

**LEJOG** 

Inspiration

HeartCycle Tour covered

approximately 1,000 miles

over 17 riding days! The tour

The

## Heart-to-Heart

HEARTCYCLE BICYCLE TOURING CLUB



## Inside this issue:

The President's Spin p.1

Solvang Tour Report p.3

Underground R.R. Tour Report p.10

2025 Tour Listing p.23



## The President's Spin

By HeartCycle President Mark Lestikow and Past President Fred Yu.

In looking for inspiration for my ending at John Spin" "President's article. remembered an article written in 2021 by our then President, Fred Yu, that personally struck home at the time. It was so well written, and we have so many new lochs. mountains. members, I thought I'd share it again with you all. As a side note, when you receive this newsletter. Fred will be leading a group of HeartCycle members through the beautiful Dordogne' region of Thank you, Fred, for France. these inspiring words. -Mark Average daily

I often hear from members how much they enjoy the Club's tours. While pedaling about 400 scenic Idaho miles on the Sawtooth tour (2021), I thought about what distinguishes a HeartCycle tour from other bike tours. First and foremost, we are a club. Each of us is a member with a love of cycle touring

- exploring the world on two wheels, powered by our minds, hearts, lungs and legs. Club members are not, by and large, casual Sunday pedal pushers. Some of us are fast; some of us used to be faster. Speed aside, we have a serious interest in cycling, even if our individual gifts for the sport vary. I am always impressed at the breadth of cycling experiences of our members – the places around the world they have toured, the



Fred riding in the 2022 LeJog HeartCycle Tour.

description follows: The LEJOG cycle ride is the granddaddy of all cycling challenges in the starting at Land's End in Cornwall extreme (the southwest point in England) and o'Groats, almost the most northerly point of mainland Scotland. You will have rolling hills, stone villages, thatched houses, moors, rivers and seas. Like all iconic routes it has boring bits, BUT we plan to take a van around those and spend time on the more scenic parts (think Masterpiece Theatre). distances are around 65 miles with no day above 4,000 ft of climbing. The terrain is not flat, and riders will encounter some challenging grades. although short by Colorado standards.

cycling challenges and adventures they have encountered, and their drive to keep exploring by bike. Often these experiences lead to a Club member being willing to lead a tour in an area they have ridden to share their excitement and enthusiasm for it. I know that is part of what inspired me to lead two tours in France, and other members to lead tours in locales throughout the United States and the rest of the world. The enthusiasm of the Club emanates from its members and is genuine.

Second, our tour leaders (as well as board members. officers and working members, are all volunteers, not paid staff or contractors (SAGs are paid a daily stipend). Members volunteer out of affection for the Club. As a result, the Club's tour offerings vary from year to year. A tour gets on the Club schedule because someone wants to share his or her keenness for a cycling experience with others of similar interests. We don't have a signature tour that is offered annually, although we may repeat a few tours that prove so popular that not everyone can go on the first iteration and members demand a reprise (e.g., Paso Robles and Le Monastere). The tour schedule reflects the changing interests of the Club's members, not the ease of organizing the same tour year after year.

Third, the Club is a nonprofit which exists to further the interests of its members in cycle touring, not to pay annual compensation to its board and officers. We try to manage the Club's operations prudently to achieve a positive, but bottom modest. line. maintain its financial health and assure its ability in the future to offer tours that its members want to do. This means that the Club's tours are more economical than most comparable commercial tours, without compromising the overall

quality of the tour experience.

Finally, the fact that one must be a Club member to go on a HeartCycle tour means that we are not just clients who pay a fee for a service, but that we are part of a key Club activity. During a tour, we share a sensibility of mutual support for other members on the tour and an awareness that we are each the overall part of experience of other members on that tour. I see and feel the positivity of that experience each year, and especially at the Club's annual meeting as members gather, looking forward to reconnecting with other. It is certainly not the only way to do bicycle tours, but I think the Club offers some unique rewards. At least, that's my experience on HeartCycle rides. It has continued to bring me back year after year.



Fred Yu and Phil Stoffel posing with Queen Elizabeth II (cardboard version).





Our group of 37 strong riders.

## Tour Report: Solvang in Spring April 2025

By HeartCycle Member Mary Hannigan

#### 



Our amazing leaders Mark and Polly! Along with our wonderful sag drivers Kathleen and Mayoma!



