



Heart-to-Heart

HEARTCYCLE BICYCLE TOURING CLUB

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Get Ready for the HeartCycle Annual Meeting and Luncheon!

Saturday, October 18, 2025

Mt. Vernon Canyon Club, 24933 Club House Circle, Golden, Colorado

Cash Bar Opens @ 11:30 AM | Buffet Begins @ 12:00 Noon

\$35 per person (Members & Guests Welcome!)

President's Spin

By HeartCycle President
Mark Lestikow



Join us for an unforgettable day at the HeartCycle Annual Meeting and Luncheon on **Saturday, October 18th**, at the stunning **Mt. Vernon Canyon Club**. This event is packed with great food, inspiring conversations, unforgettable memories from the past year's tours, and the opportunity to learn more about next year's tours.

What's on the agenda?

- **Gourmet Buffet:** Enjoy a delicious spread while catching up with old friends and meeting new ones.
- **2025 Tour Highlights:** Relive the best moments of this year's rides with a continuous slideshow featuring photos submitted by YOU! If you have 5-10 photos that capture the spirit of your favorite tour, send them to **Cody Ensanian** at heartcyclecody@gmail.com to be part of the slideshow.
- **2026 Tour Preview:** HeartCycle Tour Director, **Janet Slate**, along with 2026 tour leaders will share details and answer any questions you may have about next year's tours.

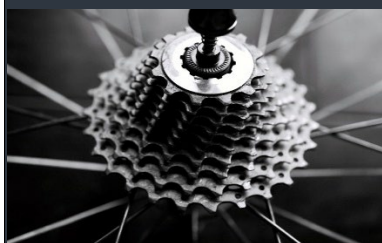
This is a fantastic opportunity to celebrate another successful year, connect with fellow cycling enthusiasts, and get psyched for what's coming in 2026!

Register now!

Sign up today on the **HeartCycle website** at www.heartcycle.org. Click on the "2025 Annual Luncheon" link in the green toolbar on the homepage, then hit the "Register" button. **Spots are limited to 125 attendees**, and registration closes by **Saturday, October 11th**—or sooner if we sell out! Please note, **all payments must be made online**—no payments will be accepted at the door.

For questions, feel free to contact **Mark Lestikow** at:
mark.lestikow@closetfactory.com.

We look forward to seeing you there!
-Mark





From the Tour Director's Saddle

By HeartCycle Tour Director Janet Slate

By now, you may have already registered for one or more of next year's foreign tours to [Vietnam](#), [Patagonia \(Argentina\)](#), [Bike and Barge on the Moselle River \(Germany, Luxembourg, and France\)](#), and/or [Puglia \(Italy\)](#). If not, check out the tour descriptions and register. (I wrote this message before registration opened, so some of these tours may already be full.)

We never want to think about something going wrong in our lives—much less while we're on a bicycle tour we've been anticipating for months or before we even depart for the tour. Nonetheless, stuff happens. If you've never been on the bad end of that—lucky you! If you have, you know what I mean.

In case you've neglected to view some of the links at the bottom of the HeartCycle homepage, you might want to look at the [Rider Conduct, Payment, Refund and Cancellation Policies](#), where we advocate for purchasing trip cancellation insurance, although we don't recommend any particular company. While some travel insurance just covers cancellation or interruption of a trip, another insurance product worth considering, especially for foreign tours, includes medical emergencies. Many domestic health insurance plans (including Medicare) do not cover medical expenses overseas.

I hope that all your travels are trouble-free! Having insurance gives me some peace of mind.

Thank you for being a HeartCycle member!

Janet Slate
jslate@ultrasys.net



//// 2025 Availability ////

There's still time to squeeze in a 2025 tour! The following tours have immediate availability with no waitlist!

• Steamboat Springs NextGen

- August 17 - 22
- CO; USA

• Paso Robles Wine Country

- October 18 - 26
- CA; USA

Visit the [How to register for a tour](#) page for detailed instructions on how to sign up.

//// 2025 Tour Facts to Date ////

Tours completed: 8

Total riding days: 72

Total tour miles: ~3,600

Total tour climbing: ~176,892'

Tours remaining: 5

Tours with availability: 2



Tour Report: Mississippi River Weave of Minnesota & Wisconsin

By HeartCycle Member Leslie Rogers

The Mississippi River Weave HeartCycle trip on June 22 - 29 can be divided into two basic types of cycling adventure: hot & flat and cool & hilly. Most of the hot and flat was in Minnesota and cool and hilly describes the Wisconsin days. Thanks to everyone who posted photos on WhatsApp – you probably will see some of them in this report.

