

# Heart-to-Heart



## Innovations Threaten the Neighborhood Bike Shop

Mr. Sweeney always hated hauling his bikes to a local shop to be tuned up and repaired. “I have to carry that big thing right there,” he said, gesturing toward a bicycle rack for his car. “I have to load it; it smacks my legs. My wife and kids, they all hate doing it, and we all put it off.”

On this day, however, Mr. Sweeney only had to point to the bike he wanted repaired — a Trek hardtail mountain bike with a few mysterious squeaks after a recent race — and the work was underway. Seth Samson, a bicycle mechanic for a



company called Velofix, rolled the bike into a large red van parked in Mr. Sweeney’s driveway, clipped it to a stand and started taking it apart.

Mr. Samson works for Justin Brundage, who purchased an oversize Mercedes diesel van, which was wrapped in the red, white and black Velofix logo and outfitted with a bike stand, tools and tool cases, trays of parts as well as accessories like glasses, gloves and water bottles. Velofix also contracts with about a dozen bike manufacturers to assemble and deliver bikes purchased online through the manufacturers’ websites.

This is just one of several changes coming to an industry that has resisted many of the innovations that have altered others over the last 15 years. Some smaller bike companies have sold their bikes online for some time, but now the industry’s largest manufacturers are offering bikes directly to consumers via their web pages.

Buying a bicycle online is not as simple as buying a T-shirt. High-end bikes, which can cost well over \$5,000, come in as many as 10 sizes. Buyers choose from frames made of carbon fiber, certain types of steel or other metals. There are single-speed, fixed-gear, road, time-trial, cyclocross, hybrid, commuter and many types of mountain bikes. Bike shops have long helped cyclists find the right fit.

Manufacturers like that customers have a point of contact with a certified mechanic for repairs and adjustments. The convenience of receiving that service at home is an added bonus. But in an effort to avoid undercutting local shops, most companies do not discount bikes when they sell them directly; in fact, buyers may find better prices in their local shop.

Many bike shops are already reacting to these changes. Some have started their own mobile repair service. Though many shop owners worry that such a service could cannibalize their business.

## The Board of Directors

**Fred Yu** (303) 264-7373 (2018)

President - [president@heartcycle.org](mailto:president@heartcycle.org)

**Steve Parker** (970) 382-9551 (2017)

Vice President - [vp@heartcycle.org](mailto:vp@heartcycle.org)

**John Penick** (203) 232-8946 (2018)

Treasurer - [treasurer@heartcycle.org](mailto:treasurer@heartcycle.org)

**Joan Spilka** (203) 232-8946 (2018)

Asst. Treasurer - [ljspilka@hotmail.com](mailto:ljspilka@hotmail.com)

**Joanne Speirs** (303) 589-2877 (2017)

Secretary - [secretary@heartcycle.org](mailto:secretary@heartcycle.org)

**Jim Bethell** (518) 466-8490 (2018)

CPR/Driver Trng. Coord. - [jim@bikes5.com](mailto:jim@bikes5.com)

**Richard Crocker** (520) 539-8019 (2017)

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

**Pat Van Deman** (303) 885-1076 (2017)

Events and Souvenirs

[peeveedee5292@msn.com](mailto:peeveedee5292@msn.com)

**Bob Rowe** (303) 910-7230 (2017)

Tour Director - [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

**Alan Scott** (303) 329-6050 (2018)

[ascott999@comcast.net](mailto:ascott999@comcast.net)

## Working Members

**Andy Anderson** (404) 395-1491

Map Maker - [maps3@heartcycle.org](mailto:maps3@heartcycle.org)

**Ron Barton** (303) 798-2755

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

**Bob Racier**

Web Master - [webmaster@heartcycle.org](mailto:webmaster@heartcycle.org)

**Richard Loeffler** 303-981-2963

Med. Equip. - [MedEquipMgr@heartcycle.org](mailto:MedEquipMgr@heartcycle.org)

