

Heart to Heart



Off Season Training

You think that you are in pretty good shape... and you realize that winter is here. That means it's time to get into your off season training program to maintain, as best you can, the aerobic base you have built. If you are focused, the transition from a summer cycling routine to a less intense winter program will maintain a good foundation or base for the ramp up that will come with your early spring rides. An added benefit is that taking a mental break also minimizes the risk of burn out when you do resume those tough, regular riding season sessions.

A balanced off season program should contain resistance (weight) training as well as time on an indoor stationary bike or other cross training aerobic sport such as swimming or x-country skiing.

Here are some ideas to use as a starting point to design your own off season program:

JANUARY/FEBRUARY

Weights - Still working on bulk and strength - 6 to 10 reps, 3 or 4 sets, 3 times a week. Try to add a fast component in the lifting phase (explosive power) to prepare for the demands of cycling.

Stationary bike - Back to speed work. 10 all out sprints of 20 seconds in the highest gear and the fastest cadence you can manage. Then easy spinning for 5 minutes between sprints. Cool down for 15 minutes. Three times a week.

X-training sport - Hang in there, this remains a key to prevent boredom and staleness.

Mountain biking - If weather permits, consider throwing in a little mountain biking. Experience (and internalizing instincts on conditions) gained will boost your ability to handle skids, slippery roads, unexpected excursions off the pavement, and even riders who go down in front of you. One of the skills, along with balance, is developing the right instincts on the brakes. When your tires are at risk of losing traction, remember that braking hard in turns or during a skid will only put you on the ground. You can't have control unless your wheels are free to turn. This is a common thread for wet and slippery pavement, dirt, or a light covering of snow.

MARCH

Time to prepare for endurance on the bike again. Lighter weights (maybe 75% of the weight used in Jan/Feb), more reps (12 to 15, 1 to 2 sets). And only twice a week with the balance of the time back on the bike again.

Road riding - Time to get out on the road again - endurance rides with occasional sprints on the bike until your base of 500 miles has been established.

HAPPY TRAINING!!!

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Notes From the Board

Just like last year, many of the tours for 2014 filled up fast. But there are still slots available for many of the tours and they are all going to be great tours to beautiful locations. If you haven't signed up for a 2014 bike tour yet (or even if you have) take a look at the tour list to see what is still open. Maybe you should check out some location you haven't been to, or thought you would ever go to. These are the places that will hold biggest surprises, and you may just find a new favorite place to ride.

Note from the Newsletter Editor:

This time of year with no tours going on, fodder for the newsletter is a little thin. Please submit stories about past rides you went on (Heartcycle or not) or your favorite training ride. Pictures to accompany the article are always appreciated.

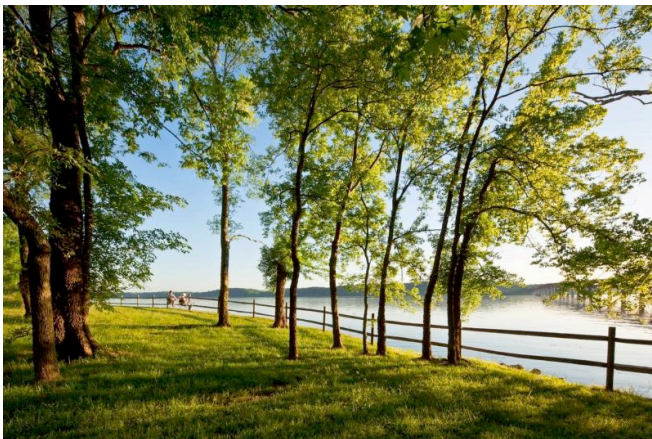
Openings Available – 4 Riders

The Great Rivers Tour

March 15-27, 2014

There is still time to start your 2014 bicycle touring year by joining Chris Matthews, Steve Parker and a serious core group of riders on a Southern Adventure. We will follow the footsteps of Civil War heroes Ulysses Grant, W. T. Sherman, Joe Johnston and N. B. Forrest while visiting the Vicksburg National Military Park and the Shiloh battlefield. Along our route we will also cross paths with frontier legends Jim Bowie and David Crockett. Additionally, we will visit the haunts of Mark Twain and Huckleberry Finn while we experience true Southern charm and hospitality all along our way.

Starting in the Mississippi River town of St. Francisville, Louisiana near Baton Rouge, our route follows the Great River to the Natchez Trace Parkway, a 450 mile National Scenic Byway from Natchez, Mississippi to Nashville, Tennessee. This quiet tree lined road through gentle rolling hills will be our companion for the majority of our journey. We will ride a total of ten days averaging approximately 65 miles per day. Our longest day will be 105 miles and our shortest day will be about 30 miles. A day off is planned for Tupelo, MS. Our tour will also feature the capable support of Carol Nies and Kathleen Schindler, veterans of the Adventure Series, and our interpreters of the unique Southern dialect.