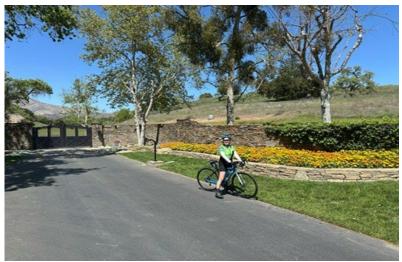
The fixed base for the ride was the Corque Hotel, a lovely spot in downtown Solvang. The hotel was very accommodating to cyclists, and had a nice swimming pool and hot tub. The town of Solvang prides itself on its Danish heritage, so many restaurants and stores featured Danish pastries, menus, and souvenirs.



The first ride, Happy Canyon/Figueroa Road, began on an overcast day. We rode with almost no traffic past vineyards with beautiful landscaping--including many spectacular rose bushes. Horses and cows made for a very pastoral setting. The sun soon came out and it turned into a gorgeous day.







Lunch was across from Michael Jackson's Neverland Ranch where the gate was closed.



Hank and Carol Hermes.

At the end of every ride we had Happy Hour by the pool. It always featured a trivia quiz from Polly with prizes for correct answers. She also gave eggs filled with chocolate candies to people who performed acts of kindness that day.

The first day Mark and Polly recognized Hank Hermes who was one of the founders of HeartCycle. He gave a little history of its beginning. He is riding strong all these years later!!! Congratulations!



The second day's ride, Wine Trail/Los Alamos Loop started with a steep climb up Chalk Hill Road (just to warm up). Our first sag stop was at Firestone Winery where we had the option to taste their wines. We rode Foxen Canyon Rd. for the first of several times. It was one of my favorites. It took us to Riverbench Winery and lunch plus the opportunity to taste those wines. This was a longer day—60 miles with 3500 ft. of climbing.







Wine Tasting at the end of the day's ride.











Day three offered two routes to Jalama Beach: the original plan of 76.9 miles with 5797 feet of climbing, or a shortened version of 48 miles and 4047 ft. climbing. A few strong riders rode the entire route, but most chose the shorter ride. Both routes featured a hill of 7-11% grade for over a mile which was ridden both on the way to the beach and then back, starting at sea level.

There was almost no traffic on the narrow road. The scenery was spectacular with vineyards and farms. Then as we ascended there were chalk white cliffs, beautiful wildflowers and lots of sagebrush which offered a striking contrast to the trees that lined the road. A very successful day! It ended with a possible tasting of the wines at Sanford Winery. They were kind enough to let us park our cars there to shorten the ride.







Wednesday was a day off to explore or simply rest a bit. Many enjoyed soaking in the hot tub at the Corque Hotel. Others went bird watching.



#### 

On the fifth day we car-pooled to the Fess Parker winery and rode the Fess Parker/Cambria Loop. Lunch was at the Cambria Winery where we had an opportunity to taste their wines.







Another fabulous morning SAG stop from Mayoma.

Final dinner at the Craft House at Corque Hotel where we celebrated a wonderful tour!





# Underground Railroad Ride – Year 2 Rollin' Up the Lazy River – Oh Yeah

Content and design by HeartCycle Member Bev Louie with help and contributions from all riders.











Riding along the Ohio River proved to have lots of vistas, history, song, friendship and great bicycling!

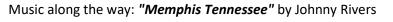


The Civils Rights Museum and site of Dr. Martin Luther King's assassination were eye-opening and moving.











































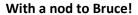












Hummin' up a highway Crankin' on a causeway We are so mild

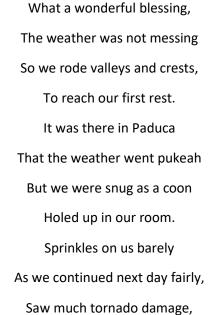
Chased by a twister Out of my way, mister Don't get me riled!

Bourbon being drunken Deserts being lumped in Sleeping, we're not so wild

By Jimmy











"Back to Paducah" By Those Legendary





Some devastated families.





Article 13.



Stories of slaves seeking freedom and the Civil War along the way.





























Some of our favorite pastimes when not on our bikes!



































