for parking at our Durango hotel. Boy, Google Maps was high on this one, this being Colorado, y'know. We then loaded up in the Sprinter van and had our group dinner at the James Ranch Grill, a farm-to-table cookout.



The next day, we headed to the real mountains, and I guess we were racing the Ironhorse from Durango up to Silverton. I'll be dead last! Up the river valley we go, along a very nice country road to Shalona Hill on Hwy 550, past Purgatory ski area, then Coal Bank Pass, and finally Molas Pass. Luckily, we had a tailwind helping us a bit, but at one point the road took a sharp bend and a crazy crosswind blew us toward the mountain wall. Better than off the road! Whoa! Sam inspired me to continue up the last pass despite my off-the-back progress. Much appreciated!



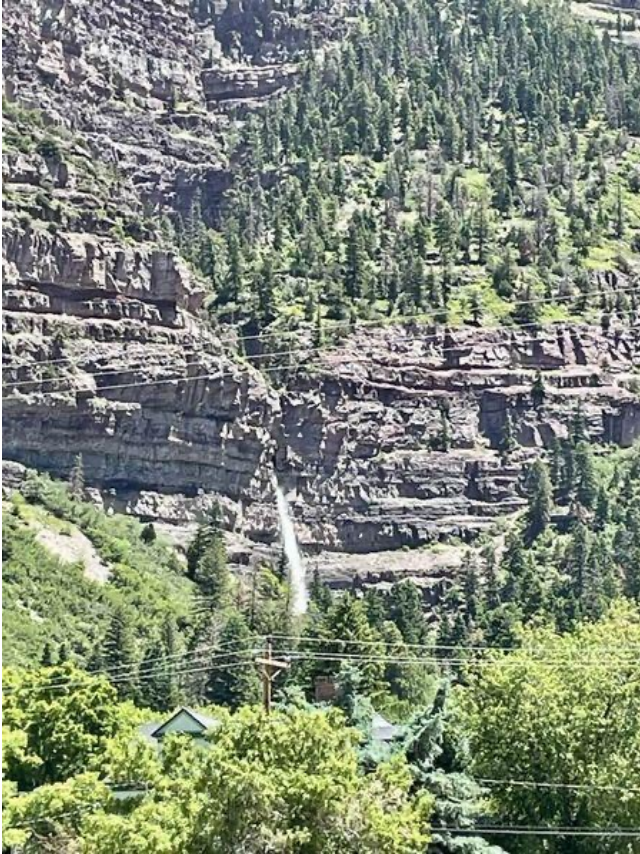
The kids from California are new to HeartCycle, and we were glad to have them along. Diane, Bob, Janet, and Stacey pose at Bakers Bridge over the Animas River. Kate, from Morrison, paces herself up Coal Bank Pass. After the climbs, Laura and Missy, from Wheat Ridge, are taking it to the streets of Silverton.



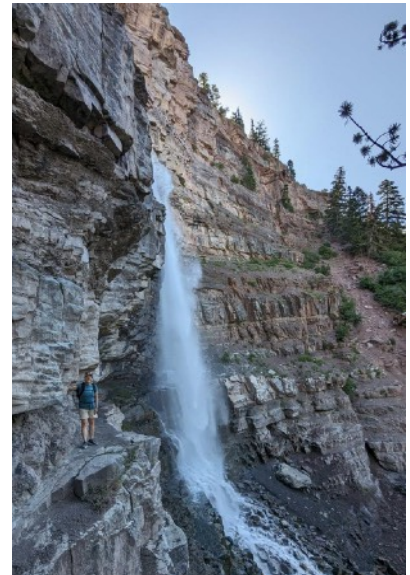
Next day, up Red Mountain Pass, here come the California gals, Diane and Stacey, Mark, from Iowa, and Laura and Jeremy, from Aurora.



