



August 2026

Heart-to-Heart

CLUB NEWSLETTER

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President's Spin

**By HeartCycle President
Mark Lestikow**

The Stories That Keep Our Tours Alive

One of the great joys of being HeartCycle's President is seeing the many ways our members volunteer. We often recognize our Board members, Tour Leaders, SAGs, route planners, and the countless volunteers who make our tours possible. This month, I'd like to recognize another group whose contributions are easy to overlook—but whose impact lasts long after the final ride.

I'm talking about the members who take the time to write our tour recap articles for this newsletter.

After a week of riding, most of us return home to unpack the bike, wash the laundry, and settle back into our routines. But a handful of members sit down at their computers and relive the week all over again. They sort through memories, organize photos, recall the funny moments, describe the spectacular scenery, and somehow capture the spirit of a tour in just a few pages.

That isn't as easy as they make it look.

Their articles become part of HeartCycle's history. They allow those who were on the tour to smile as they remember a climb, a conversation over dinner, or an unforgettable descent. Just as importantly,

they give members who weren't there a glimpse of what makes each tour unique. More than once, I've heard someone say they signed up for a tour because they enjoyed reading about it in our newsletter.

These stories also remind us that while we ride for the scenery and the exercise, we return year after year because of the people. The friendships, encouragement, shared meals, inside jokes, and unexpected adventures are what truly define a HeartCycle tour. Our writers have a wonderful gift for bringing those moments to life.

So, to everyone who has written a tour article over the years—thank you. Your willingness to share your experiences enriches our club in ways you may never fully realize. You preserve memories, inspire future riders, and help tell the story of who we are as a club.

As you finish your next HeartCycle adventure, I encourage you to consider becoming one of those storytellers. You don't have to be a professional writer. You simply have to share what made the week special to you. Chances are, your words will encourage someone else to create memories of their own.

See you on the road, Mark

**2026 Annual Luncheon registration is
now open! More details on page 3!**



From the Tour Director's Saddle

By HeartCycle Tour
Director Janet Slate

International Tours:

HeartCycle members, you crushed it! In the 4 days we had the international tours open for the initial registration period, every tour filled and waitlists quickly formed. The Japan tour was especially popular—50 registrants competing for just 13 slots! We were able to add two more Japan tours to accommodate 28 additional members—one immediately following the first tour and a third in October. Thank you to everyone who was flexible with those changes. We still have nine members on waitlists across the three Japan departures.

We also plan to bring back Le Monastère and Hungary in future years because of the strong interest they generated. Members who landed on those waitlists will receive priority when those tours are offered again.

We're excited to see this level of enthusiasm for our international tours. Knowing that we're offering destinations and experiences that truly resonate with our members is gratifying, and we appreciate your confidence in our tour program. Thank you for being a HeartCycle member!

E-bike Safety:

Mixing e-bikes with traditional pedal bikes on tours works well when everyone rides predictably and courteously. Most of our members are experienced cyclists, and we

appreciate the respect riders show one another on the road.

E-bike riders can help keep groups riding smoothly by using only the amount of assist they need and accelerating gradually, particularly when passing or climbing hills. Using a lower assist percentage and riding with a higher cadence will also help your e-bike battery last longer. Remember that your e-bike is like the truck of bicycles; because they're heavier, they take longer to stop. Allow a safe distance. Predictable riding and clear communication help everyone enjoy the ride.

Thank you for being a HeartCycle member!

Janet Slate

jslate@ultrasys.net

2026 Tour Facts

Tours completed: 10
(2 international, 8 domestic)

Tours remaining: 4
(3 international, 1 domestic)

2027 Tour Facts

International tours planned: 7

Domestic tours planned: We're looking at around 9 or 10. We will officially announce them at the [HeartCycle Luncheon in October](#), after which the details will be on our website.



HeartCycle Annual Meeting and Luncheon

Saturday, October 24, 2026

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

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

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

Join us for a memorable day at the HeartCycle Annual Meeting and Luncheon on **Saturday, October 24th**, at the stunning **Mt. Vernon Canyon Club**. This event is packed with great food, inspiring conversations, treasured memories from the past year's tours, and the opportunity to learn more about next year's tours.

What's on the agenda?

