

Heart-to-Heart



The Upper Hudson River Ramble update.



Glens Falls

We currently have a number of open slots on the Upper Hudson River Ramble Tour. This is a semi-fixed based tour starting in Albany, NY, spending 5 days in Glens Falls, NY near Lake George and then traveling back to Albany the last day. This is a very scenic tour in and out of the Hudson River Valley. There is a different route each day that explore the region on beautiful lightly traveled roads in Upstate NY.

The entire tour description can be found here: [Fireworks of Fall Upper Hudson River Tour](#)

Please consider joining us this September on this memorable tour in NY State.

Jim Bethell & Janet Reilly

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Notes from the Editor

SAVE THE DATE!

The Annual Luncheon has been scheduled for Saturday October 29, 2016. As always, it will begin with a group ride followed by the luncheon and a preview of the 2017 HeartCycle tours.

Planning is continuing for the 2017 HeartCycle tour schedule but we are looking for more tour suggestions and especially tour leaders. If you have never been a tour leader but think you might like to try it, HeartCycle can pair you with an experienced tour leader and you can lead an established tour, maybe one that you went on in the past and would like to do again, or maybe a new tour to place your where you love to ride or have always wanted to go on a tour. For more information, contact Bob Rowe, Tour Director, at (303) 910-7230 or tourdirector@heartcycle.org

Heart of Holland Bike & Barge Tour

By Cathye Woody

A recent bike and barge tour of the Netherlands in May was my first bike tour and did not disappoint. Billed as easy to intermediate, it was so jam-packed with adventures and new experiences that I hardly know where to begin. Our Dutch guide, Francien, obviously loved her native country and planned daily routes that took us through some of the most beautiful landscapes and quaint villages I have ever seen. After 10 days of experiencing the sights, sounds, and smells of the Netherlands, we all came away with a love of her country as well.



Not knowing anyone at the beginning of the tour made me a bit apprehensive, but that uneasy feeling quickly disappeared as genuine camaraderie took over. Getting to know everyone during happy hours and dinners on the deck of the barge, breakfast in the dining room, and lunch in village parks sealed the deal. Our barge, the Sarah, quickly became my home away from home. As a beginning bike rider, I never felt like I was holding the group back on any of our 30-mile routes because of how Francien organized each ride. Using "corners" and "sweeps," the stronger riders were able to ride on ahead while those of us at the back never felt left behind or lost.

We had some amazing experiences visiting a number of unique places: a working windmill, climbing the ladder inside to the top; the only water and steam-powered paper mill still in operation in the Netherlands, begun in 1622; De Diervoort cheese farm where they make and sell 2000 pounds of cheese a day; an enchanting tea garden known only to locals; the Kroller-Muller Museum with the second largest collection of Van Goghs in the world; the Het Loo Palace built in 1685 where the Kings and Queens of the Netherlands lived until 1962. But, for me, the most moving was visiting the hidden village in Nunspeet. Located in a lovely forest, it once provided shelter to thousands of Jews, Dutch resistance, and Germans trying to escape the Nazi regime during a 2 to 3 year period during WWII. We were able to walk into two of the underground houses they built, untouched to this day.



Our sturdy bikes took us cruising along the Ijssel River, over dykes, and past castles. We were treated to a Dutch men's choir traveling on their own barge, and stopped to watch a couple of men repair a thatched roof, which are common in the Netherlands. We ferried our bikes across rivers, sailed on the barge through locks, rode free white one-speed bikes through the National Park De Hoge Veluwe to see the amazing country house of Anton and Helene Kroller-Muller, and marveled at the wooden sail boats in the harbor of the old fishing village of Spakenburg.



Each day ended with one of Marije's fabulous dinners. Each night she prepared a feast from a different country - Spain, Italy, France, Greece - 10 in all. After pedaling close to 300 miles over the 10-day period, I was sure I would come home at least 5 pounds lighter. Not to be! Our 3-course meals were fit for kings.

I love to travel, and my tour of the Netherlands by bike and barge is at the top of my list of travel adventures. And in addition to this, I was fortunate enough to meet and ride with an incredible group of people.



Foam-Rolling Moves for Every Cycling Muscle

Performing these seven self-massage moves will help keep you rolling ache- and pain-free

BY SELENE YEAGER
(Bicycling Magazine)

Roll It All Out

Like a **bicycle chain** that's gone through a few thousand revolutions in the elements, your hard-working cycling muscles can get a little gunked up over time, developing small adhesions that make you stiff and sore, which may prevent an unencumbered range of motion and power. A **massage therapist** can

work them out, but most of us can't lay out the cash for a live-in soigneur. That's where a handy **foam roller** comes into play.

Though it can't replace a skilled set of therapeutic hands, foam rolling can help warm, stretch, and provide myofascial release—breaking adhesions and scar tissue within the muscle and fascia that covers it—to prevent and relieve muscle soreness, says Scott Levin, MD, a sports medicine specialist at Somers Orthopaedic Surgery and Sports Medicine in New York. "Foam rolling is a convenient and effective way to home in on trouble spots and work through them at your comfort level," he says.

