



July 2026

Heart-to-Heart

CLUB NEWSLETTER

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Save the Date: Annual Luncheon

By HeartCycle Newsletter
Editor Cody Ensanian

Mark your calendars! Our annual HeartCycle Luncheon will be held on **Saturday, October 24, 2026** beginning at 11:30am.

Once again, we'll be gathering at the beautiful **Mt. Vernon Canyon Club** in Golden, Colorado, a wonderful setting to reconnect with friends and celebrate another great year of cycling.

It's always one of our favorite club events—a chance to catch up with fellow members, enjoy a delicious buffet lunch, and get excited about what lies ahead. You'll also be among the first to learn about the exciting

tours and adventures being planned for 2027.

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.

We think this approach will make it easier to explore the tours that match your interests while leaving more time to socialize and catch up with fellow HeartCycle members. We're excited to give this new format a try and hope you'll enjoy it as much as we think you will.

We'll share additional details about the luncheon, registration, and the 2027 tours in the coming months. For now, be sure to **save the date—Saturday, October 24, 2026**. We look forward to seeing you there!



2026 HeartCycle Annual Luncheon | Saturday, October 24, 2026
Cash Bar Opens @ 11:30am | Buffet begins ~12:00 Noon
Mt. Vernon Canyon Club | 24933 Club House Circle, Golden, CO



From the Tour Director's Saddle

By HeartCycle Tour
Director Janet Slate

We're more than halfway through the HeartCycle tour season! With eight tours successfully completed and six more in the queue, we hope you're enjoying getting out there on your bicycle.

Sadly, those of us in Colorado are experiencing the result of one of the warmest, driest, and least snowy seasons in state history with several wildfires currently active in our state. Take care of yourself and your health!

- <https://www.frontlinewildfire.com/colorado-wildfire-map/>
- <https://www.colorado.gov/airquality/wildfire.aspx>
- <https://fire.airnow.gov/>

On July 15th, we plan to announce (by email to members) the 2027 international tours and open them for registration on July 25th. Our international, vendor-led tours and one member-led tour will head to the following places:

- **Japan** – reprise of the 2025 Shikoku Pilgrimage tour (fly to and from Kansai or Kyoto, Osaka),
- the ever-popular **Le Monastere**, Limoux, France (fly to and from Toulouse),
- the **Dordogne** region, France – reprise of the 2025 tour led by Fred Yu (fly to and from Bordeaux),

- **Via Claudia** (Munich, Germany to Verona, Italy), and
- **Hungary** (Budapest, Hungary to Vienna, Austria).

Initial registration will open for 4 days. At the end of that initial registration period, if fewer people have registered than the maximum permitted, our HeartCycle registrar will confirm all. If more people have registered than permitted, then the registrar will conduct a lottery. HeartCycle volunteers earn one priority registration per year that enables them to bypass the lottery (if one is needed); volunteers must state their intention to use their priority when they register. The lottery process of the remaining registrations is a completely random, computer-generated process. The lottery process was described in the [January 2025 newsletter](#).

We will also let you know the U.S. tours we're planning for 2027. The other 2027 tours will open for registration in late October after the HeartCycle annual meeting and luncheon—save the date: Saturday, October 24th.

Thank you for being a HeartCycle member!

Janet Slate
j slate@ultrasys.net

/// Trip Insurance /// Because situations can change, HeartCycle strongly recommends that each participant purchase trip insurance. HeartCycle does not recommend any particular policy. You should inquire carefully about coverage and conditions. For a comparative analysis of travel insurance companies and their policies, consider visiting www.insuremytrip.com, or call them at (800) 487-4722. HeartCycle does not endorse, recommend, or make any representations about the above website.

Tug Hill and Thousand Islands Trip Report

By HeartCycle Member Terry Peters
May 16–23, 2026

Day 1 | 63.7 miles East Syracuse to Boonville

Happy to see a sunny day, we departed East Syracuse and quickly found ourselves skirting the eastern shore of Lake Oneida. Verona Beach State Park provided a picturesque setting for our first rest stop, where a pair of swans glided nearby while we refueled.

During the construction of the Erie Canal, Lake Oneida provided a welcome break from digging, as engineers incorporated the lake into the canal route. As we crossed a short bridge near the eastern end of the lake, we rode over the canal's entrance to Lake Oneida and watched boaters making their way between the two waterways.

After leaving the lake behind, our warm-up was over, and it was time to begin climbing. Tug Hill is bounded on the south by Lake



Oneida and separated from the Adirondacks by the Black River, which we would encounter later in the week.

As expected, the scenery featured snowmobile trails, farmland, and dairy cows. The cows, however, were not the source of the "mud" on the roads. Before long, we began seeing signs of the Amish lifestyle, a theme that would continue throughout much of the trip.



Day 2 | 68.4 miles
Boonville to Sackets Harbor

The first highlight of today's route was Lyons Falls, located at the confluence of the Black and Moose Rivers. Here, water plunges 70 feet, and the power station once supplied electricity to the area's paper mills.

From there, our route followed the Black River, which forms the eastern boundary of Tug Hill and separates the region from the Adirondacks. In the aptly named town of Lowville, we began our climb onto the plateau.

As we climbed, we encountered strong headwinds, a familiar feature of the area's lake-effect weather patterns generated by nearby Lake Ontario. Those relentless winds made it easy to understand why the Maple Ridge Wind Farm is located here. With 195 turbines, it is the largest wind farm east of the Mississippi River. Once atop the plateau, we were rewarded with sweeping views of the Adirondacks in the distance.

After a challenging day in the saddle, a relaxing evening in Sackets Harbor, on the shores of Lake Ontario, was just what we needed to rest, refuel, and enjoy a spectacular sunset.