Visit the heartcycle.org, web site, for a full description of this new and historic tour of the Old South. The Great Rivers tour is suitable for tandems and there are already three teams signed up. This year is the first part of a two year trip. Year two will take us back to the Mississippi River after riding across the Cumberland and Ohio Rivers, through the very beautiful "Between the Lakes" area in Kentucky with stops in Cape Girardeau, and Hannibal, Missouri as we cross and crisscross the "Father of Waters." Our ultimate destination will be Muscatine, Iowa. If you have questions, don't hesitate to call or email either Chris Matthews (303) 618-4789; chriswmattthews@msn.com or Steve Parker (970) 946-9551; parker3097@yahoo.com.

Aspen Highlights

May 23-26, 2014

Start Friday at 10:00 a.m in Carbondale Colorado and bike to Redstone and up McClure Pass and back (RT = 52mi, ~ 3200 vertical). Then spend 3 days in the wonderful town of Aspen. This tour will include planned rides out of Aspen to Maroon Bells and to Ashcroft (RT = 42mi, ~4,000 vertical); up Independence Pass (RT = 40mi, ~ 4200 vertical, hopefully before it's open to traffic); and finish up with Ruedi Reservoir (66 mi or and ~4,000 vertical RT from Aspen; 28 mi, ~1,400 from Basalt to Ruedi Reservoir and back) and one can add more by adding the beautiful, hilly ride around the reservoir. Another option could be parts of the ProChallenge route up McClain Flats into Snowmass Village and the back way into Aspen (25 mi, ~ 2,000 vertical). Weather will determine which routes are best at that time. There will also be easier options available to go to Basalt or old Snowmass and beyond but this will not be a supported part of the tour. We have a Lodge in Aspen that serves a hearty continental breakfast and is close to all the local restaurants. Plan for blue skies, warm weather and a great time, but pack for cooler temps on the tops of the rides and cool evenings.



For those who would like to stay in Aspen on Thursday before the ride, the Lodge will give you the same group rate we have for the other 3 nights (contact Tour Leader for details). Transportation will be arranged Friday morning for those staying in Aspen to get to, and return from, the Carbondale ride. If enough out-of-state riders register and need transportation to Aspen, the leader will look into rental vans that you might want to rent and share. Some out of state riders may stay 2 or 3 days in the Denver area and a couple of 'training rides' can be suggested.

Ride Leader: Diane Short: dianbike@eazy.net 303-763-9874 (evenings only)

South-Central Alaska Tour

June 25 to July 3

We will begin with a four day hub 'n spoke tour centered in Anchorage, Alaska's largest city. Day one will feature a Tour de Anchorage over a wide network of bike paths and select neighborhood roads (about 55 miles, 2400 ft vert). The following day we will cycle north, an out 'n back through the sister community of Eagle River with a sag lunch at the nature center (about 55 miles, 1500 ft vert). Day three we will ride south to the tie-dye community of Girdwood (aka "Girdweed") and enjoy a sag lunch at the Alyeska Ski Resort, and then pedal back to Anchorage (52 miles, 300 climbing, with an option for 76 miles). Day four we will sag everyone north to Palmer, AK and enjoy a day of cycling in the gold mining district of Hatcher Pass, including a climb to Independence Mine (about 45 miles, 3200 ft climbing).

Hatcher Pass Road



After a day off in Anchorage we will begin the final two days of the tour. We will once again ride south in the shadow of the Chugach Mountains, along one of America's most scenic roadways, around the terminus of Turnagain Arm and climb to Turnagain Pass. From there we will descend into the valleys of the Kenai Mountains before beginning the final climb to beautiful Summit Lake Lodge, where we will overnight (75 miles, 2200 ft vert). The last day we continue our ride south through the mountains,

past numerous rivers and lakes, through the quiet community of Moose Pass, before arriving in Seward, AK, a vibrant community on Resurrection Bay and home of the fabled Mount Marathon Race (about 45 miles, 400 ft climbing).

The day will offer an optional out 'n back ride to Exit Glacier. Sag lunches, I'm told, will showcase Alaskan inspired foods. The tour cost will include transportation back to Anchorage by train. The tour leader and his wife (Nancy), both long time Alaskans, will help with general activity planning for those wishing to extend their stay in Alaska and enjoy the midnight sun. Because of limited lodging at Summit Lake we are limiting the signup to twenty riders.

