

Heart to Heart

Newsletter of the Colorado HeartCycle Bicycle Club
November/December 2006



www.heartcycle.org

info@heartcycle.org

web discussion list:
www.topica.com/lists/heartcycle

The HeartCycle annual meeting

and lunch was held Saturday, October 14th, 2006, at the Table Mountain Inn in Golden. 55 members attended, and 4 new people signed up to become members!

President Myra Jans recognized the volunteers: board directors, working board members, tour leaders (day and extended), and sag drivers.

Guest Speaker Cindi Braun gave a presentation to the membership about the Front Rangers, a volunteer club working with "at risk" kids in an effort to get them into cycling and keeping them out of trouble. She showed some slides and spotlighted some of the kids they have helped over the years.



Cindi Braun



HeartCycle 2006 Tour Souvenirs!

The HeartCycle tours are over for 2006, and there are some souvenir jackets remaining that the club is offering to the membership for \$40.

Colors in the jacket are red, orange, yellow and black. This is a windbreaker/warmup jacket, it has no front or rear pockets.

Available sizes are Medium, Large, and Extra Large.

To order, send in a completed order form (see page 5), along with a check for \$40.00, made out to HeartCycle, to Jeff Messerschmidt, 5308 S. Jellison, Littleton, CO 80123

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HELP COLORADO SHARE THE ROAD

Bicycle Colorado is launching a **Share the Road** campaign to reinforce that bicycles are welcome on roads. Proceeds from each plate will fund bicycle safety education programs across Colorado. Sign the petition, online, at <http://bicyclecolorado.org>



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It's time to renew your membership for 2007!

(fill out form on back page and mail to club's PO Box)

Below are the names, responsibilities, phone numbers and email addresses of key HeartCycle volunteers. Please contact the individuals for questions about their assigned areas. Send any regular mail to the HeartCycle PO Box with attention to the desired person. For questions about specific tours, please contact the tour leader(s).

2007 Board of Directors

President, Ken Cogger
president@heartcycle.org
303-816-4781

Vice President, Myra Jans
VP@heartcycle.org
303-337-9210

Secretary, Larry Sampson
Secretary@heartcycle.org
303-733-5038

Registrar & Treasurer, Steve Richards
Registrar@heartcycle.org
303-321-5922

Tour Director, Gordon Tewell
TourDirector@heartcycle.org
303-304-9572

Training Rides Co-Director
Homer Fritz
303-477-6446

Training Rides Director (&Maps)
Lee Cryer
maps@heartcycle.org
303-778-2305

Director at Large
Jerry Bakke
303-738-9861

**Annual Directors
(Working Members)**

Newsletter Mailing Group
Sue Hoogstrate
Newsmailer@heartcycle.org
303-755-9362

Newsletter Editor, Ann Nordstrom
Newseditor@heartcycle.org
303-366-2716

Sag Supply Manager,
Jeff Messerschmidt

sagmgr@heartcycle.org
303-904-0573

Web Site Manager, Debbie Finn
Webmaster@heartcycle.org
303-651-3898

Social Events, Melodye Turek
Social@heartcycle.org
303-320-1430

Assistant Registrar & Web
Registration,
Harvey Hoogstrate
WebReg@heartcycle.org
303-755-9362

Mapping Assistant, Ira Goldschmidt
Maps2@heartcycle.org
303-561-4817

Training Rides Assistant, Susan Loftus
rides@heartcycle.org
303-758-5472



North Cascades Sasquatch Loop, August 6-13, 2006

We all came together in Bellevue, WA which is located across Lake Washington from Seattle. A few of the early arrivals rode their bikes to the lake to the annual Blue Angels performance. Those Navy boys know how to fly a plane!! It was awesome to see.

At our first evening meeting we were the happy recipients of the Heartcycle jacket. What a very nice treat and thanks to the Heartcycle co-ordinator who came up with this year's gift. Good choice!!

Our first day took us to Arlington, named for the national veterans' cemetery near Washington, DC. Starting and ending the day near sea level, we still managed to pick up 2,000' of climbing. Along the way we caught glimpses of Mt. Baker. BB King was staying at our hotel, and was arriving with his entourage as we were hanging out and checking in. Chalk it up as another "celebrity sighting" on a Heartcycle tour.

