

Heartland Bike Tour rides through Colchester County

[Letters to the Editor \(The Truro Daily News\)](#)

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'It got me out of my comfort zone'

TRURO – Erin Deuille has a new goal.



The Valley resident wants to bicycle the 70 kilometres to her cottage and she's pretty sure she can do it after the 62-kilometre trek she made through Colchester County yesterday with the Heartland Bike Tour.

"This ride was the longest distance of my life," she said.

"It got me out of my comfort zone and now I think I can accomplish the ride to the cottage. It's my summer goal."

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Daisy Roberts, who owns Hubtown Cycle, was happy to see the turnout for the seventh annual Heartland Bike Tour. The tour is intended to raise health awareness through physical activity.

Deuille and her husband, Jeff, (who has biked to the cottage before) participated in the Truro leg of this year's Heartland Bike Tour with about 70 other bicyclists.

Inglis Place was buzzing with helmet-clad cycling enthusiasts from all over the province for the event. They put on sunscreen and

shared laughs before hopping on their bikes and [heading on their ride](#), which led them through Salmon River, Onslow, Masstown and back to Victoria Park.

Nick Giacomantonio, a cardiologist out of Halifax, participated for the exercise as well as to promote a health issue he knows very well.

“Obesity has just been declared a disease in America,” he said about why he thought exercise was important.

“And we got a lot of that disease here in Nova Scotia.”

He added that activity is well-known to decrease risk factors of heart disease and cancer, diseases he said he has seen too much of in the province.

Kevin Aucoin, an avid cyclist out of Valley, said he takes advice like Giacomantonio’s to heart.

“I’m entering an age now when I have to start focusing on my health and wellness,” said the 50-year-old.

Aucoin said he regularly takes 25-30-kilometre rides and he was looking forward to challenging himself to going double the distance.

After the race, the Heartland Tour hosted a picnic at Victoria Park for participants and the public.

Cyclists made their way into the park after their ride at around 1 p.m. greeted by 300 Subway sandwiches, chocolate milk, prizes and musical entertainment.

Daisy Roberts owns Hub Cycle here in Truro and said she supports the Heartland Tour because she wants to support healthy lifestyle.

“You don’t have to start at 62 kilometres, you can start at as little as five kilometres,” she said.

“Just start.”

The Heartland Tour is in its seventh year. Around 300 people take part in the different legs of the event, which include Yarmouth, Bridgewater, Truro, Halifax, Pictou, Antigonish and Cape Breton.