

Heart-to-Heart



HeartCycle Training Rides

Remember when HeartCycle use to have weekend Training Rides? Well, thanks to Diane Short, IT'S BACK! Why wait until the Fall annual meeting to see friends, reminisce about your adventures on recent HeartCycle tours or talk about your upcoming HeartCycle tours? This is also a great way to train-up for your next tour or just get out and ride with HeartCycle friends. Training rides began on May 14 and the schedule for training rides through early July is shown below.

HEARTCYCLE TRAINING RIDE SCHEDULE

Date	Time/ Start Location	Ride	Rating
Saturday May 21	9:00 Parfet Park Golden (10th@Washington)	Golden Gate, Crawford Gulch, Drew Hill (unimproved dirt 2.5 miles), Golden Gate	Intermed./Advanced
Friday June 10	9:30 Empire CO, soccer field 2 blocks south on Bard Creek Rd	Berthoud Pass to Fraser and back	Advanced
Saturday June 18	9:00 bike path start across from old Kermits on Clear Creek, just before merges with I-70	Idaho Springs, Georgetown, to Loveland ski area (option to do the pass)	Intermed to Advanced
Monday July 4	9:00 Bergen Park RTD lot	Squaw Pass/ Echo Lake/ Summit Lake (Mt. Evans option. weather dependent)	Advanced
Call the ride leader to confirm; 3 riders required for ride to go. Diane Short 303-763-9874 ; danielshort@yahoo.com			

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Notes from the Editor

Have you been on a HeartCycle tour or are you planning to go on one later this year? A great way to share your great adventures with other HeartCycle members is to write an article for this HeartCycle newsletter and include a few of your favorite photos. It's fun, easy and there are no guidelines on length or format (the Editor reserves the right to make spelling and grammatical corrections as well as to modify unseemly language).

Things are beginning to come together 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 tourdiretor@heartcycle.org

In Search of Texas Bluebonnets

By Tina Vessels

Again, a new group of HeartCycle riders took off for a week of spring training, cycling through the Texas Hill Country. It is difficult to predict where the best bluebonnets will be each year but Jim Bethell and Jay Wuchner were spot on this year using careful calculations and communication with the bluebonnet spirits. The ride was dominated by miles of rolling hills where eye-popping flowers such as Indian paintbrush, and black eyed Susan's, and of course bluebonnets blanketed the hills and roadsides. Each days' ride delighted us with spectacular fields of red, blue, and yellow wildflowers.



One of many highlights was joining the locals and riding the LBJ 100 Bicycle Tour. This route took us under majestic live oaks and past historical landmarks that figured prominently in the Johnson Family and U.S. presidential history. It was spectacular hill country cycling on smooth surfaced roads and bucolic country lanes. Armadillos were known to be used as Texas speed bumps, but none were revealed as we whizzed by the many roadside attractions!



The Luckenbach Trading Post catered to pioneer farmers and Comanche Indians alike. In 1973, Texas country-rocker Jerry Jeff Walker came to Luckenbach to record an album. Today, Luckenbach reflects an eclectic mix of its early history; the great musician Hondo, and an unrivaled legacy of music that made us feel that everybody is indeed somebody in Luckenbach. Several cyclists posed on stage behind larger than life statues of whimsical guitars.



Another day lunch sag stop was in the tiny hill country hamlet of Luckenbach where “everybody’s somebody.” Apparently a belligerent llama did not get the “somebody” memo. He decided to come after several cyclists in route. Fortunately, with our finely tuned cycling skills and technical abilities we were able to out-pedal this long-necked, thick-furred beast of burden. Turkey buzzards, road runners, and snakes were also sighted but they seemed to have a much better attitude toward cyclists.

The queen cycling attraction in Gillespie County was the Willow City Loop, considered to be one of the premier springtime destinations in the state. Bursting with blues, reds, yellows and whites, this scenic 13-mile road traverses hills and creeks, offering stunning views. The climb at the end of the loop starts out steeply at first, then stretches out longer than most ascents in the immediate area. One unnamed cyclist (not pointing any fingers, nobody’s judging) took a clearly marked wrong turn and upon discovering several unmentioned arroyos, a feral hog, and no other human sightings for miles decided to turn back and cycle for cover!