**Jeff Messerschmidt** (303) 904-0573

Sag Supply Manager -

[sagmgr@heartcycle.org](mailto:sagmgr@heartcycle.org)

**Barry Siel** (303) 470-8431

Newsletter Ed. - [newseditor@heartcycle.org](mailto:newseditor@heartcycle.org)

## Note from the Board

### Sneak Preview of 2017 Jersey




**Front View**



**Back View**


The tour souvenir for 2017 will be a jersey by Primal. They will be made in both women's and men's sizes. **If you register for a tour for 2017, please be sure the size in your profile record is correct.** Jerseys will be ordered based on the profile information.

# Why I **Love** HeartCycle



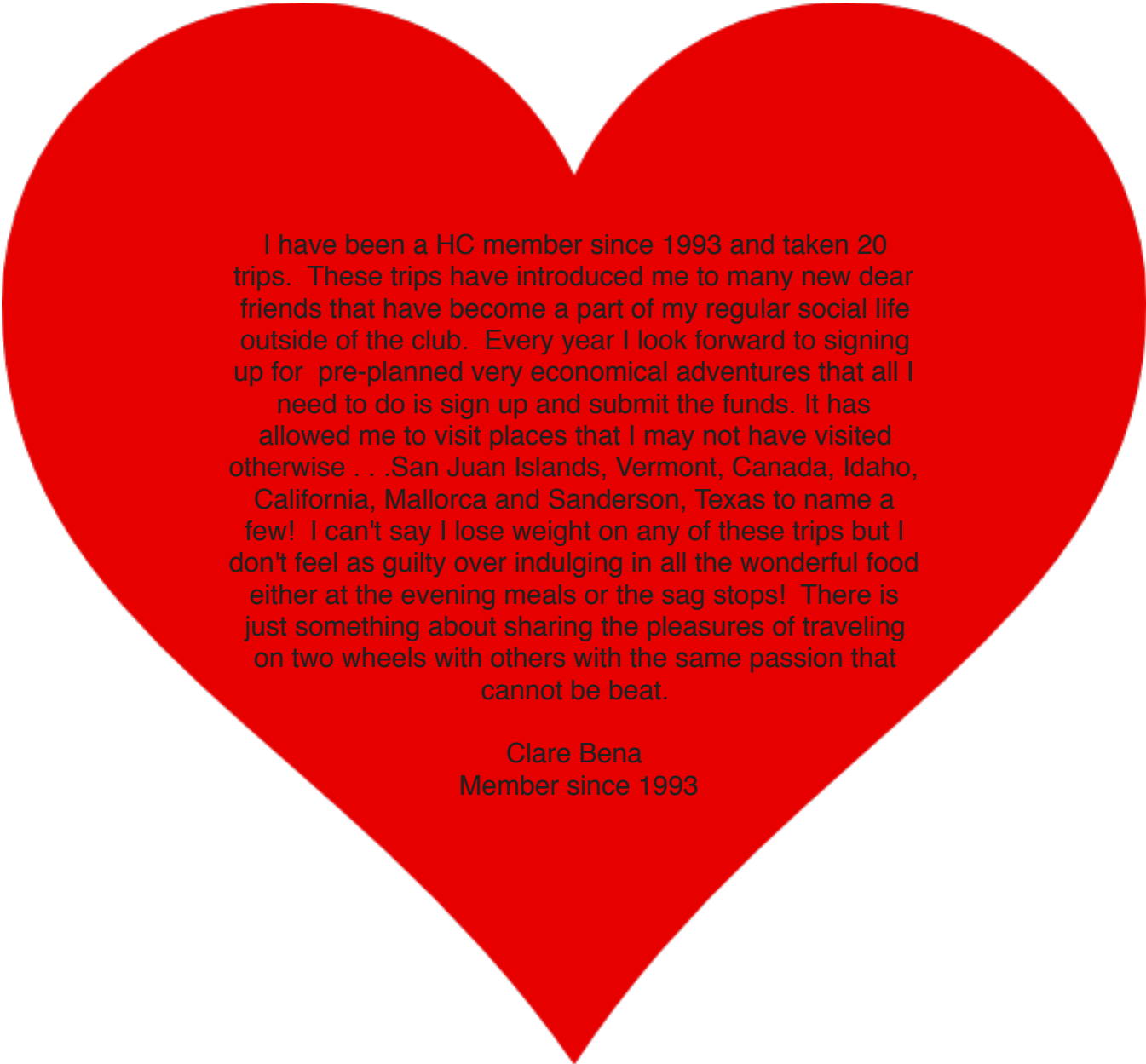
I love Heartcycle for many reasons. I will name a couple so I don't take up so much space. Serving others and the friendships I've made over the years stand out above all else. The riders have given back to me much more than I have given them in the 9 years of my sagging. Two examples of the friendship of the members: a place to stay when I'm in need, and inviting me out to eat when I'm in town.