- **Gourmet Buffet:** Enjoy a delicious spread while catching up with old friends and meeting new ones.
- **2026 Tour Highlights:** Relive the best moments of this year's rides with a continuous slideshow featuring photos submitted by YOU! If you have a few photos that capture the spirit of your favorite tour, send them to **Cody Ensanian** at heartcyclecody@gmail.com to be part of the slideshow.
- **2027 Tour Preview:** HeartCycle Tour Director, **Janet Slate**, along with 2027 tour leaders will share details and answer any questions you may have about next year's tours.

This year we're introducing a fun, new format for our tour previews. Instead of a long series of back-to-back presentations, each 2027 tour leader will host a table dedicated to their tour. You'll be able to stroll around the room, visit the tours that interest you most, ask questions, and have one-on-one conversations with the tour leaders.

Register now!

Sign up today on the **HeartCycle website** at www.heartcycle.org. Click on the "2026 Annual Luncheon" link in the green toolbar on the homepage, then hit the "Register" button. **Spots are limited to 125 attendees**, and registration closes by **Saturday, October 17th**—or sooner if we sell out! Please note, **all payments must be made online**—no payments will be accepted at the door.

For questions, feel free to contact **Tom Kissinger** at tom_k@pipeline.com.



Tour Report: *NextGen San Juans: Durango & Silverton, Colorado*

By HeartCycle Member Harmony Linden

The second-ever HeartCycle NextGen tour officially began in Durango, Colorado, with a pre-ride meeting on June 15. Returning tour leader Greg Lestikow was joined by first-time tour leader Matt Seiler to welcome a great mix of riders. Many Next-Gen cyclists from last year came back bringing along several new riders, while a group of seasoned “HeartCyclists” rounded out the group.

Kathleen and Mayoma also returned as SAG drivers, helping keep the tour running smoothly. During the initial meeting, the group reviewed the routes, safety guidelines, and SAG support details before Durango-local Steve Parker shared helpful tips and insider advice about the area. With everyone prepared and excited, the adventure was ready to begin.



Day 1 | The Mayday Loop

The first day of the HeartCycle Next-Gen Tour took the group on a 49-mile loop from Durango to Mayday and back, with nearly 3,000 feet of climbing. Riders headed west out of Durango, passing the Bureau of Reclamation's Lake Nighthorse Recreation Area, named after former U.S. Senator Ben Nighthorse Campbell. The route continued through Breen before beginning a steady climb north to the first SAG stop around mile 18 where we took a well-earned break to refuel.

After the stop, the group continued climbing past the small ski area at Hesperus Hill before reaching the day's highest elevation and enjoying lunch in Mayday.

The return trip was a welcome reward, with mostly downhill riding through the high desert of southwest Colorado and past the entrance to La Plata Canyon.

Back in Durango, several riders celebrated the day's ride by cooling off in the Animas River before gathering for snacks, drinks, and the evening meeting.



Right: The Lestikow Crew

Cycling allows the Lestikow family to create memories together and build intergenerational relationships.





Day 2 | Lemon Reservoir (with optional gravel add-on)

Day two gave riders another beautiful day to explore the area around Durango. The road route covered 33 miles with about 2,400 feet of climbing, while those looking for an extra challenge chose a 45-mile “road plus gravel” route with 3,600 feet of elevation gain. Both groups rode past Fort Lewis College before following the rolling hills of Florida Road toward Lemon Reservoir.

At the reservoir, the gravel riders split off to follow part of the Iron Horse Gravel Race course, riding through scenic ranches and farmland before returning to Durango.

The road riders retraced their route, enjoying a long downhill ride back to town and lunch at Folsom Park.

With temperatures climbing again, many riders wrapped up the day by again cooling off in the refreshing waters of the Animas River before relaxing with the group that evening.





Left: The Tandem Team

Brant and Lisa Williams received their first tandem as a wedding present. Now on their third tandem and after many happy years of marriage, they are still riding together and completed the entire tour on their tandem!

