

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.

The Board of Directors

Fred Yu (303) 264-7373 (2020)
President - president@heartcycle.org

Pat Van Deman (303) 885-1076 (2019)
Vice President

John Penick (203) 232-8946 (2020)
Treasurer

Graham Hollis (720) 323-6479 (2019)
Assistant Treasurer

Joanne Speirs (303) 589-2877 (2019)
Secretary

Jim Bethell (518) 466-8490 (2020)
Web-Master

Richard Crocker (520) 539-8019 (2019)
Co-Tour Director - tourdirector@heartcycle.org

Bob Rowe (303) 910-7230 (2019)
Co-Tour Director - tourdirector@heartcycle.org

Judy Siel (303) 470-8431 (2020)

Mark Lestikow (303) 919-0426 (2020)

Working Members

Ron Barton (303) 798-2755
Registrar - registrar@heartcycle.org

Richard Loeffler 303-981-2963
Medical Equipment

Jeff Messerschmidt (303) 904-0573
Sag Supply Manager

Dan Palmquist
Sag Vehicles

Barry Siel (303) 470-8431
Newsletter Editor

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.

PLANNING FOR 2019 AND BEYOND

By: Jennifer Sharp, ALP Cycles Coaching

Got the winter time blues? As the winter solstice approaches, it may seem like FOREVER until the warm summer months. Whether you're finishing up cyclocross this week at Nationals or completed a full road race season and in the midst of some serious winter base miles, now is a great time to check in with your goals for 2019 and beyond.

As a coach, I'm frequently asked by those new to the sport: how do I know which races to target?

I recommend doing a season end review if you haven't already. Which races brought you joy? What courses did you love and which ones did you struggle with? Take an honest inventory of the races you completed in 2018 and see which ones you're already looking forward to in 2019. If this is your first season - the world is your oyster! Try as many different types of races you can to get a feel for what your preferences are.

Once you've narrowed down which races you'd like to do, pick a couple of target races you'd like to focus on. Whether that be a national, regional or local event - figure out where it is on the calendar and start working backwards. If you know you'd like to target the Colorado Classic for example, you'll want to figure out the demands of the race. You'll want to peak for late August, and chances are it's going to be a hilly route and at altitude. What terrain will the race encounter? What kind of competition will show up? How can you best prepare for it? And what kind of races can you do in preparation for it? By doing your homework early, you can figure out what kind of training and races that will help you best prepare for those target events.

When picking target races for the season, this is a great opportunity to take inventory of your strengths and weaknesses. How does your targeted race align with your talents? What can you do during the off season to sharpen your strengths and lessen your weaknesses? Getting a good bike fit, building strength and flexibility in the gym as well as working your mental game can pay big dividends come race season.

Approaching your next season can seem overwhelming - there are a lot of factors to consider! This is where a good coach can help - someone who can look at the big picture and guide you in a designing solid training plan that will help you accomplish your cycling goals.

TRAINING QUALITY

By Patricia Schwager, ALP Cycles Coaching

If you want to get stronger and improve your performance, then you should make sure your rides (or workouts) are high quality vs. just adding up a lot of "empty training miles" or "junk miles". Working with athletes shows me that workouts quality isn't always executed properly. How does one prepare for a ride or workouts? Do you read the workout instructions clearly or do you go out on your ride and loosely follow the workout instructions? Are you aware of your focus on the bike?

Below are a few things that one should pay attention to in order to make training more efficient.

Before the workout/ride:

- **Read the workout instructions:** Export the workout to your bike computer (if your workout is planned with the TrainingPeaks workout builder) or write stem notes if necessary. Ask your coach if you have specific questions that relate to the intent or focus of the workout. The idea is to relate your training to your fitness and race goals. Think about a good route for your training. If you have intervals or efforts to do, make sure there is a good place/road to complete them within your route.
- **Weather:** Check the weather forecast and dress accordingly.

During the workout/ride:

- **Cadence.** Have you every looked at the cadence distribution chart in your TrainingPeaks account? If you check the cadence distribution chart (in uploaded workout's) you can see how much time or % of your rides are spent with coasting (0-5rpm). Coasting is empty training time. Sure there will always be some coasting in an outdoor bike ride but if 30% of your 3h ride was spent coasting, then you wasted training time and your workout was not high quality. It's important to keep your cadence up to respond to pace and terrain changes. It also helps keep your muscles activated and alert. Pay attention that you keep pedaling while riding in a group, sitting on the wheel/in the draft of a friend or while riding downhill.
- **Are you riding in your correct power HR, or RPE zone(s)?** Pay attention that you are riding in the zone you should be riding in. If you are doing an active recovery ride, you should be riding in Zone 1 (RPE <3). If you are doing an Endurance ride, you should be riding in Zone 2 (RPE 4-5). Make sure you also complete your intervals or efforts in the prescribed zones.

