



# Heart-to-Heart

CLUB NEWSLETTER

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## From the Tour Director's Saddle

By HeartCycle Tour Director Janet Slate

We're a third of the way through the tour season. I hope you've been on one of the outstanding tours that have already happened or are looking forward to one you've got on your calendar. In case you still want to schedule a tour, we've got room for you and your friends on a few tours. Check the HeartCycle homepage ([www.heartcycle.org](http://www.heartcycle.org)) for openings.

We're already planning 2027 tours. Next month, we plan to announce (by email to members as well as in the newsletter) the 2027 international tours and open them for registration on July 25th.

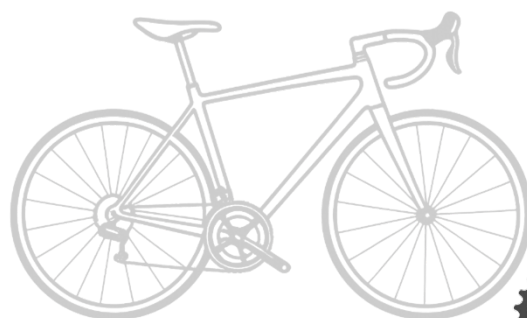
Like the rest of you, I enjoy viewing the scenery while riding my bicycle. Going to new places is a plus but even going to places I've already been makes me happy. I notice different things. On bike tours, we have the added benefit of riding with a group, which feels safer and supplies camaraderie as we experience the same terrain. What

fun it is to meet new people and make new friends—not to mention getting reacquainted with friends from previous tours! Having support along the way nourishes us but also provides help if we need it. Using a floor pump to inflate a flat tire is so much more superior than using a frame pump! You know what I mean if you've been the happy recipient of that on a tour!

Our volunteer tour leaders and modestly compensated SAGs put a lot of effort into their tours. When you think their jobs look easy, they're doing it right. Everything appears seamless. Without these folks, we would not have all these great tours to take and enjoy! Make sure you thank them!

Thank you for being a HeartCycle member!

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



# The HeartCycle 2026 Patagonia Tour

By HeartCycle Member Rich Loeffler  
and Tour Coordinator Lisa Evans

Patagonia Argentina is a vast, sparsely populated region in southern Argentina that stretches eastward from the jagged mountain peaks and volcanoes of the Andes to fjord-like mountain lakes covered with pine forests and cold, arid, windswept steppes. The adventure-focused city of San Carlos de Bariloche serves as a gateway to several national parks and attracts outdoor enthusiasts for walking, fishing, climbing, skiing, and cycling.

Located along the shore of Nahuel Huapi Lake within Nahuel Huapi National Park in the foothills of the Andes, Bariloche offers spectacular vistas surrounded by high peaks. It is a fitting location to begin our cycling adventure.