Carol Cole Nies  
Member since 2006




I love HeartCycle for whole experience--the people, the places we go, the caring leaders, fantastic sags and the food. I look forward to every stress-free trip.

Pat Van Deman  
Member since 2005



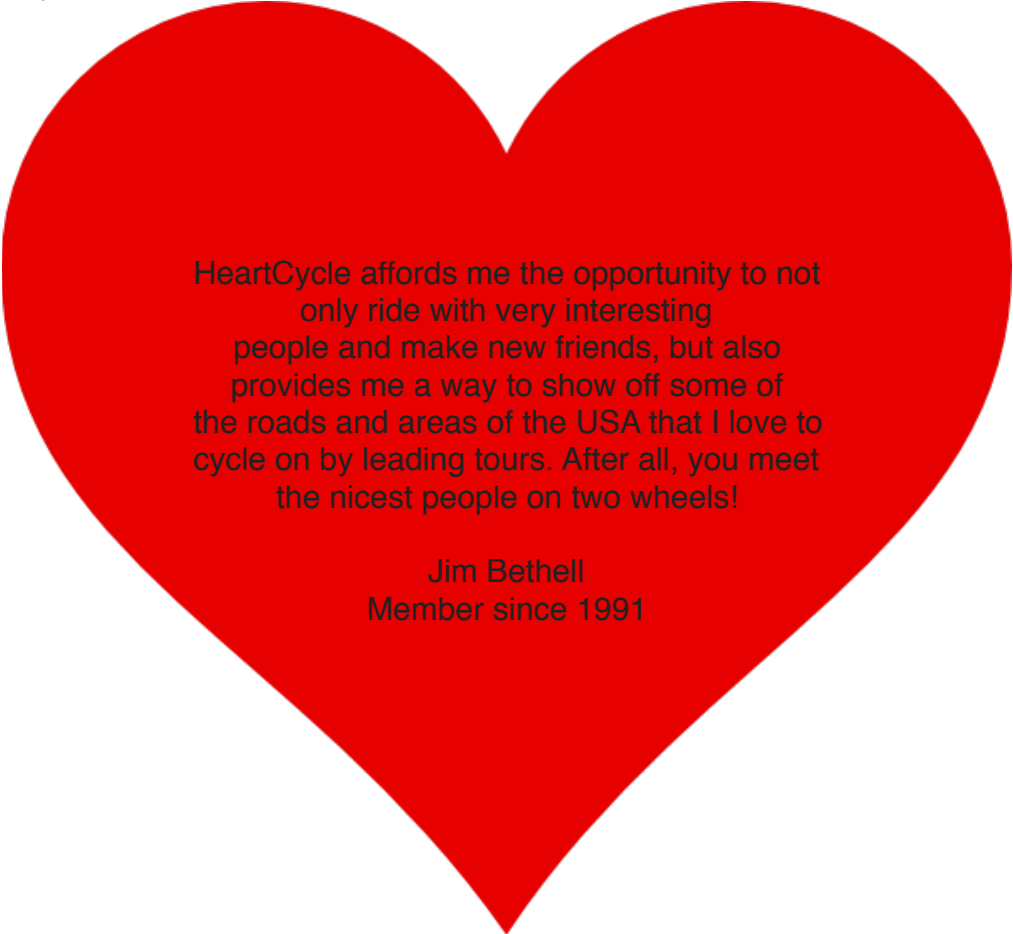
I have been a HC member since 1993 and taken 20 trips. These trips have introduced me to many new dear friends that have become a part of my regular social life outside of the club. Every year I look forward to signing up for pre-planned very economical adventures that all I need to do is sign up and submit the funds. It has allowed me to visit places that I may not have visited otherwise . . . San Juan Islands, Vermont, Canada, Idaho, California, Mallorca and Sanderson, Texas to name a few! I can't say I lose weight on any of these trips but I don't feel as guilty over indulging in all the wonderful food either at the evening meals or the sag stops! There is just something about sharing the pleasures of traveling on two wheels with others with the same passion that cannot be beat.