- **Rest between intervals is really important.** Make sure you are resting properly in-between intervals/efforts. This will make sure you are ready for the next interval and you will also have better quality in your intervals. Note that there are some specific workouts that won't give you a total rest in-between intervals so make sure to follow the workout instructions.
- **Listen to your body:** Cut your ride time shorter if you are feeling tired or extend a ride for a bit if you are feeling great. Do not go out for a workout or ride if you are feeling sick.

Post workout/ride:

- **Refuel your body.** Refuel with a snack or meal within 30 minutes of finishing (ALP Cycles Coaching recommends having a recovery drink from NBS). Make sure you're getting enough protein for recovery.
- Stretching
- Upload workouts to TrainingPeaks:

Remember, riding longer isn't always the better option! It is better to do a high quality 2.5 hour workout/ride instead of a low quality 3.5 hour workout/ride. The same goes with how many intervals you are completing. It is better to do 4 high quality intervals vs. 6 low quality intervals. While most of your training is very structured, make sure you're having fun too! Incorporate an unstructured ride now and then to enjoy the bike.

Happy training!

WINTER RIDING: 6 THINGS TO KEEP IN MIND

By David Newcomer / Pactimo Customer Service Manager

I've been saying for the last few years that you can safely mountain bike in Colorado through Thanksgiving. I don't know that this has always been true, but lately it sure is.

And the roads are open for business all year. Which is great, because I am not a fan of the trainer. We're blessed with a lot of sunshine. So, while we may be hit with some good storms from time to time, the conditions don't generally persist more than three days or so.

There are still a few things to be prepared for, though. And as I've said before, they can sneak up on you if you're not out there constantly. If you thought it was time to hang up the bike for a bit, but find you're ready to ride, here are a few things to consider.

1. **Lights** – Front and back. Don't skimp. I've got a front light that sees into the future and the one on the back has a variable blinking pattern that helps quickly draw the attention of drivers. I carry an extra in my bag, too, that was handy during a storm. Visibility was bad, and I put an additional red blinker on the back of my helmet (along with the one on the seat post).
2. **Variable Conditions** – A couple considerations here. You need to be able to adjust to temperature changes and carry the items when not in use, too. Items that store easy and provide protection are essential. Warmers with a vest can provide more versatility than a jacket, but there are times when a jacket is the right call. Our new Storm Line with jackets, bibs, and warmers, help with breathable protection in wet conditions, too.
3. **Gloves, Toe Covers, Eyes, and Ears** – The need for a good pair of gloves can't be overstated. Same for toe or shoe covers and something to cover the head or ears. And a clear set of lenses for eye protection can be very helpful.
4. **Weather Road Conditions** – Watch for ice, of course, but be mindful too, of puddles that may hide a pothole. And bridges will freeze up before the rest of the road, so be careful when you cross those.
5. **Fenders** – The more you can do to keep dry, the better. Full fenders can help save wear on your bike as well.
6. **More frequent cleaning and chain care** – You'll need to pay a bit more attention to the bike as well as the clothing and gear selections. Keep the chain clean and lubricated. Wipe down the wheels and brush the brakes to remove road grime that can limit your stopping ability and add to the wear and tear of the parts. Take advantage of any opportunity to give it good cleaning.

Winter riding really can be fun and rewarding. Memorable, too, when you come out on top when conditions are challenging! Take care out there and I'll see you on the road.

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: Closed
 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, jdpenic@gmail.com
 Rosemarie Lueke, ree22@msn.com

Colorado HeartCycle 2019 Tours

Italy's Dolomites

Alta Badia, Italy

Part 1 Base Tour

June 23 - 30

7 days, Adv./Exp.

Status: Closed

\$1,650.00

Bormio, Italy

Part 2 Option

June 30 - July 4

4 Days, Expert

Clare Bena, cbvamoots@gmail.com

Status: Closed

\$650.00

Le Monastere: Session 1

Lemoux, France

June 29 - July 6

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Open

\$2,350.00

Le Monastere: Session 2

Lemoux, France

July 6 - 13

7 days, Int./Exp.

Bob Rowe, browe49@comcast.net

Status: Open

\$2,350.00

Women's Weekend with Love, Sweat and Gears

Colorado Springs, Colorado

September 4 - 8

4 days, Easy +

Maryann Loeffler,

Julie Lyons,

Status: Open

\$700.00

Coast-to-Coast Northern Tier Year 4

Grand Rapids, Michigan

September 7 - 21

14 days, Int./Adv.

Rich Crocker, richcrocker@hotmail.com

Richard Williamson, richard6a@gmail.com

Status: Wait List

\$2,450.00

Bicycling in OZ: The Ozarks

Fayetteville, Arkansas

Oct. 29 - Nov. 6

8 days, Int./Adv.

Jimmy Schroeder, jimmyschweb@gmail.com

Tom Biggi, biggi@awdboost.com

Status: Open

\$1,540.00