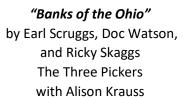










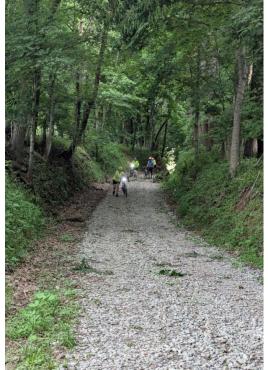












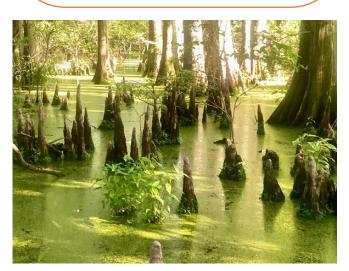
Hot, parched, numb, weak
Aching legs, hands, and feet plod through
unrelenting sun.

No sun rays filter through to the forest floor, welcome coolness and relief

How did they manage
On foot so many miles alone
Not knowing their fate?

By Beverly







#### Musings along the UGRR

Hiding out in haylofts or down in root cellars Afraid of dogs & slave-catcher fellers

Thru Muddy swamps, up n down thru forest trees Oh, my aching feet & mighty sore knees

> Following the rivers up the Ohio How do I cross and where will I go?

Looking for my freedom so I can make merry Maybe a skiff, riverboat or ferry

On to the North to get a helping hand Thanks to our Leaders & best Sags in the Land!

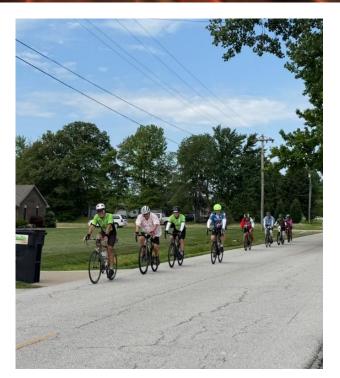
By Lisa

















Scot: Dam bicycle!











David in Louisville (not Florence).

"Float like a butterfly, sting like a bee!" - from the Muhammad Ali Museum.







"One Bourbon, One Scotch, One Beer"

by John Lee Hooker









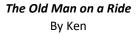




"Madison Blues"
by Elmore James







Roses are red, Violets are blue, No better a ride, than our Jimmy do. So much beauty, many sights to see, No bathroom around, man I gotta pee.

Grass so green, skies were so blue, Horses, cattle, dead possums too. Clearly a Ride where I wanna be, But where's the head, man I gotta pee.

Places we passed, best all around, Forest solitude, oh the sweet 'sound', SAGS were the best, we all agree, But where's the portapot, man I gotta pee.

We will do it again, that's for sure, For the busyness of life, a wonderful cure. We'll be going with Jimmy, he's top shelf, I just have to try not to pee on myself.



Eleutherian College - A noteworthy historical stop.



Cotton mill turned hotel for the second to last night in Madison, IN.

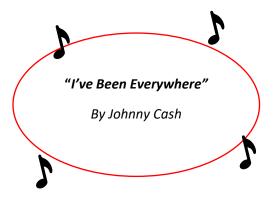


"Small Town"

By John Mellencamp







Daily musical musings and links provided by Roger and others. Poem authors as noted. After 800 miles and over 34,000 feet of climbing in 12 towns over 14 days, we're ready for more!

Thank you to SAGs and Leaders for an awesome trip. Bring on year 3!!







#### 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

Announcment 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 islate@totalspeed.com

#### April

### **Shikoku Pilgramage**, **Japan** Koyasan, Japan

Dotos: April 6 19 20

Dates: April 6-18, 2025

Days: 12

Rating: Intermediate

Cost: \$4,500

Link: <u>Japan Trip Details</u> Contact: Tina Vessels tina.vessels@gmail.com

## **Springtime in Solvang** Solvang, CA, USA

Dates: April 12-19, 2025

Davs: 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

#### Randone 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

Davs: 7

Rating: Inter / Adv Cost: \$3.350

Link: Le Monastere Trip Details

Contact: Tom Kissinger tom k@pipeline.com





#### HeartCycle Bicycle Tours

Send a message to tourdirector@heart cycle.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.

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

Davs: 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: <del>July 24-29, 2025</del>

Days: 5

Rating: Easy Cost: \$1,800

**CANCELLED** 

Link: Jackson Hole Trip Details

Contact: Clare Bena <a href="mailto:cbvamoots@gmail.com">cbvamoots@gmail.com</a>

\*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: <u>Steamboat Trip Details</u> 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



#### 2025 HeartCycle Tours Continued...



#### HeartCycle Bicycle Tours

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#### 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

#### /// Tour Ratings ///

Rating Approx Daily Mileage Approx Daily Elevation Gain (feet)

 Easy
 < 40</td>
 < 1,500</td>

 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 tourdirector@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.