



Heart-to-Heart

HEARTCYCLE BICYCLE TOURING CLUB

Inside this issue:

'Tis The Season **p.1**

Tour Director
Message **p.2**

Missouri Rail-to-Trail
Adventure Awaits **p.3**

Pedal Scenic Wisconsin
Backroads & Beyond **p.4**

A HeartCycle Newbie No
Longer **p.8**

Paso Robles
Tour Report **p.11**

HeartCycle Volunteer
Member Bios **p.19**

2026 Tour Listing **p.20**

Board and Working
Member Contact Info **p.22**



'Tis The Season!

By HeartCycle Newsletter
Editor Cody Ensanian

If you're looking for the perfect holiday gift for a cyclist (or maybe dropping hints for yourself), here are four thoughtful, practical, and fun picks that are sure to be appreciated by any rider. (Cody's picks--not endorsed by HeartCycle.)

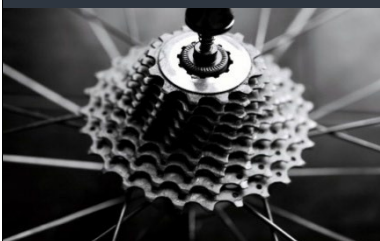
Bivo Trio 21 oz Insulated Water Bottle: This stainless-steel bottle uses double-wall vacuum insulation to keep drinks icy cold for more than 12 hours, making it ideal for long rides or hot-weather outings. Its high-flow sport nozzle, engineered by a former NASA engineer, lets you drink easily with one hand—no squeezing needed. The silicone-coated exterior provides a secure grip, and it's designed to fit most bike cages.

Cygolite Hypershot 350 USB Taillight: Safety meets performance in this compact taillight that pumps out 350 lumens with wide, long-range visibility to make cyclists highly visible both day and night. It offers seven lighting modes, including a "DayLightning" flash for daytime use, and a steady or pulsing mode for night. The unit is USB-rechargeable (fully charges in ~3 hours) and has an IP64 water-resistant design, so it stands up to rain or road spray.

Portland Design Works Otter Cage Water Bottle Cage:

This whimsical bottle cage is crafted from a single sheet of 5052 aluminum, shaped like an otter wrapping its arms around your bottle for a secure hold. Despite its playful design, it's super lightweight at just 57g. Even better, 10% of the profits go to organizations that protect wildlands and wildlife, making it a gift that gives back.

Cast-Iron Cyclist Figurine: This sculptural piece is handcrafted from cast iron, giving it a strong, industrial charm that's perfect for the cycling lover who appreciates sturdy, classic décor. Standing about 5.1" tall and 6.8" wide, it's compact enough for a desk or shelf but has enough weight (iron!) to feel substantial. A felt-lined bottom protects furniture and desktops.





From the Tour Director's Saddle

By HeartCycle Tour
Director Janet Slate

I'm involved with our statewide bicycle advocacy nonprofit, [Bicycle Colorado](#). The organization encourages and promotes bicycling, works to increase safety and improve conditions, and provides a voice for people who ride bicycles in Colorado. A group of us read the 2024 book, [Killed by a Traffic Engineer—Shattering the Delusion that Science Underlies our Transportation System](#), by Wes Marshall (a transportation engineer himself) and got together with the author to ask questions and hear his thoughts.

With that title, you might find it hard to believe that the book is an entertaining read with humorous pop culture references

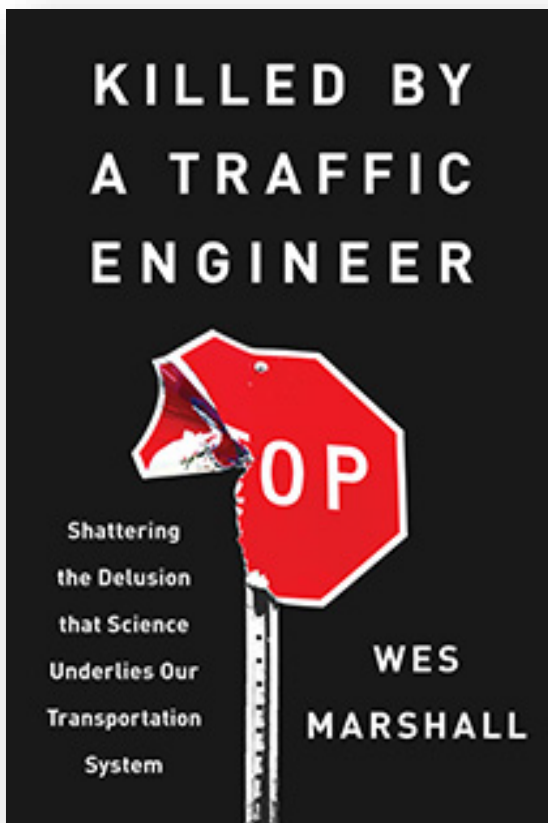
throughout. Don't get me wrong, this is serious stuff compelling us to reexamine why our road network is built the way it is—hint: to facilitate the flow of traffic. As a self-avowed science nerd, I appreciated the numerous citations. Don't worry though—they don't take away from the readability of the narrative.

