



MAY 2025

# Heart-to-Heart

HEARTCYCLE BICYCLE TOURING CLUB

## Online news...

I love my Canyon Grail gravel bike. But catching it in-stock and ordering it was quite the ordeal. And anyone familiar with the brand knows they are a direct-to-consumer bike brand, meaning you can only purchase a bike directly from their website. Well, that has changed.

In his article linked below, Paul Norman of Cyclingnews.com details how Canyon has made a shift to their model by offering their bike via Amazon...

*"American buyers can now buy a Canyon mountain bike, urban bike or electric bike on Amazon, will road and gravel bikes follow?"*

Click below to read Paul's article online at [cyclingnews.com](https://cyclingnews.com).



## Inside this issue:

Tour Director Message **p.2**Japan Trip Report **p.3**Colorado Tour Availability **p.10**2025 Tour Listing **p.11**

## Spring cycling is (mostly) here

By HeartCycle Newsletter

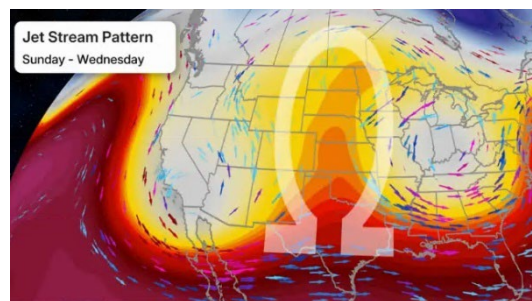
Editor Cody Ensanian

With 3 of the 13 HeartCycle tours complete, the bicycle touring season is just starting to warm up—and the same goes for everyone's day-to-day cycling as we embrace warmer weather and longer days. Spring cycling should be peaking right about now (as spring officially began on March 20 and ends on June 21). However, for much of the U.S., Mother Nature has a different idea this upcoming week.

I thought my ski trip two weeks ago would be the final hurrah—until a friend texted me a news article about the potential for 25" of snow heading our way! The headline grabbed my attention by mentioning an "Omega Block Pattern." I'd never heard of such a term. Regardless, more snow—and sadly, less riding—is in my immediate future.

If you're stuck indoors and don't have a bike trainer to spin on, consider these alternatives to help

keep your cycling muscles in tip-top shape: **squats** (builds quads, hamstrings, and glutes—all key cycling muscles), **lunges** (improves balance and targets legs and glutes), **wall sits** (builds isometric leg endurance, great for hill climbs), **planks** (builds core strength for stability and posture on the bike), and **yoga and foam rolling** (both great for flexibility, mobility, and recovery).



*According to weather.com, much of the U.S. will experience rain and/or snow over the next 4 to 5 days.*



// 2025 Tour Facts to  
Date //

*Tours completed:*

3

*Total tour days:*

32

*Total tour miles:*

~1,410

*Total tour climbing:*

~65,742'

*Tours remaining:*

10

*Tours with availability:*

5



# From the Tour Director's Saddle

By HeartCycle  
Tour Director  
Janet Slate



With three tours successfully completed—New Zealand, Japan (see writeup in this newsletter), and Solvang (look for the writeup in the June newsletter)—year 2 of the Underground Railroad (Adventure Series) tour, from Memphis to Cincinnati, will start on May 10th. We're getting valuable feedback from those who have completed tours—about what you liked, what could be improved, and where you'd like to go on a future tour. If you haven't (yet) signed up for a tour this year, please let me know where you'd like to go.

Once you've been on a HeartCycle tour and had a good time, have you ever thought about leading one? We are on the lookout for new tour leaders. Successful tour leaders are organized, attentive to details, affable, and not easily ruffled. Does that describe you? If so, please contact me.

Thanks for being a HeartCycle member!

Janet Slate  
[jslate@ultrasys.net](mailto:jslate@ultrasys.net)

## /// TOURS AVAILABLE ///

The following tours have immediate availability with no waitlist!

- **Underground Railroad**
  - TN, KY, & IL; USA
- **Mississippi River Weave**
  - MN, WI; USA
- **Central CO Rockies**
  - CO; USA
- **Steamboat Springs NextGen**
  - CO; USA
- **Paso Robles Wine Country**
  - CA; USA

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





# Cycling Japan – Shikoku Pilgrimage

自転車で巡る日本 – 四国遍路

(Jitensha de meguru Nihon – Shikoku Henro)



Report, photos and haikus contributed by all tour participants

This spring, we packed our bags and set off to explore Japan. What we found were quiet roads, friendly faces, and amazing landscapes. We took it all in—one hill, one temple, one bowl of ramen at a time. We all would like to share our memories through photos and haikus with you.