Clare Bena  
Member since 1993



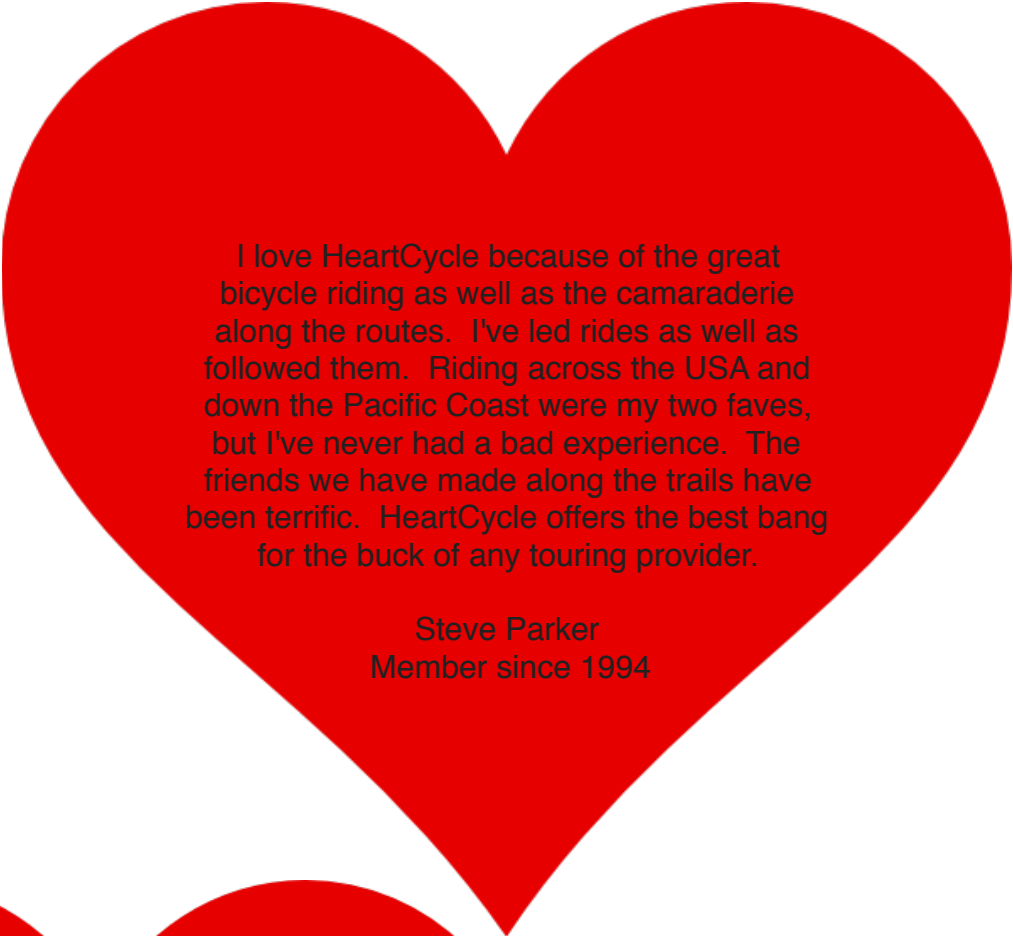
The great memories created riding with  
wonderful people in incredible places.  
Best bike club happy hour ever!!

