



Heart-to-Heart

CLUB NEWSLETTER

Inside this issue:

Club Updates p.1

Tour Director Message p.2

Remembering Ken Condray p.3

Vietnam Tour Report p.5

HeartCycle Volunteer Member Bios p.16

2026 Tour Listing p.17

Board and Working Member Contact Info p.19



Updates as we roll into the 2026 tour season

By HeartCycle Newsletter Editor
Cody Ensanian

As we roll into a new year of touring, exploring, and connecting, we wanted to share a few updates from around the club.

First, we've taken some time to clean up our HeartCycle Membership Terms and Conditions. Nothing major has changed. The goal was simply to make the language clearer and easier to understand. We've also made them easier to find on our website, with a [direct link now available in the footer](#). As a reminder, these terms apply to your annual club membership, the one you sign up for and renew each year in order to participate in tours. Each time you renew, you are agreeing to these terms.

We've also been making steady improvements to the HeartCycle website. One of the most helpful additions is a more visible [FAQ section](#), now linked directly from the main navigation bar. Over the coming months, we'll continue adding entries to address common questions and areas of confusion. Topics will include the difference between a website account and a membership account, how to reset your password, and how to remove yourself

from the email list if you choose. Our goal is to make it easier for everyone to find answers quickly and keep things running smoothly.

And finally, a fun update. The club has picked up new magnetic logo decals for our Sprinter van, and they look great. Keep an eye out for the van on upcoming rides and events. It is a small but visible way to show off our club pride as we head out on the road.



Thanks to everyone who continues to support and be part of HeartCycle. Here's to a great 2026 season ahead! (Which it's crazy to think our first tour of the season has already wrapped up! And lucky you, the tour report is just a few pages down!)

-Cody





From the Tour Director's Saddle

By HeartCycle Tour Director Janet Slate



"Bicyclist and pedestrian fatalities are up 89% over the last 10 years."

The Vietnam tour and the Death Valley tour are in the books! Look for the writeup on the Vietnam tour on [page 5](#). Expect a writeup on Death Valley in next month's newsletter.

We've got room for you and your friends on [Acadia: Rocky Coastal Maine](#) and [NextGen San Juans: Durango & Silverton, CO](#), and limited space on [Underground Railroad \(year 3\)](#). Contact the tour leaders for more information.

I want to give you a summary of the *First Annual Convening of the Colorado Safe Streets Advocacy Community* that I attended last month in Boulder. More than 65 advocates from across the state attended including all along the Front Range (from Colorado Springs to Fort Collins) and as far west as Steamboat Springs and Grand Junction. Pete Piccolo, Executive Director of *Bicycle Colorado*, welcomed us by reviewing our objectives for the day: to learn and problem solve together as well as to build connections to strengthen the safe streets advocacy community. Numerous speakers, facilitators, and representatives of advocacy organizations helped us achieve our objectives. Setting the tone, we heard Dan Langenkamp's personal story of loss that drove him to become an advocate, sadly, a theme echoed in the community.

We split into breakout groups. The first set was framed by Bill Nesper, Executive Director of the *League of American Bicyclists*, and focused on advocating for impact—identifying a specific problem (opportunity), crafting a solution, and developing an implementation

strategy. Jill Locantore, Executive Director of the *Denver Streets Partnership*, facilitated a case study on building an effective advocacy campaign. Naomi Amaha, Director of Policy and Government Affairs at *The Denver Foundation*, facilitated the other on effectively engaging government officials in a conversation—a city council member and a transportation director obliged for our sakes. Two questions summarized the communication: What is your ask? Why is that important to you?

Two more breakout sessions followed lunch that involved building community and cultivating the grassroots. Leah Shahum, Executive Director of *Vision Zero Network*, emphasized that to expand impact and sustain work over the long haul, advocates must create a platform for community members to support the cause. Danny Katz, Executive Director of *CoPIRG*, facilitated one of the breakouts on building impactful coalitions. Such coalitions demonstrate support, add resources, and credibility. Sue Prant, Executive Director of *Community Cycles*, facilitated the other on funding strategies that keep bike orgs alive.