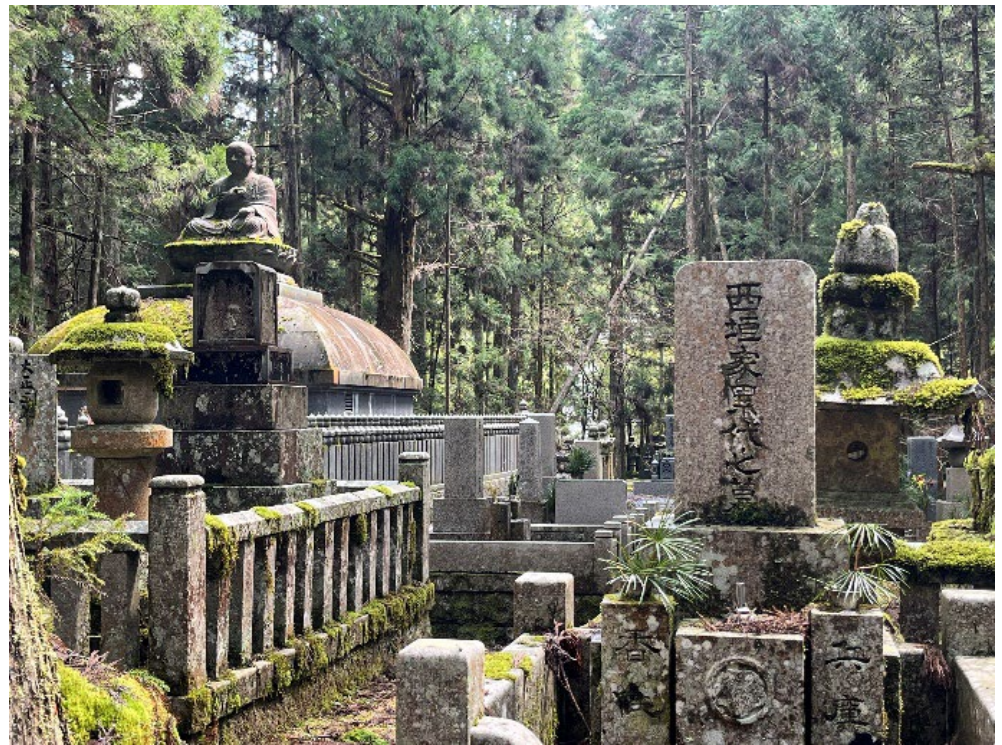


Look up, don't miss out  
Life goes by when you're looking down  
Life is art, take part

Spirits flying, riding by the sea  
Feeling the wind changed the we to a me  
2 times was the lesson, holding the key  
For it's in this community that holds the heart of all glee

High hills of color  
Reflected in the riders  
The ocean beacons

Genki desu. (I'm fine)  
Every day such good fun  
Ikimashou. (let's go)







Pedals spin with grace  
Wheels humming on blooming roads  
Heart races in spring

In the morning mist  
Diane disappears ahead  
Through the cherry blossoms  
Shogo-San chases her  
When will I have my morning tea stop

Delight of cherry blossoms  
Pedals blowing in the wind  
Fragrance softly clings

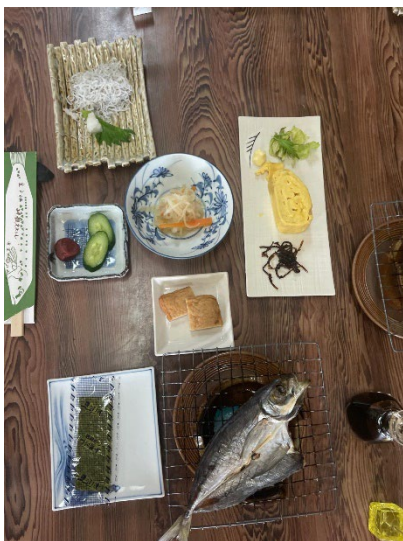






Tastes that are unknown  
Palate pleasers all around  
Chopsticks so busy

Tiny bowls arrive  
Mystery in every bite  
Smiles before the taste







Riding through Japanese tunnel,  
You might feel you are in a funnel  
Let's hope you don't get struck  
By a Japanese semi-truck

