

Heart-to-Heart



HeartCycle Vaccine Policy for 2021

HeartCycle is actively monitoring and implementing guidelines recommended by health officials, including the Center for Disease Control and Prevention and the World Health Organization.

For 2021 Tours Prior to August 1, 2021:

The Board of Directors for HeartCycle strongly encourages all tour participants be vaccinated for Covid-19 before participating on these HeartCycle tour. Please have a copy of your CDC vaccination card available on your phone, or your tour leader may request a copy be sent prior to the tour. Non-vaccinated participants **are required** to provide documentation, at the Orientation Meeting, of a negative Covid-19 test taken 72 hours or less prior to the Orientation Meeting.

For 2021 Tours after August 1, 2021 (and the Annual Meeting):

A full Covid-19 vaccination **will be required** for all participants. Please have a copy of your CDC vaccination card available on your phone, or your tour leader may request a copy be sent prior to the tour.

For ALL 2021 Tours and Meetings:

All participants will have their temperature taken each day of the trip. If a participant has a fever over 100 degrees or other COVID symptoms, they will be asked to depart the tour (or meeting) at their own expense. All participants will be required to wear face masks in vans, indoors, and any time social distancing cannot be maintained.

(See the Message from the President on page 3)

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Tour Director Musings

Our 2021 Tours are finally here, after much delay. All those fun plans to travel overseas have been delayed until 2022.

In fact, we are looking at 5 different European tours for next year: Jewels of Portugal, Lands End England, Champagne Bike & Barge, Le Monastere and Southern Albania are all on the potential tours list for 2022. Seems like many of the tours we are planning for club members are in popular travel locations, so tour leaders are already booking their hotels and planning routes for you to bike next year. I am giving you a heads up that your Tour Directors are planning to have early registration (**i.e., this summer!!!**) for the 4 or 5 2022 European tours. We are finding the locations are already being reserved a year in advance. In this issue you will find a few glimmers about the upcoming Jewels of Portugal tour and Bike & Barge in the Champagne region of France.

Get inspired to go on overseas for bike tours again and I hope to see you on the road soon, Judy Siel

Message from the President

June 1, 2021

Memorial Day has arrived, and the Club's tour season is finally about to get under way. Although our two early season tours and our plans for overseas tours in Europe in 2021 succumbed to Covid-19 restrictions, the remaining nine domestic tours are all full, with wait lists. Two tours will run in June, two in July, one in August, two in September, and one each in October and November. Thanks to all of the members who have registered for a tour, and profound gratitude for our tour directors, Judy Siel and Bob Rowe, and all the tour leaders and SAGs and other Club volunteers who make this year's tour schedule possible. After Covid forced us to scuttle all but one of our 2020 tours, I am optimistic – albeit with a soupçon of caution – that the Club will rebound well from last year.

Covid19 made planning the 2021 tours a challenge. This was especially true in 2020, which is when tour ideas are hatched, the tour schedule begins to take shape, and tour leaders begin to attack the details that make a tour concept into a reality. No vaccine existed; restriction of movements and activities and mask-wearing seemed like the only available strategy to avoid infection; Covid19 seemed out of control; life everywhere had been upended; travel anywhere seemed like a pipe dream. Fortunately, in 2021 we have effective vaccines broadly available, at least here in the U.S., leading to improved Covid statistics and allowing many of us to anticipate the resumption of more normal operating conditions. While the situation is improving, things are still in flux, and Covid remains a risk for the remainder of the year, and perhaps beyond. The Club's board of directors has adopted a Covid vaccine policy for Club tours in 2021. It appears on the home page of the Club's website. While the policy has drawn a handful of negative reactions, the bulk of the responses to this policy that we have heard from members has been favorable. I believe, too, that the great majority of our members who are registered for a tour in 2021 will have been vaccinated well before the first tour kicks off. This is all welcome. In addition, the SAGs and tour leaders this year will have Covid-specific practices and protocols to follow while on tour. These steps are all in the spirit and effort of making bicycle touring as safe and enjoyable as we can. Some of these may require understanding, patience and cooperation from Club members on tour. I hope that next year we will be able to resume bike tours in Europe and that we will look back at 2021 and say that its truncated tour schedule was an anomaly and that in spite of Covid, the Club was able to offer its members a variety of ambitious and engaging tours.