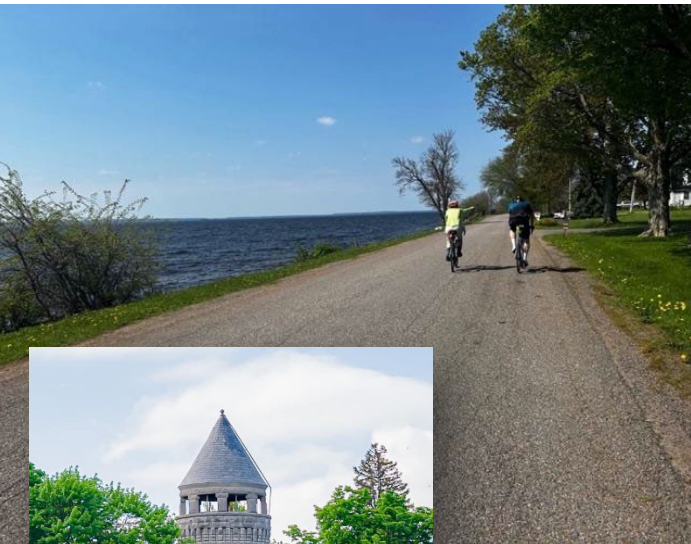
Day 3 | 39.6 miles

Loop Around Pillar Point Peninsula

Today's shorter route took us on a loop around the Pillar Point Peninsula. Much of the ride offered beautiful lake views, and at one point we passed the spot where the Black River empties into Lake Ontario. Lilacs were in full bloom, filling the air with their unmistakable fragrance. Along the way, several homes featured quirky outdoor sculptures that added a touch of whimsy to the ride.

The afternoon was free for relaxing, exploring town, and refueling. The picturesque, tree-lined village of Sackets Harbor offered endless waterfront views and a rich history. During the War of 1812, it served as the primary American shipbuilding center and an important military headquarters.

Happy hour and our evening meeting were held lakeside under the baking sun. Some riders stayed on the grounds of Madison Barracks, while others stayed in town. Wherever we wandered, historic buildings seemed to stand around every corner.





Notable people of Sackets Harbor fame:

- American military officer and explorer **Zebulon Pike** (after whom Pikes Peak, the fourteener in Colorado Springs, is named) was buried in Sackets Harbor.
 - President **Ulysses S. Grant** served two tours of duty at Madison Barracks in Sackets Harbor as a junior army officer.
 - Bartender **Jerry Thomas**, considered "the father of American mixology," was born in Sackets Harbor in 1830.
-

Day 4 | 52.2 miles

Sackets Harbor to Clayton via Alexandria Bay

Today we headed into the Thousand Islands region. En route, we cycled through the Perch River Wildlife Management Area. Known for fishing, hunting, and birding, nearly 8,000 acres are preserved for recreation. As we approached Perch Lake, we were rewarded with beautiful views of the surrounding wetlands. Our first rest stop featured an elevated Osprey Observation Tower, although no ospreys were in sight.

As we continued, we enjoyed several iconic glimpses of Amish rural life. At one farm, four young boys in overalls and straw hats sat together on a hill watching cyclists pass by. Later, we rode past a group of six to eight children gathered outside a farm, with the family laundry hanging from lines beside the barn. We shared the road with horses and buggies and did our best to avoid the "mud" they left behind in the form of horse apples.

Our lunch destination was Alexandria Bay on the St. Lawrence River. From our picnic stop, we could see the historic Boldt Castle nestled on Heart Island in the middle of the St. Lawrence River.





Day 5 | Rest Day

Optional 37-Mile Ride to Tibbetts Point Lighthouse

A few members of our group could not resist getting back on their bikes to explore local sites. Joined once again by our faithful companion, the wind, they were rewarded with views of Tibbetts Point Lighthouse at the edge of Lake Ontario.

Others opted for a boat tour through the nearby islands, including a stop at Boldt Castle. Built by the hotel magnate behind the Waldorf-Astoria, Boldt Castle rivals many of Europe's grand castles. Self-guided tours allowed us to explore the six-story, 120-room mansion, which is still undergoing restoration, as well as the Power House, the Dove-Cote, the Alster Tower, and the beautifully maintained gardens.

There was also time to enjoy the many attractions of Clayton, including local restaurants, tea houses, cheese shops, and ice cream parlors.

For many of us, however, the perfect ending to the day was simply sitting by a fire with a favorite beverage in hand and watching freighters glide past as the sun set over the St. Lawrence River.





Day 6 | 60.9 miles
Clayton to Altmar

As we headed south and left the Thousand Islands region behind, we began the steady climb back to the Tug Hill Plateau. Fortunately, our reliable SAG team, Kathleen and Mayoma, were there to keep us supported and well supplied throughout the day.

Along the way, we passed through more pastoral landscapes of farms, fields, and rolling countryside. Several riders claimed to have spotted a pink pony, but no one stopped to take a photograph, leaving the rest of us to wonder whether it was really there.

As signs for the Salmon River began to appear, we knew we were drawing closer to our destination, Altmar, and another successful day on the road.



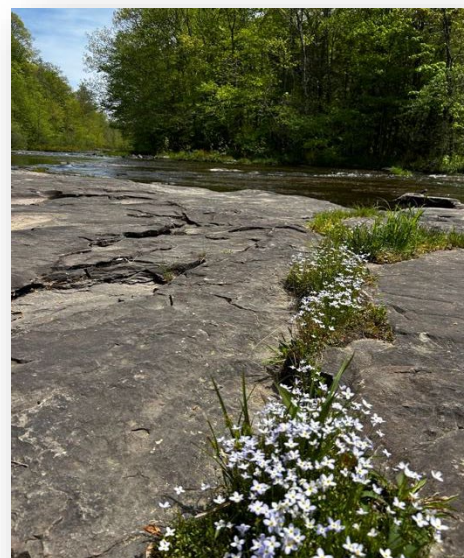


Day 7 | 39.6 miles
Loop Through Salmon River State Forest

On our next-to-last day, we spent the entire ride winding through the forests of Salmon River State Forest, enjoying quiet roads, lush greenery, and the peaceful surroundings.

After a delicious lunch, we took a short walk to Salmon River Falls, where the cascading water provided a fitting highlight to another memorable day of cycling.

With one day remaining on the tour, it was a pleasant opportunity to slow down and appreciate the natural beauty that had accompanied us throughout the week.