Monday we headed into the foothills. We climbed gently until lunch (the usual feasting and rest) then we had mostly a downhill to Marblemount. We stayed in river cabins that were comfortable and adorned with "kinda" antiques. I really like the refrigerator in our kitchen – my grandma had one just like it down in her basement!! Since the area is quite remote, that evening the group was treated to a special yummy outdoor dinner that was prepared and served by Tootsie, a "young" 70 or 80-something and her staff.

Tuesday we climbed up and over Rainy and Washington Passes, lunching at the top of Washington Pass with incredible overlooks. We gazed up at the endless forest covered mountains and down at the great downhill that awaited us. We finished the day in Winthrop, a town that has recaptured the spirit of the Old West with a colorful main street with wooden sidewalks and old fashioned streetlights, a country store or two and of course, an ice cream parlor discovered not once but twice by our gang of ice cream crazed riders. This was the case in every town we hit! The sound of the river lulled us to sleep that night as all our rooms had a nice river view.

Wednesday we left the "Old West" and smoky skies behind us and headed toward Chelan. The terrain was mostly downhill, but we had some nasty ol' headwinds.

Thursday was a layover day in Chelan. Most of us opted to journey deep into the North Cascades to Stehekin aboard the "Lady of the Lake". This was the slow boat (not show, SLOW) up the lake. It was quite

relaxing, if you're the relaxing type. The scenery was awesome and worth the trip. A few facts about Lake Chelan: It is technically the deepest gorge in North America based on this analysis: If you stood atop the tallest peak, Pyramid at 8,245', and walked straight out from that peak and looked to the bottom of Lucerne Basin (the deepest spot) which is 386' below sea level at which point the lake is 1,500 feet deep, you would be looking into the deepest gorge. You need to visualize looking through 1,500 feet of water. Note: you cannot touch bottom here if you were brave enough (and warm blooded enough) to take a swim. Many of us did swim in the southern most part of the lake (much warmer) where our hotel was situated. It was a great location!!

Friday we left the big mountains and lakes behind and headed to Leavenworth for a taste of Bavaria. On the way, we had some interesting side roads that gave us the full flavor of the area (and hills). The town is bedecked in Alpine architecture with beer gardens,

edelweiss, and the sounds of the ompa bands. Restaurants served the Bavarian favorites of cabbage, weinersnitzel, bratwurst, spatzle and the like. Several of us "had to be different" and "jumped the border" for great Italian cuisine. Here again, we all ended up

with an ice cream at some point that day

Leaving Heidi and leiderhosen behind, Saturday's ride took us up and over Stevens Pass to Skykomish. I think we were all glad that this climb had cooler temps. Our lunch that day was on the way downhill and the fried chicken was a real treat especially since the rest of the terrain required minimal effort. I think the leaders were covering their bases with the special lunch BECAUSE since Skykomish is very remote, our schedule for that evening included a meal that was to be prepared by our leaders. As it turned out, our leaders (Harvey Hoogstrate and Ken Cogger) and awesome sag drivers (Sal Garcia and Jim Kilma) outdid themselves and dinner was an awesome feast with grilled salmon. Good job to the team on the dinner and the whole week !!

Sunday was our return to Bellevue. We regrouped at the velodrome (?) before heading in through the traffic. Later that day we experienced the usual "Heartcycle last day of the trip m blues" farewell as we split and went back to the real/unreal world. Cycle On, and hope to see you all soon,

Linda from PA



Grand Canyon Tour, October 1-8, 2006

A bad day on the bike is better than a good day in the office. "That saying is going to be tested today," I thought as I rolled out of the hotel in Page, Arizona on the sixth day of this year's Grand Canyon tour. It was raining as hard as I've ever seen it rain. I was riding downhill and the water under my bike was making my wheels shimmy. The next rider who was in front of me by only 40 feet was barely visible. About a mile into the ride everyone pulled into the parking lot of the Glenn Canyon Dam. Our unofficial leader for the day, Steve Richards, wanted to be sure we were all properly equipped for what appeared to be a long day of riding in the rain. Steve told us all to proceed cautiously and almost immediately thereafter had his bike swept out from under him by a torrent of water cascading down the hill and through the parking lot. Undeterred, he got up, unhurt and continued with the ride.

Fortunately for the seven of us that decided to ride that day, the hard rain continued for only about fifteen more minutes, and the steady rain ended after about another hour. Although the sun never really made it out, things did dry out and the temperature rose to a comfortable level. We were blessed with a good tail wind for most of the way in making the remaining ride into Kanab well worth the earlier discomforts.

