



FEBRUARY 2026

# Heart-to-Heart

CLUB NEWSLETTER

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## HC Logo Tune-up

By HeartCycle Newsletter Editor Cody Ensanian

Greetings HeartCycle members,

We're excited to officially unveil the refreshed HeartCycle club logo—a modern update that stays true to the heart and soul of who we are.

Our original logo has always meant more than just a visual mark. It represents our riders, our community, and the shared passion that brings us together on every road, trail, and climb. With this update, our goal was not to reinvent HeartCycle, but to refine and strengthen its visual identity for today—making it cleaner, more versatile, and ready for the many ways our club continues to grow.

At the center of the new design, you'll still find the elements that define us. The rider with the heart remains a symbol of our commitment to riding with purpose and passion. The familiar EKG lines are still there as well, serving their dual role as both a heartbeat and a subtle landscape of mountains and valleys in the background—reminding us of the challenges we embrace and the journeys we share together.

To better support how the logo will be used across our club materials, we've introduced two official versions: a classic round design and a new horizontal format. The round logo preserves the traditional look that many of our members know and love, while the horizontal version offers a clean, modern option that works especially well for banners, digital

platforms, van signage, and other applications where a wider layout makes the most sense.

This refresh was the result of a collaborative and thoughtful process. I drafted four to five different versions of each logo style and presented them to the board for review. After discussion and a ranked choice vote, the board adopted the new designs you see below.

We hope these updated logos reflect where HeartCycle has been and where we're headed. It's a symbol of our roots, our riders, and our shared love for the ride—now with a fresh, modern look that will carry us forward.

We're thrilled to share it with you and can't wait to see it out in the world, representing HeartCycle wherever our members ride.

-Cody





# From the Tour Director's Saddle

By HeartCycle Tour Director Janet Slate

Although we tried mightily to get more of you to register for the Katy Trail tour, we were unsuccessful and decided to cancel the tour. The experience got me to thinking about the tours that we offer and how to try to make sure they're ones for which you want to register. I reviewed all the evaluations from the 2025 tours. (To those of you who completed yours, many thanks!) A heartwarming takeaway—newcomers feel welcomed by long-time HeartCycle members. Let's keep that up!

If you weren't on a tour in 2025, we implemented a revised tour evaluation that is emailed to tour registrants on the last day of the tour and a week after the tour. We're not printing paper tour evaluations anymore—or chasing you down to get you to complete one. The evaluations include the following questions:

- What did you like about this tour?
- What could be improved?
- Please provide any additional comments.
- Where would you like to go on a future tour?

Sometimes, answers to these questions (especially where you would like to go on a future tour) reflected the type of tour you were on—and maybe what you had heard about upcoming tours. For example, those of you on international tours suggested some other international destinations. Happily, many of you wrote that you'd like to go to places where we were planning our 2026 tours. A cheery response: "Surprise me!"

HeartCycle tours range in length from 4 days to 3 weeks; most are in the 1- to 2-week range. Longer tours have rest days built into them—

often in locations where we find other fun things to do. Indeed, even having enough time after the ride day to explore the town often leads to an unexpected adventure.

HeartCycle runs the following types of tours:

- **Fixed-base tours** stay at one hotel.
- **Loop tours** move hotels but return to the start hotel. Such tours may stay more than one night at some accommodations enroute.
- **Point-to-point tours** move hotels, although they may have stays of more than one night at some accommodations enroute. The end hotel differs from the start hotel.
- **Semi-fixed base tours** stay more than one night at accommodations enroute and generally involve fewer hotels (two or three max). Such tours usually return to the starting hotel.

Not having to pack up and move every day makes fixed-base and semi-fixed base tours popular. Of course, we may also tire of riding the same route out of a town to begin the day's ride. A loop tour makes travel more convenient, for example, if you drove to the start or can fly in and out of the same airport. Point-to-point tours make sense when we're traveling internationally and want to maximize our sightseeing and immersion in the culture.

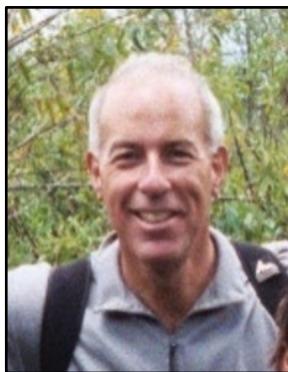
I welcome you to contact me with your thoughts. We are already putting together the 2027 tour calendar.