The premise of road safety focuses on the three E's—engineering, enforcement, and education. The engineers and law enforcement would have us believe that they've done all they can to make the roads safe—unless you have some more money, of course. Finger-pointing usually drives us (no pun intended) to point to education (or the lack thereof) for our unsafe roads. If only people knew how to drive! Wes Marshall's well-researched book argues that road safety is the product of so much more.

I'd like to report that Wes offers us a simple solution to road deaths. He does not. My takeaways are that we bicyclists would be safer if vehicle conflicts were minimized by riding on separate infrastructure (an expensive proposition), on roads with low traffic, or on low-speed roads. Riding with lights and wearing bright clothing make us more visible—as does riding in a group (like on a HeartCycle tour!). Using a mirror or a radar taillight that alerts you to vehicles coming from behind are both helpful. Kind of goes without saying that we need to ride predictably and follow the rules of the road. I personally like to think that the more of us out there, the more motorists will be looking out for us. So, let's get out there and ride!

Thank you for being a HeartCycle member!

Janet Slate
jslate@ultrasys.net



Calling all members! We need your help filling the Katy Trail tour (May 26 – June 6)

An historic, stress-free, yet fulfilling, rail-trail cycling adventure with plenty to see and do...

The Katy Trail tour is designed for cyclists who want to experience diverse landscapes along a historic corridor. Our carefully chosen routes avoid busy roads, giving you peaceful, car-free paths where you can ride at your own pace and truly relish the journey. You'll enjoy plenty of cycling—at a manageable, enjoyable pace—along lush green corridors, winding forest trails, quiet wetlands, and river valleys framed by dramatic bluffs.

To keep riders feeling strong and refreshed, this itinerary includes well-timed rest days in charming historic railroad towns, where you can unwind, explore, and soak up the local character. With some of the region's most predictable and pleasant late-spring weather, it's the perfect setting for a rewarding and low-stress adventure.

If you're an intermediate rider seeking a safe, scenic, and delightfully laid-back tour, this is the ride for you.

Review the [tour description](#) for more information and contact the tour leaders if you have any questions.

If you can't join this tour yourself, please let your cycling friends know.



Southwest Wisconsin – The Driftless Area

By HeartCycle Tour Leader Jim Bethell

Please consider joining us on a brand-new HeartCycle tour. Cycle through this beautiful area of Southwest Wisconsin, also known as the Driftless Area because it was not covered by glaciers during the last ice age. Experience the historic bike trails, lightly traveled roads, and scenic vistas, and ride along the picturesque shores of the Mississippi and Wisconsin Rivers.

If you ever wanted to run away with the circus when you were young, well here's your chance! We will visit the small town of Baraboo, once home to the Ringling and Collmar Circus. If you do decide to run away, please note that in the comments of the sign-out sheet in the morning, thanks!

You'll also have the opportunity to sing "I've been working on the Railroad" while riding three distinct bike trails that were once part of a line that ran from Chicago to Minneapolis: the 400, Elroy-Sparta, and La Crosse River Trails...

- The 400 Trail was named after a famous Chicago-Northwestern passenger train that ran on that same route and could make the trip in 400 minutes.



Baraboo, WI

- The Elroy-Sparta Trail (the first Rails to Trails project in the US) is 30 miles long. It takes us through 3 tunnels (lights required) and at times you'll be able to hear that Lonesome Train Whistle whine as you pedal past picturesque farmlands and riverbeds.
- The La Crosse River Trail takes us from the highlands down to the Mississippi River at La Crosse. You'll have enough time to discover the many sites, restaurants, and breweries of this famous river town.

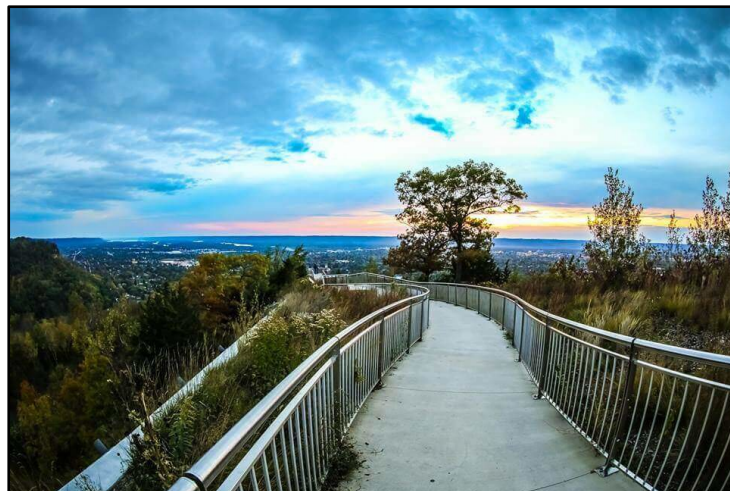
We'll leave the trails on the Great River Road as we head south along the mighty Mississippi. It is 60 miles to the confluence of the Wisconsin River at Prairie du Chien. You will pass majestic



bluffs as you pedal along taking in the fall foliage that this river valley offers. You'll be amazed at how much river traffic there is and not just passenger boats; the Mississippi is a major commercial waterway with a constant flow of tugboats and barges.

Leaving Prairie du Chien, we'll head east upstream along the Wisconsin River through the towns of Woodman, Boscobel, and Muscoda on our way to a 2-night stay in Spring Green. On our day off you can explore the architecture of the many Frank Lloyd Wright buildings in and around the town. Spring Green has an inviting downtown area with many shops and boutiques to check out. You can also rent a canoe and paddle your way down the river.