Finally, Tom Flood, Principal at *Rovelo Creative & Strategies*, brought the message home with specific examples of how to win hearts and minds through effective communication. Images are especially impactful. Imagine a child riding a bicycle on a busy city street with a white line between the child and vehicles and a question asking whether paint is enough or

another of a child riding in front of a large truck completely obscured by its height.

Throughout the day, Randy Neufeld, Founder of *Good For Us*, kept us engaged and entertained by involving the group in song and making up poetry that described the day. He urged us to exchange contact info with at least two participants and to follow up in 60 days.

The next day was *Safe Streets Day* at the Capitol where advocates came to lobby their legislators. We started with an overview from Pete Piccolo, Executive Director of *Bicycle Colorado*, who reminded us that bike- and pedestrian-friendly communities have better physical and mental health outcomes, cleaner air, and more resilient economies than car-dependent communities. The statistics, however, are dismaying: bicyclist and pedestrian fatalities are up 89% over the last 10 years. I sent messages to my state senator and representative a few days before the event to let them know I'd be there, and I met with both of them to ask them to support Senate Bill 72, Increase Penalties for Vehicular Homicide and Assault, which will hold dangerous drivers who hit and kill another person accountable by increasing penalties. Go to [Bicycle Colorado's Action Center](#) to follow legislation and get alerts.

Thank you for being a HeartCycle member!

Janet Slate
jslate@ultrasys.net



Remembering **Ken Condray**: A Life Measured in Miles, Community, and Commitment

By HeartCycle Newsletter Editor

Cody Ensanian

HeartCycle has always been more than just a cycling club. It is a community built on shared miles, friendships, and a love of the road. Few individuals embodied that spirit as completely as Ken.

For more than 40 years, Ken was a constant presence in HeartCycle. He is the only member known to have consistently led and participated in tours for nearly that entire time. His impact on the club is difficult to overstate. Through decades of change and growth, Ken's steady commitment helped shape HeartCycle into what it is today.

Ken did more than ride. He built community. From his time in Seattle to his years in California and Colorado, he brought many new members into the club. He believed cycling should be welcoming and

accessible to everyone, and he lived that belief by organizing rides, leading tours, and mentoring new cyclists.

Even during difficult periods in his personal life, and more recently while facing Parkinson's, Ken continued to give back. He served on the Board, led many training rides when those were a cornerstone of the club, and remained a steady and encouraging presence. His dedication was consistent and enduring.

Ken lived a life deeply connected to the outdoors. Whether at his cabin in Scofield, Utah, or traveling with his wife, Becky, he found joy in

being active in nature. He ran, skied, golfed, and fished, but cycling was his true passion.

Over a 40-year cycling journey, Ken logged more than 250,000 miles. There were even years when he did not own a car and chose to travel everywhere by bike. Cycling was not just something he did. It was how he lived.

He shared that passion widely. Ken volunteered to lead more than 100 week-long bicycle tours for



HeartCycle and Cascade Bicycle Club. He believed bicycle touring should be affordable and accessible, and because of him, hundreds of riders experienced the joy of touring for the first time. In recognition of his years of service, Ken received HeartCycle's ***Distinguished Service Award*** in 2024.



Ken also explored the world on two wheels, riding in places such as France, Spain, Vietnam, and Canada. He loved the San Juan Islands and the San Juan Mountains, always drawn to a challenging climb or a beautiful ride.

One of Ken's greatest legacies is the community he helped build. His generosity, consistency, and leadership strengthened HeartCycle for decades. It is hard to imagine the club without him.