The Covid pandemic was an unexpected boon for the bicycle business as well as many other businesses linked to outdoor recreation. Bicycle sales hit records and it is tough to find a convenient time slot at your local bike shop if your bike needs work. But there's a difference between riding your bike regularly and bike touring. Bicycle touring is more than just getting outside for some fresh air and exercise on two wheels. A tour can broaden the scope of your cycling ambitions, challenges, adventures and travel experiences in life. Whether you were lucky enough to be confirmed for a Club tour or are on the wait list, or are waiting for 2022, keep riding and keep your interest in bicycle touring alive. The Club needs you.

Fred Yu
President

Jewels of Portugal May 7,8-20, 2022

This bicycle tour in central Portugal allows you to discover some “Jewels of Portugal”. Portugal is a small country, but very diverse. You can find evidence of the many peoples that were here in the past and also the influences of the 15th & 16th centuries that showed the world new worlds. Everything is mingled in our culture, our architecture, our landscape, our gastronomy, everything is near.



Jewels of Portugal will have you biking along beautiful and quiet roads, and visiting typical small towns and villages of Portugal. You will admire the vast landscape and ride along our long coast. This tour in Portugal highlights interesting places and roads, avoiding crowds and traffic. It is a 13-day tour that includes 2 non-cycling days when we visit a 14th century monastery and Evora, a World Heritage site. We finish in Cascais, which was a minor fishing village until the Portuguese King made it his Royal Summer Retreat.

Bike Portugal will pick the group up in Lisbon and shuttle us 1.5 hours east to Evora.

Day 2 Free day in Evora a city classified as World Heritage in UNESCO list. Lodging in a 5* hotel inside the city walls.

Day 3 Cycle 41 miles past cork-oak trees and vineyards. Visit a cork manufacturing plant. Lodging in an impressive Convent built in 1182.

Day 4 Cycle 29 miles to the marble area in Alentejo region, including a visit to a winery and lodging in a 5* hotel made of marble.



Day 5 Cycle 52 miles through farm landscape with vineyards and small villages. Lodging in a 14th century Monastery.

Day 6 Cycle 27 miles, visit to Roman ruins and finish with a climb to a medieval small village near the border with Spain.

Day 7 Cycle 65 miles through rolling rural areas.

Day 8 Cycle 42 miles to a sacred place for pilgrimages and prayers at Fatima. Visit a limestone cave. Lodging in Batalha.

Day 9 Rest Day in Batalha near an impressive 14th century Monastery and museums.

Day 10 Cycle 49 miles towards the coast where you can see the fishermen work their nets. As we continue down the coast to the most well-preserved medieval town, another jewel at Obidos.

Day 11 Cycle 50 miles along the coast north of Lisbon called the Silver Coast. Lodging in a 5* hotel situated in the country side.

Day 12 Cycle 52 miles south and closer to Lisbon. The tour ends in Cascais on the coast.

Day 13 Shuttle back to Lisbon.

Total distance 408 miles, average 45 miles/day on 100% asphalt.



Tour includes use of a Cube carbon road bike or Scott Sportster bike. E-Bikes are available for rental. Meals: 12 breakfasts, 10 dinners (including wines, cheeses and dessert), daily snacks and water. Lunches will be at local cafes where you can buy your meal. Activities included: visit to a winery and wine tasting, visit to a cork plant, visit a pottery workshop, visit a marble quarry, tour Roman ruins and a limestone cave. Support with 2 guides, support vehicles, transportation to and from the airport or Lisbon, personal accident and liability insurance and first-aid assistance on location.

For more information contact Janet Slate @ jslate@ultrasys.net



Champagne Bike & Barge June 2022

The Champagne tour is a bike and barge touring classic that not only allows guests to explore the world famous city of Paris, but also the Champagne region, famous of course, for producing Champagne wines. From the time the Benedictine monk Dom Pierre Pérignon invented the bubbly drink in 1670 at the Abbey of Hautvillers, the Champagne name has been synonymous worldwide with the very best of sparkling wines.



Every day you will cycle small country roads (including a few un- or semi-paved roads and tracks) that go slightly up and down the beautiful slopes of the wide river valley, through the hills and the Champagne vineyards.