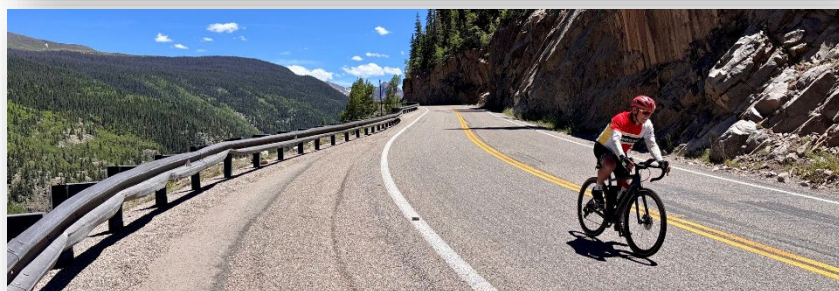


Day 3 | The "Unofficial" Iron Horse Classic

Day three was the biggest challenge of the tour and one that many riders said was the hardest ride they had ever completed. The route from Durango to Silverton covered 52 miles and more than 6,000 feet of climbing. The group headed north on Florida Road and County Road 250 before joining U.S. Highway 550. We passed over Baker's Bridge, the site of a scene from *Butch Cassidy and the Sundance Kid*, where Robert Redford and Paul Newman jumped from the cliffs into the Animas River. Shortly after the bridge, we reached our first SAG stop.

From there, the climbing really began as riders gained more than 4,000 feet of elevation in just over 21 miles, passing Purgatory Ski Resort before reaching Coal Bank Pass at 10,640 feet, where we stopped for lunch. After refueling, we descended into a valley before climbing another 2,000 feet to Molas Pass at 10,910 feet. The breathtaking mountain views made the hard work worthwhile, and a 7-mile downhill ride carried everyone into the historic town of Silverton.

For many riders, especially those climbing the passes on traditional bikes, the support from SAG driver Mayoma made all the difference. Her van always seemed to appear at just the right spot, offering cold water, encouraging words, and a chance to catch their breath before tackling the next stretch of road. Riders slowly worked their way up the mountains, sometimes at just 4 miles per hour, stopping to rest whenever they could find a patch of shade. Reaching Silverton was an emotional moment for many, bringing a deep sense of pride after completing such a demanding ride. That evening, the group celebrated the day's accomplishment with a well-earned dinner together at the historic Grand Imperial Hotel.





Day 4 | Red Mountain Pass

Day four offered another mountain adventure, but with a well-earned reward at the end. Riders set out from Silverton for a 21-mile ride that included about 1,800 feet of climbing. The route began with a steady 10-mile ascent up Red Mountain Pass, which reaches an elevation of 11,018 feet. While the total climbing was less than the day before, riding at more than 9,000 feet above sea level left us breathless—both from the thin air and the gorgeous mountain views.

After reaching the top, riders were treated to a quick descent back into Silverton, where we had lunch at a local park. The afternoon gave everyone time to explore the historic mining town, relax, shop, watch World Cup soccer matches, and enjoy a well-deserved break. That afternoon, we boarded the historic train on the Durango & Silverton Narrow Gauge Railroad. The scenic 3-hour train ride through the beautiful Animas River Valley provided a chance to rest tired legs, take in the stunning mountain scenery, and reflect on another memorable day of the tour before arriving back in Durango.





Left: The Cribbage Crew

Let it be known, that Cody beat Greg in cribbage!



Final Thoughts...

The second HeartCycle Next-Gen Tour was filled with beautiful scenery, challenging climbs, plenty of laughs, and memories that will last for years. From the high mountain passes to the cool waters of the Animas River, every day brought new adventures and reminded us that the best part of cycling is sharing the journey with others.

Riders encouraged one another through every climb, celebrated every accomplishment, and formed friendships that grew stronger with every mile.

A special thank you goes to Tour Leaders Greg Lestikow and Matt Seiler for their careful planning, leadership, and encouragement throughout the week.

We are also incredibly grateful to our SAG drivers, Kathleen and Mayoma, whose support, smiles, cold water, snacks, and perfectly timed stops kept everyone safe and motivated.

Thank you as well to Durango local Steve Parker for sharing his knowledge of the area and helping make the tour an even better experience.

Finally, thank you to our Next-Gen riders. It isn't easy to take time away from full-time jobs, young families, and countless other responsibilities to spend a week on the road. Your enthusiasm, energy, and commitment are helping shape the future of our club.

Congratulations to everyone who chose to be part of this year's adventure in the San Juan Mountains!







Above: The NextGen Crew

Our NextGen cyclists (the under 50 crew) this year were (left to right): Cody Ensanian, Greg Lestikow, Harmony Linden, Sabrina Pak, Matt Seiler, Steve Ross, Anita Vashi, Kurtis Michie, and Ruthie Lestikow.