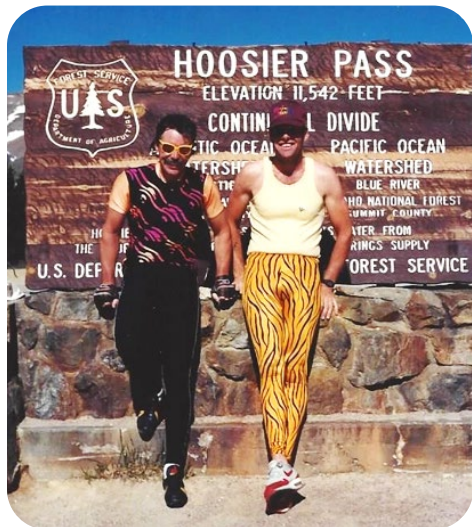
Ken showed us how to lead, how to include others, and how to keep going. His impact will continue to be felt on every ride and every mile ahead.



Ken's obituary can be [found here](#).

As requested by the family, in lieu of flowers, please consider a donation to [Bikes for Kids Foundation](#).

And as Ken would have loved—go ride your bike!



Request for Stories of Ken...

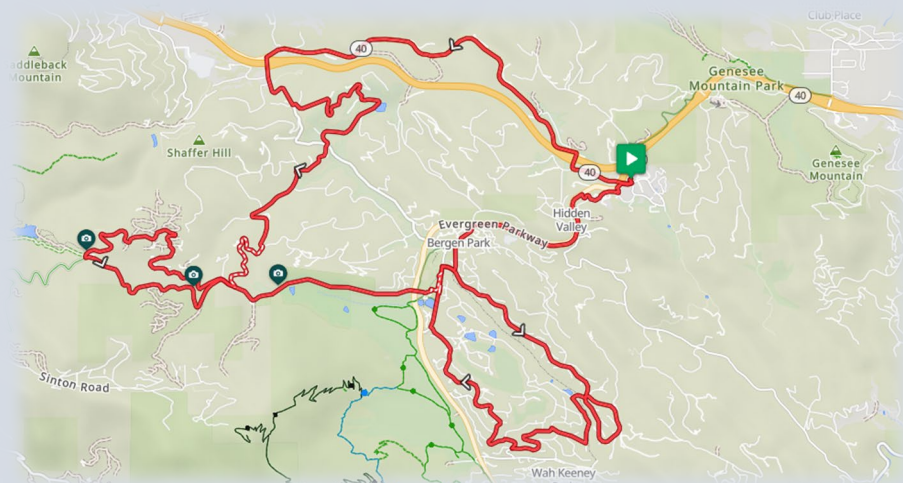
If you had the opportunity to ride with Ken, we invite you to share a favorite story or memory. Whether it is something meaningful, funny, or simply memorable, we know his family would deeply appreciate hearing how he touched the lives of fellow riders.

Please send your stories to camera8ug@gmail.com. They will be collected and compiled by Diane Short and shared with Ken's family.

Ken Condray Memorial Ride...

A group of HeartCycle members is in the process of coordinating and organizing a group ride to honor Ken. The ride will be held near Denver; they are considering a loop in the Evergreen area.

Once the date, time, and details have been arranged, we will be sure to announce it in a future newsletter. Keep an eye out for details if you would like to join.





VIETNAM: Ho Chi Minh City to Ninh Binh

Report Compiled by HeartCycle
Members Ed and Julie Cepulis



“Trip of a lifetime.” “Epic.” “Like biking through the pages of a National Geographic Magazine.” That’s how riders on the 2026 Vietnam bike trip described their experiences. This incredible immersion into the people, culture, and geography of Vietnam took us from Saigon (Ho Chi Minh City) in the south to Hanoi in the north.

The people of Vietnam made this trip special. We rode through quiet villages where residents never failed to smile widely, wave, and yell a friendly “Hello” as 15 bikes rolled past their homes. The children were especially excited to see us and greeted us warmly everywhere we went, often racing to connect a high five and gesturing their hand signal for “I love you.”

We saw stunning countryside of terraced rice fields, sugar cane, coffee, tea, cashew, peppercorn, eucalyptus, rubber, mango, welcoming villages, and family farms. Gorgeous terrain of steep and rugged karsts, like nothing you see in North America, greeted us in the north. The variety of beautiful terrain kept us engaged the entire ride.