We will have another 2-night stay in New Glarus, which was settled in 1845 by Swiss immigrants. This picturesque community in southern Wisconsin is a showcase of Swiss heritage, architecture, customs, and cuisine. You can visit the New Glarus Brewing Company for a tour and try one of their award-winning beers. "America's Little Switzerland" is a must-visit destination with a mix of rich culture and a landscape of rolling hills.



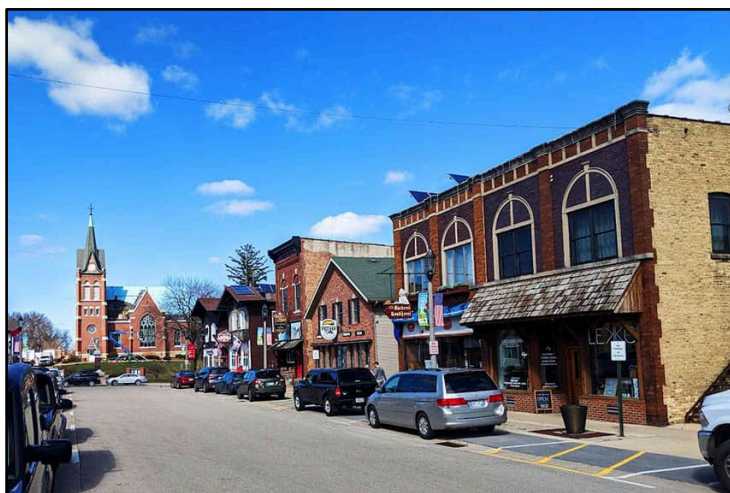
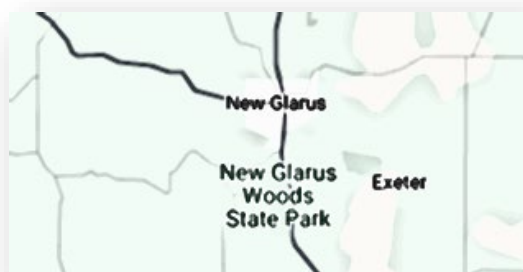
La Crosse overlook at Grandad Bluff



Taliesin Estate and Frank Lloyd Wright Visitor Center



New Glarus Brewing Company



New Glarus, WI



Foliage along the Mississippi River

No trip in Southwest Wisconsin would be complete without a visit to Mount Horeb, which features its Scandinavian heritage. Stop for a selfie with one of the many life-sized, carved wooden trolls—the classic creatures of Scandinavian folklore. Mount Horeb is also home to the National Mustard Museum. Stop and visit this kitschy museum and shop where you'll find more than 5,500 mustards on display and hundreds at the tasting bar.



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Dates: Orientation meeting Friday, October 9, 2026. Riding Saturday, October 10 – Sunday, October 18, with departure after the last day’s 37-mi ride on Sunday, Oct 18 (lodging last night not included).

Leaders: Jim Bethell and Scott MacCormack;
SAGs: Martha MacCormack and Deb Raudins

Miles: 356 miles and 15,850 feet of climbing; 8 riding days and 1 rest day

Rating: Intermediate
<https://www.heartcycle.org/tour-ratings>

Riders: 28

Price: \$2,400 (double occupancy). \$600 due at registration. Balance due by July 11, 2026. Single supplement \$3,600; check with the tour leader for availability.

Bike transport: \$150 roundtrip from the Denver metro area. A lottery may be needed if the demand exceeds available space.

Cancellation: [Standard cancellation policy](#)

Travel insurance is strongly recommended.

For more information contact:

Jim Bethell bethell.jim@verizon.net (518) 466-8490

Scott MacCormack samaccormack@gmail.com (720) 939-6099

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A HeartCycle Newbie No Longer.

Maybe even graduating from *newbie cyclist* to *cyclist*, too. **By HeartCycle Member Kim Shannon**



I haven't been tooling around on a bicycle for decades. I'd never done an organized bicycle trip, let alone an unorganized one, until this past September. I'm what you'd call a *newbie cyclist*.

My love affair with cycling began in 2017 when I met my husband, John Penick, a longtime HeartCycle member. He gave me my Cannondale (lovingly nicknamed "Dot") on our first Christmas together. The last bicycle I can remember loving had a banana seat and streamers on the handlebars. I was about 10. I hadn't ridden much since.

In the summer of 2018, I got my first pair of butt pants and was ready to roll... sort of. That year, I was afraid of pebbles (no joke), fretting that if I hit one, I'd fall. I spent much of each ride looking down to avoid them.

In the summer of 2019, I mastered my fear of small stones (yay!) and as I continued to become more and more comfortable in the saddle, I was able to look up every once in a while and admire the view.

Bass Harbor Head Lighthouse



That's when I really began to enjoy the ride.

There is really something quite extraordinary about seeing the world from a bicycle.

Each summer since, I have progressed as a cyclist, so when John agreed to be Patty Menz's co-leader on the Bar Harbor, Maine, HeartCycle tour this past September 2025, I decided I was ready to ride with the big girls and boys.