/// Sunday, June 22 //////////////////////////////////////

Under the leadership of Jimmy Schroeder and Ron Finch, Day 1 started on the Mississippi River Trail, just one block from our lodging at the Graduate Hotel on the campus of the University of Minnesota. Views along the shady river trail included large mansions, apartments, and industrial complexes as we made our way to the first SAG stop. With 100% humidity and temperatures in the 80s, we all did our best to keep cool, dousing clothing and heads with water. Our trusty SAGs, Mayoma Pendergast and Kathleen Schindler, pulled out ice-filled tube socks that some wore around their necks to keep cool as the temperature exceeded 90 during the day.



DAY 1 TOTALS:

44
miles

1,306'
climbing



South of Saint Paul, we stopped at the Swing Bridge, which is a remnant of an old double-decker bridge that had cars on the bottom and trains on the top. It now just sticks halfway out into the Mississippi River. Here, the strong headwind we felt was evident in the river waves going upstream! We arrived hot and sweaty at the lovely Confluence Inn in Hastings, MN. Our happy hour included a discussion by the hotel manager about the history of the old building. Built as a factory in 1905, it was transformed into an industrial style chic hotel in 2000.



Monday, June 23

With slightly cooler temperatures, we spent most of the morning on the clean, wide shoulders of back roads and a major highway—all of which are part of the official MRT (Mississippi River Trail). We enjoyed farm scenery and some eclectic sculptures along the way. Lunch was in a park outside Lake City (a wide spot on the Mississippi known as the birthplace of water skiing). Included in the tour was a stop at the Eagle Center of America in Wabasha, our destination for the day. We saw live rescued eagles, displays on bald and golden eagles and their ecological status, and displays on the eagle symbology in culture.

DAY 2 TOTALS:

64 miles

2,515' climbing



Tuesday, June 24

Leaving Wabasha, we crossed the bridge over the Mississippi River into Wisconsin. We pedaled on the level road alongside state and national natural areas consisting of many green sloughs dotted with white water lilies. By midafternoon, we arrived at the small village of Trempealeau where no single motel was big enough to hold all of us so we split up into two groups—one on the river and one up on the bluff. After happy hour, we were shuttled to the Sullivan Supper Club for the traditional group dinner.



DAY 3 TOTALS:

51 miles 1,168' climbing



/// Wednesday, June 25 – Day Off //////////////////////////////////////

As forecasted, it rained off and on throughout the day. This allowed everyone a chance for a very lazy day. Laundry and counting train cars (multiple long freight trains whizzed by every hour) were the most popular activities, but there were also chances to visit some of the few local shops between downpours (bait shop, gift shop, Dollar Store). Some of the more weather resistant of us did some hiking or visited the lock system on the river. During the group's impromptu take-out pizza dinner at the inn on the bluff, a tornado siren screamed on during the rainstorm but, before we were finished discussing what we should do about it, it thankfully stopped.



//////////////////////////////////// Thursday, June 26 ///

Since our little motels didn't offer breakfast, we all pedaled to Cat Daddy's for a buffet breakfast on the Mississippi River. Rain had been predicted for the day, so we were relieved that the morning brought only low overcast with cool mist that obscured the scenery and collected on our glasses. The meandering route to Arcadia was through steep (up to 12% grade!) rolling hills (bluffs to mid-westerners) featuring a collection of forests on the slopes and farms in the valleys and on top of the bluffs. Red-winged blackbirds serenaded every day, but now with the long, slow uphill grades we could see and hear many other songbirds and woodpeckers. Most of the farms have red or white barns and gray/silver silos with a mix of farmhouse architecture from old-style, two-story clapboard to prefabricated and everything in between. The ride was beautiful and the temperatures in the low 60s were very welcome, especially on the steep climbs. The downhill highlight was a long curvy descent called Alligator Slide. We made it to the Draft Horse Hotel before 2:00, and at 4:00, the feared thunderstorm blasted into town, darkening the skies and delaying the happy hour! So glad we didn't get caught in it!!!