Throughout the journey, we were supported by our ground operator, Mr. Biker Saigon, and HeartCycle. The trip leaders, Trong and Tien from Mr. Biker and Tom Kissinger from HeartCycle, ensured our trip was well executed and enjoyable. Trong and Tien also made sure we learned

about their wonderful country along the way. Their stories made our trip richer, and the food they ordered ensured that we experienced the regional cuisine of the areas we visited.

Day 1: February 24 – Saigon

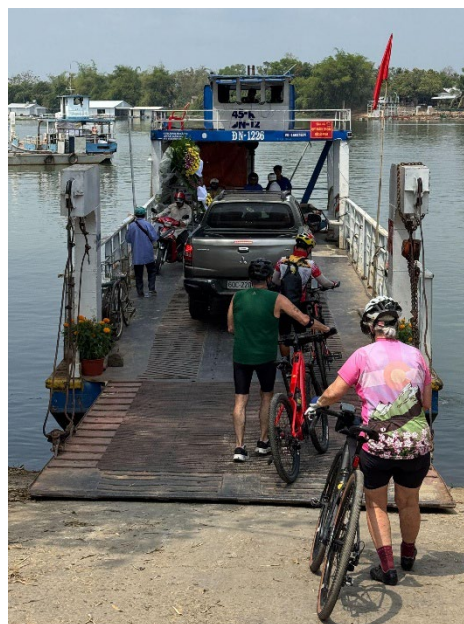
Our journey began in the lobby of Hotel Aquari in Saigon’s District 1. We enjoyed meeting and greeting the 15 group participants and received a formal introduction from our Mr. Biker Saigon tour leader, Trong. We shuttled to the headquarters of Mr. Biker Saigon, where the team prepared our bikes, made final adjustments, and shared excellent Mr. Biker swag. We were outfitted with newly assembled German Cube gravel bikes or electric assist bikes from Trek. Once the final adjustments were made on all the bikes, we shuttled off to dinner and



had a festive evening getting to know one another. We concluded the evening back at the hotel with personalized gift bags from Tom for all the riders. We all appreciated the generous bags, complete with sunscreen, lip balms, neck gaiters, socks, ear plugs, hand sanitizer, etc. Thank you, Tom!

Day 2: February 25 – Saigon to Bao Loc

On our first full day together, and our first riding day, we started off with a 2.5-hour drive from Saigon through the countryside of Saigon’s District 2 and beyond. Our launch point was a coffee shop where we were served our first taste of Vietnamese coffee—thick, sweet, and rocket-fueled. It became our daily ritual. After a delicious coffee, we started a ride through the countryside. Children and adults waved and said “hello” throughout the day, and immediately we felt welcomed in Vietnam. We pedaled past pepper vines drying on roadside tarps and shared a ferry with a motorcycle





carrying a 10-meter-high floral memorial. We had lunch along the river and learned about Vietnam’s cashew and rice production. After almost 55k of riding and a transfer, we finished the ride in Bao Loc, a town that few tourists visit.

Day 3: February 26 – Bao Loc to Dalat

The 50-km ride from Bao Loc to Dalat was our first test of climbing. We jumped in the vans and sagged about 1 hour to our start location, a coffee shop. Again, strong Vietnamese

coffee was served to all who were brave enough to indulge. It was another beautiful ride in the countryside with more welcoming people. They created such a joyful experience for us. Early in the ride, we were challenged with a long climb that hit a 20% grade. We all made it one way or another, but it was a bit of a wake-up call of what could be ahead of us. We stopped mid-ride for a visit with the owner of a coffee plantation and learned about his ranch, his coffee varieties, and the production process. The day progressed in the direction of Dalat, where we saw greenhouses in the rolling hills as far as the eye can see. We navigated narrow lanes and some off-road sections that some riders welcomed and others dreaded. After a further ride through rolling hills, the vans drove us into the city of Dalat. Our hotel for the night was a classic French hotel that was one of the original four built by the French in Dalat.