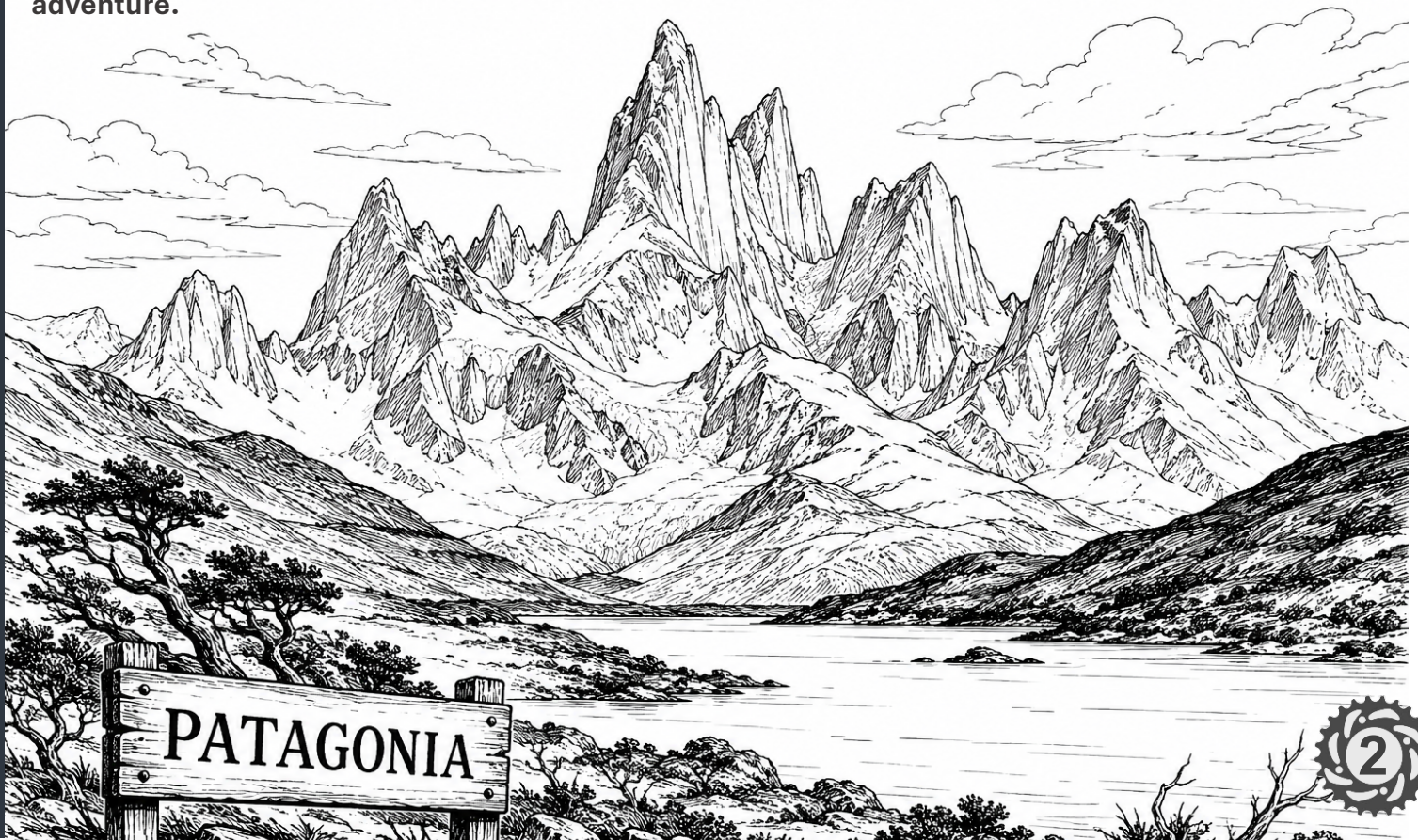
*Bariloche as seen approaching from the east*



## **Arrival (Day 0): Friday, April 10, 2026**

Bariloche is a 2-hour flight from Buenos Aires. The approach to Bariloche was remarkably similar to approaching Denver over the eastern plains, the brown treeless plains becoming foothills bordering a blue lake with towering mountains surrounding it.

With a free day to explore before the official start of the tour, most cyclists chose to investigate Bariloche, including a cable



car ride up to the top of Cerro Otto for fabulous views. However, Dave Lisson and Richard Loeffler chose to join the adventurous Dan and Janet Martel on a memorable single-track called Lago Gutierrez descending from the Cerro Cathedral ski resort to Lago Gutierrez. Unfortunately, on this ride, we suffered our first incident when a 3-foot jump (on an intermediate trail) resulted in a fractured collarbone. The injured but intrepid cyclist was not deterred and completed the trail and the tour, humbled, but without further incident.

At 5 pm, under instruction from trip leader Lisa Evans, we returned to the lovely Huinid Bustillo Hotel overlooking the lake. The trees were in their resplendent fall colors. There we met our amazing guides from Adventure Logistics. Our Fantic electric bikes provided by Flavio, were labeled and waiting for us on the lawn. Javier, the entrepreneurial director, displayed his portable megaphone, provided an entertaining and encouraging introduction and shared his plans for our first day on the tour.