The Four Musketeers on Cadillac Mountain
(L-R: Chris Matthews, Kim Shannon, John Penick, Bob Raicer)

After hearing John wax nostalgic about his HeartCycle adventures over the years, I understood not only how gorgeous, unforgettable, and epic these rides are but also how difficult they can be. I never considered myself up to the challenge... until now.



Now, to meet that challenge, I had to put in the work and train my butt off.

Riding in Acadia National Park and Bar Harbor, Maine, is no joke. There is A LOT of climbing, and I had never done that kind of elevation gain before. In fact, until I did the first 3000+ foot day in Maine, the most I had ever climbed in a single day was 2200 feet, and I had never ridden more than three days in a row back-to-back-to-back.

Luckily, my husband and our best buddy (Bob Raicer, another longtime HeartCycle member) took me under their wings, becoming my trainers, my mentors, and my taskmaster.

Luckily, they too enjoyed putting in the miles with me as much as I enjoyed trying to beat them up big hills. Ha!

Thanks to them, and my own determined heart, I felt ready to ride when I arrived in Bar Harbor.

Because I had never been on a HeartCycle ride before, everything was

new: every group meeting, every SAG stop, every scrumptious lunch, everything was novel and interesting and wonderful. I was as fascinated by the HeartCycle experience as I was by the beauty of Bar Harbor, Maine, and Acadia National Park.

As a HeartCycle newbie, I found these Top 10 observations to be my most important takeaways (in no particular order):

1. If you can ride that many miles, over that many days, with that much elevation gain, AND keep up with the magnificent riders around you—you rock.
2. The SAGS are the true stars of HeartCycle. When they enter the room, it's as if Thelma and Louise have arrived. Treat them (in my case, Kathleen and Mayoma) as good as they treat you, and that is like gracious gold.
3. Tour Leaders play the role of parents. They do the grunt work, take care of the details, problem-solve, and answer questions. For their patience, follow-through, and the rain dances they must certainly do in the middle of the night to keep the skies clear and temperatures temperate while the rest of us sleep, they deserve our appreciation.
4. The weather can be either the ugly stepsister or the fairy godmother. Luckily, in Maine, Mother Nature smiled on us every day. The rain dances must have worked!
5. Tour participants ride with vigor and love for the road. Each one is a seasoned cyclist. Each one oozes with enthusiasm and passion for riding.
6. Seeing the world from a bicycle is a delightful adventure.
7. Mayoma and Kathleen's main job is to keep the riders safe and keep us well fed. Their goal is to put out so



Dot on top of Cadillac Mountain



much tasty food that you can't help but eat. Kathleen, in particular, wants you to gain weight. She'll tell you herself in her sassy Texan twang. With me, she got her wish.

8. These tours are no joke, not easy, and they will kick your ass (whether you wear butt pants or not) if you let them. I wanted a challenge, and I got one. Thank goodness I was well-trained.
9. Being a bit of an introvert, I can sometimes find big groups intimidating, so I wasn't sure if I would enjoy being around 30+ people day in and day out, but... I did. So much of the magic of HeartCycle is the connections made when hanging out, eating, enjoying, and relaxing before, during, and after the rides. I met a lot of really lovely humans. As a group, we created a vibe of camaraderie and fun, and I enjoyed the energy.
10. One evening, when John and I went out for date night, we met a couple from Cleveland, OH, at Galen's on Main Street, Bar Harbor. We were eating at the bar, and our dessert—a delicious warm blueberry apple crisp topped with vanilla ice cream had just been delivered when they sat down. The gentleman took one look at it and, instead of going the traditional ordering route, cut straight to the chase by ordering

Winter Harbor view from the ferry as we pulled away from shore



The Bar Harbor tour leaders John Penick and Patty Menz on the ferry to Swan

dessert first. When I asked if ordering dessert first was his thing, he replied, “Nope, but it’s my birthday, and I don’t want to miss out on the sweet side of life.” That’s exactly how I feel about HeartCycle. I will definitely do another tour because I don’t want to miss out on another extraordinary experience. I don’t want to miss out on EFI.

On the last day of the tour, when I came to a stop in front of our hotel, John exclaimed, “EFI,” and gave me a high five. Patty then pulled up and cheered, “EFI,” and gave me a fist bump.

EFI?

We’d ridden six out of seven days with one planned day off.

Over the course of six days, I rode 253 miles and climbed 16,212 feet.

I rode Every F*cking Inch (EFI).

When I told my Mom I’d done EFI, she asked, “How good do you feel about yourself?” and I answered, “Very. I think I’m pretty awesome!”

Here’s to doing EFI!



Tour Report: Paso Robles Wine Country

By HeartCycle Members Lisa Sieders and Kathleen Markham



Paso Robles, which is approximately halfway between San Francisco and Los Angeles, is one of California's fastest growing wine regions. It is only 30 miles from the beautiful beaches of Morro Bay and Moonstone Beach as well as San Simeon, home to the Hearst Castle and the elephant seal preserve. We had a fixed base at the Oxford Hotel and enjoyed a complimentary breakfast each morning, along with a complimentary happy hour each evening.

