

# Heart to Heart



## Stings Fall Into 3 Categories

### Minor reaction

Most of the time, signs and symptoms of a bee sting are minor and include:

- Instant, sharp burning pain at the sting site
- A red welt at the sting area
- A small, white spot where the stinger punctured the skin
- Slight swelling around the sting area

In most people, swelling and pain go away within a few hours.

### Large local reaction

About 10 percent of people who get stung by a bee or other insect have a bit stronger reaction (large local reaction), with signs and symptoms such as:

- Extreme redness
- Swelling at the site of the sting that gradually enlarges over the next day or two

Large local reactions tend to resolve over five to 10 days. Having a large local reaction doesn't mean you'll have a severe allergic reaction the next time you're stung. But some people develop similar large local reactions each time they're stung. If this happens to you, talk to your doctor about treatment and prevention.

### Severe allergic reaction (anaphylaxis)

A severe allergic reaction (anaphylaxis) to bee stings is potentially life-threatening and requires emergency treatment. About 3 percent of people who are stung by a bee or other insect quickly develop anaphylaxis. Signs and symptoms of anaphylaxis include:

- Skin reactions in parts of the body other than the sting area, including hives and itching and flushed or pale skin (almost always present with anaphylaxis)
- Difficulty breathing
- Swelling of the throat and tongue
- A weak and rapid pulse
- Nausea, vomiting or diarrhea
- Dizziness or fainting
- Loss of consciousness

People who have a severe allergic reaction to a bee sting have a 30 to 60 percent chance of anaphylaxis the next time they're stung. Talk to your doctor or an allergy specialist about prevention measures such as immunotherapy to avoid a similar reaction in case you get stung again.

## Treatment Options Based on Severity

The treatment protocols for a bee sting follow the 3 levels of severity as well. Here's what the [Mayoclinic.com](http://Mayoclinic.com) site says about treatment options:

### Treatment for minor reactions

When a bee stings, it jabs a barbed stinger into the skin. Removing the stinger and its attached venom sac right away will keep more venom from being released.

- Remove the stinger as soon as you can, as it takes only seconds for all of the venom to enter your body. Scrape the stinger out with the edge of a credit card or a fingernail, or use a pair of tweezers. Avoid squeezing the attached venom sac, which can release more venom.
- Wash the sting area with soap and water.
- Apply cold compresses to relieve pain and ease swelling.

### Treatment for large local reactions

The following steps may help ease the swelling and itching often associated with large local reactions:

- Remove the stinger as soon as possible.
- Wash the area with soap and water.
- Apply cold compresses.
- Apply hydrocortisone cream or calamine lotion to ease redness, itching or swelling.
- If itching or swelling is bothersome, take an oral antihistamine that contains diphenhydramine (Benadryl) or chlorpheniramine (Chlor-Trimeton).
- Avoid scratching the sting area. This will worsen itching and swelling — and increase your risk of infection.

### Emergency treatment for allergic reactions

During an anaphylactic attack, an emergency medical team may perform cardiopulmonary resuscitation (CPR) if you stop breathing or your heart stops beating. You may be given medications including:

- Epinephrine (adrenaline) to reduce your body's allergic response
- Oxygen, to help compensate for restricted breathing
- Intravenous (IV) antihistamines and cortisone to reduce inflammation of your air passages and improve breathing
- A beta agonist (such as albuterol) to relieve breathing symptoms

If you're allergic to bee stings, your doctor will likely prescribe an emergency epinephrine autoinjector (EpiPen, Twinject). You'll need to carry it with you at all times. An autoinjector is a combined syringe and concealed needle that injects a single dose of medication when pressed against your thigh. Always be sure to replace epinephrine before its expiration date, or it may not work properly.

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## Notes From the Board

**If someone steals your bike** - it can feel pretty hopeless. That's because it is. Bikes that are recovered usually don't make it back to their owners, because the police don't have enough information. A lot more people would get their bikes back if they filled out a police report with the proper information.

Just like you keep the vehicle registration for your car, you know the license plate number and all that, it should be the same for your bike. You should know the serial number for your bike, you should get a bike license, and you have all the information in case your bike gets stolen. If your bike does not have a serial number, etch a number (like your drivers license) on the frame below the bottom bracket.

Even with all the information, local police officers say they rarely return bikes to their owners. So with the police mostly unable to help, bike theft victims are turning to social media – enlisting everyone they know, and everyone they know, to help track down their rides.

You should take lots of photographs of your bicycle. If it is stolen, put together a description with a photo and disseminated it far and wide on the web. Email cycling groups, post it on Facebook, Google Plus, Twitter, Flickr, you name it, just blanket the web and inform as many people as you can.

Often stolen bikes are found in flea markets. This is pretty common – flea markets are a fairly unregulated and anonymous place to sell.

Best thing to do is just to not get it stolen in the first place. But if it is stolen, all the bike hunters say: keep looking. You might be surprised at what turns up.