DAY 5 TOTALS:

59 miles

3,008' climbing





/// Friday, June 27 //////////////////////////////////////

Starting in low clouds and a drizzly mist, we again meandered along backroads, enduring another day of extreme climbs and thrilling descents. This time there were 7 climbs of varying lengths with grades up to 15%! The scenery was much the same as previous days—green fields of corn and soybeans, the occasional dairy farm, and lots of seemingly empty chicken coops. We pedaled through several small villages sprinkled among the farms. By lunchtime, the mist had ended, and shortly after arriving at the Cobblestone Inn in Durand, the sun started to peek through the clouds.



DAY 6 TOTALS:

58 miles

3,733' climbing



/// Saturday, June 28 //////////////////////////////////////

Under clearing skies, we rode through the tiny town of Durand to cross the very full Chippewa River and then settled into the beauty of the low-traffic back roads as we headed northwest. The day had more steep climbs (15-16%) and the “tandem tunes” presented by Bill and Gail on the toughest climbs provided a cadence while we tackled the slow climbs. After the morning SAG, we followed a long straight section north that featured miles of rollers of varying heights and thrills. We passed an Amish enclave where some of us stopped for baked goods at their little farm stand and saw women and children working the fields and walking along the road in bare feet. We pedaled through the nice town of River Falls for the afternoon SAG and crossed the swinging bridge across a little canyon with roaring rapids below. From there, we enjoyed the homeward stretch of 10 miles that was nearly all downhill into Hudson.



DAY 7 TOTALS:

64 miles

3,603' climbing



/// Sunday, June 29 //////////////////////////////////////

The mood was relaxed as we headed out on bike paths under sunny skies about 8:00. A confusing set of pigtails were required to go under, then across, then again under the bridge over the Saint Croix River. The complicated route led us to the west side of the river (Minnesota), where we headed north through beautiful neighborhoods overlooking the river. At Stillwater, a cute tourist town complete with an armada of riverboats, the bike path continued to a point where we found ourselves at a detour. Everyone ultimately managed to find a work-around to the SAG stop at about mile 16. The rest of the ride into Minneapolis was on a series of shady rail trails that helped keep the temperature (but not the humidity) down. Our final lunch stop was at Como Lake Park in Saint Paul before pedaling the last 5 miles of bike paths to the Graduate Hotel at the University of Minnesota.

DAY 8 TOTALS: 39 miles 1,162' climbing



Was this a great new ride for HeartCycle? You Betcha!

Were the steep bluffs harder than expected? You Betcha!

Did we make new friends and enjoy old ones? You Betcha!

Did we learn to talk like Minnesotans? You Betcha!



Tour Report: Le Monastere: A story of triumph over adversity...

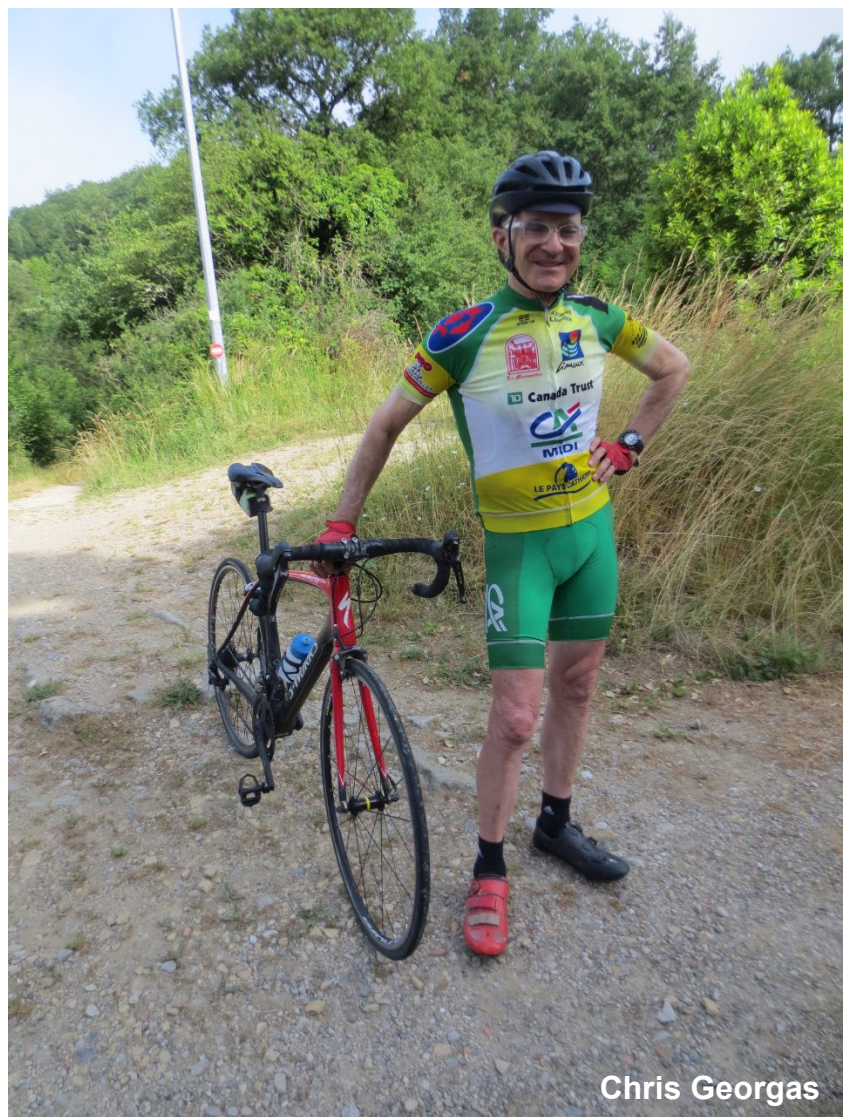
By HeartCycle Member
& Tour Coordinator
Tom Kissinger