Day 4: February 27 – Dalat to Nha Trang

This was a riding day we won’t forget. We crested Bi Doup Mountain in a thick morning fog before launching



into a 30-km descent. Halfway down, the skies opened up with a steady rain. We scrambled into rain ponchos and navigated a “sketchy” but exhilarating 15 km wet descent to lunch. After another delicious lunch, we finished our 70-km day on mostly flat roads before we transferred to Nha Trang.

Day 5: February 28 – Nha Trang

Today we took a break from riding, with time for the beach, pool, and exploring the bustling city of Nha Trang.





Day 6: March 1 – Nha Trang to Phu Yen

We started the day with a visit to ancient Po Nagar Cham Towers and the Long Son Pagoda. Trong and Tien shared more about the different cultures of Vietnam, as well as the Cham, Hindu, and Buddhist traditions. We made our way through small villages and farmers' fields along the coast and stopped at a local market where we were introduced to some locals and delicious Vietnamese coconut candies. We enjoyed a cool swim and lunch at a beautiful sandy beach before continuing with a few more climbs and beautiful views of the coast and nearby islands. We finished our ride on smooth and flat roads near the coast and then cooled off on the beach and at the pool at our hotel.



Day 7: March 2 – Phu Yen to Quy Nhon

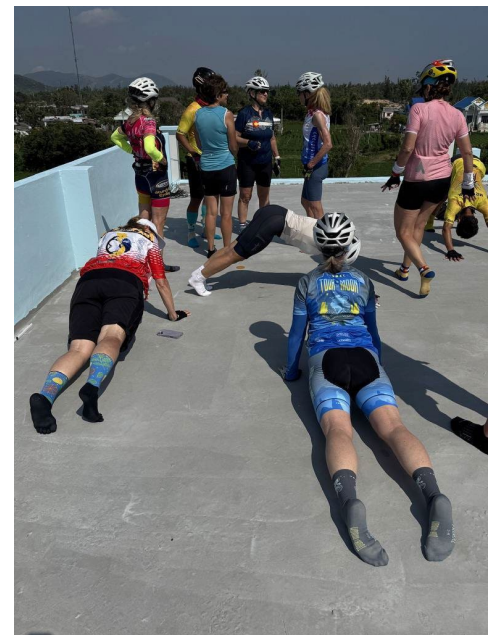
Today we had a beautiful ride up the coast to the hometown of one of our guides, Tien. We enjoyed a relatively flat ride where we experienced the daily life of the locals. We learned about the basket boats that were created to avoid French taxes on boats—they were baskets after all, not boats. We also learned how creative fishermen used metal from artillery shells to create fishing boats. A highlight was watching the men on a shrimp boat offload shrimp to the women on shore, who took it to roadsides, paths, and parking lots to dry. We experienced a delicious lunch on a bluff overlooking the ocean before completing our journey to Quy Nhon.

Day 8: March 3 – Quy Nhon to Quang Ngai

Today's ride started off with a smile for our group. Our morning coffee was interrupted by dozens of schoolchildren lining a fence to wave to and high-five our peloton as we rolled out. This set the tone for a wonderful day. We rode partly along the coast, partly inland, weaving through farms and towns. During the morning ride, we visited the home that Tien was building in the middle



of a peanut field. He was so proud to share it with us. We enjoyed the rooftop view of the ocean and mountains while members of our group did yoga on the rooftop. We rode to a local fishing village where his father worked and were warmly welcomed with smiles by many of the locals. The day's ride finished on a smooth coastal road.





Day 9: March 4 – Quang Ngai to My Lai to Hoi An

This was a day of profound contrasts. We rode our bikes directly through a bustling local market—a sensory overload of sights, smells, and smiles—before a somber, silent visit to the My Lai Sanctuary. It was a reminder of the resilience and forgiveness that defines modern Vietnam. After further riding along the coast and lunch by the beach, we were transferred to the spectacular city of Hoi An, a UNESCO Heritage site.