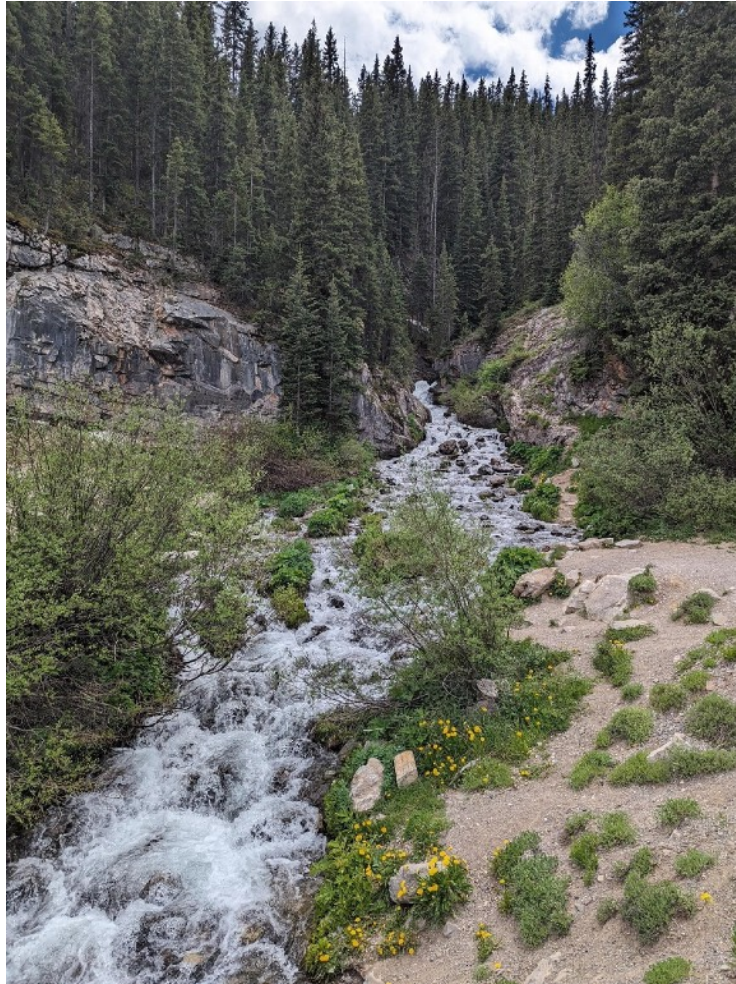
We finally reach Red Mountain Pass (11,018 ft!), then scream down seemingly as fast as this waterfall.



On our day off, a few of us admired the falls from afar and walked around Ouray with a deer or elk.

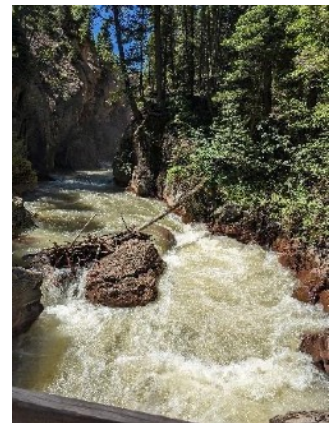


Most of the gang, however, did the perimeter hike and got up close to the falls! There's Mark taking some pix. A few mountain-biked in Telluride while David rode to Telluride and back (a century ride)! Meanwhile, Sam hiked/ran over the mountains from Telluride back to Ouray—17 miles!

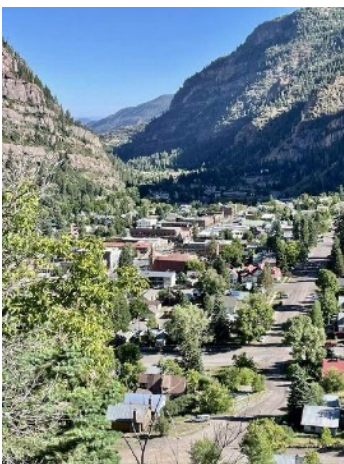




Wildflowers and cacti were blooming. The abundance of snow this past winter and record-breaking rainfall from May to mid-June, made the hillsides and valleys incredibly green.



