

Heart-to-Heart



HOW TO TRANSITION YOUR INDOOR FITNESS OUTSIDE

By Jennifer Sharp (ALP Cycles Coaching)

Once winter retreats enough to thaw out the bike lanes in your neighborhood, hordes of people will take to the streets again to breath in the fresh air and feel the wind in their face. Below are some tips to ease this transition and keep you upright and rubber side down.

- **Dial in your equipment.** Tires pumped, chain lubed or waxed, screws tightened on your headset, water bottle cages bolted down, etc. Paying close attention to details and addressing any issues with your bike now, can save you an Uber call when you're stranded later. Some additional things to check: tires for tread wear, brake pads and maybe replacing your bar tape if it's in bad shape.
- **Bike handling practice.** Spend a little extra time dialing in some bike handling practice in your driveway before you take to the streets. Familiarize yourself with how your bike moves in tight, slow turns, and looking over your shoulder. Get up and out of the saddle to reacquaint yourself with how your bike moves without the restraint of a trainer.
- **Rules of the road.** Staying to the right goes without saying and so is knowing the rules of the road and sticking to them. Every state in the US has different rules, as do other parts of the world. Being predictable is just as important within a group as it is for other motorists. I'm also a big fan of rear blinky lights to give drivers a second pause that could save your life due to increased visibility.
- **Group ride etiquette.** Communication is key and pointing out hazards in the road is super important and helps avoid unnecessary crashes. The safest place to ride with others is either bar to bar or bar to hip. Protect your box (which extends the width of your handlebars to the tip of your front tire) and increase your odds of staying upright. Call out and point at upcoming turns, oncoming runners, potholes, and even passing cars to alert your fellow riders to potentially dangerous obstacles.
- **Clothing.** 90% of being fast is looking good, right? Get close fitting clothing that doesn't flap in the wind (loose jerseys = lost watts) tuck extra clothing tightly into pockets, etc. Bright clothing can help motorists see you. Awareness is key and saves lives!
- **Have fun!** A happy, relaxed mind is a steady and smooth one, especially in group settings. Loosen your jaw and use piano fingers on your bars if you're over gripping and tight. Position yourself on a side with an out - either towards the gutter or the opposite lane so if something were to happen, you'll have a little more wiggle room to work with.

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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.

Tucson Town and Country

By Denise Weaver

The Tucson Town and Country tour which took place the first week of March was exactly as described "a relaxed opportunity for early season riding, good food, and fun." Maybe too much good food and fun - some of us returned with a few extra pounds, and it wasn't in our luggage! Our SAG support, Carol and Kathleen, served what amounted to full course meals



Carol (left) and Kathleen (right)

At the end of this newsletter article, I have attached one of the easy-to-make, award winning salads made by Carol so that those reading this can enjoy a little bit (bite) of our tour while looking at the pictures.



We spent the first 3 days exploring the Tucson area via The Loop trail, a network of shared-use paths in and around Tucson.

For those of you unfamiliar with the area, Tucson is approximately 120 miles southeast of Phoenix, in the Sonoran Desert at 2,600' elevation and is home to Saguaro National Park. And, yes, we saw a lot of beautiful saguaros.



Bats on Bikes Tucson Loop trail art

And because of the wet winter, the desert was blooming, the frequently dry rivers were flowing, and there was snow on Mt. Lemmon (a good climb with an elevation of 9,100')!





Joan taking in the view on Mt. Lemmon



From left to right: Rod, Robin, Beckyand Ken on Mt. Lemmon



Denise and Rich (our tour leader) on their Cervelo C3s climbing Mt. Lemmon

We finished our exploration of Tucson with a ride on the 8 mile loop through Saguaro National Park and then rode through the Sonoran foothills, past vineyards and ranches, to the small town of Sonoita where we stayed for 2 nights at the quaint Sonoita Inn.



Jim and Alan in Saguaro National Park



Sonoita Inn



Rooms at the Sonoita Inn had a western flair



Sonoran foothills



Evening meeting at the Sonoita Inn

On our return to Tucson, we stopped at the Tumacacori National Historic Park to visit one of the oldest Spanish missions in southern Arizona. We also visited the Titan II Missile Museum and the San Xavier Mission Church.