Day 10: March 5 – Rest Day in Hoi An

The group enjoyed a rest day in Hoi An, where we explored this beautiful and vibrant historical city and local beach.

Day 11: March 6 – Hoi An to Hai Van Pass to Hue

We left the hotel in the morning, greeted by buckets of rain for our journey to Hue. Today's Hai Van Pass was the most challenging climb of the trip, grinding up to 480 m. This is one of Vietnam's most famous stretches of road due to its history as a military stronghold and a kingdom border. For us, it was a physical gauntlet, rewarded by sweeping views of the coastline to the north and south. Once down off the pass, we rode along the coast to lunch and then continued towards Hue, passing through areas of elaborate family tombs and fields worked by



local farmers.

Day 12: March 7 – Rest Day in Hue

In the morning of this rest day, we toured the Hue Historic Citadel, which was constructed in 1804 by the first ruler of the Nguyen Dynasty. The Citadel was the political and cultural center of Vietnam for over a century. The remainder of the day was dedicated to our flight to Hanoi and bus ride to Hoa Binh City, where we shifted our riding to Vietnam's northern mountainous region.

Day 13: March 8 – Hoa Binh to Mai Chau



Today was the hardest climb of the trip, but it offered spectacular scenery of karsts, hydrangea, waterfalls, rice terraces, and small farms. This area had a very different architectural style, with many homes built on stilts. In honor of International Women's Day, our guides handed out roses to the women on our ride, who then passed them on to local women we met on the road. A highlight was running into a ladies dance group at a rest stop adjacent to a gas station that were practicing for a performance later in the evening. The ladies from our group joined the dance, which was very fun for the locals and our riders alike.

Day 14: March 9 – Mai Chau to Pu Luong Nature

This was another big climb day with 1000 m of vertical. The climbs were difficult, but throughout the ride, we were rewarded with scenery of steep, tree-covered karsts, Vietnam's largest reservoir, and vibrant green rice fields. Cows and water buffalo greeted us along the way, including a small herd of cows that surrounded one of our riders and slowed his progress. Along the way, we stopped at a remote sawmill to watch bamboo being turned into chopsticks.







Day 15: March 10 – Pu Luong to Ninh Binh

Sadly, today was our last day of riding. Yesterday's climbing effort rewarded us with a long, steady downhill through more rice terraces, bamboo forests, karsts, and small villages. We timed our coffee stop perfectly with the local school bell; suddenly, we were surrounded by a sea of high-fives and "hellos" from kids on bikes and scooters. After a short transfer, we enjoyed a flat ride to Ninh Binh, a UNESCO World Heritage Site with stunning scenery of karsts and the Ancient Capital of Hoa Lu. We finished the bike trip with a harried ride through traffic and tourists to our hotel.

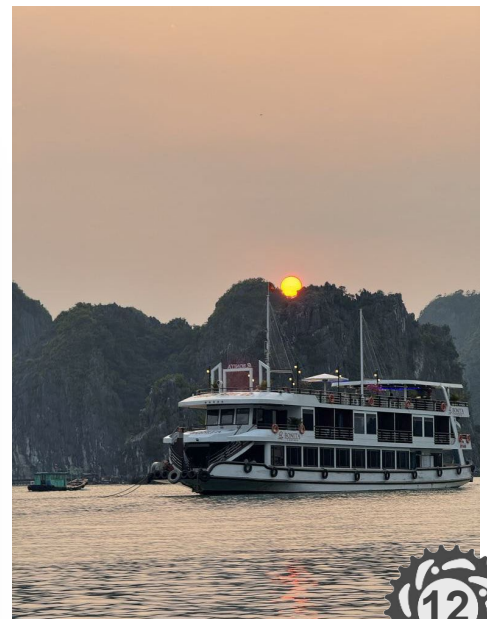
Day 16: March 11 – Ninh Binh to Ha Long Bay