Tour Report: *Northern New Mexico:* *Los Alamos & Santa Fe*

Report by HeartCycle Member Leslie Dixon

Day 1 – Arriving

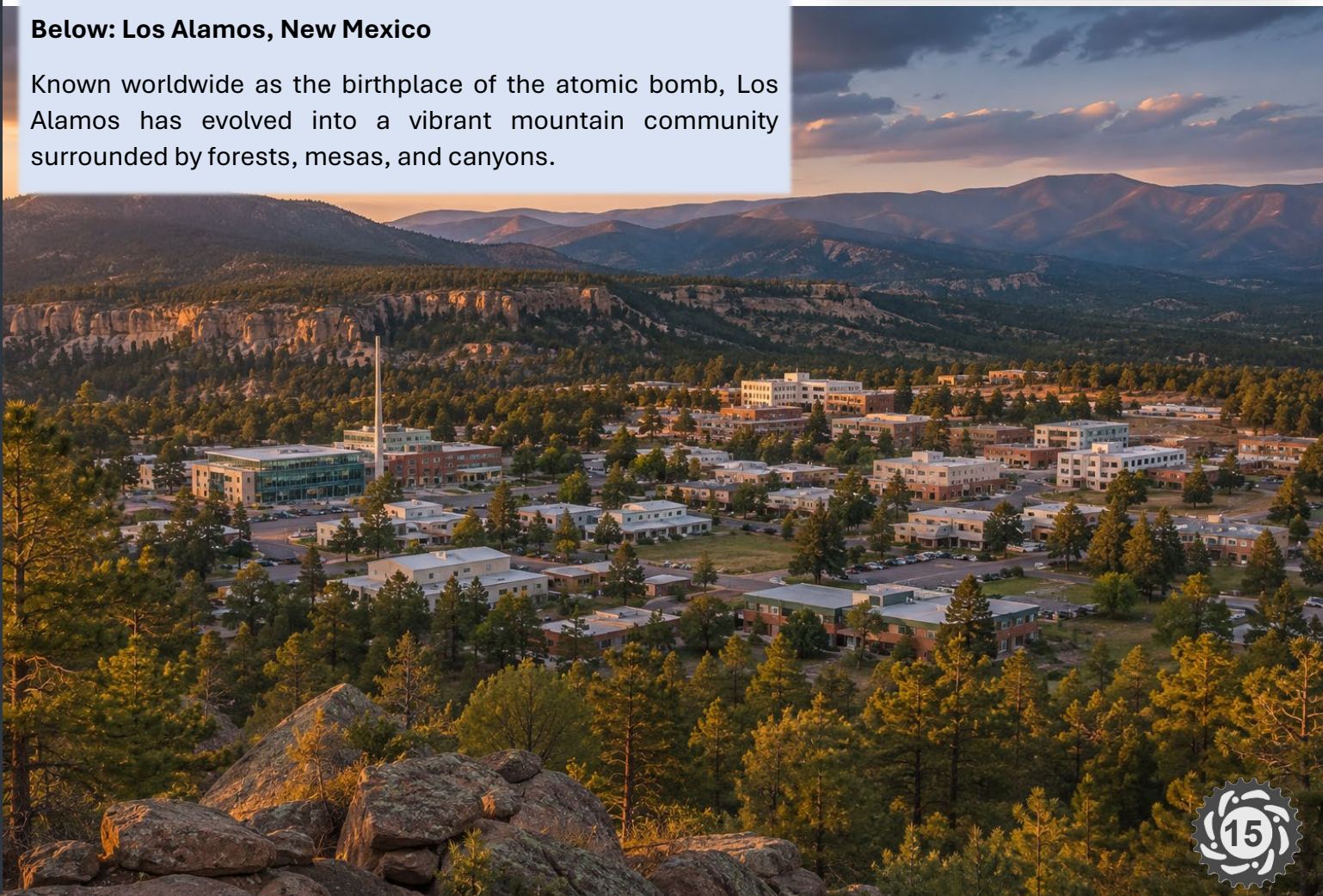
This inaugural semi-fixed-base tour of northern New Mexico was developed by Alan Church and Clare Bena, long-term residents of Los Alamos. Alan and Clare put together a tour that included their favorite cycling routes and historical sites around Los Alamos and Santa Fe. Unfortunately, an uncontained forest fire to the west of Los Alamos required some last-minute workarounds. Thanks to Clare and Alan's quick thinking and flexibility, the necessary adjustments were made and the tour continued smoothly.

Right: Tour Leaders Clare Bena and Alan Church

Clare and Alan led three tours this summer—the New Mexico tour followed by two back-to-back Jackson, WY tours! They spent nearly a month on the road, and their dedication and hard work are truly appreciated. Kudos to both of them for leading three outstanding tours!