Our tour leaders, Cindy Alvarez and Helayn Storch, did a wonderful job of putting together beautiful and challenging routes on winding country roads with little to no traffic, and our SAG leaders, Martha MacCormack and Carol Fredrickson, kept us fed with snacks, sandwiches, and even Halloween candy for that last bit of sugar rush at the end of the day as we headed back to our hotel. This was an educational tour, as we learned SAG means Sarcasm and Grub, one of Martha's many talents.



The pool and hot tub were a special spa-like treat at the end of the day and eased those tired quads.





The vineyards were beautiful in all their fall glory and the hillsides were even decorated for Halloween.



Our fearless leaders hanging out at the Oxford.

► DAY 1

The group departed under bright sunny skies for a 50-mile loop through the vineyards and farmlands. Traffic was minimal and generally courteous, barring one honking menace on our climb. Our day concluded with a delicious group dinner at the very industrial-looking Firestone Walker Taproom patio. What a great start to the week!



The scenery was beautiful with vines turning bronze and still some fat clusters hanging!

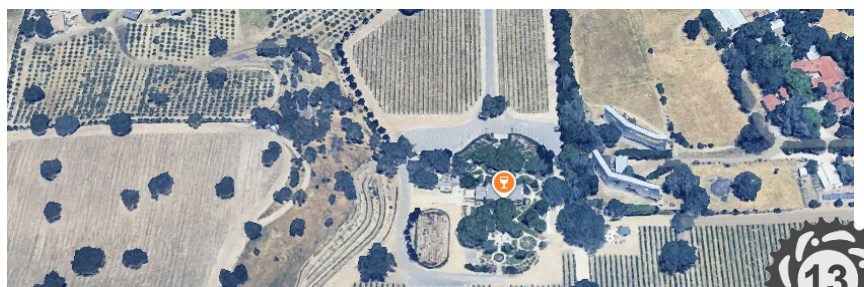
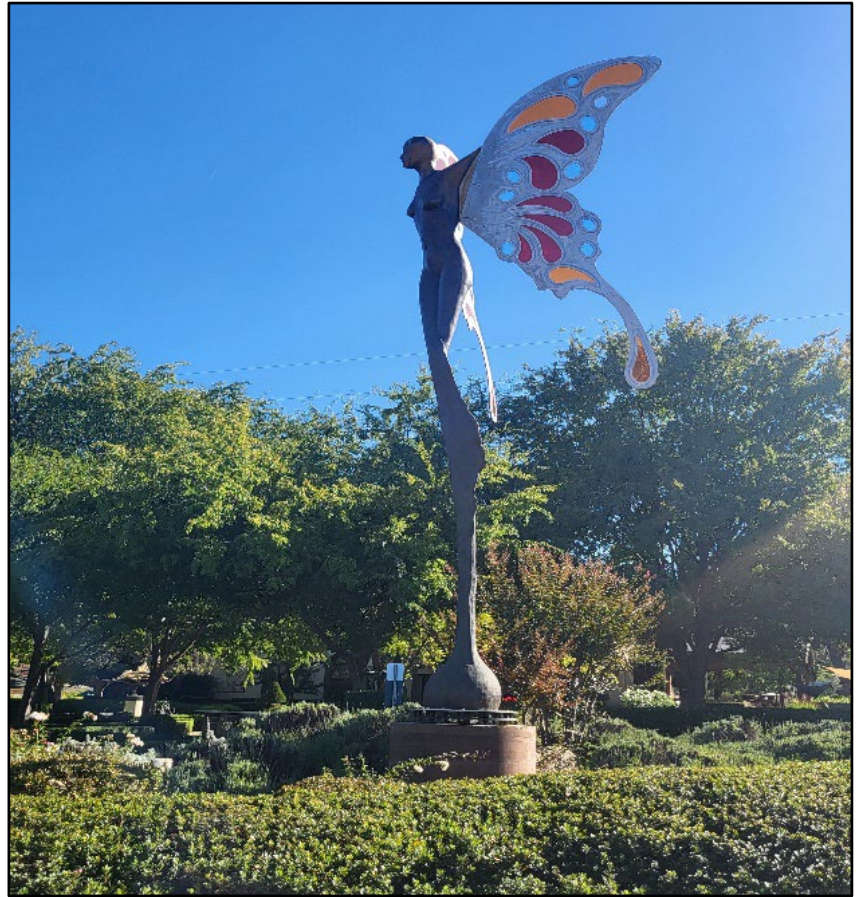


Our lunch stop was at the Tobin James Winery, one of the region's most popular.



► DAY 2

Another day started with sunny skies, and after a bit of chaos due to a closed bridge, everyone arrived safely at Paloma Creek Park for the first stop. Lunch was at the Creston Community Center, and the final sag stop was at Sculpterra Winery and Sculpture Garden, where we ditched our bike shoes in favor of more comfortable walking shoes as we strolled the gardens with amazing sculptures.