Rice paddies lie still  
Blanketed in clear water  
Growing Japan rice

Nets floating in the harbor  
Morning mist hugs quiet boats  
Peace within the dawn







Getting lost and getting found  
Adventures are all around  
The inn at the end is finally found

Tori gates guard the sacred  
Bells chime calling us to worship  
Mantras heal and connect

Stone tile roof adorn  
Homes of cedar, pine, and dreams  
Woven with the breeze







This tour gave us the rare privilege of witnessing an ancient culture, its traditions, exquisitely prepared foods that we were clueless to name, its Temples, the 6am Buddhist monks chanting of prayers, cherry blossoms at their peak, riding roads that gave us jaw-dropping views of the Pacific Ocean, and the unmatched beauty of the Japanese people that radiated calm and peace.

Our guides and fellow cyclists made it all so easy to enjoy the fullness of the present moment. This tour was a true gift and so utterly unique to any other. I am so grateful to have been a part of it.

Now that we are back, we can still feel misty mornings, roads dusted with cherry blossoms, laughter and bewildered looks at shared meals. It gave us sights, scents, and memories we will share for years. Until our next HeartCycle journey...







## Availability for the Central CO Rockies Tour

This tour will be in the heart of the Colorado Rocky Mountains through Summit, Grand, Eagle, Garfield, and Lake Counties—home to world-renowned ski resorts and historic mining towns.

This tour starts with shorter distances and smaller climbs and builds each day, giving us time to acclimate to the altitude. Generally, the climbs are steady and typically do not get much over 7%. The first three nights are in the scenic small town of Frisco, Colorado, nestled alongside Lake Dillon, surrounded by pine trees where we can breathe in the fresh mountain air. We bike

from Frisco to our second small town of Eagle, Colorado, 30 miles west of Vail. We will spend our day off in Eagle resting our legs and lungs, before biking to No Name, at the west end of Glenwood Canyon. Then we head back to Frisco for our final two nights and a truly epic ride up and over Fremont Pass to the highest incorporated city in the U.S., Leadville, Colorado, topping out at just over 10,000 ft. Detailed route maps, cue sheets and RWGPS files will be provided in advance to tour participants.



*The bike path through Glenwood Canyon is just one of the many amazing areas you will encounter during the trip.*

### For more information contact:

Scott MacCormack  
[samaccormack@gmail.com](mailto:samaccormack@gmail.com)  
720-939-6099

Guy Kelley  
[guy.kelley@comcast.net](mailto:guy.kelley@comcast.net)  
970-222-2932

### HIGHLIGHTS...

July 9<sup>th</sup> – 17<sup>th</sup>

7 riding days

Inter / Adv rating

360 miles total

Up to 21K feet  
elevation gain

### SYNOPSIS...

Escape the heat of summer as we ride in the Rocky Mountains in central Colorado. Each day, we will increase our mileage and elevation gain. The summer flowers will be in bloom. This semi fixed-base tour with just two hotels covers many great routes in the high country.

### TO SIGN UP...

Visit the tours page at [HeartCycle.org](http://HeartCycle.org).

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







## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:tom_k@pipeline.com)

*\*October trip also available*





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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:pattymenz@verizon.net)

**HeartCycle  
Bicycle Tours**

Send a message to [tourdirector@heartcycle.org](mailto: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](mailto: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](mailto:sindelou2@gmail.com)**HeartCycle  
Bicycle Tours**

Send a message to [tourdirector@heartcycle.org](mailto: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 ///**

<b>Rating</b>	<b>Approx Daily Mileage</b>	<b>Approx Daily Elevation Gain (feet)</b>
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](mailto:president@heartcycle.org)
- **Tom Kissinger (2026) | 303-475-8669**  
Vice President
- **Janet Slate (2025) | 303-683-6128**  
Tour Director - [tourdiretor@heartcycle.org](mailto: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](mailto:registrar@heartcycle.org)
- **Richard Crocker (2025) | 520-539-8019**  
Asst. Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)
- **Scott MacCormack (2025) | 720-939-6099**  
Web Master - [webmaster@heartcycle.org](mailto: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](mailto: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.