# Central Coast Tour of California

April 12-19, 2014

By Cassie Klumpp

All riders had a great experience on the Central Coast Tour. Bob Rowe and Tom Groves led the tour, along with our fabulous sag drivers, Mayoma Pendergast and Jolene Thompson. The group spent an amazing week riding to and from San Luis, Obispo to Paso Robles, Fort Hunter Liggett, Ragged Point, Cambria and Moro Bay. We even had a short day to enjoy a side trip to Hearst Castle near San Simeon.



**Our amazing leaders and sag drivers**



### **Enjoying the beautiful weather at the evening meeting, Fort Hunter Liggett**

One of the highlights of the trip was the amazing ride from Fort Hunter Liggett down the Nacimiento–Ferguson Road to the south section of Big Sur. For some riders, it was not enough to ride down the road, but they turned around and rode back up the Nacimiento–Ferguson Road from the coast, a steep 7 miles and 2800 feet of climbing. All riders enjoyed the spectacular views as the vegetation changed from scrub oak to more typical grasses and flowers along the coast. We then enjoyed a wonderful lunch break at a beautiful point along the coast. One of the other highlights of the trip was the night we spent at Ragged Point. We had a beautiful hotel and an excellent restaurant with amazing views of the sunset and moon rise over the ocean.



### **Nacimiento–Fergusson Road looking towards the coast**

Our ride each day ranged from 45 to 60 miles with 3000 to 4500 feet of climbing. Another remarkable climb was the Santa Rosa road on the fifth day of the tour. Three or four miles of climbs with up to 18 percent grades challenged all of the riders. Tom and Bob even found an amazing climb from Moro Bay to Avila Beach via Prefumo Canyon and down See Canyon. Both this ride and the ride to Montana del Oro included trees that literally covered the road like a tunnel reminding me of the book, *Where the Wild Things Are*.



**Hearst Castle**



**The riders enjoying a lunch break along the coast, Highway One**

Bob and Tom know how to put together a great tour and find rides that are both challenging and visually beautiful!

## HeartCycle in Mallorca 2014

By Marcy Jacobs

Cyclists, do you ever dream of biking in a place where the cars are tiny, and bikes rule? Add a temperate climate, diverse geography, and beautiful sea coast, and you have the Spanish Balearic island of Mallorca! Carefully planned and led by Rich Crocker with co-leaders Bob Rowe and Polly Crocker, this tour rates as one of my top five picks in 40+ years of cycling and touring.



**Rich, Polly and Bob**

After leading a HeartCycle Mallorca Tour with a German co-leader in 2012, Rich and Polly returned to Mallorca in 2013 to fine-tune the routes and work out any kinks. The result was a smoothly run and exceptional experience for our diverse group of 34 club members.

Our fixed-base tour was situated in two locations for a week each, with light-weight triple chainring road or mountain style bikes included in the package. With a little negotiation with the German vendors, everyone was satisfied with their bikes within a day or so. Fortunately, Rich is fluent in German, which is almost a second language to a local version of Catalan, Mallorquin, spoken on the island. Knowing a little basic Spanish helps as well.

The first hotel was in the South, a few blocks from the Mediterranean Sea, and just a few kilometers from Palma, the capital.



### **HeartCycle Mallorca 2014 - ready to ride**

The first day in each location was a test ride on the new bikes and an orientation to road signage, landmarks, nearby towns, and typical routes. The majority of our cycling was on small roads called Camis and Rutas Cicloturistica, where few cars roam. But the larger roads had wide shoulders, and an absence of large SUVs and the semis that we are used to in the US. The fixed based nature of the tour allowed Rich and Bob to switch routes according to weather and wind conditions. The weather cooperated, with temps mostly in the 60's and 70's, and no rain for the entire two week visit.

**Typical Camis****Glassworks**

Each day offered a longer and shorter option, with check points and break points. With one exception, there was no SAG on this tour, as there were plenty of cafes and restaurants suggested on the daily cue sheets. Highlights of week one included a visit to a glass factory and showroom, beautiful coastal routes, and visits to Palma. With such a diverse and independent group of riders, there were plenty of choices, and riders were encouraged to make the most of their vacations. Three couples brought tandems, and had multiple choices for riding singly or together. Unlike the many German pelotons, our group was pretty spread out during the day, but somehow Rich and Bob kept pretty good track of us. With so many bikes on the road, getting a bit lost can be fun, as can attaching on to a peloton for a few kms! We finished the two weeks with everyone safe, sound and able to ride as much as they wanted.

**Palma Cathedral - Bev, Melissa, Lynne, Polly, Robin, and Ann****David and Ruth on the road**



**Monastery cafe stop, Ann and Marcy**



**HC's map-maker Andy, so many cafes, so little time**

The tour included many HC regulars and tour leaders, as well as first-time members Charlie and Marti (below left) from Seattle, with friends Becky and Ken (below right).



A veteran of several HC tours and the youngest member of our group, Sabrina Pak of California, is a multi-sport athlete who doesn't own a bike, but rents one for every tour!



**Sabrina Pak**



**Sy and Ellie Katz enjoying a walk on the beach at Playa Muro**

The second week, located in Playa Muro in the north was even more spectacular, with Hotel Esperanza located directly on the beach.