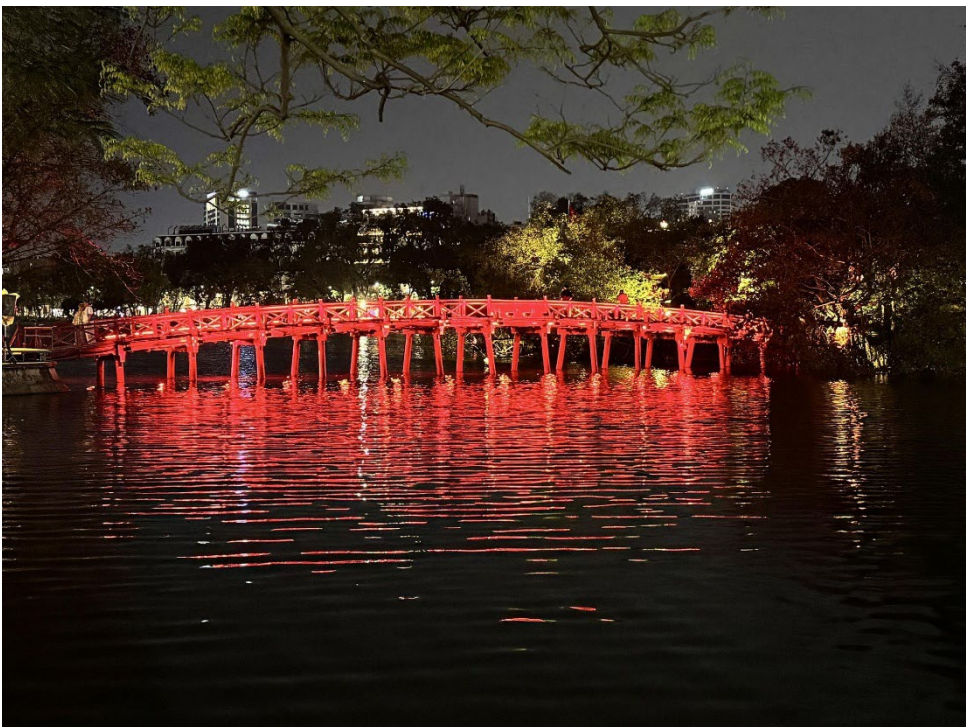
Today, our primary mode of transportation shifted from bike to boat. We transferred to the city of Ha Long Bay to board our cruise boat that we would enjoy for the night. After days of riding through remote villages where Westerners are a rare sight, the sheer number of tourists here was a bit of a culture shock. However, once we boarded the boat,

our attention shifted to the thousands of towering limestone islands topped by rainforests and the colorful junk boats in the bay. We spent the afternoon hiking and biking on a remote island, where we visited an indigenous village.

Day 17: March 12 – Ha Long Bay to Hanoi

There's no recovery quite like Tai Chi on a boat deck at sunrise. After a morning on the water exploring a floating village—where the locals' entire lives are built on the ebb and flow of the tide—we traded the quiet bay for the high energy of Hanoi. Our final night on tour was filled with the hum of the city and the shared realization of how far we've come.





On our last evening together, our fearless leader, Tom, presented unique mementos to each of us to commemorate a specific characteristic or event as a remembrance of a truly unique adventure.

- Alexey was given a Vietnamese carved wooden tiger to commemorate the tiger that “attacked” him and caused him to fall during one of the rides.
- Svetlana went home with a set of chopsticks in honor of her new mastery of the utensils.
- Beth and Clare got handmade Vietnamese water bottle holders for their continuing travels to Japan.
- Ed and Julie were rewarded with health tea and a candle to aid in their recovery from illness.
- Lee, our movie whisperer, got a Good Morning Vietnam t-shirt, as he was often reciting old movie quotes.
- Peter, who consumed massive amounts of fish at every meal, was awarded a Vietnamese crafted wooden fish puzzle.
- Annette, who discovered on her way to Vietnam that her earphones were incompatible with her iPhone, got wireless headphones for her trip home.
- Deb, who never missed an opportunity to interact with the locals, got an I Love Vietnam hat as a reminder of how much she loved the country and people.
- Ann, who made sure that no one was ever without access to a snack, was provided a woven Vietnam tote bag to help her carry snacks wherever she goes.
- Jeff, who left us early for a family emergency, was our coffee connoisseur and got Vietnamese coffee supplies to take home with him.
- Karen got a Buddhist flag for her home. She was moved by the Buddhist shrines that we visited.
- And Rob got hand-painted chopstick rests to accent his home in Seattle.