Day 8 | 48.3 miles
Altmar to East Syracuse

Our streak of good weather finally came to an end. Wind and rain accompanied us on the final leg of the journey, but we put our heads down and pushed on, knowing that lunch and a warm cookie awaited us at the finish.

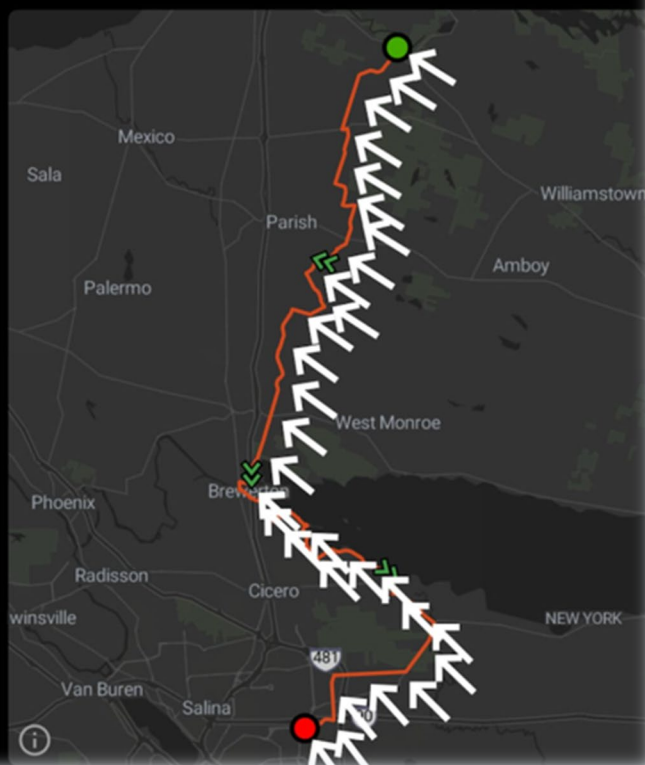
As the miles passed beneath our wheels, we reflected on a week filled with scenic roads, memorable experiences, and great company. Some riders loaded their bikes and headed home, while others prepared for flights to distant destinations. All of us, however, finished with a deep sense of satisfaction after touring Tug Hill and the Thousand Islands under the leadership of Gail Golderman and Jim Bethell.

We extend our thanks to them, as well as to our SAG leaders, Kathleen and Mayoma, whose support and encouragement helped make the trip such a success.

Great routes, beautiful scenery, wonderful camaraderie—an unforgettable week of cycling.



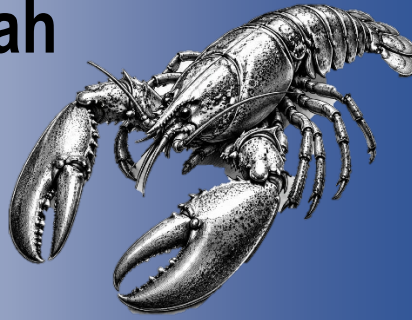
Wind Direction



Acadia: The Lobstah Dinnah Tour

June 2nd-9th, 2026

Report by HeartCycle Member
Scot Gould



A note from the Newsletter Editor:

I first met Scot on the 2023 HeartCycle tour of Sardinia, Italy. As a long-time member, it was great hearing his stories about past tours. It was also fun sharing that experience with him. Along the way, he'd offer little tidbits of knowledge here and there, in addition to what the tour leaders were sharing. I also have him to thank for introducing me to Mirto, a traditional Italian liqueur native to the island that is famously served well chilled as an after-dinner digestif—it is delicious!

Scot enjoys the riding as much as the local culture and history experienced on HeartCycle tours. Not only was I excited to hear he would be writing the Acadia tour report, but I was pleasantly surprised when he told me it would not be a traditional tour report—that he was taking an entirely different approach.

Scot's father grew up in Bangor, Maine, so he decided to write the report from the perspective of a Down East lobsterman and his friend. It is inspired by the classic radio and album series *Bert and I*. (Here is a [link](#) to one of the albums.)

I hope you enjoy reading Scot's report as much as I enjoyed editing it for the newsletter. Enjoy!

-Cody



Bert and I drove down to Bar Harbor in Bert's pickup to meet the fine folks of HeartCycle for their 2026 Acadia Bicycle Tour. The tour was led by Patty Menz and Jimmy Schroeder. Rich Crocker was supposed to co-lead the tour with Ms. Patty, but he couldn't make it. The lunch-and-water folks, whom they called SAGs, were Mayoma Pendergast and Kathleen Schindler. Apparently, Mayoma and Kathleen have been working as SAGs for so long that they don't even have to talk to each other when they work. They can read each other's minds. Bert and I didn't care if they were extraterrestrials. We simply enjoyed the delicious snacks, lunches, and what they call Happy Hour that they served.

The HeartCycle folks called this tour a fixed-base tour because they stayed at the Bar Harbor Villager Motel every night. The motel served such an impressive breakfast that Bert and I couldn't understand why these folks wouldn't just spend all their time in the breakfast room.

Since neither Bert nor I rides a bicycle, we agreed to follow the riders in Bert's pickup, which is his bait truck. Bert said he didn't have time to clean out the back of the pickup, so it still had lobstah traps and bait in it. Bert said the bait was too fresh, so it would be good to leave it in the back for a few days anyway. More appetizing for the lobstahs.





On the first day, the folks rode over the pass on Eagle Lake Road. Bert had to use his lowest gear to get over the pass. We don't know how those cyclists could do it without walking.

Then they headed south to the fancy homes of the out-of-staters at South Harbor. The riders said the homes were impressive, but neither Bert nor I was impressed. We didn't see a single broken-down pickup or boat in one of the yards. Not even a collection of old lobster traps.

Eventually, they passed by more homes of flatlanders at Northeast Harbor, then had lunch at Suminsby Park before returning to Bar Harbor. They told us this version of the route was modified from last year's to encounter less traffic.

By the end of the day, they rode 40 miles with 2,850 feet of climbing in about 4 hours.