In her breakout role as co-leader, Polly researched and planned multiple possibilities for on-the-bike and off-the-bike excursions including a Catamaran trip in Alcudia Bay, Water Park visit, Parc Natural de S'Albufera (a wetlands and bird-watching sanctuary just 1 km from our hotel), sailing and watersports. She included bus schedules, walking tours, and suggested restaurants. Many took her up on these options.



**Catamaran Excursion, lunch included, with Marti, Becky, Rebecca and Robin up front**



**Jay shows off his cycle cross skills by carrying his bike up and down the Calvari steps**



**Market day in the Placa Major**

Highlights of week two included the ancient town of Pollenca, with its Placa Major cafes and Calvari steps (Calvary Hill); Lluc Monastery; a spectacular ride to the Cap de Formentor lighthouse (the final spur of the Serra de Tramuntana accessed through a dark tunnel); and the world class ride on the Sa Calobra roadway to the Mediterranean Sea.



**Sa Calobra, some did all or part of this spectacular ride to the sea**



**Formentor Lighthouse**



**“Fast boyz” - Bob, Peter, Jay and Sy - the Cap Formentor Cafe**



**Marcy, happy to have bested at the Formentor tunnel!**

As an added event, Rich and Bob offered a sagged ride called the Coastal Classic, 84 miles and approximately 8,400 vertical ft of climbing. The group was bussed to the western start point of Port d'Andratx. Ten riders did all or part of the ride, a few taking short SAG intervals: Steve Heil, Sy Katz, Dean Karlen, Jay Prensky, Bob Rowe, Sabrina Pak, Ron Kaplan, Julie Brown, Andy Anderson, and Patty Menz. All were supported by Rich Crocker in a vehicle providing water, cookies, chips, bread and chocolate. Bob rode with the slower riders and made sure that all had a good ride. The rest of our group revisited favorite spots by bike, or took a day off to relax, shop or spa.

And did I mention that the food was great at both hotels, served buffet style with choices that would satisfy the omnivores, vegans, pescatarians, and the gluten-free among us.

Finally, this tour offered some spectacular sunrises and sunsets over the Mediterranean. More than a bike tour, this was a true vacation!



**Adios, Mallorca, many of us will be back!**

# Colorado HeartCycle 2014 Tours

## Great Rivers - Year 1

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

## Mallorca, Spain

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

## Springtime in Texas with Love, Sweat and Gears

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

## Solvang Spring Break

April 5 - 12 Status: Complete  
 7 days, Intermediate/Advanced \$1,150.00  
 Ralph & Carol Nussbaum,  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 783-6450

## Central California Coast

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

## Omak Hill Country Weekend

May 1 - 5 Status: Complete  
 4 days, Advanced \$475.00  
 Ralph & Carol Nussbaum,  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 783-6450

## Belgium and Holland Bike and Barge

May 12 - 22 Status: Complete  
 10 days, Easy/Intermediate \$1,940.00  
 Ralph Nussbaum, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450

## Aspen Highlights

May 22 - 26 Status: Complete  
 4 days, Intermediate/Advanced \$445.00  
 Diane Short, [dianbike@eazy.net](mailto:dianbike@eazy.net) 303-763-9874

## Eastern Washington

June 5 - 9 Status: Complete  
 4 days, Advanced \$440.00  
 Pam Austin, [freeandflying@live.com](mailto:freeandflying@live.com)  
 206-525-1020  
 Mike Nelson, [mikenelson@seanet.com](mailto: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, [RENussbaum@outlook.com](mailto:RENussbaum@outlook.com)  
 (206) 783-6450

## South-Central Alaska

June 25 - July 2 Status: Full  
 7 days, Intermediate/Advanced \$1,725.00  
 Rod Nibbe, [aktour@rkribbe.com](mailto:aktour@rkribbe.com)

# Colorado HeartCycle 2014 Tours

## Washington British Columbia Loop

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

## Oregon Coast

July 26 - August 2 Status: Open  
 7 days, Intermediate \$1,160.00  
 Ralph & Carol Nussbaum  
[RENussbaum@outlook.com](mailto:RENussbaum@outlook.com) (206) 783-6450

## Mother and Daughters - Keystone, CO

August 8 - 10 Status: Open  
 2 days, Easy \$350.00  
 Ann Lantz, [jaralantz@comcast.net](mailto:jaralantz@comcast.net)  
 Julie Lyons, [j.julie.lyons@gmail.com](mailto:j.julie.lyons@gmail.com)

## Northern Rockies - Jasper to Glacier

August 9 - 23 Status: Open  
 14 days, Advanced \$2,790.00  
 Sue Matthews, [scmatt2@gmail.com](mailto:scmatt2@gmail.com)  
 Becky Bottino, [bbottino7@gmail.net](mailto:bbottino7@gmail.net)

## Colorado Central Mountain Beauty

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

## Mississippi Headwaters

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

## New England Seacoast

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

## Explore the Door

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

## Southern Utah National Parks

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

## Estes Park Weekend

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

## Best of the Bay Area

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