Day 18: March 12 – Hanoi

One last breakfast together. The conversation was a highlight reel of the miles covered, the hills conquered, and the inevitable "remember when" moments that only a bike tour can create.

This wasn't just a bike trip; it was an immersion in Vietnamese culture, geography, and people. From the grit of the climbs to the warmth of the people who cheered us on from their doorsteps, Vietnam challenged us and left an indelible impression. We headed home with tired legs, full hearts, and a new understanding of the word "Hello."



HeartCycle Volunteer Member Bios

Rich Crocker

Tour Leader, Assitant Registrar

Hi Everyone,

I grew up in New Jersey, the Garden State. My first bike was a 3-speed English touring bike, and when I was in 8th grade, I was gifted a 10-speed (2x5 old-school) French road bike: a Motobecane Tour de France model. Tres bien! As a kid, bikes were access to freedom to go to distant places.

I went to Penn State and enrolled in ROTC. I was then commissioned in the Army Corps of Engineers and eventually went to Alaska, where I got my first mountain bike (no shocks) and enjoyed riding in the midnight sun.

Then I was stationed in Colorado Springs in 1993, where I began racing as a senior. But then I converted to road riding and eventually found HeartCycle in 2008. I held a slot on the first adventure series tour across the Southern Tier for three years.

In 2009, I became the Tour Director and have been an active member through the present. Currently, as the Asst. Registrar, I have access to the club's database, and I just counted that I have 36 weeks on tours, 27 weeks as a tour leader, and seven weeks as a SAG. Whew.

I have made many good friends and more acquaintances. HeartCycle is an important and satisfying part of my life.

I hope to put in more miles, renew old friends, and make new ones this year.

In three years, I'll be 75, and then I can justify finding an e-bike... yeah.

Join Patty and Rich on their [Acadia Tour](#) for an incredible journey through pine forests, rocky cliffs, fishing villages, and more, as you explore Acadia National Park.

June 1st – 9th 2026 // [Click for Info](#)



Patty Menz

Tour Leader

I am from Oakland, NJ, a town about 30 miles north of NYC. I grew up in New Jersey and enjoyed cycling from a young age. One of my favorite memories is riding with friends to the local library, checking out books, and then heading into town to share a pizza in the parking lot. At 14, a friend and I planned our first bike tour to a camp about 15 miles away. We carried our tent, food, and clothing in wire baskets, stayed for two nights, and then cycled back home. What an adventure!

My passion for cycling and love of exploration eventually led me to HeartCycle in 2000, when I participated in my first HeartCycle tour, Tres Parques. I loved the experience and have continued to participate in one or two tours each year since. I've cycled in three of the Adventure Series—Southern US Crossing, Northern US Crossing, and the Pacific Coast Highway. Some of my favorite tours have been Mallorca, the Blue Ridge Parkway, Crater Lake, and Acadia.

I co-led my first tour in 2021, the final leg of the Coast-to-Coast ride from Rochester, NY to Portland, ME. More recently, I led a tour in the Berkshires in 2023 and another last year in Acadia National Park, based in Bar Harbor, ME.

I am a recently retired physical therapist, and with this new chapter having more time and freedom, I hope to continue cycling and leading tours in beautiful, scenic places. Hope to share a tour with you soon!





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: Interm / 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 Rating: Interm / Adv

Cost: \$2,000

Link: [NextGen Durango Trip Details](#)

Contact: Greg Lestikow

glestikow@gmail.com

CANCELLED





**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/PAINY, 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

CANCELLED





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 -
saftey@heartcycle.org
- **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.