Speaking of cover, a day of rain took us off the road. Some chose to visit the Admiral Nimitz and War of the Pacific Museum, the wild seed farm, or drive to the outlying areas. Since we were located in Fredericksburg at the lovely Inn on Barron’s Creek, we were able to stroll the main street finding wonderful restaurants and of course, adorable little shops! One of the riders was known to offer his prickly pear and shiner beer to several others in the group. Did anyone accept?

All of this could not have been half the fun or nutritional value without our trusty sag drivers Carol Nies and Kathleen Schindler. They were “fixin” to take great care of us as we promised Carol not to MESS WITH TEXAS. Apparently we passed the test because, for a full week, our support delighted us with homemade egg salad, pimento cheese spread, marmalade jams, fresh baked cookies, etc... and about that pickle juice??????????????

As always, I love being a part of the HeartCycle family. I am sure the other participants agree that none of this could be done without the hours of preparation behind and on the scene. Huge thanks and piles of gratitude to both Jim and Jay, the BOD, and all the other volunteers who make this happen.



Five things to do off the bike... to improve your performance on the bike

From sleeping to core training, here are five things which could make you faster on the bike without even turning a pedal. As cyclists we are always looking for ways to improve our performance on the bike. Chances are, you're training hard whenever you're on the bike, but what often gets forgotten is all the time we spend off the bike. Of course, the best way to go faster on the bike is to train hard – and intelligently – but there are also plenty of things you can do when you're not in the saddle.

Core training

If there is one thing you should be doing off the bike it is strengthening your core, made up of a complex series of muscles that stabilize the movements of your arms and legs.

Cycling is an asymmetric movement, whereby your legs are performing different movements at the same time: one leg is driving down on the pedals whilst the other is moving through an upward trajectory. To transfer this movement as efficiently as possible we use our core muscles and without these our torso would simply twist as we pedal.

You can see this by doing the following exercise. Select a big gear and slow almost to a stop. Now try and accelerate away without moving your torso from side to side. You will find that you naturally lean your torso over the leg driving down on the pedals. To keep yourself straight you need to engage your core more, thus giving yourself a solid platform from which to put the power down.

There's an old adage that says you can't fire a canon from a canoe. In cycling, that means you can have as much leg power as you want but if you can only transfer half that amount into forward motion, there's a lot going to waste. Strengthening your core can also help prevent niggling injuries.

Before you do any core work it's worth making yourself familiar with which muscles to use when doing core work. You can do this by going down on all fours, then lifting each leg and arm in turn. When you lift a limb you will become unstable and your natural inclination will be to lean to one side to balance and stop yourself from falling over. However, it is possible to stay centered and not shift your weight by contracting your core muscles to transfer the imbalance into the limbs in contact with the ground. This can take a little bit of practice but will give you a great feeling for which muscles you need to use to stabilize your core. There are plenty of great apps out there for core work; for instance, BeFitApps.com, has an excellent, progressive core program aimed at cyclists. If Yoga is more your cup of tea then Yogaglo.com also has a range of great cycling-specific workouts. You can also do core work as you go about your everyday life. For example, whenever you are carrying something, aim to keep your torso

perfectly straight, this activates and works the core. If you continue to do this day to day then you can make a daily activity such as walking back from the shops an exercise that will help you next time you get on the bike.

Sleep

An old national coach once said that you can never over train, you can only under recover, and it's while we're asleep that we optimize our recovery.

Without adequate sleep, you won't recovery fully from the training you are doing.

Everyone will have all heard about getting eight hours of sleep a night but in my experience working with athletes, the amount of sleep needed is very individual. The key is ensuring you are getting quality sleep.

Instead of focusing on the amount of hours you need, focus on the amount of sleep cycles. A sleep cycle typically lasts 90 minutes, therefore once you know how many sleep cycles you need (based on the average number of cycles you would sleep for naturally) and what time you need to be up in the morning, you can work backwards and see what time you need to go to bed.

In addition to this, aim to have a 90 minute period before you go to sleep to wind down. Don't exercise in this period and try and stay away from your mobile phone, tablet or laptop as the unnatural light from digital screens can wake us up. Nail this and you'll drift off easier and get in that all important recovery.

