

# Heart-to-Heart



## Update on Covid-19 and 2020 Colorado HeartCycle Tours

March 17, 2020      The Covid-19 situation is evolving daily.

The Board has made several interim decisions while seeing how the situation evolves.

We have cancelled all of our domestic tours in April, and international tours in April/May (4 tours so far). We are evaluating other near-term tours in May/June and expect board decisions soon. For the cancelled tours, near full refunds have been issued to confirmed participants and the Board will meet later to address all remaining/un-refunded deposits for all cancelled tours.

We understand all your concerns; we have them as well. For tours that are in the future, the Board has also relaxed the penalty dates to 30 days to lose full fees if the tour continues.

The Board has chosen to wait on decisions regarding our June and beyond domestic tours. Generally, we expect to make decisions at least 45 days out. Perhaps more information will arise in the near term, that will revise our country's public policy recommendations and we will feel more comfortable proceeding with these tours.

We will continue to communicate with our Tour Leaders on this. You may anticipate updates from Tour Leaders specific to your tour.

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Colorado HeartCycle

## The Board of Directors

**Fred Yu** (303) 264-7373 (2020)  
President - [president@heartcycle.org](mailto:president@heartcycle.org)

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Asst. Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

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Web-Master, CPR, Driver Training

**Judy Siel** (720) 519-9401 (2020)  
Co-Tour Director - [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

**Bob Rowe** (303) 910-7230 (2021)  
Co-Tour Director - [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

**Janet Slate** (303) 683-6128 (2021)  
Special Projects

## Working Members

**Ron Barton** (303) 798-2755  
Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Jeff Messerschmidt** (303) 904-0573  
Sag Supply Manager

**Dan Palmquist** (303) 638-2535  
Sag Vehicles

**Barry Siel** (303) 434-1947  
Newsletter Editor





**HeartCycle Trivia:** Well let's dig into the past and see how good your memory is...

Name the tour & year

Name as many people in the photo as possible

Name the town where the group photo was taken

Name the tour leaders

Bonus points name the sags



















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# How to Ride Safely Amid Coronavirus Concerns

ANSWERS TO YOUR MOST FREQUENTLY ASKED QUESTIONS AS THE VIRUS CONTINUES TO SPREAD.

By JORDAN SMITH Digital Editor, Bicycling Magazine

While the [coronavirus](#) pandemic continues to spread, causing [bike races](#)—and many other large events—to be postponed and canceled, you might be wondering what you should do for your own personal health and how this could affect your training.

We tapped [David Nieman, Dr.PH.](#), health professor at Appalachian State University and director of the Human Performance Lab at the North Carolina Research Campus, and [Brian Labus, Ph.D., MPH](#), assistant professor in the School of Public Health at the University of Nevada Las Vegas, to help answer cyclists' most frequently asked questions.

## Is it safe to ride outside?

Yes—in fact, it's safer to be outside than inside when it comes to disease transmission. When people congregate together and someone sneezes or coughs, droplets get onto objects that people touch, and then people touch their face, Nieman explains. The best plan for riding right now is to go out and ride solo and enjoy the outdoors.

Additionally, people might be afraid to ride outside in the [colder weather](#) for fear of illness, but that's not true; there is no data that you will get sick from really any respiratory pathogen when riding in cold weather, Nieman says.

Getting in 30 to 60 minutes of moderate to brisk activity can help your [immune system](#) keep viruses at bay. Be sure you know what's going on in your area and if there are any restrictions or mandatory self-quarantines. And, if you're sick or at-risk of spreading the virus, you shouldn't go out.

During a quarantine, Nieman suggests doing some exercise, while staying quarantined [wherever you are](#) to keep healthy—doing [bodyweight exercises](#) or riding on your living room trainer are great ways to do this. *Unless* you're sick.

"If you do have flu or coronavirus, or have a fever, sick people think wrongly they can 'exercise the virus out of the system' or 'sweat it out,' that's a myth. It's actually the opposite," Neiman says.

## Can you ride outside during a shelter-in-place mandate?

Effective March 16, San Francisco residents were [ordered](#) to shelter in place until April 7, meaning everyone is to stay inside their homes and away from others as much as possible. However, the directive allows for people to go outside and engage in outdoor activity, such as riding, running, and walking, as long as people practice safe social distancing (stay 6 feet apart) and do not gather in groups.

And, according to a [press conference](#), New York City may soon follow suit.