Welcome to HeartCycle, where anything is possible! This trip's story starts in the summer of 2024 when HeartCycle opened registration for the 2025 foreign tours. Le Monastere is a converted 12th century monastery that the proprietor, Chris Georgas and his wife, Fabienne have restored into an amazing bike hotel. The space has room for 10 cyclists at a time. When registration closed that summer, over 30 members had submitted for a spot on the upcoming October trip.



Chris is an amazing fellow. He is a professional bike coach who has led many individuals and teams to significant victories. He had a vision over 30 years ago to transform a decaying building in the lovely small town of Limoux. He poured his life savings into creating a sweet hotel with five large bedrooms, each with its own bathroom; a guest lounge; porch; kitchen; dining room and all the support areas necessary to house and service his giant collection of bicycles. He runs his operation as a hub-and-spoke riding experience meaning that his guests only have to unpack once for the week. With over 30 seasons of leading rides under his belt, not including the many miles he has ridden with professional teams, he has the program down to a science.

Needless to say, the word is out! With over 30 folks looking for 10 spots (9 not including me...), the lottery was ugly. Luckily, the club has a long and healthy relationship with Chris. He was able to accommodate our needs with another week in June. Thus, the June ride was born!! While not everyone was ultimately provided with a spot, we were able to make things work! Chris even allowed us an eleventh spot which he housed in a property nearby.



Chris Georgas



Little did we know last summer as we firmed up the list of participants that this summer would be the hottest on record! Temperatures averaged 15 to 20 degrees Fahrenheit above average leading up to our week as well as through the week we were riding! Luckily for us, Chris is a master! He worked his magic to beat the heat!

I arrived at Le Monastere with my crew of 10 HeartCycle riders on Saturday morning. Chris quickly went to work on our fittings, setting us up on high-quality bikes (I had a Specialized Tarmac S-Works with a pretty flashy custom paint job) in good working order. He then led us on a 6-mile warm-up spin out of Limoux to the town of Saint Polycarpe, home to an eighth century abbey and a well-preserved medieval aqueduct that spans the Ruisseau Saint-Polycarpe, a tributary of the Aude River that gives the region its name. It was 104 degrees... Chris alternated between wrenching our bikes to get the fit just right, supplying sufficient water, and giving us an overview of the area's history.



We wrapped up the day sitting in Le Monastere's leafy courtyard with a dinner full of bright flavors while toasting our arrival with a bottle of blanquette de Limoux (the local sparkling wine that Limoux is famous for). Limoux claims credit for inventing the beverage that was to eventually be known as champagne. It is said that Dom Perignon visited Limoux and stole the recipe. He was the first to present "his" invention to the King of France and the rest is history.

As we wrapped up dinner, we were surprised that we did not get a ride briefing. Instead, Chris told us that he plans the route the morning of to analyze the "three W's" of the day: Weather, Wind, and last night's Wine consumption. He added that his day would start at 5:00am so that we could beat the heat. He wished us all a good night and we agreed to meet at 6:30am for breakfast.