Thank you for being a HeartCycle member!

-Janet Slate

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





# Top Tips for International Adventure Travel

By HeartCycle Member Peter Rudy

When Cody suggested that I pen some “International Tips” for HeartCycle tours, I laughed. What Cody (rightly) thought was a good idea for a HC article, happened to be a part of my duties as a Director of a British trekking company. We were tasked with ensuring our PAX would be PREPARED. Being proactive, we developed answers to the questions our PAX should be asking. PAX is a very old shipping term used to describe guests, passengers, and clients. It is used universally by travel companies—so, if you are going on a HC trip, you are a PAX.

## Used Gear vs New Gear

Generally, do not take new, be it hardware or clothing. Take equipment and clothes you have used and with which you are comfortable. Be it biking shoes, helmets, pedals, seats, clothes, sunglasses. If you have a great new jacket you want to bring, only do so if you have taken some rides wearing it. Same with gear. Too often I have seen PAX bring shiny new gear, then, in a foreign country, learn that it does not fit, it is missing parts, or it doesn't work.

This is a personal preference, but I almost never bring new gear on a multiweek, international biking trip or trek. Resist the urge to impress your fellow PAX. On these trips, the chance of it getting torn, damaged, lost, or ruined is much higher. And for your old stuff, that would not be a great loss. On the shores of Piran, Slovenia, my 20-year-old Selle Italia saddle finally bit the dust. A fitting end to its very colorful life. And I was thrilled it was not my new saddle.

## You Know Your Stuff – It Works

On my first bike treks in the 1990s, most companies overseas did not offer rental bicycles. And NO spares. We took everything, including spare spokes and bearings! Now, the quality of rental bicycles and parts overseas is amazing. But we still bring our “used” pedals, saddle, multi-tool, patch kit, and pump.

## Bike Phone Mount

Mounting your cell phone (in addition to your Garmin, Wahoo, Karoo, or other bike computer) to your handlebars is invaluable. Doing so will prevent it from getting lost and enable you to learn about points of interest along the way.

From personal experience, I can recommend the silicone-rubber Bone Bike Tie Pro 4. I have biked several thousand kilometers overseas with it, and it works on all types of bikes. It's VERY easy to take on and off. The only downside is that it takes a minute to get your phone free for photos. Phones may slip in and out of other mounts more easily. They might be better for the more frequent photographer. Either way, a handlebar phone mount is very useful.

## Use a GOOD Carry-on Bag

For international trips I check luggage, unless the flight is short or nonstop. With my typical trips, I have a rolling duffle full of clothes and kit. If I am checking my main bag for international biking trips, what about delayed luggage? For international trips, I always carry my most important “mission critical” gear in an appropriately sized carry-on. It has the dual purpose of being a backpack or a day-pack during the trip.

Recently on a tour my wife led in Patagonia, a PAX arrived but their

main luggage bag did not—and no, she had NO carry-on or anything else. No boots, no clothes, nothing. And we were starting a 100-km trek the next day! So, I always carry-on my saddle, cycling shoes, some cycling clothes, and some cycling kit... just in case the luggage is delayed.

The sizing of the carry-on bag is much more critical for trekking than bike trips. On two recent trips, we used and enjoyed the Osprey Daylite Expandable 26+6 Travel Pack. Very versatile, plus I love everything that Osprey makes. Unlike a rigid-frame pack, the Osprey Daylite can easily be used while biking.

## Arrive EARLY: Chill, Sleep, Eat

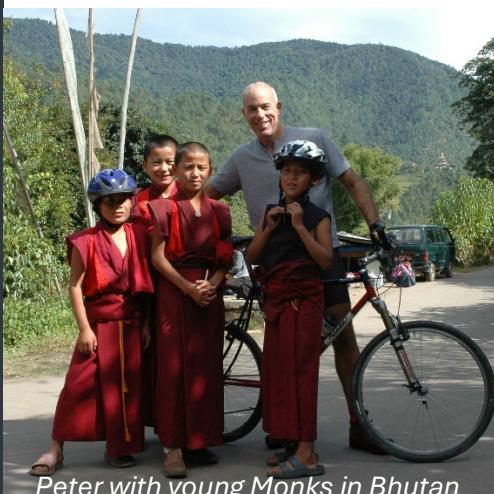
If you follow only ONE of my suggestions, PLEASE FOLLOW THIS ONE... For international cycling trips, arrive at (or near) the starting point *AT LEAST* one full day or more before the start of the trip. I could fill this newsletter with horror stories of PAX that “planned” to arrive JUST before the trip start... and that tight schedule either ruined or was detrimental to their trip (and the enjoyment of other PAX). From delayed flights to delayed baggage, you name it. In my decades of experience, an extra day at the beginning takes care of most flight delays and delayed baggage issues.