John Penick  
Member since 1998



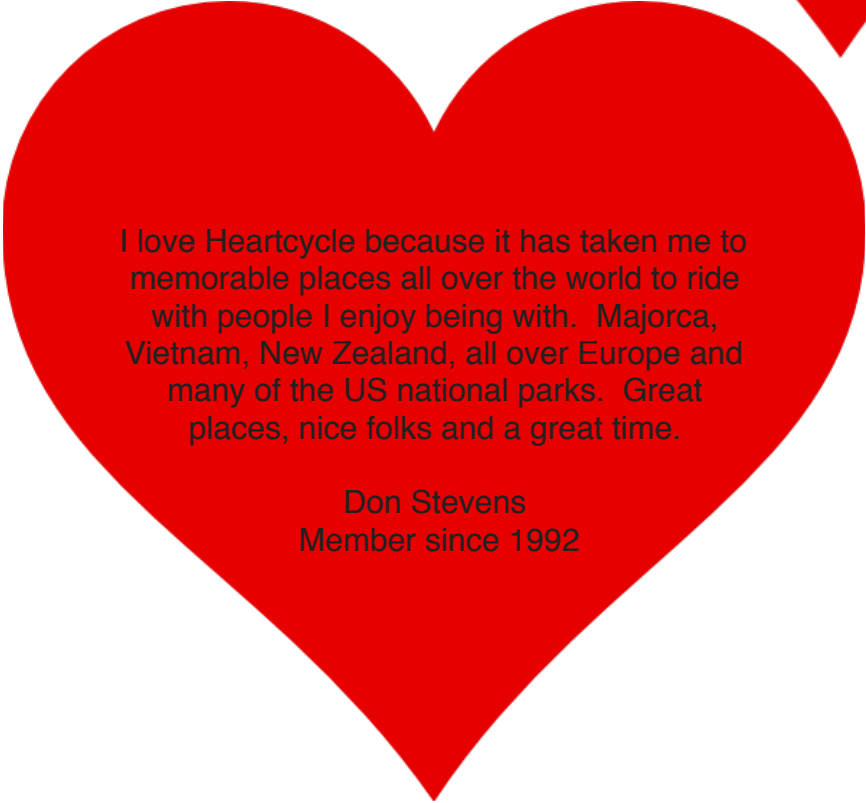
HeartCycle affords me the opportunity to not  
only ride with very interesting  
people and make new friends, but also  
provides me a way to show off some of  
the roads and areas of the USA that I love to  
cycle on by leading tours. After all, you meet  
the nicest people on two wheels!

Jim Bethell  
Member since 1991



I love HeartCycle because of the great bicycle riding as well as the camaraderie along the routes. I've led rides as well as followed them. Riding across the USA and down the Pacific Coast were my two faves, but I've never had a bad experience. The friends we have made along the trails have been terrific. HeartCycle offers the best bang for the buck of any touring provider.

Steve Parker  
Member since 1994



I love Heartcycle because it has taken me to memorable places all over the world to ride with people I enjoy being with. Majorca, Vietnam, New Zealand, all over Europe and many of the US national parks. Great places, nice folks and a great time.

Don Stevens  
Member since 1992

## How to lose weight cycling: Six essential tips

Regardless of whether you are an amateur rider just starting out in the sport or a seasoned pro that is looking to increase their power to weight ratio, it is very likely that you'll want to lose weight cycling and be lighter and leaner in your lycra.

Losing weight through cycling can be achieved by applying a few simple techniques both on and off the bike, like eating regularly and eating less as well as making what you eat and how you exercise really count.