Mission San Jose de Tumacacori



Rod at San Xavier Mission Church



Titan II Missile & fueling suits hanging in the decontamination room of the Titan II Missile Museum



Riding past an open pit copper mine



Grilled Corn, Avocado, and Tomato Salad

By Carol Cole Nies

- 1 pint grape tomatoes
- 1 cucumber
- 1 ripe avocado
- 2 ears of fresh sweet corn
- 2 tbsp fresh cilantro, chopped

Remove husks from corn and grill over medium heat for 10 minutes. The corn should have some brown spots and be tender and not mushy. Cut the corn off the cob then scrape the cob with the back of your knife to get the juices. Set aside and let cool.

Slice the tomatoes in half.

Chop cucumbers.

Dice the avocado.

Chop the cilantro.

Honey Lime Dressing

Juice of 1 lime

3 T vegetable oil

1 T honey

Sea salt and fresh cracked pepper, to taste

1 clove garlic, minced

Dash of cayenne pepper

Add all the dressing ingredients in a small bowl and whisk to combine. Set aside.

Combine the sliced tomatoes, avocado, cilantro and grilled corn and honey lime dressing and mix gently so everything is evenly coated. Be careful not to mash the avocados. Let the salad sit for 10-15 minutes to let flavors mingle. Enjoy.

How Carol improvised the salad

For a group of 20 riders I used:

1/2 container of tomatoes (large container from Costco)

2 English cucumbers

3 avocados

8 small ears of corn

1/2 bunch of cilantro

Wrapped corn in paper towels and cooked in microwave. Cut off the cob.

Mixed tomatoes and cucumbers in colander sprinkled with salt and set aside for an hour to get rid of some juice.

Add tomatoes and cukes to corn and cilantro.

Next day, add avocados and dressing.

Used a key lime in dressing, (found one in happy hour container left from Gin and tonics).

I did not double the dressing as I don't care for a lot of dressing.

Also left out the garlic or red pepper as didn't have any, but added Cavender's seasoning.

Paso Robles Wine Country

By Anita Herman and Judy Siel

Central California is a wonderful place for a spring tour and our week in Paso Robles was perfect. Tour leaders Ken & Becky went above and beyond in planning and even did a last minute route adjustment when they saw construction traffic. Scouting a trucking company and calling the company to see when their rock haulers would be running-is what I call fabulous leadership! Everyday the routes were scenic along rolling green hills and vineyards. Sag stops at various vineyards and olive oil tasting rooms added to the flavor of biking in wine county. Three days of rides, a midweek rest day and another three days for cycling was an excellent combination to make a memorable tour. Our sag gals Mellissa & Cindy also did a great job keeping track of the riders, feeding us and hauling many bottles of wine from the tasting rooms safely back for happy hour. Thanks to our fun group for a fabulous tour!



Group Dinner at the LaBellasera Hotel



Tour Leaders and SAGs



Ken, our great route planner and leader



Cathy and Graham enjoying the rolling hills



Lunch Stop at Tobin James Winery...free tastings



Bob and Leticia chose their tandem for Day-1



Melissa not only had a great lunch spread but always a smile!



Barry and Judy Siel cycling to Pasolivo for lunch



Roger and Kevin enjoying the California sunshine



View from summit on Peachy Canyon Loop



Kevin, Roger, Wendy and Roxan tasting olive oil, balsamic vinegars



Marcy rode every mile with a smile on her face



Foggy vineyard on Tobin Winery route



Les crests one of many the bump to the tree archway



Elephant Seals near Cambria resting after a hard day of cycling



Alan catches the big one at Sculptera Wines



Nancy loving the California Bloom



Road to Pasolivo on Peachy Canyon Loop



Final day of the ride was a little flatter in the San Miguel area



Jennifer and Richard enjoying the vineyards on their last day of cycling...



Andy, Anita, Barry and Judy finishing the Chimney Rock extra miles and ready for a sit and lunch



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

Tucson Town & Country

Tucson, Arizona

March 2 - 10 Status: Complete
 8 days, Intermediate \$1,470.00
 Rich Crocker, richcrocker@hotmail.com
 Tina Vessels,

Paso Robles Wine Country

Paso Robles, California

April 6 - 13 Status: Complete
 7 days, Int./Adv. \$1,390.00
 Becky Bottino, bbottino@gmail.com
 Ken Condray, condray3@gmail.com

Big Bend - The Forgotten Park

Marfa, Texas

May 4 - 12 Status: Closed
 8 days, Int./Adv. \$1,950.00
 Nate Dick, npdick@gmail.com
 Larry Harris, thepedalers@aol.com

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

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

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

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

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

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