*Happy single-trackers*

### **Day 1: Saturday April 11**

**Circuito Chico, 36 miles, 2950 vertical feet, 5 hours cycling, 45 degrees at start**

We departed our hotel dressed for the cold and followed Avenida Ezequiel Bustillo west. It was cloudy and windy as we proceeded along the southern shore of Lake Nahuel Huapi toward our destination, the 5-star Llao Llao (pronounced Shao Shao, not Yeow Yeow) Resort and Spa.

There were several sustained climbs around high granite outcrops. The road was paved. The traffic was light. An out and back trip, we had lunch at Colonia Suiza before returning via the Cerro Cathedral ski resort. It was a grand introduction to cycling in Patagonia with fantastic views of the lake and surrounding peaks and it allowed us to gain some familiarity with and greater appreciation for our electric bikes.

*A viewpoint overlooking one of the many lakes on the Circuito Chico ride west of Bariloche*



**Day 2: Sunday April 12**  
**Bariloche to San Martin, 3600**  
**vertical feet, 5 hours cycling,**  
**39 degrees at start**

It rained during the night, but we were greeted by blue skies as we departed our hotel, bound for San Martin de los Andes. After a 60-minute shuttle along the Seven Lakes Road, we began our ride through pine forests and open valleys, stopping for a morning sag stop affectionately labeled a “picnic” stop by our guides. The flora along the route changed with the elevation gain as we steadily climbed and then descended to San Martin.

San Martin seemed every bit a duplicate of Breckenridge, Colorado, filled with restaurants, tourists, souvenirs, chocolates, ice cream, and sports bars, catering to its visitors. Our hotel, La Village, offered easy access to the delights of San Martin, including laundry services for those in need.



**Top: Part of the route to San Martín de los Andes**

**Middle: Avenida San Martín tourist area, San Martín de los Andes**

**Left: Picnic at Pichi Trafal campground and restaurant on the Seven Lakes Road**

**Day 3: Monday April 13**  
**3300 vertical feet, 4**  
**hours of cycling, 40**  
**degrees to start**

We rode from our hotel through San Martin, stopping for a group photo before climbing along a gravel road winding up the mountain. Inviting views of the town and lake spread out below us as we climbed through clouds.

Continuing higher, we had vistas of cloud-covered valleys as we emerged into bright sunshine at a viewpoint for the Lanin volcano, which we would see closer up later on. The road narrowed, and we ascended into a magnificent valley bathed in fall colors.

Our destination was a lovely pasture where we discovered our picnic along a winding stream.

After a leisurely stop the option for singletrack attracted Dan and Janet Martel, the not dissuaded Rich Loeffler and Tina Vessels. The singletrack was a downhill ride with several crossings of the little creek as it descended through wooded slopes and open glens.

All returned to San Martin via the same gravel road with no incidents to report. A sumptuous if late lunch awaited.

*Our first view of the Lanin volcano (very zoomed in!)*



*Fall colors as seen from the meadow picnic stop*



*Above: Meadow picnic stop*



*Right: Optional single-track on the way back from the meadow picnic*

#### **Day 4: Tuesday April 14**

**San Martin to Villa Pehuenia. 650 vertical feet, 4 hours of cycling, 45 degrees at start**

The tour left San Martin following Route 40 toward Villa Pehuenia and Lanin National Park. The forecast was for rain. Cloudy skies darkened the colorful landscape. The Patagonian wind was blustery, the gusts making the bike unsteady. The winding road climbed up and over a mountain. Each turn was either with or against the wind. We descended to the Aluminé River along which we stopped for a picnic before getting shuttled for an hour across a stretch of road construction.



*Scenic ride along the Aluminé River*

Then came the rain. My rain pants, shower cap, and trash bags inside my biking shoes made it somewhat more endurable. The ride concluded at a trout farm with fresh trout and a wine from Mendoza. We were shuttled to our lodging overlooking Lake Aluminé.

#### **Day 5: Wednesday April 15**

**Batea Mahuida Volcano, 3100 vertical feet, 4 hours cycling, 42 degrees at start**

We climbed through fog to the rim of an extinct volcano along the border with Chile. The long climb began in thick fog with ghostly riders appearing and disappearing along the road.