However losing weight through cycling can require a great deal of patience, self-control and making the most of your time.

Unless you are already at your optimal racing weight, losing a few extra pounds is the fastest and arguably easiest way to increase your speed, especially if you find yourself climbing up a few hills.

Here are some of our top tips on how to lose weight cycling.

### 1. Eat regularly

Sticking to a daily routine of three meals a day, will mean you are less likely to snack and over indulge after missing a big meal.

You can ensure you achieve this by setting out organized weekly meal plans and completing weekly shops.

This also means you steer clear of any temptations when popping into a supermarket every day to pick up an evening meal.

This will also mean you are much more time efficient, giving you extra spare time to ride your bike!

### 2. Eat less

This may seem ridiculously obvious, but it is a matter of fact if you want to shift those pounds.

But you can help yourself with a few extra mind tricks, such as serving smaller portions by filling up smaller plates, rather than stuffing down a large plates full of food.

Remember it takes several minutes for the brain to signal to the stomach that it is full and doesn't require any more food.

Dehydration can sometimes be misinterpreted for hunger, so if you start to feel a hunger pang during the day sip a glass of water and see if it feels the gap.

### **3. Limit high fat and high sugar food and drinks**

Once again this may seem an obvious point when it comes to weight loss, but in spite of their evident negative nutrition factors.

These foods are also very likely to be highly calorific, and not provide any substantial satisfaction to your hunger cravings.

So instead of munching on that mid-morning chocolate bar swap it out for a piece of fruit.

Or immediately after a ride instead of a fizzy drink to satisfy your sugar craving, sip on a recovery drink to help replenish diminished protein and carbohydrate stores.

This is one of the dangers with losing weight, as it is important to ensure you are burning fat rather than just losing muscle. Ensuring damaged muscle fibers are assisted nutritionally will help you achieve this.

### **4. Cut down on alcohol consumption**

Alcohol is one of the main factors that can contribute to unnecessary weight gain. It is usually a three-pronged attack, with highly calorific alcoholic drinks piling on empty calories.

The alcohol content can also alters your senses on the situation and how much you have actually drunk, which can lead to greater consumption of alcohol itself. Which can also lead to binge eating which piles on additional calories as well. All three scenarios are a recipe for easy weight gain.

### **5. Avoid on bike fueling if it isn't needed**

It may be one of the most appealing things about riding a bike, but when it comes to weight loss it is vital not to over indulge on unnecessary carb consumption unless you really need it.

Any ride less than an hour shouldn't require you to drink or eat anything other than a bottle of water.

After that you'll only need around 60-90g of carbohydrates an hour to avoid bonking whilst not over consuming. An easy way to avoid this temptation is to only take the necessary food and drinks out on a ride with you.

### **6. Make your commute count**

Commuting is often an unavoidable part of day-to-day life, however this everyday routine is the perfect opportunity to boost your weekly mileage.

Whenever you get the chance to hit the road you should make the most of it, because every mile counts. In the summer months heading home a longer way or on a hillier route is a great way to rack up even more miles.

---

# Colorado HeartCycle 2017 Tours

## Discover San Diego

### **San Diego, CA**

March 18 - 25 Status: Open  
 7 days, Intermediate \$1,060.00  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)  
 Becky Bottino, [bbottino7@gmail.com](mailto:bbottino7@gmail.com)  
 Sue Matthews, [scmatt2@gmail.com](mailto:scmatt2@gmail.com)

## Bay Area Summits

### **San Francisco, CA**

April 21 - 28 Status: Open  
 7 days, Adv./Exp. \$1,825.00  
 Bob McIntyre, [dcx12@aol.com](mailto:dcx12@aol.com)  
 Bill Buckley, [williambuckley87@gmail.com](mailto:williambuckley87@gmail.com)