On a daily basis you will have the opportunity to cycle to boutique wineries, sample a variety of champagnes, taste delicious cheeses of the Brie region and generally discover all that the Champagne

region, UNESCO world heritage, has to offer. But more than just visiting the Champagne region, you will also have the opportunity to explore Paris, one of Europe's most beautiful and beloved cities. Other highlights of the tour include a visit to the city of Meaux, well known for its Brie cheeses and a stopover in Château-Thierry, scene of major battles in World War I. Along the way you will cycle through almost endless vineyards on the rolling banks of the Marne river and visit a local wine farmer. The tour starts in the city of Epernay, the real capital of the Champagne region, where you will have the opportunity to visit one of the town's imposing champagne cellars.

The ship – Your sailing hotel

In between cycling excursions, you cruise along with the ship, which travels to a new destination every day. You dine, sleep and eat breakfast on board. You'll receive a packed lunch every day, and you can usually choose between a longer or shorter bike ride. It's also possible to spend a day on board if you like. There are rental bikes on board, but you can also bring your own if you mention it when booking.

Fully Guided

Accompanied by a competent, professional and multilingual tour leader, you will visit interesting sights and places on the daily cycling tours. During the bike tour, they will explain the local history and culture behind the things you encounter along the way.

Day 1: Epernay

Day 2: Epernay round tour (19 km/11 mi. or 26 km/16 mi.)

Day 3: Epernay – Dormans – Château-Thierry (35 km/19 mi. or 50 km/35 mi.)

Day 4: Château-Thierry – La-Ferté-sous-Jouarre (40 km/24 mi. or 44 km/26 mi.)

Day 5: La Ferté-sous-Jouarre – Meaux (30 km/18 mi. or 52 km/32 mi.)

Day 6: Meaux – Lagny-sur-Marne (24 km/15 mi. or 45 km/30 mi.)

Day 7: Paris: Lagny-sur-Marne – Paris (38 km/23 mi. or 51 km/ 32 mi.)

Day 8: Paris

For more information contact Laura Davis @ davpete@frii.com



THE BEST RECOVERY TOOL OF ALL TIME: SLEEP

BY PUTTING YOUR SLEEP QUALITY AND HYGIENE FIRST, YOU CAN IMPROVE YOUR HORMONAL AND COGNITIVE PERFORMANCES

It's choose your own adventure time...it's been a long week. You've had multiple deadlines at work and still managed to fit in your daily training prescribed by your coach. You've had to cut your nightly sleep totals by 30-60 minutes each night and by Friday, you're more than ready for the weekend. Do you: A) let loose and unwind from the week. Go out with friends, have a few drinks, stay up late and plan on catching up on your sleep during the weekend - that's what coffee was invented for, right? Or B) Get a nutritious, well balanced meal and head to bed early.

Option A lets you unwind from a busy week and celebrate the successes you've had. You've done your training and use Friday night as a reward. Connecting with your friends is important and what's one more night of staying up late? You still have green on all of your workouts in TrainingPeaks for the week and your coach won't know if you have a little fun.

Option B could be considered the boring route. Yet your body is craving some nourishment and you provide it in the form of leafy green vegetables, lean protein, and healthy fats, water, eating roughly 3 hours before you hit the hay. You're in bed reading your favorite book and turn off the lights by 9pm.

If you picked Option A - keep reading. You had a great time with your friends and stayed up will past midnight. The next morning you oversleep your group ride and decide to hit the snooze button several times. Once you get up, you've got a raging headache, so you pop a couple of anti-inflammatories and grab some coffee. You check your email and discover that one of your clients wants you to rework the marketing plan you laid out by 2pm. You glance at the clock and it's noon. You decide to blow off training (you were good all week - what's one day off?) and get to work. Two hours later you still can't focus, so you turn in sub par work and decide to go for a ride but don't feel well and chalk it up to hanging out late with your friends the night before. By dinner time, you start to feel a tickle in your throat. By Sunday you have a full blown cold and have missed two days of quality training.

If you picked Option B (or regret picking option A) - keep reading. You wake up the following morning refreshed and have a little extra time to do your activation movements before your group ride. That morning you put a couple of really strong pulls at the front of the group, making the front selection over the most

challenging hill. You return home and see an email from a client requesting that you rework the marketing plan you laid out. You agree with their comments and quickly get to work, finishing their edits and suggestions within 30 minutes. You have the rest of the day to recover from your morning ride and take a 30 minute nap. Feeling refreshed, you connect with your friends and still make it to bed by 9pm so you can get in some quality training the following day.