Raging whitewater and impressive waterfalls at every turn.



We now turn around and go south from Ouray back to Silverton. I think Red Mountain Pass this way was easier; the descent was milder but longer! We had a tunnel to climb through (that's Roger in there). Jim P and Sam pose in front of some meadow.



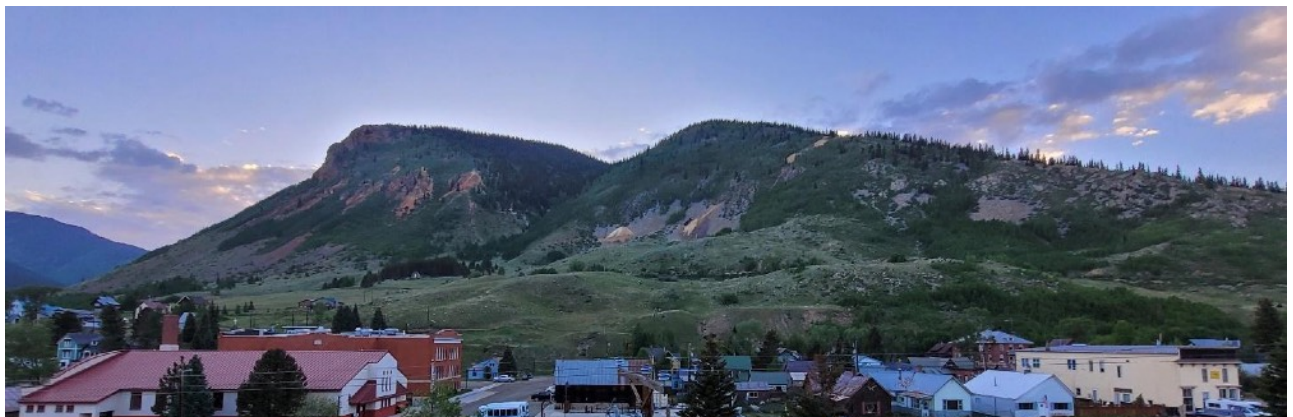
We reach our historic hotel in Silverton, and several of us go to Eureka Station for dinner. Each of us orders something different, and all the entrees were fantastic. Just in case you don't recognize us in our civvies, clockwise (from the left)—Roger, Laura, Jeremy, Missy, Jimmy, David, and Janet. I finally got a picture of David. He was always a few miles ahead of me and most everyone else.

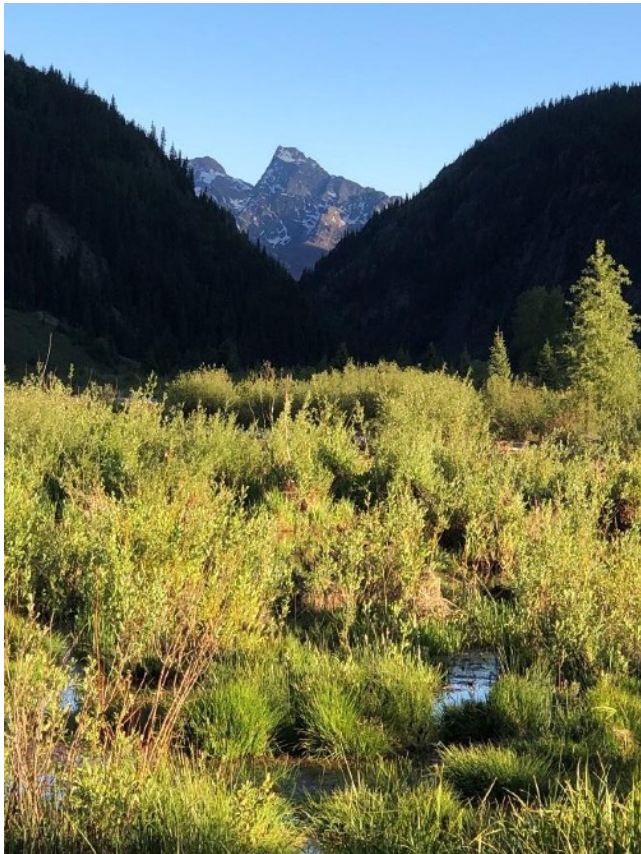


Last day back to Durango, Janet, Laura, and Missy. I left early to get those pix!