## Springtime in CA: Sonoma and Napa Wine Country

### **Santa Rosa, CA**

May 19 - 28 Status: Open  
 9 days, Adv.+ /Exp. \$2,050.00  
 Janet Slate, [jslate@ultrasys.net](mailto:jslate@ultrasys.net)  
 Alan Scott, [ascott@comcast.net](mailto:ascott@comcast.net)

## Normandy-Calvados, Camembert

### **Western France**

June 3 - 13 Status: Wait List  
 10 days, Int./Adv. \$2,500.00  
 Fred Yu, [frederickyu@comcast.net](mailto:frederickyu@comcast.net)  
 Graham Hollis, [gramhollis@comcast.net](mailto:gramhollis@comcast.net)

## Colorado Western Gems

### **Grand Junction, CO**

June 3 - 11 Status: Wait List  
 8 days, Int.+ \$1,475.00  
 Ken Kaplan, [kenneth.h.kaplan@gmail.com](mailto:kenneth.h.kaplan@gmail.com)  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

## The Carolina Blue Ridge Mountains and Parkway

### **Greenville, SC**

June 17 - 25 Status: Wait List  
 8 days, Adv./Exp. \$1800.00  
 John Aslanian, [22flatrock@gmail.com](mailto:22flatrock@gmail.com)  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

## South Central Alaska

### **Anchorage, AK**

June 25 - July 2 Status Open  
 7 days, Int./Adv. \$1,950.00  
 Rod Nibbe, [aktour@knebbe.com](mailto:aktour@knebbe.com)

## Le Monastere - SESSION I

### **Limoux, France**

July 1 - 8 Status: Open  
 7 days, Int.+ /Exp. \$2,350.00  
 Phil Stoffel, [ptstoffel@gmail.com](mailto:ptstoffel@gmail.com)

## Le Monastere SESSION II

### **Limoux, France**

July 8 - 15 Status: Open  
 7 days, Int.+ /Exp. \$2,350.00  
 Phil Stoffel, [ptstoffel@gmail.com](mailto:ptstoffel@gmail.com)

## Passes of Summit County

### **Frisco, CO**

July 15 - 22 Status: Open  
 7 days, Int./Adv. \$900.00  
 Sy Katz, [skskatz@comcast.net](mailto:skskatz@comcast.net)  
 Bob Rowe, [browe49@comcast.net](mailto:browe49@comcast.net)

---

## Colorado HeartCycle 2017 Tours

### Portandia Plus

#### **Portland, OR**

August 26 - Sept. 2                      Status: Wait List  
7 days, Intermediate                      \$1,420.00  
Stephanie Oliver, [skayoliver@gmail.com](mailto:skayoliver@gmail.com)  
Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)

### Womens Weekend

#### **Colorado Springs, CO**

August 31 - Sept. 3                      Status: Open  
3 days, Easy/Int.                      \$480.00  
Julie Lyons, [julie@lovesweatandgears.net](mailto:julie@lovesweatandgears.net)  
Margie Adams, [margieadams@comcast.com](mailto:margieadams@comcast.com)

### Aspen Highlights

#### **Aspen, CO**

September 7 - 10                      Status: Open  
3 days, Int./Adv.                      \$890.00  
Joanne Speirs, [jcspeirs1@gmail.com](mailto:jcspeirs1@gmail.com)  
Doug Moll, [doug@aaplus.com](mailto:doug@aaplus.com)

### Coast-to-Coast Northern Tier, Year 2

#### **Missoula, MT**

September 9 - 24                      Status: Wait List  
15 days, Int./Adv.                      \$2,480.00  
John Penick, [jdpenick@gmail.com](mailto:jdpenick@gmail.com)  
Bob Raicer, [rjr80544@gmail.com](mailto:rjr80544@gmail.com)

### Southern Indiana Hills

#### **Bloomington, IN**

Sept. 30 - Oct. 7                      Status: Wait List  
7 days, Int./Adv.                      \$1,175.00  
Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
Alan Scott, [ascott999@comcast.net](mailto:ascott999@comcast.net)