/// Day 1 //////////////////////////////////////

Sure enough, the next morning we came to the breakfast table and found a small stack of photocopied Michelin maps with our route marked in yellow highlighter. I came to think of these as Chris's Treasure Maps, and I don't think I'm the only one who kept all five as a souvenir of our week.

Isabel, Chris's right-hand woman for the last 20 years, had breakfast ready as we strolled into the dining room. Isabel, is the Hamilton to Chris's Washington. She is the straight person to Chris's very dry sense of humor. She told me, with her signature wry French smile, that while Chris would be riding with us, she would be available with plenty of water. We thought that Saturday was warm... Sunday was a scorcher!

Chris took care of us. An early start got us to the lovely town of Mirepoix. We were blessed with some overcast skies and cool breeze. We had lunch in Mirepoix, which is known for the well-preserved wooden architecture in its central square—"It's one of the few towns around here that hasn't burned down at least once over the last couple hundred years," Chris explained to us. It was the perfect place to stretch the legs before visiting the town's cathedral, which has a fascinating diorama showing the various stages of its construction from the 13th century to the present day. By lunch, the sun had emerged and the baking began! No one wanted to ride back to Limoux. Instead, we took the opportunity to explore the town and support the local economy.

That evening, we enjoyed dinner at La Grande Café on the town square.



/// Day 2 //////////////////////////////////////

Another early start and another lovely breakfast. The expectation of another scorching day drove Chris's route plan and again he was amazing. We rode southwest out of Limoux through wonderful fields of sunflowers that were just beginning to pop! Every thirtieth flower or so had a bright yellow bloom smiling at us as we passed by. In the cool morning, we climbed and climbed with one of our trippers, Jodi, demonstrating some amazing climbing prowess. We continued to climb up to a plateau famous for potatoes. Believe it or not, this part of southern France has a small ski resort just a bit farther up the hill from our climb.

The wonderful part of significant climbs is that they are followed by significant descents. And boy did we enjoy an amazing descent down to a narrow, quiet road that paralleled a stream. Lunch was served from the sag at a quiet picnic area in the woods.

Jokingly, I asked when the post-lunch coffee would be served. Chris said that coffee was available in town 10 miles farther along. With the sun starting to burst through, the plan was to avoid the heat and mount the sags after lunch. Surprisingly, the crew rallied for the 10 additional miles to enjoy some delicious French coffee products. As a group, we cranked the remaining miles as a peloton flying down the road with the sole goal of a double espresso. What fun!

That evening, a delicious French country dinner awaited us at Chris's old friend Patrice's house, which offered a captivating view of a small village near Limoux. He and his gracious wife cooked up liver pate, a delicious main course, and the biggest, richest bowl of chocolate mousse I'd ever seen.



/// Day 3 //////////////////////////////////////

Just when you thought that it couldn't get any hotter, we found that it could! Kudos to Chris! He found a solution. We did a special ride that he called the magic circle. We rode out of Limoux and up into the hills nearby. It is one of the most fun, beautiful rides that I have ever done. Rolling hills through the forest circling around back to Limoux. Chris even offered a choice on the way back to do one more hill or to follow the valley back to town. With the sun getting ever more intense, only the gluttons for punishment elected to do the final climb. The climb was past fields of sunflowers and grapevines just starting to change to yellows and reds, while the valley ride stayed in the shade along the river.



After the ride, we headed to lunch at Reine le Chateau. Chris explained to us that there is mystery surrounding this mountaintop town: buried treasure. These claims originated with a parish priest named Berenger Sauniere, who refurbished and expanded the church in the late 1800s. Nobody knew where he got the money to fund the construction. One popular theory was that Sauniere had found evidence that Jesus and Mary Magdalene had married and started a family and that the Catholic Church bribed him not to reveal this bombshell to the public. If this sounds familiar, it's because an author named Dan Brown was inspired by the Rennes le Château mystery and wrote a book called *The Da Vinci Code*. We had a chance to tour the lovely on-site museum—we did not see Tom Hanks, unfortunately—and to enjoy views of the Pyrenees from the village sculpture garden after a lovely lunch.