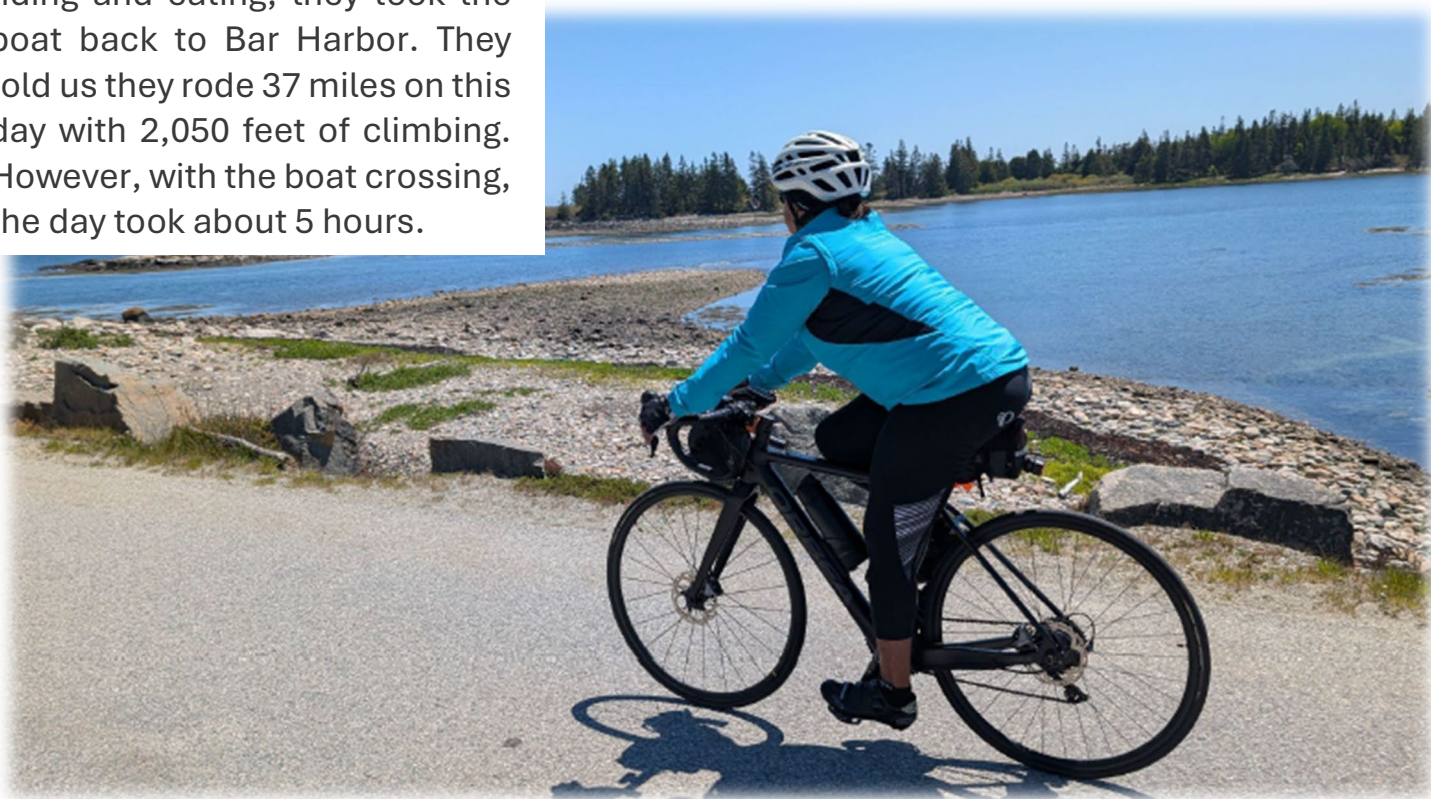
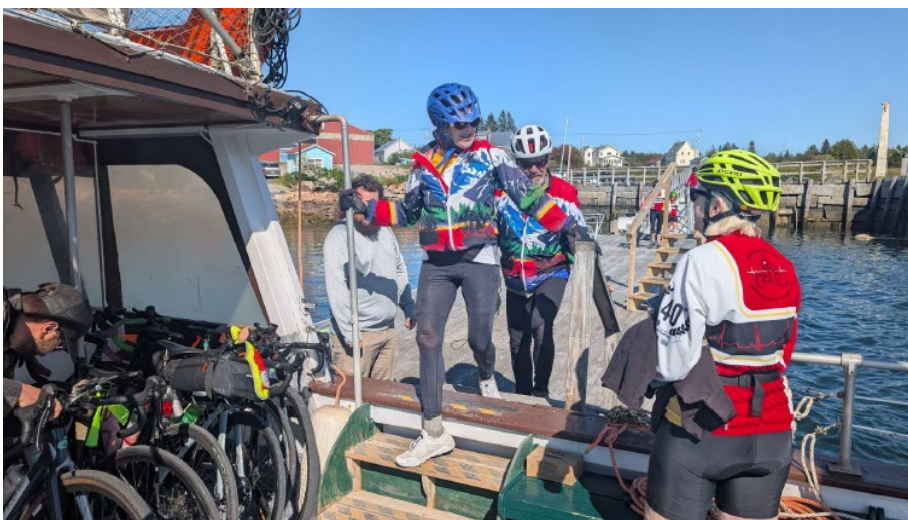
On the second day, they said they were going on a ferry. But it was more of a fishing boat.

The boat took the cyclists to Winter Harbor, east of Bar Harbor, where they cycled around Schoodic Head and through Gouldsboro.

Gouldsboro had the most impressive collection of lobster traps we had ever seen. I told Bert I thought it was a monument to all the lobstermen out there.

Eventually, the riders rode out to Corea Harbor before returning to Winter Harbor. Bert and I had to follow Kathleen and Mayoma in their cargo vans. We were impressed at how hard these two ladies work. They would make fine lobstermen.

After the cyclists finished their riding and eating, they took the boat back to Bar Harbor. They told us they rode 37 miles on this day with 2,050 feet of climbing. However, with the boat crossing, the day took about 5 hours.