With about 20 miles left to Kanab, the Sag van passed by. It was quite a sight, with eight bikes on top and three more on the rack in front. And we all got a good laugh seeing smiling faces pressed against each window and the waves from the riders within who had decided that it was more prudent to sag than ride that day (the intelligent ones).



Group picture, taken the evening of the backyard barbeque in Marble Canyon.

When we arrived at the Parry Lodge in Kanab all the other tour participants were in the meeting room and when we walked in, they started clapping and cheering for us. It was a nice display of support and welcome.

But that's what these rides with HeartCycle are really about; getting together with good people who share a passion for cycling. Chatting at the sags, having dinner together at night, and gathering around for a beer at the conclusion of a ride all make up a great tour; not just the cycling.

This year's Grand Canyon Tour started in St. George, Utah, and for the first day and a half we rode through the high desert climbing slowly. About a third of the way into the second day the landscape started to change as we started to do some serious climbing. The scrub weeds and dirt were replaced by trees and grass. The temperature started to drop as well.

Almost every time I've been on one of these week-long tours I've had a moment when I've asked myself "what am I doing here?" I experienced that time on this day. It was late in the day, I had already climbed about 5,000 feet and I was still climbing. The temperature had dropped from the low 90s to the low 50s. There was a gale force wind in my face and just to make things better, it started to rain...and then hail! With about five miles to ride, I was fried. But I was saved by Larry and Sherry Harris, who sagged me and a few others those last few miles up to the North Rim. I then realized all the effort was worth it.

The North Rim of the Grand Canyon is a spectacular sight! Where the South Rim is mostly desert and visited by over 4 million people a year, the North Rim is shaded by large Ponderosa Pines and Aspens and is quiet, hosting only about 400,000 visitors a year. We stayed in rustic log cabins hidden in the woods. The Grand Canyon Lodge sits on the edge of a precipice overlooking the Canyon with a drop of several thousand feet. I can't imagine a better place to sit and eat breakfast than in the enormous dining room of the Lodge overlooking the Grand Canyon as the sun paints brilliant colors on the canyon walls.

We spent our off day hiking and sightseeing as well as going on a guided nature walk where we learned about the ecosystem of the North Rim and attended a geology lecture that dealt with the formation of the Grand Canyon.

After our day of rest, we were treated to a ride that was almost entirely downhill to Marble Canyon. On this day we saw the reverse of the ride into the North Rim with the trees and grass giving way to the desert scrub, weeds and sand as we descended from 9,000 feet of elevation to 3,500 feet.

That evening we were treated to a backyard barbeque across the street from the motel. It was a warm evening, with a near full moon. As it turned out, the food was perfectly prepared and delicious. The only problem was that I ate too much.

The next day's ride was into Page. We were threatened all day by thunderstorms. There was a great three-mile climb at about mid-ride and then a 20-mile downhill - 20 mph - run into town. Eric, Luanne and I felt like we were racing in the peleton in the Tour de France. So what if it was downhill with a good wind at our backs. It felt great!



At Page, Caroline Fuller had arranged for all of us to visit Antelope Canyon. We all enjoyed riding the Monster Trucks out to the Canyon, but unfortunately the rains and the fear of flash floods in the canyons cut our visit short.

The day after riding in the rain to Kanab we climbed and descended and climbed and descended our way to Zion National Park. Zion is as beautiful as the Grand Canyon is vast. The east side of the park is more desert-like with desert vegetation, sandstone cliffs and interesting red rock formations. The west side contains the Virgin River and has beautiful large shade trees and towering mountains on either side of the narrow valley.

The two sides, unfortunately, are separated by a mile long tunnel through a mountain, and bikes are not allowed to ride through the tunnel. The last time I rode here we were able to hitch a ride in the back of a pickup truck. This time there was road construction near the tunnel so we were forced to sag through. Jerry had the big box truck waiting to take the last ten of us through the tunnel. So we were all sitting in the back of the truck with our bikes and I was thinking this was going to be pretty cool watching the scenery out the door as we went through the tunnel. Then Jerry came back and as he was pulling the door closed said, "I hope none of you have claustrophobia!" It's funny the things you learn about yourself on these trips. When I heard the door latch shut my heart started beating a little faster. But I thought to myself, I'm all right; everyone else is talking and laughing and at least there is light in the back of the truck so we can see each other. Then Jerry put the truck into gear and the light went out! Well, it was a short ride and I sat and ate some M&Ms, although I don't think I was able to swallow. After being released from my private hell, we were treated to a fast descent down the switchbacks to the floor of the canyon and a warm sunny afternoon of hiking and exploring the Park.