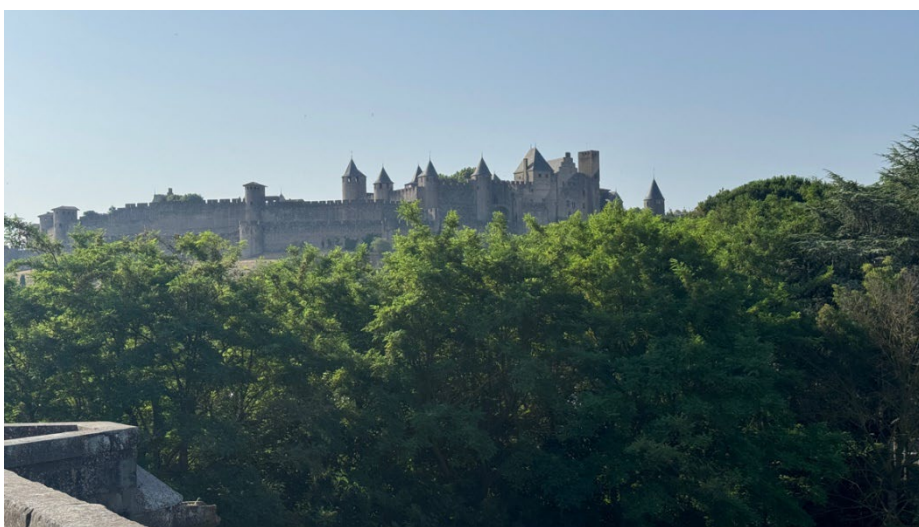


On the way home, we stopped at a hat museum. It turns out that at one time, when everyone used to wear hats, an enormous number of those felt hats were manufactured in southern France. I asked a key question before entering the museum. Did it have air conditioning. It didn't. While some of the group elected to do the tour, some of us headed for the local bar and enjoyed a cold beer instead.

Dinner was at a locally famous seafood restaurant. YUM!

/// Day 4 //////////////////////////////////////

Day four was a rest day and everyone went their own way. Did I mention that it was as hot as ever! A group of us hit the wonderful tourist trap, walled city of Carcassonne. Yes, it was a tourist trap, but it was also an incredibly unique location, well worth a visit. The history in this entire region is palpable!

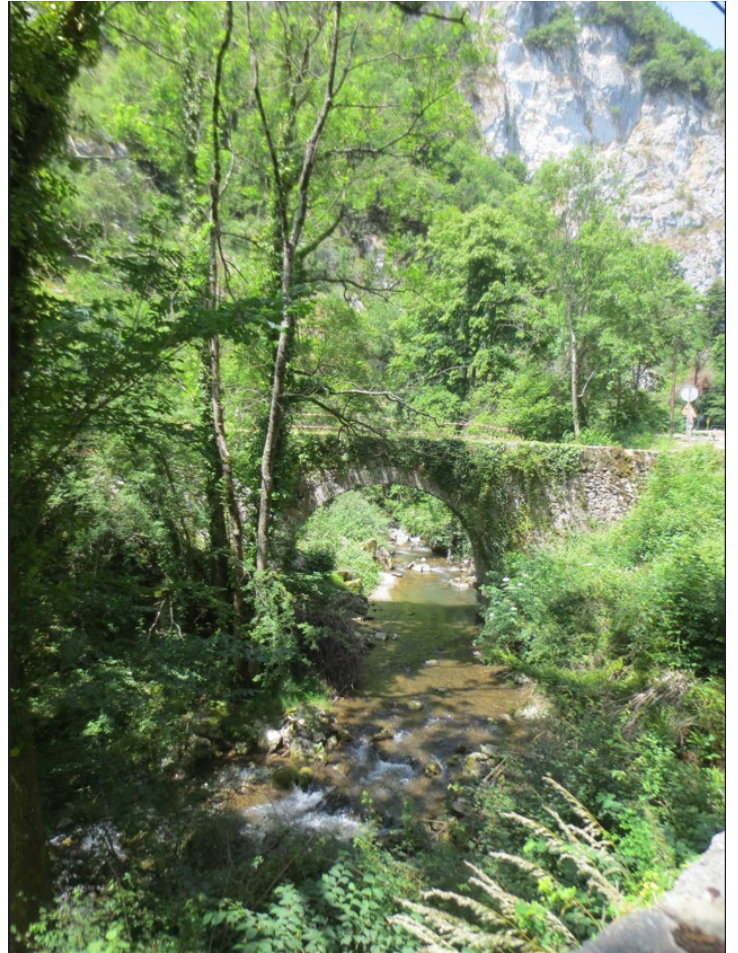


/// Day 5 //////////////////////////////////////



Day five was another early start and a sag ride to the start of our highest climb. Not that it was any cooler that day, but Chris wanted to give us a taste of the Pyrenees. Our goal was to summit a route that has been on the Tour de France. While it was another warm day, we climbed and climbed up to the “famous” Col de Marmare topping out at 1,361 meters. The joy on everyone’s face as we topped the pass was amazing.