We're all faced with daily choices that can impact our mental clarity and physical performances. Getting quality sleep is getting more and more focus in elite athletics because of its impact it can have on performance.

Interested in improving your sleep quality? Here are some tips that you can use to increase your sleep hygiene.

- 1. Maintain a regular bed and wake time.** If you know you need to get up early in order to get your workout in before you head out the door to work or school, then get to bed early enough so you get the recommended 8 hours of sleep per night. Having a regular bed time will help regulate your body's clock and could help you fall sleep and stay asleep each night.
- 2. Create a quiet, cool and dark bedroom environment.** Sleep.org recommends sleep environments between 60-67 degrees because it can aid in the initiation of decreasing your body temperature, which happens right before you snooze. Experiment with different temperatures and see which one works best for you. Use black out curtains to create a cave like environment and make sure it's quiet. If your partner snores, using ear plugs or white noise machines can help.
- 3. Avoid caffeine and other stimulants prior to sleep.** For some, this may mean cutting off the coffee before 3pm. For others, this may mean no caffeine at all, especially if you have a sensitivity.
- 4. Avoid blue-light emitting devices in the hours prior to sleep.** That means no late night Instagram binge checking, or watching movies on a device. If you need entertaining as you wind down at night, a good old fashioned book will do the trick.
- 5. Use relaxation strategies before bed.** This can include an evening of meditation or progressive muscle relaxation, deep, conscious breathing and visualization exercises.

Happy training and sleeping!

Colorado HeartCycle 2021 Tours

Springtime in Fredericksburg, TX

Fredericksburg, Texas

March 27 - April 3 Status: Cancelled
7 days, Intermediate \$1,490.00

Tina Vessels, tina.vessels@gmail.com
Kurt Arehart, klarehart@gmail.com

San Diego County

San Diego, California

April 18 - 27 Status: Cancelled
9 days, Advanced \$1,650.00

Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Trek to the Tetons

Logan, Utah

June 12 - 20 Status: Wait list
8 days, Int./Adv. \$1,680.00

Jim Schroeder, jimmyschweb@gmail.com
Scott MacCormack,
samaccormack@gmail.com

Le Monastere

Limoux, France

June 18 - 26 Status: Cancelled
8 days, Int./Adv. \$2,350.00

Bob Rowe, browe49@comcast.net

Tour de Sawtooth

Ketchum, Idaho

June 20 - 29 Status: Wait List
9 days, Int./Adv. \$1,550.00

Joan Spilka, ljspilka@hotmail.com
Fred Yu, fredericky@comcast.net

Basalt Groad Four Day Weekend

Basalt, Colorado

July 7 - 11 Status: Wait list
4 days, Int./Adv. \$775.00

Ron Finch, blouie-rfinch@comcast.net
Robin Heil, rjsheil@bresnan.net

North Puget Sound Favorites

Anacortes, Washington

July 24 - 30 Status: Wait List
6 days, Int./Adv. \$1,600.00

Richard Williamson at: richard6a@gmail.com
Dave Olausen at: d.olausen@comcast.net

Oregon Wine & Surf Loop

Eugene, Oregon

August 21 - 29 Status: Full
8 days, Int./Adv. \$1,750.00

Cindy Alvarez, sindelou@cox.net
Judy Siel, bjsiel@msn.com

Black Hills of South Dakota

Custer, South Dakota

September 6 - 10 Status: Open
4 days, Int./Adv. \$800.00

Judy Siel, bjsiel@msn.com
Barry Siel, bsiel03@gmail.com

Colorado HeartCycle 2021 Tours

Coast-to-Coast Northern Tier - Year 5

Rochester, New York

September 11 - 25 Status: Wait List
14 days, Int./Adv. \$3,390.00
Rich Crocker, richcrocker@hotmail.com
Patty Menz, pattymenz1@verizon.net

Southern Albania

Tirana, Albania

Sept. 28 - Oct. 9 Status: Cancelled
11 days, Int./Adv. \$1,700.00
Tina Vessels, tina.vessels@gmail.com

Ohio Appalachian Country

Columbus, Ohio

Oct. 6 - 14 Status: Wait List
8 days, Int./Adv. \$1,590.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Paso Robles

Paso Robles, California

November 6 - 13 Status: Full
7 days, Int./Adv. \$1,450.00
Becky Bottino bbottino7@gmail.com
Ken Condray condray3@gmail.com