Below: Los Alamos, New Mexico

Known worldwide as the birthplace of the atomic bomb, Los Alamos has evolved into a vibrant mountain community surrounded by forests, mesas, and canyons.



Day 2 – The "Alternate" Ride

26 miles, 2,064 ft. elevation

We gathered around the Penske at 8:15 and headed out on the bike path at 8:30. Following the Canyon Rim Trail for 2 miles, the morning air was fresh with the scent of ponderosa and sage (not smoke), thanks to last night's rain.

This alternate route took us through various Los Alamos neighborhoods. This translated into a lot of ups to the mesa tops, which overlook steep canyons, and then down again, just so we could climb to the next mesa (neighborhood). In every case, the steep climbs were rewarded with exhilarating descents.

The morning SAG stop was at the base of the longest and steepest section of the day, so we replenished ourselves before facing it. It was reported by one cyclist that the grade ranged from 7–9% in places, but once we reached the top, it was all downhill, with a friendly wave to the guard to get through the gate at Los Alamos National Laboratory.

At the lunch SAG in Ashley Pond Park in Los Alamos, we enjoyed Mayoma's and Kathleen's lunch. As predicted, the afternoon winds were approaching 20 mph, and some people's lunches blew away.

Alan, who grew up in Los Alamos and worked at the Lab, took us on a guided bicycle tour of the historic district—Bathtub Row, Oppenheimer's house, and sites from the *Oppenheimer* movie. Everyone did their own thing in the afternoon: the Bradbury Science Museum, the history museum, and/or a local brewpub.







Day 3 – The Lab Loop ***40 miles, 2,522 ft. elevation***

It was a sunny but windy start to the day at 8:00, an earlier start to avoid the higher heat and winds forecast for the afternoon. Within 15 minutes, we had pedaled west along the Canyon Rim Trail and through Los Alamos to the steep hills west of town.

As we slowly traveled up steep grades through a ponderosa forest, comments such as, "Nothing like an uphill headwind for a warm-up," were heard. The highest point of the day was around 7,600 feet, and then we flew down a 10-mile stretch: "You can tell it's windy when you have to pedal downhill."

As we descended to about 6,500 ft., the ponderosa forest gave way to sparse juniper and sage, and we passed the entrance to Bandelier National Monument. Then it was a long, steep, breathtaking downhill switchback followed by a short uphill stretch to the first SAG stop.

A series of short rollers brought us to the town of White Rock, where we lunched in a park overlooking the Rio Grande far below. The final climb of the day was up a canyon to the top of the mesa, a climb of around 1,000 feet—with a headwind! Some of us stopped for some well-earned ice cream before pedaling back to the hotel on the Canyon Rim Trail.

The group dinner was held at the nearby Beef & Leaf restaurant, which opened just for us!

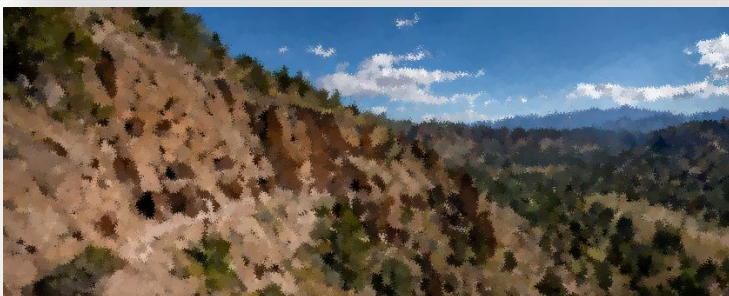




Day 4 – Rest/Transfer Day

One of the beauties of this tour was the transfer day to our next base, Santa Fe. Some of us slept in, and some got up early. Many of us explored the nearby Bandelier National Monument, home to ancestral Pueblo ruins dating back to the mid-1200s. Others investigated Meow Wolf in Santa Fe.

Once settled into the Drury Plaza Hotel in Santa Fe, we enjoyed their free drinks and appetizers. Many of us wandered over to the nearby Santa Fe Plaza for a free Los Lobos concert. The town square was packed with a mix of people—from teens to families to aging hippies.



Day 5 – Las Campanas Loop

35 miles, 2,535 ft. elevation

It was another clear morning in the 60s as we started our ride north through Santa Fe. Once we reached the outskirts, the traffic was lighter for a short climb that followed the Old Santa Fe Trail. The descent that followed required vigilance on narrow, rough asphalt that was dappled with shade. Next, a westerly climb and long descent passed developments of extravagant homes hidden behind pinyons and junipers on large properties. With views across the Rio Grande Valley to Los Alamos, some stops were required to enjoy the scenery.