On the third day, the cyclists confirmed to both Bert and me that they were, as the young folks say, wicked loony.

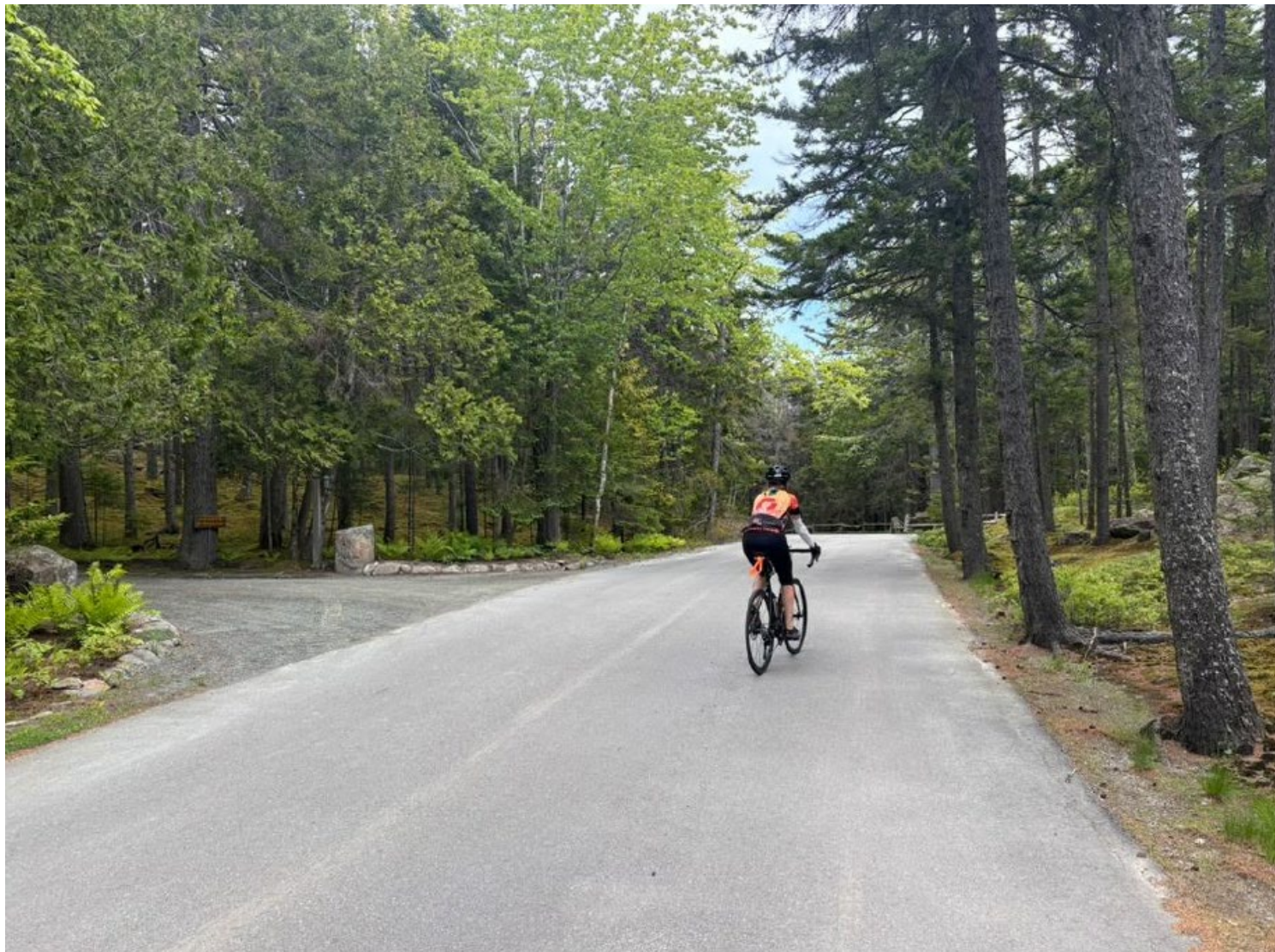
They started from Bar Harbor and rode up to the top of Cadillac Mountain at 1,530 feet above sea level. While it was a steady climb, I wasn't sure Bert's pickup would make it to the top. Fortunately, his truck was getting lighter, as it was leaking bait juice on the way up the mountain.

The weather was as clear as one could hope for in all directions. Bert said he could see all the way to Ireland, but I don't believe him.

After riding down the mountain, the cyclists pedaled along the roads in Acadia Park. They told us this day had more than 2,000 feet of climbing in about 28 miles of riding.

With all the sightseeing and picture-taking, we spent about 4 hours in the park.





The fourth day was supposed to be a rest day, but the weather was still good. So, they decided to ride over the pass on Eagle Lake Road again, but this time head to the ferry dock near Bass Harbor, 17 miles from Bar Harbor.