All that was left the next day was the ride back to St. George. It was a good ride, but like all last days of tours, it was a little sad knowing that later that day the group would be splitting up and going our separate ways. The good news is that HeartCycle runs several tours like this one every year and each is an

opportunity to do some great biking through beautiful country with terrific people.

Now for my personal thanks (although I'm sure all the participants share my sentiments): First, thanks to Larry Harris, the tour leader without title. Larry rode sweep a number of days and helped Eric and me finish into the wind a couple of times. Sag driver Jeff Messerschmidt, the unusually conservative, button down guy provided excellent snacks and drinks and always wore an interesting shirt. Jeff is also saving the environment, one pair of underwear at a time. Our other sag driver, Sherry Harris, made us outstanding lunches. I remember Sherry at the meeting the first night telling all of us that the lunch food was her responsibility and no one else was to touch any of the food, for sanitary reasons. I thought "Here is a woman after my own heart." I felt safe! And finally, our leader, Jerry Bakke. He designed a great tour, was well organized, informative and always had a plan when things went a little awry. Most importantly, whenever I spoke to Jerry about anything, he made me feel like I was the most important person on the ride. Thanks to all.

On the second to last day of the ride, Eric and I were sitting in the shade at a picnic table in the south campground of Zion National Park. A beautiful spot! The Harrises, Joanne Speirs, Clay Smith, and Bill Stone were sitting at another table in the sunshine. They called over and invited us to join them. I joked that I had heard them saying bad things about lawyers (I'm an attorney) and that I wasn't going to sit with them. They said they wanted to hear some good lawyer jokes. I told them there weren't any funny lawyer jokes. Well, O.K. maybe there are a few.....

Q - If you are stranded on a desert island with Adolph Hitler, Atilla the Hun, and a lawyer, and you have a gun with only two bullets, what do you do?

A - Shoot the lawyer twice.

Q - How can you tell if a lawyer is lying?

A - Other lawyers look interested.

*submitted by Dennis Burke
Southborough, MA*



I would like to order a 2006 HeartCycle tour souvenir jacket, size
medium ____ large ____ extra large ____ I am enclosing \$40.00

My name is _____
(please print)

my address is _____

my phone number is _____

mail to
Jeff Messerschmidt,
5308 S. Jellison,
Littleton, CO 80123



Fireworks of Fall - Finger Lakes, NY, October 7-15, 2006

What a great week this turned out to be! 27 riders began by meeting in Syracuse, NY, for a spectacular Fall Foliage Tour of Upstate New York.

There are 11 official Finger Lakes. We cycled near and around seven of them, along with a few more. Waterfalls also are in abundance in this region.



Janet had us all practicing the names of the lakes in a group training session during our initial meeting, while other guests at the hotel looked on.

Day 1, 68 miles of enjoyable rolling countryside, took us around Onondaga Lake, Skaneateles (special prize awarded to Geni Parker during spelling bee) Lake, Owasco Lake and Cayuga Lake. We pedaled past the

Seward Home in Auburn and into the Montezuma National Wildlife Refuge, then onto Seneca Falls, rich in womens rights history.

Day 2 was our real first taste of the hills between each lake as we traveled south along Seneca Lake through the city of Geneva and the Hobart College Campus to Dresdan, turned right and started our climbing. Rolling terrain until the outskirts of PennYan, the grades suddenly became steeper as we headed in a northwesterly direction through the Amish farmland on our way to lunch in Middlesex. From there we had two more ridges to climb before dropping into Canandaigua for a 2 night stay at the Inn on the Lake. The Inn is a fabulous hotel with a 5 star restaurant, a regional wine tasting center and of course all the Fireworks of Fall Foliage along Canandaigua Lake topping off the setting. Don and Deb Burger, our sag drivers, entertained us with a few numbers at our meeting that night in the gazebo out by the pier.



Day 3 was an option day: 56 miles, 30 miles, or none at all. I chose the 56, along with 5 others, and it turned out to be 65, with 4700 feet of climbing out to Honeoye Lake, Naples and back. Janet choose the Iroquois Indian Museum, north of where we were staying.