But then we gained elevation and emerged into warm sunshine with vistas of several volcanoes. At the border with Chile, on a vast treeless ridge, we dismounted to make the final steep climb to the rim of the volcano on foot. The views were awesome as we peered down into the water-filled caldera.



*A misty morning ride on the way to Batea Mahuida volcano*

On the treacherous descent to our bikes, we had another incident, a slip and fall with multiple leg abrasions. Rapidly rescued and treated by our efficient guide staff, we rode to the shore of the caldera for our picnic.

A 12-kilometer descent followed and led to a traditional Mapuche restaurant with sawdust on the floor. Trout and fry bread with quinoa was our lunch before returning to our hotel in Villa Pehuenia for yoga on the beach.

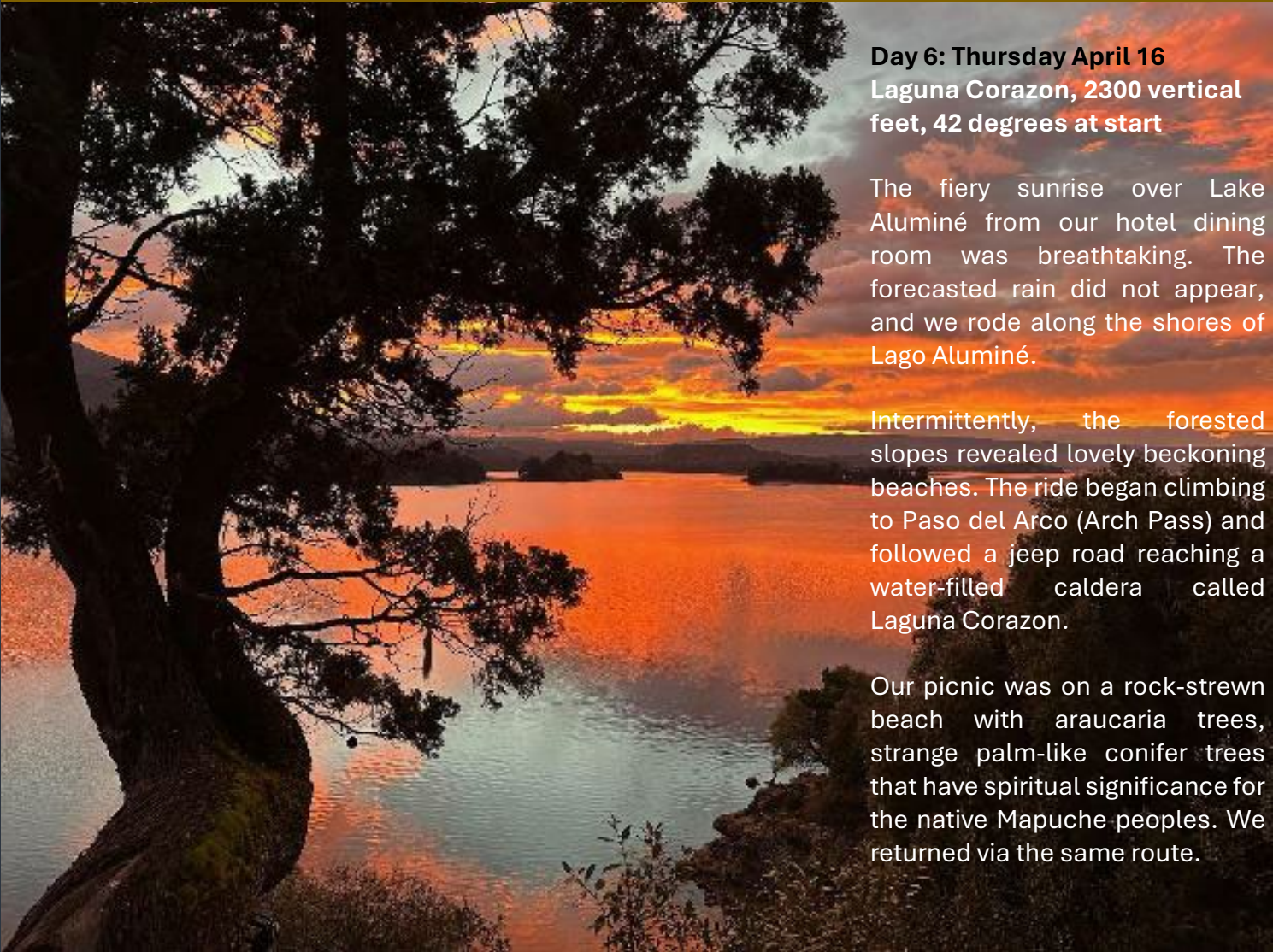
***Looking down at the caldera lake of Batea Mahuida and toward volcanoes along the Chilean border***