Below are wonderful shot of those San Juan Mountains. Enjoy!





Hot Times On The Bike

By Kurt Arehart, August 2023

Home in Raleigh, North Carolina, I was out with a few friends for a Sunday morning ride, twenty-five miles to a local coffee shop and back. A warm, humid day was expected and so we agreed to an 8:30 AM start, not always an easy sell with my working friends.

Five miles in, the road turned up and I started to notice the heat and humidity. We hit a piece of the climb that was heavily trafficked and picked up the pace to gain a quieter road quickly. Now I was really feeling the heat. I decided to maintain pace, stay on my friend's wheel, and get off the busy road before calling a halt to take an electrolyte capsule. Before the worst part of the hill I had taken a big slug of water.

Too late. When we rolled into some shade on the quiet side road, I did indeed take the capsule. Then I noticed some light-headedness. And the "pre-bonk" symptoms of sore shoulders, neck and back. Denial is not a plan, so I laid down on the grass with my head a bit down slope. In this grassy shade I rested for a few minutes and felt noticeably better. Getting up carefully, and no longer feeling light-headed, we rode on and finished the ride without further incident.

What just happened?

I had the beginnings of "volume shock", where my blood volume fell to a point that my brain was not getting enough oxygen to function well. The word "shock" is, well, shocking. Sounds serious. And indeed it can be.

Here are the mechanics: The fluid component of blood can migrate between vascular space (blood in the vessel), extracellular space (space between individual tissue cells) and intracellular space (space inside an individual tissue cell). As we sweat to cool ourselves while riding, the fluid loss is pulled from vascular space into the extra- and intracellular spaces. So our blood volume falls. We can offset this by drinking plenty of water and taking in replacement electrolytes. When we don't drink enough, the blood volume falls, and with it circulatory pressure, and then the brain doesn't get enough oxygen.

High humidity makes it worse. In humid air, sweat evaporates more slowly, so there is less cooling. The body reacts by sweating more. And blood volume and pressure plummet.

And as I learned, drinking water isn't enough on a hot day. In my heavy sweating I was throwing off loads of electrolytes (sodium, potassium, chloride, magnesium, calcium, phosphate, and bicarbonates) that must be present in the blood. Waiting until I was already in trouble to take an electrolyte supplement was not a good plan.

I don't like sticky sports drink all over my water bottle, my bike and me, so I've been sticking to straight water in the bottles. Maybe I should rethink that. Or make more regular use of the electrolyte capsules, well before I feel the need.

Here is the trouble: when the brain gets less oxygen, higher brain function starts to slip. Personality, judgment and problem solving are impacted. Even with clear warning signs, we might choose to press on, to finish the tough hill, to reel-in that pesky riding buddy. The result: even less blood volume, less blood pressure, less oxygen to the brain, less good judgment. We've all seen riders so stubborn, so unwilling to yield, that they literally fall over in a ditch. Or react poorly to a surprise on the road leading to a high speed crash with catastrophic injury.

As we click in for more hot riding days, let's be smart. Plenty of water. Plenty of electrolytes. And a break in the shade before things get dire.

Hoping to join you on the road soon!