After the morning SAG, we headed east through yet more elegant developments before climbing back to Santa Fe proper. Following the shaded road along the narrow Santa Fe River, we made our way through the city to a park where lunch awaited. After a relaxed lunch, it was just a mile back to our luxurious hotel. People spent the afternoon exploring the city, visiting museums, relaxing in the hot tub, and shopping.





Day 6 – La Cienega Route 47 miles, 2,452 ft. elevation

Today's ride led us south out of Santa Fe, over I-25, to some less populated areas with more desert-like scenery. It was a long, slight downhill stretch to the southwest past housing developments and industrial areas as the junipers gave way to sparse cholla cacti in the open spaces. To the northwest, we could see Los Alamos, and to the southwest, the Sandia Mountains loomed on the horizon.



Our first SAG was near the southern tip of our loop, where there were ranches, horses, and western movie sets. Our next stop was at El Rancho de las Golondrinas (Ranch of the Swallows), a living historical museum showcasing life in 1800s New Mexico. The ranch was situated on the Camino Real and was an official rest stop for travelers from Mexico City. We saw sheep shearing, a weaving demonstration, a period kitchen, a church, and more—all with volunteer interpreters in period clothing. (Oh, and swallows darting about overhead!) For lunch, we hunkered down in the shade of the Penske before proceeding back to Santa Fe.





Final thoughts...

We were fortunate to have such great weather for our tour—relatively moderate temperatures (highs in the low 80s), mostly mild winds, lots of sunshine, and no rain. Both the historical sites and the climate zones were varied, and with relatively short daily mileage, we had the afternoons off to explore Los Alamos and Santa Fe. It was a great tour with new and old friendships, along with some sunburns to remember this, the first HeartCycle Northern New Mexico Tour!



HeartCycle Volunteer Member Bios

Jeff Messerschmidt

Working member:
SAG Supply
Manager



From a 1950s tricycle to training wheels, to delivering newspapers with a J.C. Higgins bicycle, to hosteling across England, Belgium, and Germany in the summer of 1974 with a 10-speed Raleigh, I followed the U.S. bicycle boom.

I moved from Chicagoland to Metro Denver in 1979 and joined the Denver Bicycle Touring Club right away. After retiring as a dentist in 1999, I met Jerry Bakke at a stop on the 2001 Ride the Rockies. I was already aware of Colorado HeartCycle and got to know this enthusiastic leader. Working Supply and Gear for him and others, I became involved as a board member and led the one-time circle tour from Golden, CO, over Trail Ridge Road.

When I moved to a different townhome in 2004, it came with wooden shelving in the unfinished basement, which I thought was perfect for HeartCycle supplies.

Next year, I had planned to give it up, but I got my mojo back after riding Cindy's and Helayn's California tour in May. Now, I drive baggage or tour with Bicycle Adventure Club, and join Rick Steves, Road Scholar, VBT, Backroads, People Cycling, Cycling UK, DBTC, and HeartCycle for tours, or stay home in Colorado—the best of all possible worlds.

Dan Palmquist

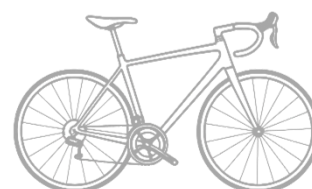
Working member:
SAG Vehicle Manager



HeartCycle has been a part of my life since 2014. I've always been an avid bike rider, enjoying local and organized rides with several friends. It turns out that when we heard about HeartCycle, Rich Kelemenson, Phil Stoeffel, Graham Hollis, Fred Yu, and I all became members around the same time. I've participated in at least one ride every season. Rides that I've especially enjoyed are Le Monastère, West Virginia, Big Bend, the Carolinas, and Traverse City.

It was Fred Yu who recruited me to volunteer for the SAG vehicle position. My responsibilities include taking care of the club's Sprinter van, checking it out and back in, and handling the maintenance and storage of the van. I'm also the point person for reserving any Penske vehicles that may be necessary for planned rides.

I'm a Colorado native, having grown up in Arvada and graduated from CU Boulder. My wife, Mary, and I live in Cherry Hills. We're both retired and enjoying our four grandchildren, whose ages range from 4 years old to a newborn born just last month.





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





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

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 -
safety@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.