***Yoga on the Lago Aluminé beach below La Balconada Hotel***

***The whole support gang—cycling guides and SAG drivers who hosted the picnics!***





**Day 6: Thursday April 16**  
**Laguna Corazon, 2300 vertical**  
**feet, 42 degrees at start**

The fiery sunrise over Lake Aluminé from our hotel dining room was breathtaking. The forecasted rain did not appear, and we rode along the shores of Lago Aluminé.

Intermittently, the forested slopes revealed lovely beckoning beaches. The ride began climbing to Paso del Arco (Arch Pass) and followed a jeep road reaching a water-filled caldera called Laguna Corazon.

Our picnic was on a rock-strewn beach with araucaria trees, strange palm-like conifer trees that have spiritual significance for the native Mapuche peoples. We returned via the same route.





### Day 7: Tuesday April 17

**Aluminé, 1000 vertical feet, 4 hours of cycling, 45 degrees at start**

Our guides managed another day of sunshine and comfortable temperatures for riding. The terrain was flat as we rode around Lago Aluminé, along the Aluminé River toward the small town of ... Aluminé!

Our only challenge was a 10-km section of washboard and road construction. But after that we found our picnic in an idyllic setting next to the winding Aluminé River.

There are no flies or mosquitoes this time of year. The surrounding terrain is low mountains in their fall splendor. We arrived at Hotel Gran Aluminé and had a barbecue lunch at a lovely nearby restaurant.

Our relaxed evening was interrupted when our next incident occurred. An unsuspecting rider tripped over an unmarked step in our hotel, sustaining a fracture of his patella. Again, our supportive guides were quickly on the scene and accompanied him to the small local hospital where at 1am he was splinted and returned to the hotel. His tour ended and the ordeal of returning home was ahead for him.

*Happy riders along the Aluminé River*



*Special barbecue lunch stop with lamb and chicken*

### Day 8: Tuesday April 18 Return to San Martin

Many of us have never ridden for 10 consecutive days, so finally we had an optional rest day. It was appropriately cold and rainy. While many of the more intrepid riders were willing to endure the cold

winds, rain, and washboards along the route, those of us ready for a break rode in the van from Aluminé back to San Martin. An afternoon nap served to further recover. Tomorrow would be clear but colder, riding in 35 degrees to start. This is the last tour of the season here in Patagonia as winter approaches.