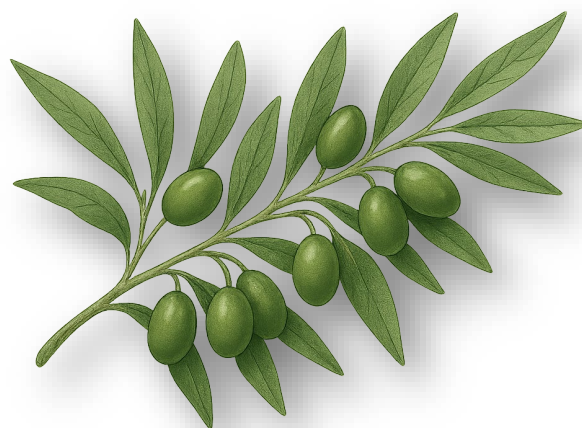
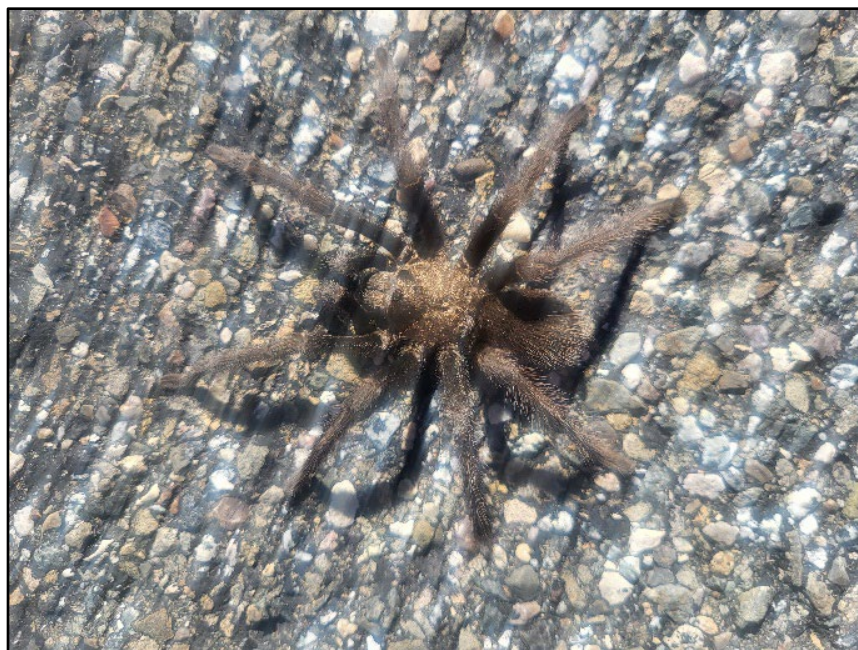


► DAY 3

More twisting and climbing roads greeted us on day 3, with our biggest elevation gain of the week, 4,500 feet. Again, traffic was minimal and courteous.

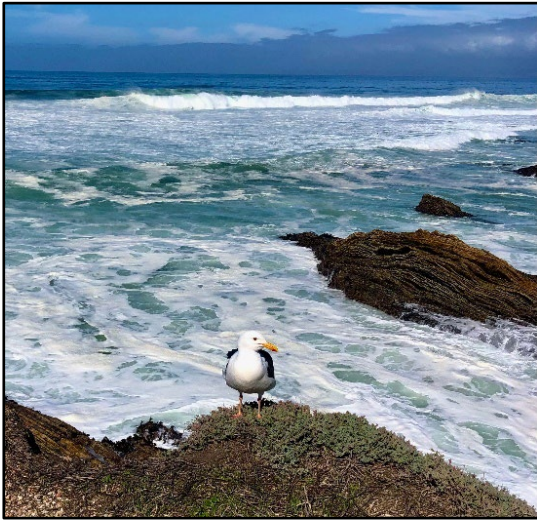
This was the first day of seeing tarantulas, which littered the road every so often. They looked creepy, but were pretty docile, although no one offered to pick one up.

Our lunch stop was at Pasolivo Olive Company, where we were treated to a very informative talk about the various olive oils, followed by a tasting of the oils made at Pasolivo and of course some shopping after.



► DAY 4

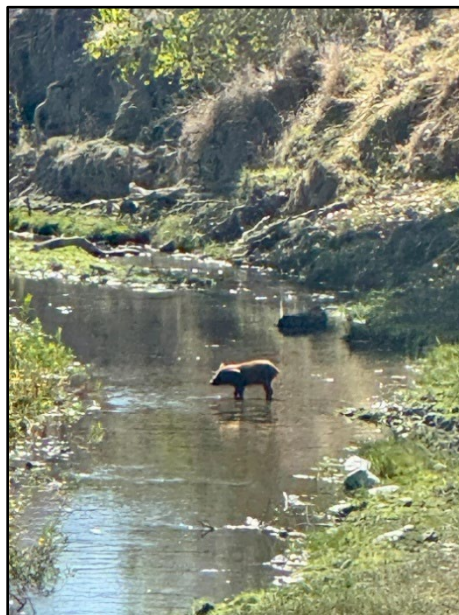
This was our day off and many enjoyed going to Moonstone Beach, Morro Bay and viewing the elephant seals, visiting the Hearst Castle, and walking around Cambria to see the scarecrow festival. It was a beautiful day watching the surfers catching some of the crashing waves.



► DAY 5

This morning was very foggy and damp, but soon after we started riding the fog lifted and the sun came out. We had a delicious lunch at the Parkfield Café, which gave Martha and Carol a break. The apple dumplings and ice cream for dessert were to-die-for and gave us extra fuel for our ride, since this was our longest mileage day at 67 miles.

Parkfield is ground zero of the San Andreas Fault where the fault is in fact a small stream, complete with a wild boar hanging out in the water.