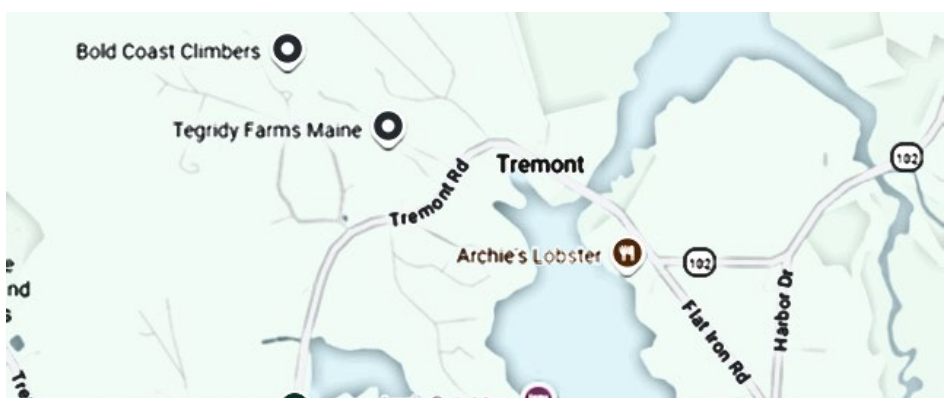
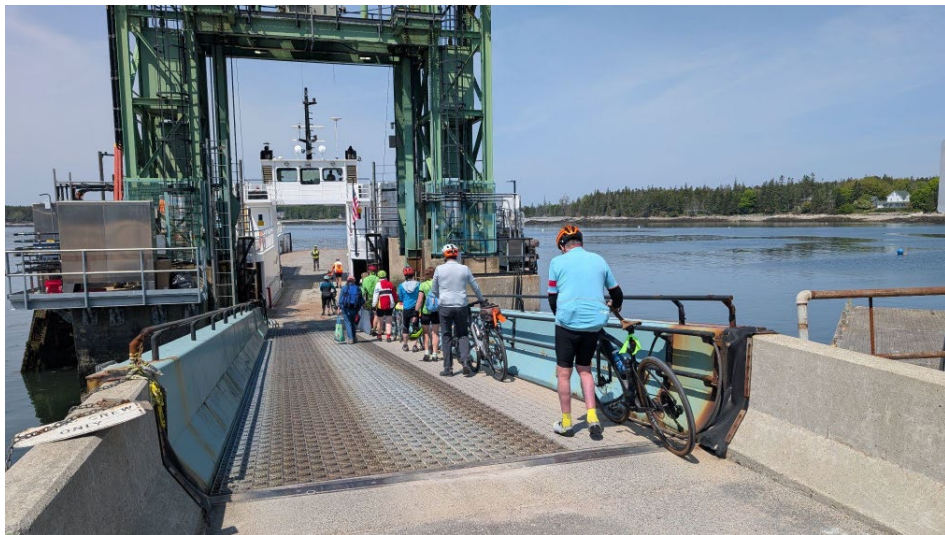
We all got on the ferry to Swan's Island along with one of the cargo vans and two large dump trucks filled with dirt. Bert and I didn't understand why they were bringing dirt to Swan's Island. When we got to the island, it sure looked like the island had dirt on it.

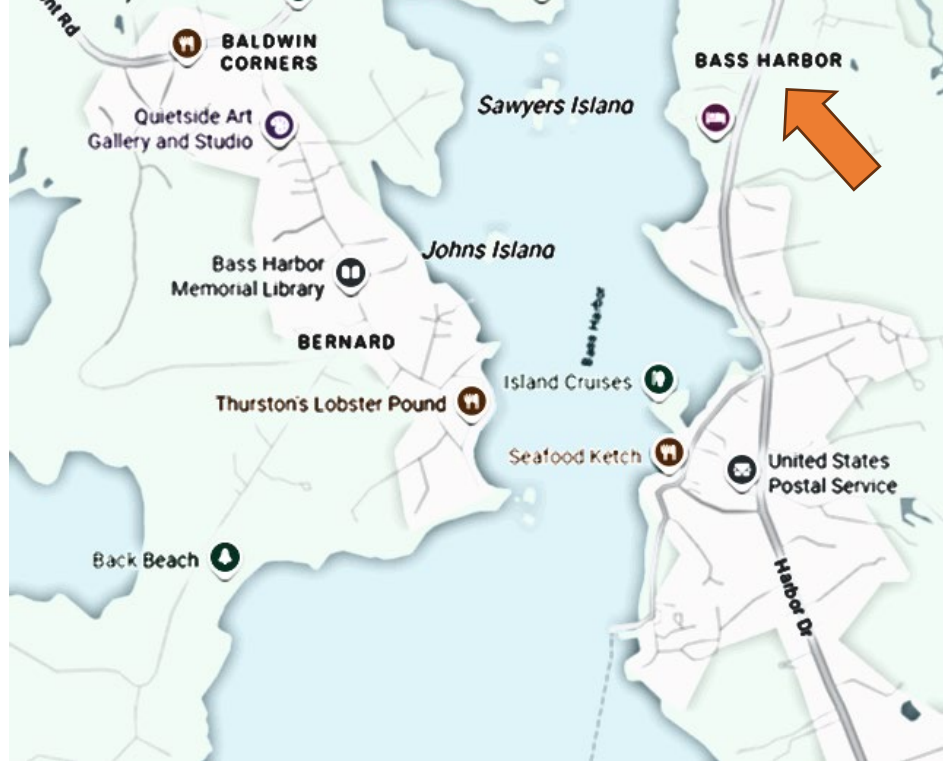
Anyway, there we were, just off the ferry on Swan's Island by the Lobster Museum, when all those cyclists took off as fast as possible and headed toward the lighthouse. Then they turned around, came flying back, and headed out toward the Swan's Island Yacht Club.

After some time, we saw them all riding back, passing us, and heading out to Suzette's Farm Stand. Eventually, they turned around, rode right back to Bert and me, and asked, "Which way to the Lobster Museum?"

