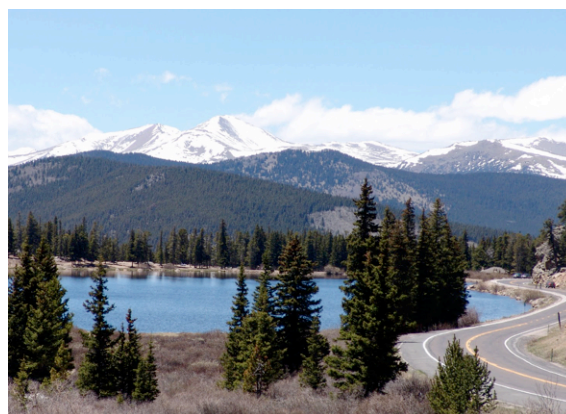


Heart to Heart



Tour the Passes of Summit County

This is a bit of a departure from the regular HeartCycle tour format in two ways. First, it is a fixed based tour based in historic Frisco, Colorado. Second, it has a tiered pricing schedule, one price that includes lodging and a second price for those who have their own lodging in the Summit County area.



Join us as we tackle the passes of Summit County. We expect to do 31,000 feet of climbing, but everyday also has a shorter, less strenuous option and of course, any day has the option of not riding at all. Our lodging for the week is the Best Western Hotel Frisco, <http://www.lakedillonlodge.com> which is convenient to restaurants and bike shops, bakeries and markets. We will be visiting the towns of Breckenridge, Vail, Keystone and Leadville and of course, the factory stores in Silverthorne for must have bargains at the Pearl Izumi outlet.

The Tour allows two options: (1) With hotel, and (2) without hotel (you provide your own private accommodations) but with all other tour benefits including SAG support, Maps/Cue Sheets, GPX files, group meetings, and group dinner.

Saturday, July 21 – Arrive and check in

Sunday –Friday, July 22-27

Experience spectacular scenery as you crest such passes as Loveland, Montezuma, Vail, Boreas, Fremont, Tennessee and and more. We will tackle the famous Copper Triangle and explore the hidden gem around Turquoise Lake. You will be cruising the clear blue rarefied air at 9-12,000. Daily vertical gains range from 2,000-6,500 ft. Distances range from 45-95 miles with shorter options.

Saturday, July 28 – Check out and depart

We will have a short ride option this day.

For further information contact the tour leaders, Sy Katz at (303) 550-2073 or skskatz@comcast.net and Bob Rowe at (303) 910-7230 or browe49@comcast.net

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Notes from the Board

Cycling Tips for Safety

Eyes and Ears -

To prevent your glasses from fogging, smear both sides of the lenses with a little gel toothpaste and rinse with cold water.

Never ride on the road with earphones.

Although music is a great motivator, it's also an excellent source of distraction, which compromises your safety in traffic. Besides, cycling with earphones is illegal in a number of states. (Check your local statutes)

When riding in rainy weather -

Wear bright yellow or orange to be visible to motorists.

Put a visor or cap under helmet to shield your eyes.

Keep your frame waxed and your drivetrain well lubricated.

Use wide, slightly under-inflated tires to increase contact with the road.

Service your bike immediately upon reaching your destination. Wipe it down with a towel, then lubricate the chain and use a water-dispensing spray, such as WD-40, on all cables, housings, and the pivot points of the brake and gear systems.

Training for Your Next Tour

By Judy Siel

So, you have selected signed up for one (or maybe three?) Heartcycle tours to ride this year - Yippee! But are you ready for biking day after day? Is your bike ready for the tour? Will you bring the right clothing & gear for your tour? Some experienced bicyclists rides 300 miles a week and are in great shape year round and don't need special training for a tour. If you don't fit that criteria, check out the following which is how I get ready to bike on any tour.

My husband & I started going on bike tours in 1996 and were baffled on how to get ready for a week of bicycling in Vermont. There are many books on training and any of them will guide you on proper preparation so you are comfortable riding every day for a one week or two week tour, if you follow their advice and train! If you will be riding flat terrain, search for that terrain in your neighborhood but if you are tackling the Rockies, French Alps, or Spanish Pico de Europa mountains look for training rides in the mountains. Practice makes perfect and your sit bones will feel better on tour if they have had plenty of saddle time before to the tour.

The purpose of training for a tour is to develop enough endurance and resiliency to get back on the bike day after day. That's a lot different than the training you might do for a single-day century ride. Tour training places a greater emphasis on weekly mileage or more specifically, time in the saddle, whereas, for century ride training, weekly long rides are the dominant feature. Be sure to include at least one recovery week in your training schedule. If you plan to ride an unsupported tour make sure you practice biking with loaded panniers you will be using on the tour to get familiar with the changes to steering, extra weight on the climbs and downhill handling.

This is the **training schedule** that I follow and it works for me:

WEEK	WEEKDAYS	WEEKEND	TOTAL MILES
10	3 RIDES -- 40 MILES	1 RIDE -- 20 MILES	60 MILES
9	3 RIDES -- 50 MILES	1 RIDE -- 20 MILES	70 MILES
8	3 RIDES -- 50 MILES	1 RIDE -- 30 MILES	80 MILES
7	3 RIDES -- 55 MILES	1 RIDE -- 35 MILES	90 MILES
6	3 RIDES -- 60 MILES	1 RIDE -- 40 MILES	100 MILES
5	3 RIDES -- 60 MILES	2 RIDES -- 65 MILES	125 MILES

4	3 RIDES -- 60 MILES	2 RIDES -- 80 MILES	140 MILES	
3	3 RIDES -- 65 MILES	2 RIDES -- 95 MILES	160 MILES	
2	2 RIDES -- 45 MILES	2 RIDES -- 140 MILES	185 MILES	
1	2 RIDES -- 35 MILES	2 RIDES -- 55 MILES	90 MILES	
0		TOUR!!!!		