If you have questions, contact Rod Nibbe: aktour@rknibbe.com

Colorado HeartCycle 2014 Tours

Great Rivers - Year 1

March 15 - 27 Status: Open
 12 days, Intermediate/Advanced \$1,920.00
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551
 Chris Matthews, chriswmattthews@msn.com
 (303) 618-4789

Mallorca, Spain

May 3 - 17 Status: Full
 14 days, Intermediate/Advanced \$2,450.00
 Rich Crocker, richcrocker@hotmail.com
 (304) (719) 237-3350
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Springtime in Texas with Love, Sweat and Gears

March 16 - 22 Status: Open
 6 days, Intermediate \$995.00
 Ann Lantz, jaralantz@comcast.net 720-272-0691
 Julie Lyons, j.julie.lyons@gmail.com 720-771-5219
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467

Solvang Spring Break

April 5 - 12 Status: Full
 7 days, Intermediate/Advanced \$1,150.00
 Ralph & Carol Nussbaum,
rnussbau@earthlink.net (206) 783-6450

Central California Coast

April 12 - 19 Status: Full
 7 days, Advanced \$1,165.00
 Tom Groves, u4eahnrg@aol.com 720.560.1527
 Bob Rowe, browe49@comcast.net
 (303) 910-7230

Omak Hill Country Weekend

May 1 - 5 Status: Full
 4 days, Advanced \$475.00
 Ralph & Carol Nussbaum,
rnussbau@earthlink.net (206) 783-6450

Belgium and Holland Bike and Barge

May 12 - 22 Status: Full
 10 days, Easy/Intermediate \$1,940.00
 Ralph Nussbaum, rnussbau@earthlink.net
 (206) 783-6450

Aspen Highlights

May 22 - 26 Status: Open
 4 days, Intermediate/Advanced \$445.00
 Diane Short, dianbike@eazy.net 303-763-9874

Eastern Washington

June 5 - 9 Status: Full
 4 days, Advanced \$440.00
 Pam Austin, freeandflying@live.com
 206-525-1020
 Mike Nelson, mikenelson@seanet.com
 206-325-9068

Holland Bike and Barge Tour

June 21 - July 1 Status: Full
 7 days, Intermediate \$1,940.00
 Ralph Nussbaum, rnussbau@earthlink.net
 (206) 783-6450

Colorado HeartCycle 2014 Tours

South-Central Alaska

June 25 - July 2 Status: Open
 7 days, Intermediate/Advanced \$1,725.00
 Rod Nibbe, aktour@rknibbe.com

New England Seacoast

Sept. 6 - 13 Status: Full
 7 days, Intermediate \$1,325.00
 Jim Bethell, jim@bikes5.com (518) 446-1766
 Janet Reilly janet@bikes5.com

Washington British Columbia Loop

July 11 - 20 Status: Full
 9 days, Intermediate/Advanced \$1,320.00
 Ralph Nussbaum, rnussbau@earthlink.net
 (206) 783-6450
 Rod Lee, kennedy6017d@yahoo.com
 206-604-7145

Explore the Door

September 7 - 13 Status: Open
 6 days, Easy \$1,120.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Deb Wuchner, debwuchner@comcast.net
 (303) 792-2111

Oregon Coast

July 26 - August 2 Status: Open
 7 days, Intermediate \$1,160.00
 Ralph & Carol Nussbaum
rnussbau@earthlink.net (206) 783-6450

Southern Utah National Parks

September 12 - 22 Status: Full
 10 days, Intermediate/Advanced \$1,425.00
 Ralph Nussbaum, rnussbau@earthlink.net
 (206) 783-6450
 Ken Condray, condray3@gmail.com
 (425) 334-1444

Northern Rockies - Jasper to Glacier

August 9 - 23 Status: Full
 14 days, Advanced \$2,790.00
 Sue Matthews, scmatti@comcast.net
 Becky Bottino, bbottino7@comcast.net

Estes Park Weekend

September 19 - 22 Status: Open
 3 days, TBD \$425.00
 Rosemarie Lueke ree22@msn.com
 (970) 286-3989
 Nate Dick npdick@gmail.com (970) 231-1068

Colorado Central Mountain Beauty

August 23 - 29 Status: Full
 6 days, Intermediate/Advanced \$985.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362

Best of the Bay Area

September 26 - October 4 Status: Open
 8 days, Advanced/Expert \$1,635.00
 Bob McIntyre, dcx12@aol.com
 Ken Condray, condray3@gmail.com
 (425) 334-1444

Mississippi Headwaters

August 31 - September 6 Status: Open
 6 days, Easy \$1,120.00
 Paul & Lynda Marks, paulhmarks@gmail.com
lyndamarks@q.com