But, flight and baggage issues are NOT the most important reasons I implore you to arrive early. You want to start your trip FULLY FUNCTIONING. If you arrive just before the start of your international trip, it's likely you will be knackered and disoriented. Even if you fly business class, the time zones matter. You spend the days and nights before the BIG TRIP getting stuff done, staying up late, stressed, then long flights and the stress of a foreign country. I have seen many experiences ruined for PAX because they arrived knackered, far from home, with a trip starting the next morning. They struggle getting caught up with sleep and focus.

Perhaps you do not have to be in the tour's start city. At least be in the same time zone and close to the start city. On a recent trip to Slovenia, we arrived in Salzburg, close to our start, a few days early before heading over the Alps. I could not have done the trip without these rest/prep days.

In summary, getting to your starting point early can fix so many problems that frequently arise in international travel: from adjusting to a new time zone, catching up on sleep, flight delays, lost or delayed baggage, etc. In my decades of guiding trips, I have NEVER had a PAX complain to me about arriving in a cool, foreign city, a day or two before the trip, and then just chilling.



Peter with young Monks in Bhutan

### **Remember – You Are NOT in Kansas Anymore**

Do not assume you can get YOUR normal and usual necessities in your foreign destination. Bring more than enough of YOUR medicine, and OTC stuff is critical. I learned the hard way that Sudafed is illegal in Japan! What about energy bars and such for biking? That's tricky. I bring a few rolls of gummies for big climbs but can always find local food for en-route nibbles.

But Not a Mountain of Power Bars... Years ago, Helen and I were guiding a trek around the Annapurna Mountains. Generally, on Nepal treks involving camping, we would gather in the dining tent before dinner, to have a beer. On the second night of this trek, a husband and wife PAX team arrived in the tent and then deposited massive armloads of energy bars onto the dining table. More than 75! And they encouraged all, including porters and staff, to take them. As the PAX explained, they were vegetarians and had assumed the food would be inedible on the trip, so they brought along enough bars to live on. And after experiencing the wonderful vegetarian curry on the first night, they were emptying their bags. The moral is: on international adventure travel, do not assume—ask your trip leader! HeartCycle carefully selects tour leaders with experience, and if they do not have the answer initially, they will get it for you.

### **Important Papers and Documents**

I always save PDFs of important papers to a folder on my telephone, my iPad, and on my cloud account. Passport, visas, hotel confirmations, insurance cards, trip insurance docs, a photo of my drivers license, and even a headshot photo. I even make a photocopy of my passport data page and visas, and stuff them into

a pocket in my carry-on pack. If you lose your passport, having a good photocopy of the data page will incredibly speed up an emergency replacement at a US consulate. (Ask me how I know this!)

### **Debit Cards and Cash**

I have found that debit cards really work everywhere (or at least somewhere in every city). I always carry two different debit cards. For developing world areas, I prefer Visa over Mastercard, but caution against Amex. In bigger cities, even credit cards are hit and miss at restaurants. A debit card is essential. Upon arriving at foreign airports, I head to a cash point and take out \$100 worth of local currency. Unlike the US, cash is still king in small towns, even in rural Europe. And, I even stash away a small number of US dollars—five \$1's and a couple of \$20's.

### **Get Your Apps Sorted Out**

...and working before you leave. [WhatsApp](#) is usually a must (check with your tour leader). I also like to use [Google Translate](#). I also use a free Google Voice account that gives me free calls when on Wi-Fi back to the US. And, again, ensure your cloud accounts at Apple, Google, Microsoft, or whatever, have their own, separate folder with PDFs and copies of your important travel documents.

### **Travel Insurance**

While HeartCycle suggests you get travel insurance, all travel companies where I have worked required it! But here is the catch, there is no such thing as a "one size fits all" travel insurance policy. Today, most insurers for international travel allow you to buy just the coverage you select and need. Let me explain.