Day 4 all of our climbing was to be over after mile 39 as we went south

to Naples and then east over Italy Hill to Branchport. After a great lunch Janet and I headed south along Keuka Lake to Hammondsport on the tandem. With another sag stop under our belt we headed up the other side of the lake with a tailwind to our final destination in PennYan.

Day 5 can best be described as a Bike Ride past 47 wineries, a hike and nasty headwind. It was 36 degrees when we started out, but once we got over to

Seneca Lake it had warmed up to 38. It was a nice ride down Rt. 14 into Watkins Glen where we stopped for a hike into the gorge at the Watkins Glen State Park, a natural wonder with 11 different waterfalls within a mile and a half hike. Once lunch was had we were off to Corning and into the headwind I mentioned earlier.

Day 6 was a day off in the Beautiful City of Corning. As a very special gift from John Bruning, each of us received a pass to the Corning Museum of Glass, and the Rockwell Museum of Western Art, two of many attractions in Corning. Since it was Homecoming for Cornell University in Ithaca the next night, a group dinner in our own special room was arranged for Friday night by the Radisson. A wonderful and huge buffet dinner was polished off to the hotel staff's astonishment. I guess they didn't know how much we could consume...and then have dessert too!

A musical set by Don and Deb followed, including guest cyclist/guitarist Chris Norton on The Bicycle Blues featuring Don on harmonica. Joining Don and Deb, Janet warmed up her vocal chords on two numbers, Follow that Road and Sag Driver (a song in progress, written by riders from our last 3 tours).

Day 7 proved to be the most challenging and the most scenic. A broken seat post, 9 flat tires (4 on the same bike), along with wind, rain and hail for some of the group, as a front that had dumped 24 inches of snow in Buffalo, NY, the day before moved through our area. Two spectacular waterfalls and views of Watkins Glen from on top of the ridge above it made the day worthwhile for all of us as we cycled our way to Ithaca.

The last day...back to the first shovel of dirt for the Erie Canal, Syracuse. We enjoyed breakfast at Linda's Diner, 13 miles up the road, lunch in Skaneateles and farewell's back at the Holiday Inn before parting. I wish to thank everyone for coming along on this very special tour with Janet and I. The Finger Lakes region of one of our favorite places in Upstate NY and it was certainly our pleasure to share it with you. Hope to see you again soon!

Jim Bethell



Winter Weight Gain: Strategies to fight the battle of the bulge

by Nancy Clark, MS, RD

For those of us who live where the cold north wind blows frigid headwinds, dreaded winter is here again. Dreaded not only because of frozen toes, frostbitten cheeks, and slippery roads, but dreaded because of fear of winter weight gain. Finding enjoyable winter exercise that fits into your weight-management program can be a challenge for even the most dedicated cyclist. Just who gets excited about yet another boring indoor exercycling session? Somehow, baking cookies seems like more fun.

I commonly hear complaints about winter weight gain, such as, "I don't bike as much in the winter and inevitably gain two to four pounds." Because consistent overconsumption of only one hundred to two hundred extra daily calories can contribute to waistline expansion, we need to be careful when entertaining ourselves with those few extra Oreos, the second mug of hot cocoa, or the bigger bowl of popcorn munched in front of the TV.

If you are among the many cyclists who struggle with winter weight gain, here are three simple nutrition strategies that can save one hundred to two hundred calories per day — enough to make a difference in your battle of the bulge.

Strategy #1. Boost your calcium intake

Calcium-rich diets are helpful not only for regulating blood pressure and keeping bones strong but also for weight management. A growing body of evidence indicates that consuming calcium-rich dairy foods three to four times a day equals burning about one hundred more calories of body fat per day — or about ten pounds of fat per year. In 1988, researchers were surprised and fascinated by the results of this blood-pressure study: subjects who ate two cups of yogurt per day not only lowered their blood pressure but also lost eleven pounds of fat in twelve months — even though they had been told to try to maintain weight! This finding triggered more research, and today we know:

- Calcium within the cell regulates fat storage.
- A high-calcium diet turns more calories to heat than to body fat.
- Calcium-rich diets contribute to fat loss in the stomach area.
- Calcium-rich diets can help minimize midlife fat gain.

Eating three to four servings of calcium-rich dairy foods per day contributes to the beneficial effect of burning fat while preserving muscle. In a twelve-week weight loss study, those who ate three cups of yogurt per day lost sixty percent more fat than those who got calcium through supplements.