Massage

There is no rock-solid scientific evidence for the benefits of massage. A massage helps to relieve tight spots in the muscle that can cause pain or cramps. On top of this, the time spent relaxing while having a massage does as much good mentally as the massage does physically.

There's a misconception that to be of benefit, a massage should have you holding onto the side of the table screaming. That's not the case at all. Yes, there may be tight spots that will induce some discomfort while the masseur works on them, but the process as a whole should be a relaxing affair.

If a massage is too deep and painful then this can cause additional muscle damage. Needless to say, that's the exact opposite of what you want to happen during a massage.

The placebo effect of massage shouldn't be underestimated, either. Massage can be used in the run-up to important events to do everything possible to be in top shape on the day. On top of that, as you receive more massages, your body will become more accustomed to the process and you will respond better. As a result, if you're considering massage then I'd recommend having a series of treatments in the run-up to an event, rather than just one session the day before.

Professional cyclists are lucky in that they will often have a soigneur or member of team staff available to massage tired limbs, but you can also use recovery aids such as foam rollers or massage balls. When used effectively they can really be beneficial, especially in releasing the tension in your gluteal muscles and IT bands (the outside of your quads).

Weights

As a simple equation, power = cadence multiplied by torque. Seeing as each rider's cadence on the bike tends to stay within a self-selected range, normally between 80-100rpm, the most effective way to increase your power is to put more force through the pedals at the same cadence.

Most training plans are focused around the cardiovascular system, and while, of course, this is very important, the cardiovascular system is simply the fuel pump, not what is producing the power. Your muscles produce the power.

Weight training increases the force with which your muscles can contract. More force = more power = more speed. However, weight training doesn't just mean pumping iron in the gym, and there are many ways you can improve muscle power without taking out a gym membership.

One of my personal favorites is a single leg squat. Not only does this exercise improve muscle power but it also works on your core stability. Doing single leg exercises also means that you aren't relying on your stronger leg and therefore you aren't creating any muscle imbalances.

For endurance cyclists it is recommended to do 3 x 8-15 reps per exercise per leg. This means you focus on building strength not endurance (you can do that on the bike).

Shaving your legs

This is often a hot topic among male cyclists – to shave or not to shave! Of course, leg shaving isn't got everyone, so this one comes with a pinch of salt, however, there are also some genuine benefits.

Firstly, aerodynamics. Having shaved legs can save around 70 seconds over the course of a 40km time trial, according to wind tunnel testing by Specialized. We're not talking marginal gains here – and not bad for the price of a disposable razor, rather than thousands of pounds on an aero bike or set of aero wheels.

On top of that, if you are looking to get a massage, not only will the masseur be forever grateful of your slick legs, but they will also be able to give you a better massage without ripping out your hairs – ouch!.

Last but not least – and with tongue firmly in cheek... maybe – shaved legs will put you on a fast track to that 'pro' look. We've all checked out our tan lines in the mirror (you know you have really) and without all those hairs in the way, you could be the proud owner of a pinstripe sharp tan line.

Colorado HeartCycle 2016 Tours

In Search of Texas Bluebonnets

March 30 - April 6 Status: Complete
7 days, Int. / Adv. \$1,180.00
Jim Bethell, jim@bikes5.com (518) 446-1766
Jay Wuchner, jaywuchner@comcast.net
(720) 840-6467

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

The Island of Mallorca, Spain

April 30 - May 14 Status: Complete
14 days, Int. / Adv. \$2,400.00
Rich Crocker, richcrocker@hotmail.com
(719) 237-3350
Bob Rowe, browe@comcasst.net
(303) 910-7230

Heart of Holland Bike & Barge

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

Friesland Bike & Barge

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

Durango Fixed Base Sampler

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

New Mexico - Land of Enchantment

June 11 - 18 Status: Wait List
7 days, Adv. \$1,330.00
Rich Loeffler, richardtloeffler@gmail.com
(303) 981-2963
Bob Raicer, rjr@raicer.com

Re-Living the Pro Challenge

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

Le Monastere - SESSION 1

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

Le Monastere SESSION 2

July 9 - 16 Status: Open
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: Wait List
7 days, Adv \$1,225.00
John Penick, jdpenick@gmail.com
(203) 232-8946
Fred Yu, fredericky@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, chriswmattthews@msn.com
(303) 618-4789