Years ago, getting insurance for a foreign adventure travel trip was a

"soup to nuts" purchase. It covered everything on the trip and was not cheap. Back then, many PAX were worried about booking a trip several months in advance then having to cancel the entire trip due to illness (and forfeit all that money). So, the trip insurance covered full trip cancellation costs before the trip, lost airfare, as well as medical, lost luggage, and evacuation. Such full coverage insurance was for the potential loss of THE ENTIRE COST of everything in the trip. And it was not cheap (and still is not).

To recap, travel insurance can insure against many potential losses: the trip cost, airfare, cost of delays, lost baggage, and medical and evacuation expenses. The last two items are the most overlooked, I find.

When my company required each PAX to have "travel insurance," we ONLY required coverage for medical and evacuation. While rarely used, it can be astronomical when it is. Our company did not want to be on the hook for those costs that may be incurred during the trip. On the other hand, we let the PAX decide if they wanted to insure the costs of the trip payments and insure against the chance they would get ill.

An example will help explain. My first overseas evac involved a very fit trekker scheduled for a long trip in the Himalayas. Weeks before the trip started, he stayed up late working so he could take off a month (sound familiar?) and do the trek. Exhausted, he shows up in Delhi. With pneumonia! He never made it out of a western standard hospital in Delhi. He had to be transported by a medical flight back to the US. The cost of medical care, a medical air charter, with nurse, from Delhi to Chicago, was \$150,000—and that was 10 years ago. In addition, the travel insurance company expertly handled ALL the medical and transportation details—dovetailing

with the PAX's doctors at home. This was NOT the insurance company's first rodeo.

**Long story short...** I never do a foreign trip involving serious activity without getting travel insurance that covers at least medical and evacuation expenses. The big travel insurance companies do not make it clear how you can get JUST medical, evacuation, trip delay, and baggage coverage. To do this, when you go online for TravelGuard or whatever site you choose, try putting the TRIP COST at ZERO DOLLARS. When you do that, you will typically only get insurance for most everything on the policy EXCEPT the trip/airfare cost. A typical price for a soup-to-nuts travel insurance for an expensive trip, including airfare, can be well north of \$2,500. But for just \$50,000 medical and \$500,000 evac coverage, the cost can be less than \$200 for a couple. Food for thought!

These days, you can buy travel insurance policies that insure you for an entire year and for JUST medical and evacuation. This is great news! I have seen recent ads from Amex, USAA, United, AA, and others for this defined travel insurance product. The best part is that these new policies can cover you (or for a bit more, your entire family) for a full year of trips. I have seen them in the \$200-range for one person, or around \$300 per family, for a year of coverage. Certainly worth looking into.

### ***Epilogue: Be Prepared. Not Everything Will Work Out***

One day cycling in East Africa, I came to a rustic café in a small town. Inside were local businessmen surprised to see an American, on a bike, in spandex. It was their monthly Chamber of Commerce meeting. I was now their "monthly guest speaker." They were in awe that my group packed up bikes in cardboard boxes, flew to Africa, cycled across the Rift Valley,

then packed up our bikes, and flew home. Several kept asking, "So, the point of this trip is that you are starting to import bicycles into Africa?" At that time, there was NO adventure cycling in East Africa.

The point of the story centers on an unforgettable question I was asked. They wanted to know, in earnest: Is it true that in America, everything works? I was gobsmacked. But I figured it out. After a recent stay at a high-end hotel in Zanzibar, the entire hotel had no hot water for a night. Seems the maintenance man had a family issue and simply left. The front desk simply shrugged. No hot water until he returns. Such is life.

So, I share this piece of advice. Prepare for something "not working" on your trip. Both mentally and physically. If socks are important, bring extra. Or wet wipes in your day pack. And reset your frame-of-mind to international adventure travel. During my guiding in Nepal or Africa, the PAX were mostly British. And in Nepal and Africa, something, everyday, was ALWAYS not working. My job was to tell the PAX that "we have a problem." Those British PAX had a delightful, laid back, attitude. Upon learning of the "cock up" in our plans, British PAX would universally say "we will be in the bar having a beer, come get us when it is all sorted." Great advice.

-Peter

# HeartCycle Volunteer Member Bios

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

## Tom Kissinger

**Tour Leader,  
Vice President**



Hello. I am Tom Kissinger, currently the Vice President of HeartCycle. I live in Boulder and have been riding bikes for most of my life. In high school and college, I toured with Student Hosteling Program. Since then, I have had the opportunity to ride with several different organizations on several different continents. Next up, I will be coordinating the HeartCycle trip to Vietnam this month.