## Should you avoid riding in groups?

As of March 18, USA Cycling has recommended races and other gatherings, such as races and group rides be canceled or postponed and is suspending permits on all events through May 3.

## How dangerous is spitting while cycling right now?

Spreading COVID-19 via spit is possible, according to [Amy Treakle, M.D.](#), an infectious

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disease specialist with The Polyclinic in Seattle. “COVID-19 is spread by respiratory droplets when a person coughs or sneezes, and transmission may occur when these droplets enter the mouths, noses, or eyes of people who are nearby. Spit contains saliva but could also contain sputum from the [lungs](#) or drainage from the posterior nasopharynx,” she says. Sorry, [snot rocketeers](#): Treakle says shooting mucus out of your nose isn’t any better. “Having witnessed and participated in races, I think it’s appropriate to note that this would apply to projectile nasal secretions.”

### **How long can COVID-19 live on clothing?**

Experts don’t yet know the risk of transmitting the virus from surfaces like clothing, Treakle says. But the [World Health Organization](#) reports that coronaviruses can remain on surfaces for a few hours up to several days. If your clothing gets hit by spit, avoid touching the area, and change your clothing as soon as possible, washing your hands afterward. To disinfect clothing, wash it in hot water and use the dryer’s high setting.

### **Should I avoid touching things outside?**

The [latest data](#) with the novel coronavirus is that it does not last very long on objects outside because of the exposure to sunlight (UV light). In general, objects outside should have little virus on them, Nieman explained. However, there could be a problem if someone coughs into his or her hand immediately before touching something like a traffic button, and then you touch the traffic button after them. If you must touch something, do not touch your face after. Even better? Use a glove (then avoid touching your face), sleeve, or elbow.

### **Can coronavirus be spread through sweat?**

According to the [CDC](#), transmission of the coronavirus happens between people who are in close contact with one another (about six feet) and through respiratory droplets, produced through a cough or sneeze—not sweat.

### **Am I contagious if I have no symptoms?**

This is one thing we don’t fully understand yet about coronavirus. You are probably contagious right before you begin to show symptoms, but we don’t know for what time period and we don’t know how contagious. It makes sense that you would be more contagious once you are coughing, but we don’t fully understand transmission yet, Labus says.

[Social distancing](#) is the answer right now, Nieman says. Experts are still trying to figure out how long the virus lives on objects, and the problem is that it appears to be highly contagious, spread easily by coughing and sneezing, and can be spread by people who don’t think they’re sick. That’s why hand-washing and not touching your face are so important.

### **Is my immune system weaker postride or after a hard workout?**

As you deplete your stores of glycogen, your immune system does not function as well as it normally does. That means in the hours following a hard ride or race, if you have been exposed to someone who has been sick with the flu or coronavirus, your bodies defenses are down, Nieman says. Additionally, mental or physical stress—caused by exerting yourself on a long ride, in a race, or after very hard workout—could slightly increase your chances of becoming ill, Labus explains.

“I would caution cyclists to avoid long, intense rides or workouts right now until we get through all this and just to kind of keep things under control,” Nieman says. “Don’t overdo it. Be worried more about health than fitness.”



However, that doesn't mean you need to quit riding or exercising altogether. There is a very strong connection between regular exercise and a strong immune system in the first place, so the long-term immune system benefits of exercising far outweigh any short-term concerns, Labus says.

### **Are gyms safe for indoor training?**

Many cities and states around the country are taking extra measures to help prevent the spread of coronavirus. Gyms across the country like [Barry's Bootcamp](#), [Mile High Run Club](#), and [WORK Training Studio](#) are temporarily closing out of an abundance of caution. And, at 8 p.m. on March 16, gyms in New York, Connecticut, and New Jersey, are temporarily closing. Overall, be sure to check your local gym and local public health recommendations before heading anywhere for a workout.

At this time, [at-home workouts](#) may be your best bet for keeping up your fitness routine and helping to ensure your own health and the health of those around you. And, no matter where you sweat, you should remember to wash your hands regularly, especially after your workout and wipe down all your equipment when you are done using it.

### **If people are using public bike shares, like [CitiBike](#), are there any extra precautions to take?**

If an ill person has used it right before you, they could leave behind their viruses on the handlebars. If you wipe it down with antibacterial wipes before you use it, that should protect you against being exposed to many different diseases, Labus says.

And, according to the [CDC](#), it may be possible that a person can get COVID-19 by touching a surface that has the virus on it, like bike handlebars, and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. In general, using bike shares should be okay, as long as you wipe the bike down beforehand, and it wouldn't hurt to have gloves on. And, be sure to wash your hands as soon as you can and avoid touching your face, Nieman says.