► DAY 6

Again, this was a foggy, damp morning, and we had a remote start to cut out some highway riding.

We started in the town of Santa Margarita, about 20 miles from Paso Robles; after about 4 miles, the sun came out and warmed us up. The roads were quiet and not as twisting, and we had beautiful views of the farmlands. There were more tarantula sightings on these roads as well.

Our lunch stop was at the Cowboy Winery where we tasted and purchased some of their wines.



► DAY 7

Our last day started out cool and foggy, but the fog rolled out and was replaced by clouds. Our lunch stop was at the Mission San Miguel, which was founded in 1797 by the Franciscan Order. One of the local women coordinated with Martha to provide homemade, very large and tasty burritos for lunch, then we toured the grounds of the mission.

A wedding was winding up and it was fun to hear their song in Spanish to the newlyweds. Today's ride was short and a few of us opted to take a little longer route.

Then came time to load bikes and help with organizing and repacking. Another great tour in the books!





A few of us were stuck waiting for the very slow elevator, so we had our very own picture.

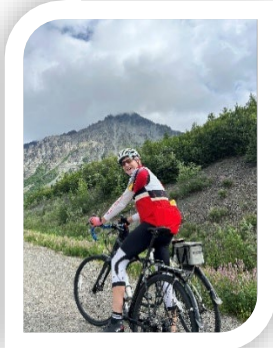


HeartCycle Volunteer Member Bios

Each month, we'll shine a spotlight on two of our amazing volunteers—the folks working behind the scenes to keep HeartCycle rolling smoothly!

Jimmy Schroeder

**Ride with GPS
Coordinator and
Tour Leader**



Hi, I'm Jimmy Schroeder. Why Jimmy? Too many Jim's, and for the HeartCycle Tours that I lead, "Jimmy" fits. I live in southern Indiana in the college town of Bloomington. Yes, home of *Breaking Away* in which I'm quite the expert on the Oscar winning film!

I'm the club's mapping guy and introduced *Ride With GPS* to HeartCycle some time ago. All the youngins play video games for fun, I map routes!

I've been leading HeartCycle tours since 2017 when I introduced southern Indiana to all of you westerners. I have ridden in every state of our great country, and there's a good memory for each state. I especially thank HeartCycle for enabling me to ride in California (San Diego), Hawaii (Maui), and the 50th, Alaska.

I grew up in NW Ohio, worked as a pharmacist in Indiana for 45 years, and now I'm retired. I keep busy riding road and gravel, fixing up my little bungalow, playing with my golden retrievers, pushing for cycling advocacy, and leading bicycle tours in the middle of nowhere for HeartCycle.

Thanks, Jimmy

Marilyn Choske

Tour Leader



Bonjour à tous! My name is Marilyn Choske, originally from Chicago (yes, the town), and have lived other places before moving to Colorado in 1979 with my two kids. I've bicycled since I was 5 but took a large chunk of time in Colorado to enjoy backcountry telemark skiing and climbing mountains. I've been a Colorado Mountain Club trip leader since 1989, leading hikes, backcountry ski tours, teaching in numerous CMC schools (e.g., Telemark Ski School), and organizing and leading "Adventure Travel" tours to Canada, France, and Iceland.

I joined HeartCycle in 2014/15 and enjoyed my first tour from Passau, Germany, to Vienna, Austria, cycling town-to-town along the Danube. Every year since then I've participated in at least one tour--except during the 2020/21 "era." I also lead bicycle day rides and multi-day out-of-town tours for the Denver Bicycle Touring Club, of which I've been a member since 2014/15.

I've been passionate about the French language since my first day of class in 9th grade and continue to study in order to become more proficient in the language. I do French immersion homestays in France at least once a year, often combined with a bicycle tour. Nine years ago, I retired from my career as a surgical technologist at Lutheran Hospital, where I worked for 24 years. Leading groups of recreationists to places I want to share that I've found intriguing and fascinating motivates me to seek out ever-new places and experiences. SO--Let's do Canada, eh?

Thanks, Marilyn



About HeartCycle Bicycle Tours

2026 tours that are currently scheduled 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, waitlist, etc.) can be found at the bottom of the [HeartCycle Tours](#) web page.

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.

February

Vietnam

Ho Chi Minh City/Hanoi, Vietnam

Dates: Feb 24 – Mar 13, 2026

Days: 16

Rating: Intermediate

Cost: \$4,000

Link: [Vietnam Trip Details](#)

Contact: Tom Kissinger
tom_k@pipeline.com

April

Patagonia Argentina: Lakes & Volcanoes

Patagonia, Argentina

Dates: April 10 – 22, 2026

Days: 11 Rating: Intern / Adv

Cost: \$3,750

Link: [Patagonia Trip Details](#)

Contact: Lisa Evans
iceski@comcast.net

May

Tug Hill & Thousand Islands Region

East Syracuse, NY, USA

Dates: May 15 – 23, 2026

Days: 7

Rating: Intermediate

Cost: \$2,100

Link: [Tug Hill Trip Details](#)

Contact: Jim Bethell
bethell.jim@verizon.net

June

Acadia: Rocky Coastal Maine

Bar Harbor, ME, USA

Dates: June 1 – 9, 2026

Days: 7

Rating: Intermediate

Cost: \$2,600

Link: [Acadia Trip Details](#)