I couldn't agree more. I have a foam roller in most rooms of the house and travel with an ultra-mini roller for multi-day rides and stage races. The following routine is designed to provide relief after a long day on the bike. It hits all your key pedaling and supporting **cycling muscles**—including the glutes, inner thighs, and back, which many riders ignore. (Don't be surprised if they're more tender than you expect!)

Follow these directions, rolling each body part over the foam roller five to 10 times. If a spot feels extra tender, try this: Start below the area, work up to it, and gently hold for a few seconds, then roll through it until it feels better. Use a gentle touch throughout. It should be a "good" discomfort, not an agonizing grimace-and-smash session. And you should *never* be bruised.



Calves

1. Sit on the floor with your legs straight out, hands on the floor behind you supporting your weight. Place the foam roller under your knees.
2. Slowly roll along the back of your legs up and down from your knees to your ankles, holding at the end of each move for a few seconds. Perform this move five to 10 times.

Hamstrings

1. Sit with your left leg on the roller; bend your right knee and put your hands on the floor behind you.
2. Roll up and down from your knee to just under your left butt cheek. Switch legs and repeat for 5 to 10 reps, holding at the end of each move for a few seconds.

Quads

1. Lie facedown on the floor and place the roller under your hips.
2. Lean on your left leg, and roll from your hip to your knee. Switch legs and repeat for five to 10 reps, holding at the end of each move for a few seconds.

IT Band

1. Lie on your side with the roller placed just below your hip. Bend your top leg and place that foot in front of your body for balance and to control pressure on the roller.
2. Roll along the outside of the leg from the hip to the knee. Switch legs and repeat for five to 10 reps, holding at the end of each move for a few seconds.

Adductor

1. Assume a plank position on the floor, supporting yourself on your elbows and forearms. Bend your right leg and drape your leg over the roller, resting it against your groin, so the roller is parallel to your body.
2. Sink your weight into the roller and roll along the length of your adductor from the groin to the knee. Switch sides and repeat for five to 10 reps, holding at the end of each move for a few seconds.

Glutes

1. Sitting on the foam roller, cross your left leg over your right knee and lean toward the left hip, putting your weight on your hands for support.
2. Slowly roll your left glute over the roller. Switch sides and repeat for five to 10 reps, holding at the end of each move for a few seconds.

Back

1. Sit on the floor with the foam roller behind you. Lace your fingers behind your head and lean your upper back onto the roller.
2. Tighten your abs and glutes and slowly move up and down the roller for five to 10 reps, holding at the end of each move for a few seconds.

New Mexico - Land of Enchantment

By Tina Vessels

Wide expanses of New Mexico offer some of the best bicycling opportunities available. The New Mexico Tour, led by Rich Loeffler and Rich Crocker, was a 7-day tour starting and ending in Santa Fe, New Mexico. After months of planning, Bob Racier had to back out as tour leader but fortunately Rich Crocker stepped in. Bob is on the road to recovery after a mechanical sent him down resulting in a chipped femur and requisite scrapes and bruises. Best wishes to you Bob and thanks for time spent organizing, calculating cue sheets, and braving snow storms while scouting the 1200-mile route!

Our initial group meeting took place in Santa Fe, minutes from the plaza. This allowed us to roam the plaza, see the famous sites like Palace of the Governors, and shop down San Francisco Street.



As an experienced tour leader, Rich Crocker gave the infamous Safety Lecture. He reminded us to strictly adhere to the HeartCycle protocol, helmets and triangles.



Day 1, Santa Fe to Taos. We began on the high road to Taos Scenic Byway with panoramic views, culture, and New Mexico history. We saw pueblos, pottery, Navajo rugs, beads, quilting, and jewelry. We rode 80 miles and climbed 7000 feet arriving in Taos, an artistic colony featuring variety of shops, quaint and winding streets, and adobe architecture.



Day 2, Taos to Abiquiú. We followed the Rio Grande River, finding a breathtaking view of the gorge below and crossed the sparsely traveled Ortega Plateau to Abiquiú, a tiny traditional Hispanic village and home to Georgia O'Keeffe.



Day 3, Abiquiú to Chama. We rode to the foot of the San Juan Mountains with beautiful mountain views en route to Chama, an old mining town and terminus of the Cumbres & Toltec Railroad.



Day 4, Chama back to Taos. We rode through the Carson National Forest and the Tusas Mountains, crossing the Rio Grande Gorge Bridge and returning to Taos. At park headquarters, we overheard talk about the group of **senior citizens** coming through on road bikes. Other organized activities included BINGO!



Art lovers could never be disappointed by a trip to the Art Mecca of the U.S.A., New Mexico.