I have been riding with HeartCycle on and off for several years. Last year was my first experience coordinating HeartCycle tours. I took two groups to Southern France (one in June and one in October 2025). For me, just being on my bike makes me happy. As a result, I do lots of bike travel. Additionally, I enjoy Ironman triathlons, local century rides, goofy rides like the Triple Bypass, and gravel and road rides.

I grew up in Huntington, NY, and went to school on the East Coast. I met my wife, Annette, in New York City. She is my partner in biking and comes on most of my biking adventures. After having two wonderful daughters, Annette and I decided to move to Boulder to provide our daughters with a more outdoorsy upbringing. We haven't looked back!

I retired from a business career several years ago and now spend my abundant free time traveling, skiing, and biking. When not riding my bike, Annette and I volunteer with Ignite Adaptive Sports, the disabled winter sports program at Eldora Mountain Resort. I serve on their board as well. I also serve on the board of Boulder Community Health Foundation as the Treasurer.

## Lisa Evans

**Tour Leader**



Hi, I'm Lisa Evans. I live in Fort Collins, though I spend a lot of time in Longmont with my grandson and in Summit County where I volunteer on Mountain Safety Patrol at Copper Mountain.

I grew up in the East Bay suburbs of the SF Bay Area. I started biking a lot more when I moved to San Diego for my second year of college, with a newly purchased, used Fuji 10-speed from REI in Berkeley (the second-ever REI store). After college, I moved to Summit County to be a ski bum and rode my bike a lot in the summer.

I went to CSU in 2000 for an MS in Wildlife Biology and spent my career with the Colorado Division of Wildlife (now CPW), first as a wildlife officer, and then doing education and outreach. I retired young in 2008 (my priority: freedom>money).

In 2010, I bought my first new road bike and started doing road rides and mountain bike touring. My first HeartCycle tour was the Idaho Panhandle in 2015. I do about one HC tour a year. I started coordinating tours when the leader for the pandemic-postponed-twice Albania tour was unable to lead—and thanks to the heroic efforts of Judy Siel, it went fine! I organized the Balkan Quartet in 2024, and in April I am coordinating the Patagonia tour.

I hope my future holds more of everything—biking, bike touring, skiing, volunteering, and many years playing outdoors with my grandson (and with his mom, of course)!



## 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](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.

## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:alan.church@comcast.net)

### 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](mailto:cbvamoots@gmail.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](mailto: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@ultrasy.net](mailto:jslate@ultrasy.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](mailto: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](mailto:ritakurelja@hotmail.com)

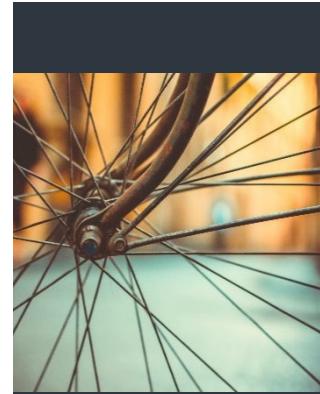
### September

**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](mailto:jimmyschweb@gmail.com)

### 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](mailto:bethell.jim@verizon.net)





## HeartCycle Bicycle Touring Club Contacts

Please feel free to contact any of the members listed to the right with questions, comments, or concerns. We are more than happy to field your questions and get you in touch with the appropriate club contact.

### Board of Directors

- **Mark Lestikow (2024-26) | 303-919-0426**

President - [president@heartcycle.org](mailto:president@heartcycle.org)

- **Tom Kissinger (2024-26) | 303-475-8669**

Vice President

- **Janet Slate (2025-27) | 303-683-6128**

Tour Director - [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

- **Alan Church (2024-26) | 303-489-1789**

Treasurer - [treasurer@heartcycle.org](mailto:treasurer@heartcycle.org)

- **Laura Davis (2024-26) | 970-581-1361**

Secretary

- **Ron Finch (2025-27) | 303-656-5573**

Safety Coordinator & Insurance

- **Rita Kurelja (2025-27) | 970-231-7163**

Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

- **Richard Crocker (2025-27) | 520-539-8019**

Asst. Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

- **Cody Ensanian (2025-27) | 570-419-9453**

Newsletter Editor, Co-Webmaster, IT Guy -  
[newsletter@heartcycle.org](mailto:newsletter@heartcycle.org)

### Working Members

- **Jim Bethell | 518-466-8490**

Co-Webmaster - [webmaster@heartcycle.org](mailto: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 - [tourdirector@heartcycle.org](mailto:tourdirector@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.