Now what about your bike steed? Not only must your body be in shape, so must your bike. I recommend an tuneup or check of all moving parts before starting a multi-day tour. How are the tires? I like to start a tour on new or nearly new tires but you should at least check to make sure your tires are not overly worn and can safely make it through the tour. Do you have common spokes that can be found in any bike shop in any town; or should you pack some extra spokes for an emergency when you are riding in remote regions of Montana or Arizona with no bike shop in view? Maybe your low spoke wheels are not durable enough for a long tour on rough roads. Are your cables ready for all the shifting as you cruise up and down the hills? Do you have spare tubes, pump or CO2 cartridges ready for action? Would your lightweight racing steed be better left at home and a sturdy touring bike will be more dependable? Every day touring without a mechanical challenge makes for a lovely vacation! If you need a refresher course on basic bike mechanics your local bike shop is a great place to get an intro class. Nothing impresses those boys on tours than all the girls doing their own flat repairs.

Last but not least, what to pack? There are very few days that cannot be biked because of weather conditions, but I've seen plenty of bicyclists wearing improper or inadequate clothing in challenging weather. If you can train in February wind and 40 degrees with the proper gear, you can ride most days on all those HeartCycle tours. Be prepared and bring the warmers, rain gear and booties if you are headed out on tour. Can you carry all the gear needed that day? Do you have a pack on your bike or have small folding, high tech gear to fit into your pockets? What if you don't see the sag wagon for a few hours? Of course, keep those suitcases to under 40# so they fit in the sag wagon and you don't get a hernia carrying it up those hotel stairs. Do you carry any first aid when doing your training rides? A local Colorado company has 3 small "Out There Kits" designed for bicyclists and fit into your jersey pocket that combine first aid, personal care and emergency gear. Check out www.palespruce.com, they also have refill kits with items that use might need to replenish. One might even want to carry that first aid on every tour, since you might not see the sag wagon with supplies for a bit after first aid is needed.

Life can be challenging, but like your local boy scout - being prepared for your tour will create day after day of carefree bicycling and therefore a great week of touring and enjoying that wonderful bike vacation!

Calming Statements

When rude drivers get you angry or frustrated or angry because you're frustrated, STOP AND BREATHE so you won't react in ways you'll regret. Calming statements will help put you back in control.

1. I can handle this.
2. I can keep my cool.
3. I am in control.
4. Nothing can make me feel bad about myself.
5. I have the power to stay calm.
6. Peace is inside me now.
7. I have the strength not to get mad.

If you need to, walk away and come back. Work on developing patience. Put cold water on your face. Listen to music. Look at the sky and focus on the color. Think of something funny. Go to your quiet spot.

CONTROL YOUR THOUGHTS.

Don't relinquish your power.

Put it all in perspective.

This will pass.

Colorado HeartCycle 2012 Tours

Arizona - Tandems to Tucson

March 18 - 25 Status: Closed
 7 days, I45 - A71 \$1,060.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467

Spain - Mallorca

April 14 - 28 Status: Closed
 14 days, E20 - X60 \$2,395.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313
 Jo Kuhlmann, kuhlmannjoachim@aol.com

California - Springtime in Solvang - In Style

April 22 - 29 Status: Full
 7 days, A60 - X80 \$1,150.00
 Bob Rowe, browe49@comcast.net (303) 910-7230
 Tom Groves u4eahnrg@aol.com (720) 560-1527

Texas - Wildflowers in May

May 6 - 12 Status: Full
 6 days, E30 - I50 \$920.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Deb Wuchner, debwuchner@comcast.net
 (303) 792-2111

Colorado - Grand Valley Ramble

June 1 - 4 Status: Open
 3 days, E64 - I38 \$350.00
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313

Wyoming - Cycling Cowboy Country

June 23 - 30 Status: Full
 7 days, A60 - E80 \$1,050.00
 Nate Dick, npdick@gmail.com (970)-231-1068
 Chuck Curless, chucklenn@gmail.com
 (303)-880-5480

Colorado - Passes of Summit County

July 21 - 28 Status: Open
 7 days, I45 - A95 \$790.00
 Sy Katz, skskatz@comcast.net (303) 550-2073
 Bob Rowe, browe49@comcast.net (303) 910-7230

Wyoming - Cowboys, Buffalo Bill and Scenery

July 28 - August 4 Status: Open
 7 days, A54 - I74 \$1180.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362

Montana - Glacier Park

August 12 - 18 Status: Full
 7 days, I53 - A60 \$1225.00
 Ken Condray, condray3@comcast.net
 (425) 745-1159

Colorado - Northern Front Range

September 3 - 8 Status: Open
 5 days, E35 - A70 \$565.00
 Jeff Messerschmidt, (303) 904-0573
jefmesserschmidt@hotmail.com

Colorado - Aspen HighLights

September 6 - 11 Status: Open
 3 - 5 days, I21 - A69 \$ 535.00
 James/Friedman

New England Seacoast - Port of Call

September 8 - 16 Status: Full
 8 days, I45 - I60 \$1230.00
 Jim Bethell, jim@bikes5.com (516) 446-1766
 Janet Reilly janet@bikes5.com

Pacific Coast Border to Border - Part II

September 9 - 23 Status: Full
 14 days, I24 - E70 \$ 2170.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551

Missouri - Katy Trail

October 15 - 20 Status: Full
 5 days, E38 - I61 \$ 1035.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Chris Matthews, (303) 618-4789