Day 5, rest day in Taos. Which most chose to ignore...the rest part anyhow. The more intrepid riders did an optional ride going over Bobcat Pass and Palo Flechado Pass. This ride is the Enchanted Circle Scenic Byway, an 85 mile loop through the towns of Questa and Red River and near Angel Fire. Others rode to the Taos ski area.



Back at the ranch, a bag of dirty dishes were accidentally tossed in the dumpster by supportive HeartCycle participants. Maryanne was captured here on live video performing her duties as a dedicated HeartCycle professional. But don't worry folks, Polly signed her out!!!



Day 6, Taos to Las Vegas. We rode through scenic byways, valleys, mesas, maintains and national forests. We passed Angel Fire ski resort and dropped down into the city of Las Vegas.

Day 7, Las Vegas to Santa Fe. The last day took us back home again to Santa Fe, the beginning of our stellar adventure.

None of this could have been done without the support of our sag drivers and their faithful husbands rarely demonstrating difference of opinions.



Polly Paige and Maryanne Loeffler treated 30+ participants to Colorado Caviar, strawberry shortcake, basil orzo salad, watermelon slices, homemade peanut butter meringue cookies and so very much more. Tents were set up and taken down several times each day to keep us out of the hot sun. Polly was our trusty domestic, always available with much appreciated cold water, to keep us hydrated on those 90+ degree days.

Making new friends, reconnecting with folks from previous tours, and the shared passion of the open road continues to call us back to our wonderful club. A week through the rugged and rural New Mexico landscape took us away from the city into the sweet, simple luxury of unknown destinations, which are now fabulous memories.

Special thanks to Sandy for help with the cue sheets, Bill the Brewmeister, Dennis the photojournalist, Rich C for designing the bike tool, Jay installing hooks in vans, and Janice the assistant lunch lady.

Colorado HeartCycle 2016 Tours

In Search of Texas Bluebonnets

Durango Fixed Base Sampler

June 4 - 8 Status: Complete
4 days, Int. \$750.00
Steve Parker, bsparker116@gmail.com
(970) 382-9551
Chris Matthews, chriswmatthews@msn.com
(303) 618-4789

Paso Robles Wine Country

April 23 - 30 Status: Complete
7 days, Int. / Adv. \$1,365.00
Becky Bottino, bbottino7@gmail.net
(206) 683-9220
Ken Condray, condray3@gmail.com
(425) 334-1444

New Mexico - Land of Enchantment

NEW MEXICO Land of Enchantment
June 11 - 18 Status Complete
7 days, Adv. \$1,330.00
Rich Loeffler, richardtloeffler@gmail.com
(303) 981-2963
Bob Raicer, rjr@raicer.com

The Island of Mallorca, Spain

Be-Living the Pro Challenge

June 25 - 29 Status: Complete
4 days, Int. / Adv. \$565.00
Diane Short, dianbike@eazy.net
303-763-9874

Heart of Holland Bike & Barge

May 21 - 31 Status: Complete
10 days, Easy / Int. \$1,940.00
Joanne Speirs, jcspeirs@aol.com
(303) 312-7252

Le Monastere - SESSION 1

July 2 - 9 Status: Complete
7 days, Int. / Exp. \$2,350.00
Bob Rowe, browe@comcasst.net
(303) 910-7230

Friesland Bike & Barge

June 1 - 11 Status: Complete
10 days, Easy / Int. \$1,940.00
John Penick, jdpennick@gmail.com
(203) 232-8946

Le Monastere SESSION 2

July 9 - 16 Status: Complete
9 days, Int. / Exp. \$2,350.00
Bob Rowe, browe@comcasst.net
(303) 910-7230

Colorado HeartCycle 2016 Tours

Cowboy Country

July 16 - 23 Status: Closed
7 days, Adv \$1,225.00
John Penick, jdpenick@gmail.com
(203) 232-8946
Fred Yu, frederickyu@comcast.net
(303) 321-4530

Grand Valley Ramble

September 22 - 25 Status: Canceled
3 days, Int. / Adv. \$485.00
Joanne Speirs, jcspeirs@aol.com
(303) 312-7252
Doug Moll, doug@aaplus.com
(720) 312-1203

Mothers Daughters Weekend

July 28 - 30 Status: Open
2 days, Easy \$415.00
Julie Lyons, julie@lovesweatandgears.net
Ann Lantz, ann@lovesweatandgears.net

Fireworks of Fall, Upper Hudson River

Sept. 26 - Oct. 2 Status: Open
8 days, Int. \$1,260.00
Jim Bethell, jim@bikes5.com (518)
446-1766
Janet Reilly, janet@bikes5.com

Coast to Coast, The Northern Tier: Year 1

September 10 - 23 Status: Wait List
13 days, Int. / Adv. \$2,490.00
Steve Parker, bsparker116@gmail.com
(970) 382-9551
Chris Matthews, chriswmatthews@msn.com
(303) 618-4789