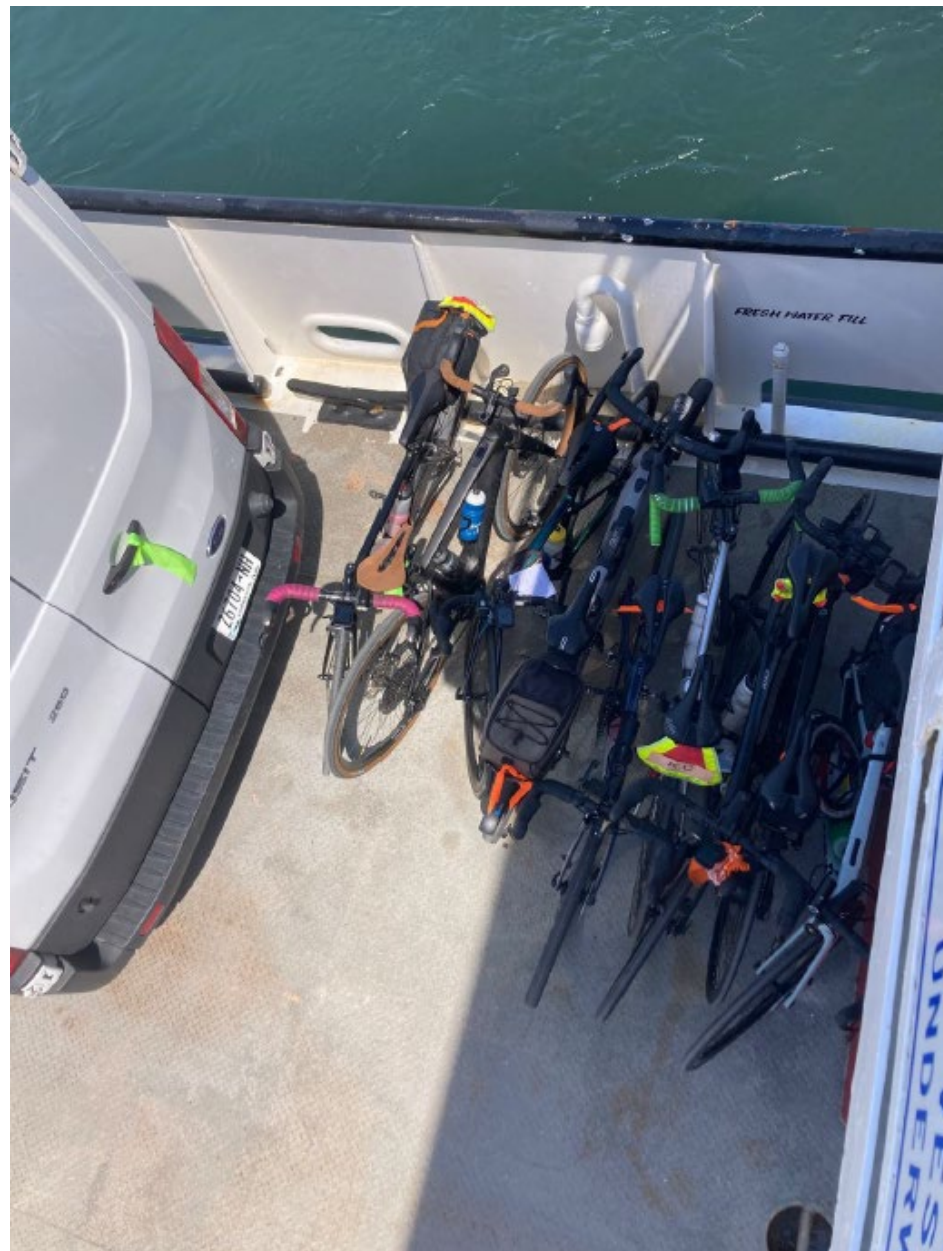
I told them, "Don't cha move a god damn inch."

That day was a long one. Fifty-five miles of riding with 3,500 feet of climbing. With all the ferry riding, we were away from Bar Harbor for nearly 6 hours.





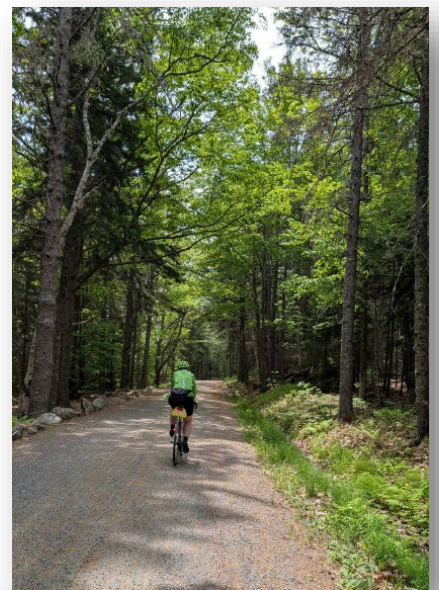
Bass Harbor was once known as McKinley. When a post office was established in the early 1900s, federal officials asked what it should be named. A local reportedly replied, "Name it after the president for all we care." The post office was named McKinley, and the village kept that name until 1961, when residents successfully petitioned to restore the original name, Bass Harbor.





The fifth day started with a talk by an out-of-stater at Grant's Harbor. The young man told us all about lobsters and the lobster industry in Maine. The gentleman may not have been from Down East, but he certainly knew his lobstahs. We thought he would make a fine sternman on the *Bluebird*.

Once the talk, which entertained the folks, was over, they cycled toward the carriage trails in Acadia National Park. The trails are hard-packed dirt, which they said required no special bicycle tires to ride on. Bert and I couldn't follow them in Bert's pickup. However, we did meet them at the Jordan Pond House Restaurant. This is where they served popovers, which are very popular with the out-of-staters. Neither Bert nor I had ever eaten popovers, but we ordered one each anyway. We don't understand why the tourists like them. Once you remove the shell, there isn't much to them.





On the sixth day, the group had a rest day. However, these hard-working people continued to be active.

Some walked across the bar during low tide to Bar Island. Some went shopping. The most loony of the folks rode back up Cadillac Mountain.

Fortunately, some of the smarter folks joined Bert and me at the Thirsty Whale Tavern. The beer helped them recover. To truly help them recover, the tour and SAG leaders served the group a fine pizza-and-beer meal. Bert and I liked the dessert the best: blueberry pie made with fresh Maine berries.



