

# Heart-to-Heart



## Training: Warming up for better results

By Hannah Finchamp (VeloNews)

Warm-ups help to increase body temperature, increase heart rate, increase circulation, and increase blood flow to muscles. All of these physiological adjustments help to prevent injury and help to optimize performance.

Begin your warm-up with a 5-10 minute easy spin. Just allow your body to dictate the pace. Starting too hard or following too strict of parameters from the get-go can diminish the purpose of a warm-up. Resist the urge to judge your readiness based on how you feel when you first get on the bike, and just focus on moving your body in an easy way that feels good.

After your easy spin, begin to gradually increase your intensity. Try to resist going from 0-100 and instead build up. Try spending a few minutes in each of your training zones (aerobic, tempo, sweet spot, FTP, etc). Near the end of your warm-up include a couple of minutes or a couple of hard efforts at your race or interval pace. If you still feel like you need a little bit more, include a couple of 10-second efforts to feel some snap before you start your workout.

High cadence intervals or drills are an excellent addition to your warm-up. Try completing a couple of minutes (try 3 x 1 minute) in an easy gear at or above 100 RPMs. These types of efforts can help prep your muscles, get your leg speed ready, and increase your heart rate. The easier gear, however, allows you to feel a bit fresher since you aren't overloading your legs by pushing big gears during the warm-up.

As silly as it may sound, you need to do a mini cool down at the end of your warm-up. Don't go overboard, but 3-5 minutes of easy spinning after some intervals or an intensity build will be very beneficial. You don't want to finish your warm-up intensities, then immediately begin your workout or race because you may feel a slight bit of fatigue. You also don't want to finish your warm-up intensity and then stand around recovering because your muscles will tighten up. Instead, spend just a couple of minutes the way you started and spin easy before heading to the start line or gearing up for your workout.

Utilize your warm-up time to also warm up mentally. With the busy lives we live, it can be all too easy to carry outside stressors onto the bike. Don't be tempted to continue to contemplate work, or answer calls or emails while you're warming up. Instead, use the time to pull your focus into the workout and think about your goals for the day.

If you're used to just winging your warm-up or skipping it altogether, adding a bit of structure to the start of your workout may take a little bit of 'warming' up to. Stay the course though, find the system that works for you, and you may just unlock some unknown potential.

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Newsletter Editor

## Notes From the Board

Registration for our 2021 tours is underway this month with many options and a variety for you to pick from. The Tour Directors are hopeful you will find one or more tours that sound ideal for your touring this coming year.

We are all hoping for COVID vaccine availability and “shots in the arm” before we embark on our tours this year. You will receive a copy of the COVID procedures, COVID waiver and general HeartCycle waiver from your tour leader after you are confirmed onto the tour. The Board developed and published the new COVID procedures in the Nov/Dec Heart-to-Heart newsletter. This year the tour directors and tour leaders are staying flexible and several potential tours have been removed from the 2021 tour schedule already. They may appear on our 2022 tour schedule next fall. Yes, already starting to think about future tours for our club!!

Hope to see you on the road this year,  
Judy Siel, Co-Tour Director

# Cycling Picos de Europa, Spain

By Judy Siel

The name 'Picos de Europa' is said to have come from the fact that the mountains were the first feature on the coast of Spain that were visible to returning sailors...whether the story is true or not is unknown. There is no denying the fact that these are formidable coastal mountains and provided some of the best and most challenging cycling in Europe. These towering peaks sit astride the long Cantabrian mountain range that runs along the entire length of northern Spain. The limestone mountains rise up from near sea level to over 8,200 feet and occupy approximately five hundred square kilometers. The Picos de Europa have their own particular identity and beauty.



We began our cycling adventure in the small fishing village of Limpias with our first stay in a Parador hotel that was once a palace retreat belonging to Spain's royalty and used primarily in the summer to escape the brutal heat in the central and southern parts of Spain. Parador hotels in Spain are state-run luxury hotels found in beautifully restored castles, fortresses or monasteries in areas chosen for their scenic locations and feature restaurants with regional cuisine. Did we realized we had arrived for our most challenging tour ever on our tandem? Nope, we were filled with the wonder of arriving in another remote location for a two-week cycling tour in an area we frankly were unaware of a few months prior to registration.



Over the two weeks we chose the “easier” daily routes and still ended up with over 52,000 feet of climbing and 670 miles. We climbed Alto Campoo, Sierra de Pena Labra, Puerto de Piedrasluengas, Puerto de San Glorio, Alto De Las Portillas, beautiful (but brutal) climbs to two alpine lakes above Covadonga, Fuente De, Puerto de Alisas, Cruz Urfano and Fuente de las Varas. There were stunning gorges & canyons, fun & steep descents, lush valleys, storks nests, prehistoric caves and stunning coastal beaches. A few roads were so narrow the support van could not follow the cyclists. On a few climbs we wondered if we would ever see the top. The lakes and views were spectacular and we convinced ourselves that it was well worth the effort.