Contact: Patty Menz
pmenz@verizon.net

March

Death Valley, California

Death Valley, CA, USA

Dates: March 21 – 28, 2026

Days: 6

Rating: Intermediate / Advanced

Cost: \$2,700

Link: [Death Valley Trip Details](#)

Contact: Kevin Schmidt
hillslope@gmail.com

May

Napa Vine & Surf Loop

Santa Rosa, CA, USA

Dates: May 9 – 17, 2026

Days: 7

Rating: Intermediate / Advanced

Cost: \$2,300

Link: [Napa Trip Details](#)

Contact: Cindy Alvarez
sindelou2@gmail.com

May

Katy Trail, Missouri

Kansas City, MO, USA

Dates: May 26 – June 6, 2026

Days: 10

Rating: Intermediate

Cost: \$2,250

Link: [Katy Trail Trip Details](#)

Contact: Tina Vessels
tina.vessels@gmail.com

June

NextGen San Juans: Durango & Silverton, Colorado

Durango, CO, USA

Dates: June 15 – 20, 2026

Days: 4

Cost: \$2,000

Link: [NextGen Durango Trip Details](#)

Contact: Greg Lestikow
glestikow@gmail.com





HeartCycle Bicycle Tour Rating System

/// EASY -----

Approx Daily Miles:
< 40

Avg Daily Gain (ft):
<= 1,500'

/// INTERMEDIATE --

Approx Daily Miles:
40 to 60

Avg Daily Gain (ft):
1,500' to 3,500'

/// ADVANCED -----

Approx Daily Miles:
50 to 70

Avg Daily Gain (ft):
2,500' to 4,500'

/// EXPERT -----

Approx Daily Miles:
> 65

Avg Daily Gain (ft):
> 4,000'

June

Northern New Mexico: Los Alamos & Santa Fe

Los Alamos, NM, USA

Dates: June 26 – July 2, 2026

Days: 5 Rating: Intermediate

Cost: \$1,600

Link: [New Mexico Trip Details](#)

Contact: Alan Church

alan.church@comcast.net

July

Jackson Hole Wyoming #1

Jackson, WY, USA

Dates: July 15 – 20, 2026

Days: 4

Rating: Easy

Cost: \$2,000

Link: [Jackson Hole #1 Trip Details](#)

Contact: Clare Bena

cbvamoots@gmail.com

July

Jackson Hole Wyoming #2

Jackson, WY, USA

Dates: July 20 – 25, 2026

Days: 4

Rating: Easy

Cost: \$2,000

Link: [Jackson Hole #2 Trip Details](#)

Contact: Clare Bena

cbvamoots@gmail.com

August

Moselle River: Germany / Luxembourg / France

DEU, LUX, FRA

Dates: August 4 – 11, 2026

Days: 6 Rating: Easy

Cost: \$3,200

Link: [Moselle River Trip Details](#)

Contact: Rita Kurelja

ritakurelja@hotmail.com

August

Montreal to Quebec, Canada

Montreal/Quebec City, CAN

Dates: August 15 – 23, 2026

Days: 7

Rating: Inter / Adv

Cost: \$2,100

Link: [Montreal to Quebec Trip Details](#)

Contact: Jim Schroeder

jimmyschweb@gmail.com

September

Underground Railroad Year 3

KY/OH/PA/NY, USA & CAN

Dates: Sept 11 – 27, 2026

Days: 15

Rating: Inter / Adv

Cost: \$3,500

Link: [Underground Railroad Trip Details](#)

Contact: Jim Schroeder

jimmyschweb@gmail.com

September

Puglia, Italy

Bari, Italy

Dates: Sept 15 – 28, 2026

Days: 12

Rating: Intermediate

Cost: \$5,700

Link: [Puglia Trip Details](#)

Contact: Janet Slate

jslate@ultrasys.net

October

SW Wisconsin – The Driftless Area

Madison, WI, USA

Dates: Oct 9 – 18, 2026

Days: 8

Rating: Intermediate

Cost: \$2,400

Link: [SW Wisconsin Trip Details](#)

Contact: Jim Bethell

bethell.jim@verizon.net





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 (2024-26) | 303-919-0426**
President - president@heartcycle.org
- **Tom Kissinger (2024-26) | 303-475-8669**
Vice President
- **Janet Slate (2025-27) | 303-683-6128**
Tour Director - tourdiretor@heartcycle.org
- **Alan Church (2024-26) | 303-489-1789**
Treasurer
- **Laura Davis (2024-26) | 970-581-1361**
Secretary
- **Ron Finch (2025-27) | 303-656-5573**
Safety Coordinator & Insurance
- **Rita Kurelja (2025-27) | 970-231-7163**
Registrar - registrar@heartcycle.org
- **Richard Crocker (2025-27) | 520-539-8019**
Asst. Registrar - registrar@heartcycle.org
- **Cody Ensanian (2025-27) | 570-419-9453**
Newsletter Editor, Co-Webmaster, IT Guy - newsletter@heartcycle.org

Working Members

- **Jim Bethell | 518-466-8490**
Co-Webmaster - webmaster@heartcycle.org
- **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 - tourdiretor@heartcycle.org
- **Scott MacCormack | 720-939-6099**
Special Projects

/// 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.