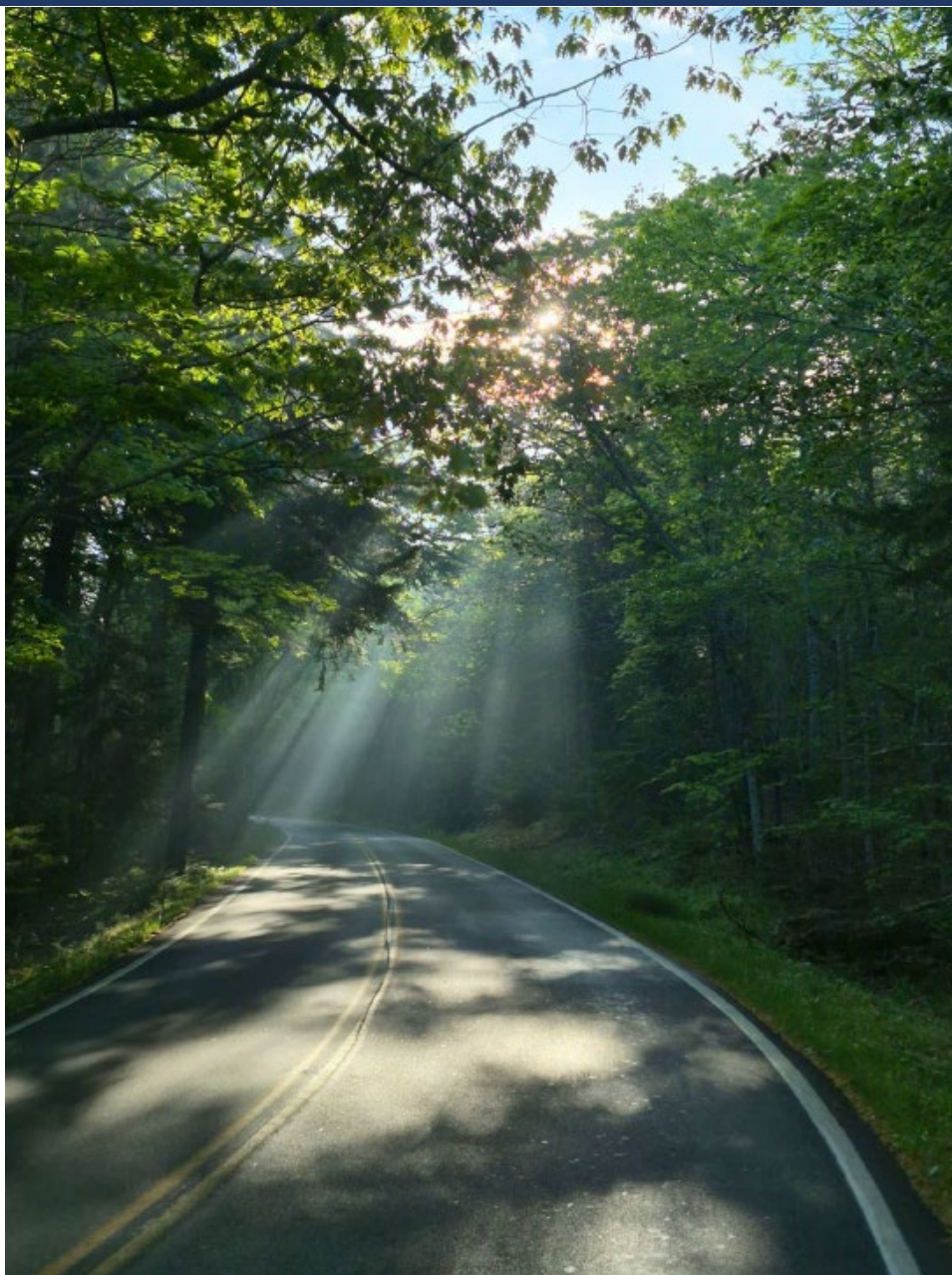
The seventh day was the final day of the tour. From Bar Harbor, they headed up over Eagle Lake Pass, down to South Harbor so that they could see the lighthouse at Bass Harbor. I told Bert that this was the most photographed lighthouse in the USA, but he didn't believe me.

After riding on some of the quietest roads on the Mount Desert peninsula, which the tourists kept pronouncing as if it were full of sand and not a blueberry pie, they returned to Bar Harbor for the evening.

Fifty miles with a tad over 3,000 feet of climbing. Most folks took 5 hours to complete the ride, but one young man had ants in his pants and finished in 4 hours.



The next morning, after yet another delightful evening in Bar Harbor, Bert and I waved goodbye. By now, the bait was smelling mighty fine. The motel folks seemed pleased to see us leave.



HeartCycle Volunteer Member Bios

Judy Siel

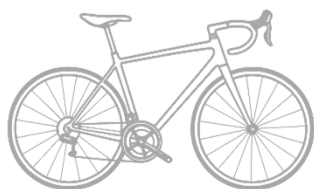
**Working member:
Asst. Tour Director**



I grew up in Colorado Springs and spent my summers water skiing on mountain lakes. Brrr. I took up bicycling in 1996 when my husband and I signed up for a fall bike tour in Vermont. Fell in love with cycling tours and for many years, they were on our tandem bicycles. We love to travel—so far we have completed 78 bike tours including 25 in foreign countries. Some of my favorite places are New Zealand and Europe.

I joined HeartCycle in 2001 and have completed 43 tours with the club. Jumped into being a tour leader in 2009 and have co-lead 8 tours for the club. When I retired from my 38-year hospital nursing career, I was elected to the HeartCycle Board of Directors in 2018 and served 6 years on the board as Assistant Tour Director and then Tour Director. The last two years, I have volunteered in a working member capacity as the Assistant Tour Director working on tour pricing and budgets and giving advice.

Currently I live in Grand Junction, CO, and love the peaceful low-traffic rides in CO National Monument and rural areas. Hope to share a tour with you soon.



Ron Finch

**Board member:
Safety
Coordinator &
Insurance**



My name is Ron Finch. My wife, Bev Louie, and I raised our two sons near Eldorado Springs, outside Boulder, CO. We now split our time between there and Carbondale, CO. Joining the board in 2021, I currently serve as the Safety/Insurance/Sprinter guy.

Growing up in Colorado, we biked to commute, on day trips with the kids, and whenever the car was broken. We spent three years in Oxford, England, often riding old commuter bikes. That included jumping off a stalled train with my bike to get home and using one of the first Burley trailers in the UK.

We dabbled with bike touring on our own in Colorado and New Zealand, but our first HeartCycle tour was the Idaho Panhandle Tour in 2008 led by superstars Ken Condray and Harvey Hoogstrate. We struggled to finish each day but became hooked on bike touring. Since then we've toured all over the US and internationally. We've led three Roaring Fork Valley tours and co-lead multiple tours, including the current *3-Year Underground Railroad* tour from Mobile to Niagara Falls.

Club tours let us ride bikes to visit new places, catch up with old friends, and meet new people—a threefold way to have fun.





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

glectikow@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.