Dinner was another delicious event. In a small town at the base of the most magical mountain in the region, the plump Buddha-like peak of Bugarach, we enjoyed dinner at a restaurant that has been serving folks for hundreds of years. The night was cooler and we sat on a deck and ate family style. Besides being beyond delicious, it was a most gluttonous, joyous event.



/// Day 6 //////////////////////////////////////

The final ride was another smooth circle through the French countryside that adeptly challenged our riding while avoiding the 100 degree plus heat that continued to plague the region. More endless fields of sunflowers, more adorable country villages, smooth roads, and happy cows!

Our final dinner was served at Le Monastere, by Fabienne, Chris's wife. She took full advantage of the local produce to create an amazing, delicious dinner. We capped the evening the way we started the adventure with a toast of blanquette de Limoux (I hope that you remember what that is and its colorful history!).



/// Fin //////////////////////////////////////

As I reflect on the adversity that this trip faced from beginning to end, I am thrilled by the joy that was shared by all. Starting with over-subscription and ending with biking temperatures well beyond the norm, the gang had an amazingly fun, positive experience. Chris's support, from creating additional weeks and accommodations to supplying culinary delights, to finding us primo biking and experiences throughout the week, in spite of the heat, marked this choice of HeartCycle tours as extra special.





About HeartCycle Bicycle Tours

HeartCycle offers a number of exciting tours each year.

2025 tours that are currently scheduled or planned are highlighted on the next few pages. Tour details are also available on the [HeartCycle website](#).

To read and observe the procedures for announcing new and planned tours please review the [Tour Announcement and Registration Policy](#).

Links to tour policies (illness, conduct, wait list, etc.) can be found at the bottom of the [HeartCycle Tours](#) web page.

March

South Island, New Zealand Christchurch, New Zealand

Dates: March 6-22, 2025

Days: 16

Rating: Inter / Adv

Cost: \$5,100

Link: [New Zealand Trip Details](#)

Contact: Janet Slate

jslate@totalspeed.com

April

Shikoku Pilgrimage, Japan Koyasan, Japan

Dates: April 6-18, 2025

Days: 12

Rating: Intermediate

Cost: \$4,500

Link: [Japan Trip Details](#)

Contact: Tina Vessels

tina.vessels@gmail.com

Springtime in Solvang Solvang, CA, USA

Dates: April 12-19, 2025

Days: 6

Rating: Intermediate

Cost: \$1,660

Link: [Solvang Trip Details](#)

Contact: Mark Lestikow

mark.lestikow@closetfactory-colorado.com

May

Underground Railroad Year 2 Memphis, TN, USA

Dates: May 10-25, 2025

Days: 14

Rating: Inter / Adv

Cost: \$3,500

Link: [Railroad Trip Details](#)

Contact: Jim Schroeder

jimmyschweb@gmail.com

June

Randonnée en Dordogne, France Bordeaux, France

Dates: June 1-13, 2025

Days: 12

Rating: Intermediate

Cost: \$3,500

Link: [Randonee Trip Details](#)

Contact: Fred Yu

frederickyu@comcast.net

Le Monastere in Southern France Limoux, France

Dates: June 21-28, 2025

Days: 7

Rating: Inter / Adv

Cost: \$3,350

Link: [Le Monastere Trip Details](#)

Contact: Tom Kissinger

tom_k@pipeline.com



June cont...

MN-WI: Mississippi River Weave

Minneapolis, MN, USA

Dates: June 21-30, 2025

Days: 9

Rating: Inter / Adv

Cost: \$2,000

Link: [Mississippi Trip Details](#)

Contact: Jim Schroeder

jimmyschweb@gmail.com

July

Central Colorado Rockies

Frisco, CO, USA

Dates: July 9-17, 2025

Days: 8

Rating: Inter / Adv

Cost: \$2,160

Link: [Rockies Trip Details](#)

Contact: Guy Kelley

guy.kelley@comcast.net

Jackson Hole Wyoming

Jackson, WY, USA

Dates: ~~July 24-29, 2025~~

Days: 5

Rating: Easy

Cost: \$1,800

Link: [Jackson Hole Trip Details](#)