Kurt

Colorado HeartCycle 2023 Tours

Springtime in the Sonoran Desert

Tucson, Arizona

March 4 - 12 Status: Complete
 7 days, Intermediate \$1,800.00
 Rita Kurelja, ritakurelja@hotmail.com
 Janet Slate, jslate@ultrasys.net

Our Nation's Capitol

Washington, DC

April 14 - 22 Status: Cancelled
 7 days, Intermediate \$1,900.00
 Jim Schroeder, jimmyschweb@gmail.com
 Kurt Arehart, klarehart@gmail.com

Springtime in Solvang

Solvang, California

April 22 - 29 Status: Complete
 6 days, Int./Adv. \$1,600.00
 Mark Lestikow,
mark.lestikow@closetfactory.com
 Polly Lestikow

Mallorca

Mallorca, Spain

April 30 - May 12 Status: Complete
 12 days, Int./Adv. \$2,600.00
 Doug Moll, doug.moll67@gmail.com
 Scott MacCormack, samaccormack@gmail.com

The Beautiful Berkshires

Albany, New York

May 19 - 27 Status: Complete
 7 days, Intermediate \$1,900.00
 Rich Crocker, richcrocker@hotmail.com
 Patty Menz, pattymenz1@verizon.net

Traverse Bay

Traverse City, Michigan

May 31 - June 8 Status: Complete
 8 days, Int./Adv. \$2,240.00
 Jim Schroeder, jimmyschweb@gmail.com
 Ron Finch, blouie-rfinch@comcast.net

Sardinia

Sardinia, Italy

June 6 - June 20 Status: Complete
 9 days, Advanced \$2,400.00
 Clare Bena, cbvamoots@gmail.com

San Juan Mountains

Durango, Colorado

June 24 - 30 Status: Complete
 6 days, Int./Adv. \$1,800.00
 Janet Slate, jslate@ultrasys.net
 Roger Sass, rogersass@hotmail.com

Central Oregon & Crater Lake

Bend, Oregon

July 12 - 19 Status: Complete
 6 days, Int./Adv. \$2,200.00
 Cindy Alvarez, sindelou@cox.net
 Helayn Storch, helaynstorch@hotmail.com

Idaho Panhandle

Spokane, Washington

July 29 - August 5 Status: Complete
 7 days, Int./Adv. \$2,000.00
 Doug Moll, doug.moll67@gmail.com
 Ben Pope, ben.pope@comcast.net

Colorado HeartCycle 2023 Tours

History in the Finger Lakes Region

Rochester, New York

August 13 - 19 Status: Cancelled
6 days, Intermediate \$1,800.00
Janet Reilly, kayaks06@verizon.net
Gail Golderman, goldermg@union.edu

New England Seacoast

Portland, Maine

September 10 - 16 Status: Open
6 days, Intermediate \$1,500.00
Kurt Arehart, klarehart@gmail.com
Jim Bethell, bethell.jim@verizon.net

Grand Valley Ramble

Grand Junction, Colorado

Sept. 17 - 22 Status: Waitlist
5 days, Intermediate \$1,200.00
Judy Siel bjsiel@msn.com
Barry Siel, bsiel03@gmail.com

Slovenia, Italy & Croatia

Ljubljana, Solvenia

Sept. 23 - Oct. 2 Status: Open
9 days, Intermediate \$4,400.00
Cindy Dore, cdorecycle@gmail.com

Colorado HeartCycle 2024 Tours

Portugal: West Coast & Algarve

Lisbon, Portugal

April 7 - 17, 2024 Status: Open
10 days, Intermediate \$4,900.00
Judy Siel, judy.siel@gmail.com

Tuscany

Florence, Italy

Sept. 5 - 18, 2024 Status: Waitlist
13 days, Intermediate \$3,550.00
Cindy Dore, cdorecycle@gmail.com

Balkan Quartet

Tirana, Albania

May 17 - 31, 2024 Status: Waitlist
14 days, Int./Adv. \$2,600.00
Lisa Evans, iceski@comcast.net

Le Monastere in S. France

Limoux, France

Sept. 28 - Oct. 5, 2024 Status: Waitlist
7 days, Int./Adv. \$3,100.00
Guy Kelly, guy.kelly@comcast.net

Bike & Barge Beautiful Belgium

Bruges, Belgium

July 20 - 27, 2024 Status: Open
7 days, Easy/Int. \$2,150.00
Rita Kurelja, ritakurelja@hotmail.com