### **If my race isn't canceled, should I go?**

You might be wondering what to do about the upcoming race you've been [training](#) for. Bottom line, no. As of March 16, the [CDC](#) recommends that for the next 8 weeks, in-person events that consist of 50 people or more are canceled or postponed. And, the [President's Coronavirus Guidelines for America](#) suggest that people avoid social gatherings of over 10 people for the next 15 days to help slow the spread.

Nieman suggests that the goal right now is to avoid crowds and gatherings of people indoors and outdoors until we know better about how the virus can spread.

### **If my race is canceled but there are other group ride events in its place, should I go?**

You might be seeing group rides or unofficial races popping up in your community in place of canceled races. But any time people come together, there is a chance for the disease to spread. Again, as of March 15, the [CDC](#) recommends that for the next 8 weeks, in-person events that consist of 50 people or more are canceled or postponed.

In general, be mindful of your interactions with others and take basic steps to protect yourself, like washing your hands, limiting direct contact with others, and not touching your face, you can reduce your risk of many different infections, Labus says. Remember that, even though everyone is focused on coronavirus, flu is still circulating widely.



# Colorado HeartCycle 2020 Tours

## Las Vegas & Death Valley Spring Training

### **Las Vegas, Nevada**

March 11 - 20 Status: Completed  
 9 days, Advanced \$1,750.00  
 Jimmy Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
 Richard Williamson, [richard6a@gmail.com](mailto:richard6a@gmail.com)

## Paso Robles Wine Country

### **Paso Robles, California**

April 18 - 25 **CANCELLED**  
 7 days, Int./Adv. \$1,390.00  
 Becky Bottino, [bbottino@gmail.com](mailto:bbottino@gmail.com)  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)

## Shenandoah Valley

### **Staunton, VA**

April 25 - May 2 **CANCELLED**  
 7 days, Advanced \$1,650.00  
 Kurt Arehart, [klarehart@gmail.com](mailto:klarehart@gmail.com)  
 Jim Bethell, [bethell.jim@verizon.net](mailto:bethell.jim@verizon.net)

## Relaxed in Provence

### **Avignon, France**

May 14 - 23 **CANCELLED**  
 9 days, Intermediate \$2,675.00  
 Polly Page, [mspollypage@gmail.com](mailto:mspollypage@gmail.com)  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

## Durango Weekend

### **Durango, Colorado**

May 16 - 19 Status: Open  
 3 days, Int./Adv. \$670.00  
 Denise Weaver, [dweaver1200@hotmail.com](mailto:dweaver1200@hotmail.com)  
 Rob Weaver, [Robert\\_r\\_weaver\\_iii@hotmail.com](mailto:Robert_r_weaver_iii@hotmail.com)

## Bruges-Paris, Bike and Barge

### **Bruges, Belgium**

May 16 - 29 **CANCELLED**  
 14 days, Easy/Int. \$3200.00  
 Joanne Speirs, [jcspeirs1@gmail.com](mailto:jcspeirs1@gmail.com)

## Traverse Bay

### **Traverse City, Michigan**

May 30 - June 7 Status: Full  
 8 days, Int./Adv. \$1,570.00  
 Lynn Driver [ldriver@med.umich.edu](mailto:ldriver@med.umich.edu)  
 Bob Rowe [browe49@comcast.net](mailto:browe49@comcast.net)

## Beyond Dordogne

### **Bordeaux, France**

June 19 - 28 Status: Wait List  
 9 days, Advanced \$2,750.00  
 Fred Yu, [frederickyu@comcast.net](mailto:frederickyu@comcast.net)  
 Graham Hollis, [gramhollis@icloud.com](mailto:gramhollis@icloud.com)

## Roaring Fork Road & Groad Weekend

### **Basalt, Colorado**

July 15 - 19 Status: Wait List  
 4 days, Int./Adv. \$760.00  
 Ron Finch, [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)  
 Robin Heil, [rjsheil@bresnan.net](mailto:rjsheil@bresnan.net)

## Oregon Wine & Surf Loop

### **Eugene, Oregon**

July 25 - August 2 Status: Full  
 7 days, Int./Adv. \$1,680.00  
 Cindy Alvarez, [sindelou@cox.net](mailto:sindelou@cox.net)  
 Bob McIntyre, [dcx12@aol.com](mailto:dcx12@aol.com)