If you balk at the thought of consuming at least three servings of yogurt or milk per day, keep in mind it's not very hard to do. Simply choose cereal with low-fat milk for breakfast (or cook hot cereal, such as oatmeal, in milk instead of water), have a low-fat yogurt for a mid-morning or evening snack, and enjoy a latté or hot cocoa made with low-fat milk for an afternoon energy booster. Other options include putting two slices (1.5 ounces) of low-fat cheese on a sandwich, and, yes, even drinking chocolate milk for a post-exercycle recovery drink. The weight-regulating trick is to be sure the dairy calories are within your daily calorie budget and not excessive. You cannot start to guzzle gallons of milk and expect to lose body fat!

People who don't drink milk can get calcium from nondairy sources (broccoli, calcium-enriched orange juice, supplements), but calcium from dairy foods is most effective. For help with learning how to boost your calcium intake, consult a local sports dietitian (www.eatright.org will help you find one locally).

Strategy #2. Eat breakfast

About forty percent of adults skip breakfast at least four times a week. Although skipping breakfast may seem like a good way to eliminate calories, breakfast skippers tend to be fatter than breakfast eaters. When people eat a larger-than-normal breakfast, they end up eating almost one hundred fewer calories by the end of the day, an amount that can curb creeping obesity. Hence, eating breakfast is one strategy that makes a big difference in weight management. In one group of dieters, each of whom has lost at least thirty pounds and kept the weight off for at least a year, ninety-seven percent are now committed breakfast eaters! They know that eating breakfast works!

Breakfast does not have to be eaten immediately upon rising, but it should be eaten within two to three hours of waking. If you can't find time to eat breakfast at home, at least make plans to eat breakfast at the office.

Strategy #3. Eat more fiber and whole-grain foods

Foods that are satiating (that is, they fill you to the point that you choose to stop eating) are rich in protein (turkey, tuna fish, chicken) or fiber (whole grains, fruits, vegetables, nuts). Given that protein often is accompanied by unhealthy saturated fat (as in cheese, bacon, hamburger), the wiser option is to curb hunger by filling up on fiber-rich foods.

Fiber-rich foods tend to be bulky, and bulk helps promote a feeling of fullness.

That is, you can reduce the calorie content of a casserole by 30 percent by adding bulky vegetables (mushrooms, celery, peppers), and people will consume fewer calories without noticing the difference.

According to Barbara Rolls, author of *The Volumetrics Weight-Control Plan*, consuming bulky foods with a high-fiber and water content can help you eat fewer calories. This means eating more fruit, vegetables, soup, beans, legumes, bran cereal, and whole grain cereals. These are more satisfying than a croissant with an equal number of calories.

Summary

Whether you are motivated to fight winter weight gain or simply to fuel your body healthfully, eating a hearty, wholesome breakfast and consuming more calcium, fiber, and whole grains are wise nutrition strategies. Sounds like Wheaties is not only the breakfast of champions but also of lean cyclists!

"Winter Weight Gain" by Nancy Clark, MS/RD was originally published in the January/February 2004 issue of Adventure Cyclist magazine. Books by Nancy Clark include the Cyclists' Food Guide: Fueling for the Distance and the Sports Nutrition Guidebook. Both can be found at www.nancyclarkrd.com.



Colorado HeartCycle Association
P. O. Box 100743
Denver, CO 80250-0743



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2007 Colorado HeartCycle Membership Form

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Membership (Jan. 1 - Dec. 31) application only. Must be filled out even if you are not signing up for a tour.

New _____ Renewing _____ Email address _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Fax _____

Individual Membership \$20.00

Family Membership \$25.00

Name of family members _____ email address _____

I prefer to have the monthly newsletter delivered: electronically (email) _____ or paper (USPS) _____

As a member, I am willing to contribute to Colorado HeartCycle in the following ways:

Starting training rides _____ Leading Tours _____ SAG driving _____ Web Site team _____ Making maps _____ Event helper _____

Signature _____ Date _____

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and I hereby agree to and will absolve and hold harmless Colorado HeartCycle Association, Inc., and its officers and members and any other parties connected with club-sponsored rides in any way whatsoever, individually and collectively from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage suffered or sustained as a result of participation in said club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that HeartCycle Association, Inc., requires the use of helmets when participating in all club rides.

Send this form with check payable to HeartCycle. Mail to: HeartCycle, PO Box 100743, Denver, CO 80250-0743