Contact: Clare Bena

cbvamoots@gmail.com

CANCELLED

**Look for this trip in 2026!*

August

Alaska – The Last Frontier

Anchorage, AK, USA

Dates: August 2-9, 2025

Days: 7

Rating: Intermediate

Cost: \$4,280

Link: [Alaska Trip Details](#)

Contact: Scott MacCormack

SAMacCormack@gmail.com

Steamboat Springs NextGen Tour

Steamboat Springs, CO, USA

Dates: August 17-22, 2025

Days: 5

Rating: Intermediate

Cost: \$1,350

Link: [Steamboat Trip Details](#)

Contact: Mark Lestikow

mark.lestikow@closetfactory-colorado.com

September

Acadia: Rocky Coastal Maine

Bar Harbor, ME, USA

Dates: Sept 8-16, 2025

Days: 8

Rating: Intermediate

Cost: \$2,700

Link: [Acadia Trip Details](#)

Contact: Patty Menz

pattymenz@verizon.net

**HeartCycle
Bicycle Tours**

Send a message to tourdirector@heartcycle.org to let us know (1) where you'd like to go on a future tour and (2) if you have an interest in leading or co-leading a tour.

October

Le Monastere in Southern France

Limoux, France

Dates: October 4-11, 2025

Days: 7

Rating: Inter / Adv

Cost: \$3,350

Link: [Le Monastere Trip Details](#)

Contact: Tom Kissinger

tom_k@pipeline.com**June trip also available***Paso Robles Wine Country**

Paso Robles, CA, USA

Dates: October 18-26, 2025

Days: 8

Rating: Inter / Adv

Cost: \$2,450

Link: [Paso Robles Trip Details](#)

Contact: Cindy Alvarez

sindelou2@gmail.com**HeartCycle
Bicycle Tours**

Send a message to tourdirector@heartcycle.org to let us know (1) where you'd like to go on a future tour and (2) if you have an interest in leading or co-leading a tour.

/// Tour Ratings ///

Rating	Approx Daily Mileage	Approx Daily Elevation Gain (feet)
Easy	< 40	< 1,500
Intermediate	40–60	1,500–3,500
Advanced	50–70	2,500–4,500
Expert	> 65	> 4,000



HeartCycle Bicycle Touring Club Contacts

Please feel free to contact any of the members listed to the right with questions, comments, or concerns. We are more than happy to field your questions and get you in touch with the appropriate club contact.

Board of Directors

- **Mark Lestikow (2026) | 303-919-0426**
President - president@heartcycle.org
- **Tom Kissinger (2026) | 303-475-8669**
Vice President
- **Janet Slate (2025) | 303-683-6128**
Tour Director - tourdiretor@heartcycle.org
- **Alan Church (2026) | 303-489-1789**
Treasurer
- **Laura Davis (2026) | 970-581-1361**
Secretary
- **Ron Finch (2025) | 303-656-5573**
Safety Coordinator & Insurance
- **Rita Kurelja (2025) | 970-231-7163**
Registrar - registrar@heartcycle.org
- **Richard Crocker (2025) | 520-539-8019**
Asst. Registrar - registrar@heartcycle.org
- **Scott MacCormack (2025) | 720-939-6099**
Web Master - webmaster@heartcycle.org

Working Members

- **Jim Bethell | 518-466-8490**
Asst. Webmaster
- **Graham Hollis | 720-323-6479**
Asst. Treasurer
- **Jeff Messerschmidt | 303-904-0573**
SAG Supply Manager
- **Dan Palmquist | 303-638-2535**
SAG Vehicles
- **Jimmy Schroeder | 260-450-2007**
Ride-with-GPS Coordinator
- **Judy Siel | 720-519-9401**
Asst. Tour Director
- **Cody Ensanian | 570-419-9453**
Newsletter Editor - newsletter@heartcycle.org

/// About HeartCycle ///

The HeartCycle Bicycle Touring Club is a not-for-profit Colorado corporation that began providing bicycle tours in 1978. The club is organized and run by volunteers who enjoy the challenge and the fun of cycle touring and want to share their enthusiasm.

HeartCycle has the unique distinction of having originally been formed as a cardiac research project (hence the name), but has long since become simply a not-for-profit bicycling club that promotes multi-day, SAG-supported tours. A volunteer Board of Directors meets monthly and welcomes member attendance and participation in planning and running events. HeartCycle also has many other volunteers working to assist the Board.