Around bends in the road, at the end of a lush green valley and sometimes on the distant horizon the wondrous jagged peaks awaited our arrival each day. This tour was about experiencing one of Europe's last wild places. The sparsely populated valleys are home to livestock and farm houses. Most of the "towns" were more like villages or hamlets leaving us with the impression that change has come slowly to this corner of Europe. It was easy to understand why the Romans were never really able to gain control the many Cantabros tribes and why this area never fell to the Moors.



# Colorado HeartCycle 2021 Tours

## Springtime in Fredericksburg, TX

### Fredericksburg, Texas

March 27 - April 3                      Status: Open  
 7 days, Intermediate                      \$1,490.00  
 Tina Vessels, [tina.vessels@gmail.com](mailto:tina.vessels@gmail.com)  
 Kurt Arehart, [klarehart@gmail.com](mailto:klarehart@gmail.com)

## Tour de Sawtooth

### Ketchum, Idaho

June 20 - 29                                      Status: Open  
 9 days, Int./Adv.                                      \$1,550.00  
 Joan Spilka, [ljspilka@hotmail.com](mailto:ljspilka@hotmail.com)  
 Fred Yu, [frederickyu@comcast.net](mailto:frederickyu@comcast.net)

## San Diego County

### San Diego, California

April 18 - 27                                      Status: Open  
 9 days, Advanced                                      \$1,650.00  
 Scott MacCormack,  
[samaccormack@gmail.com](mailto:samaccormack@gmail.com)  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

## Basalt Groad Four Day Weekend

### Basalt, Colorado

July 7 - 11                                      Status: Open 1/21/21  
 4 days, Int./Adv.                                      \$775.00  
 Ron Finch, [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)  
 Robin Heil, [rjsheil@bresnan.net](mailto:rjsheil@bresnan.net)

## Lands End, England

### England

Date TBD                                      Status: Pending  
 18 days, Expert                                      \$5,500.00  
 Graham Hollis, [gramhollis@comcast.net](mailto:gramhollis@comcast.net)

## North Puget Sound Favorites

### Anacortes, Washington

July 24 - 30                                      Status: Open 1/21/21  
 6 days, Int./Adv.                                      \$1,350.00  
 Richard Williamson at: [richard6a@gmail.com](mailto:richard6a@gmail.com)  
 Dave Olausen at: [d.olausen@comcast.net](mailto:d.olausen@comcast.net)

## Trek to the Tetons

### Logan, Utah

June 12 - 20                                      Status: Open  
 8 days, Int./Adv.                                      \$1,680.00  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
 Scott MacCormack,  
[samaccormack@gmail.com](mailto:samaccormack@gmail.com)

## Oregon Wine & Surf Loop

### Eugene, Oregon

August 21 - 29                                      Status: Wait list  
 8 days, Int./Adv.                                      \$1,750.00  
 Cindy Alvarez, [sindelou@cox.net](mailto:sindelou@cox.net)  
 Judy Siel, [bjsiel@msn.com](mailto:bjsiel@msn.com)

## Le Monastere

### Limoux, France

June 18 - 26                                      Status: Open  
 8 days, Int./Adv.                                      \$2,350.00  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## Black Hills of South Dakota

### Custer, South Dakota

September 6 - 10                                      Status: Open 1/21/21  
 4 days, Int./Adv.                                      \$800.00  
 Judy Siel, [bjsiel@msn.com](mailto:bjsiel@msn.com)  
 Barry Siel, [bsiel03@gmail.com](mailto:bsiel03@gmail.com)

# Colorado HeartCycle 2021 Tours

## Coast-to-Coast Northern Tier - Year 5

### **Rochester, New York**

September 11 - 25      Status: Open 1/28/21  
14 days, Int./Adv.      \$3,390.00

Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

Patty Menz, [pattymenz1@verizon.net](mailto:pattymenz1@verizon.net)

## Ohio Appalachian Country

### **Columbus, Ohio**

Oct. 6 - 14      Status: Open 1/28/21  
8 days, Int./Adv.      \$1,590.00

Scott MacCormack,

[samaccormack@gmail.com](mailto:samaccormack@gmail.com)

Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

## Southern Albania

### **Tirana, Albania**

Sept. 28 - Oct. 9      Status: Open  
11 days, Int./Adv.      \$1,700.00

Tina Vessels, [tina.vessels@gmail.com](mailto:tina.vessels@gmail.com)

## Paso Robles

### **Paso Robles, California**

November 6 - 13      Status: Open 1/28/21  
7 days, Int./Adv.      \$1,450.00

Becky Bottino [bbottino7@gmail.com](mailto:bbottino7@gmail.com)

Ken Condray [condray3@gmail.com](mailto:condray3@gmail.com)