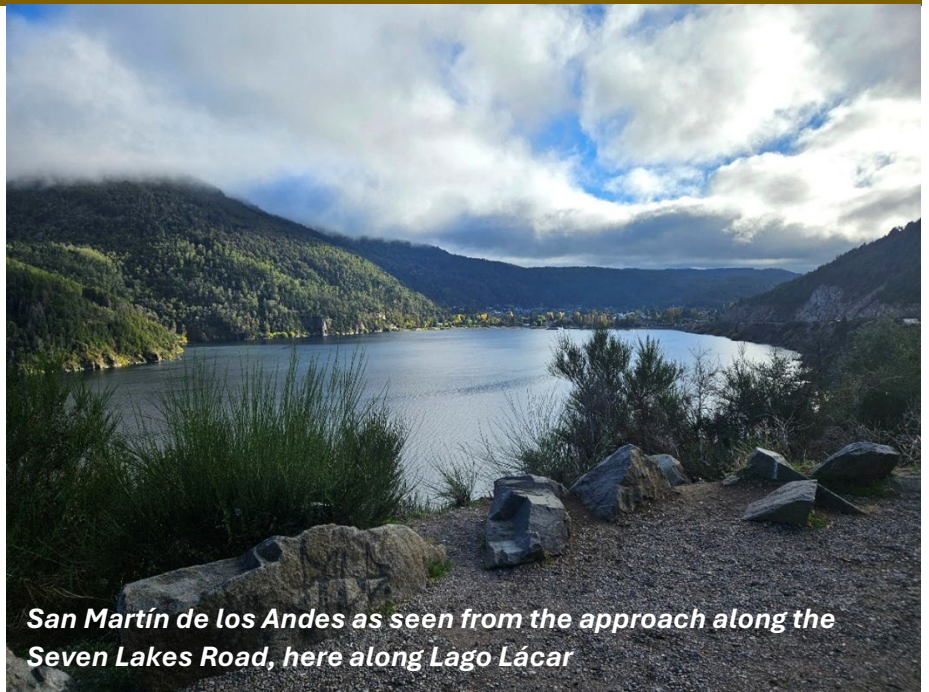


## Day 9: Tuesday April 19 Lake Lacar

Today we had a bike and boat trip around stunning Lake Lacar adjacent to San Martin.

Despite the initial 35-degree cold, we dressed in layers and shed as the cloudless sky warmed us. We arrived at a rocky beach after climbing and descending through lush forested steep terrain, the electric bikes making every hill doable by all.

Our picnic at the beach was in bright, warm sunshine. The picnic was extended by an extra 30 minutes to allow the riders to enjoy the beach, comfortably soaking up the moment. We split into two groups once we were back at the marina—one to take a boat trip across Lake Lacar back to San Martin and the other (more intrepid) riders. We met our boat for the trip back along the lake, whose smooth mirror-like surface made for an easy 1-hour passage past sheer granite cliffs back to San Martin.



*San Martín de los Andes as seen from the approach along the Seven Lakes Road, here along Lago Lácar*



*Earned lounging at the end of a steep and rocky jeep road to the “beach” at the other end of Lago Lácar*



***Above: This cutie was an example of all the free-roaming dogs we met—all had owners and were clean and friendly. Some ran alongside us for miles! This one just wanted to share our picnic, but very politely!***



*More picnickers along Lago Lácar*



*Boat ride back to San Martín de los Andes*

*Morning riders on the way to the picnic spot along Lago Huechulafquen, with the Lanín volcano much closer!*



**Day 10: Tuesday April 20**  
**Lanin Volcano**

Our ride to the base of 13,000-foot Lanin was magical. The perfect cone was obscured by clouds on beginning the ride but revealed itself as we rode around the clear blue lake at its base.

The sunshine and blue skies made the cold morning fade quickly. A lakefront picnic left everyone lying on the warming beach for an extra half hour in appreciation of the moment. Tomorrow would be our last day. Then it would be back to Buenos Aires for the trip home with many memories and insights to share.

**Day 11: Tuesday April 21**  
**Los Lagos, 33 miles, 2300**  
**vertical feet, cycling 4 hours**

Our final ride was also our coldest. It began in San Martin at 9:30 when the temperature was 35 degrees. With freezing toes and fingers, the ride led us along the panoramic Seven Lakes Road back toward Villa La Angostura.

We had biked to two of the lakes on our previous ride, and now we rode along the other five. The paved road was busy, but the ride was spectacular entering Lanin and Nahuel National Parks.

We ended with a memorable farewell from our guides, who presented us with a champagne toast on the beach. Their exceptional and gracious service was acknowledged by the riders and we said our goodbyes, then boarded the bus for the ride to Villa La Angostura for a final night.



**One of the many interpretive signs along the Seven Lakes Road**

**Guides Gonzalo, Paula, and Muriel atop**  
**Batea Mahuida**

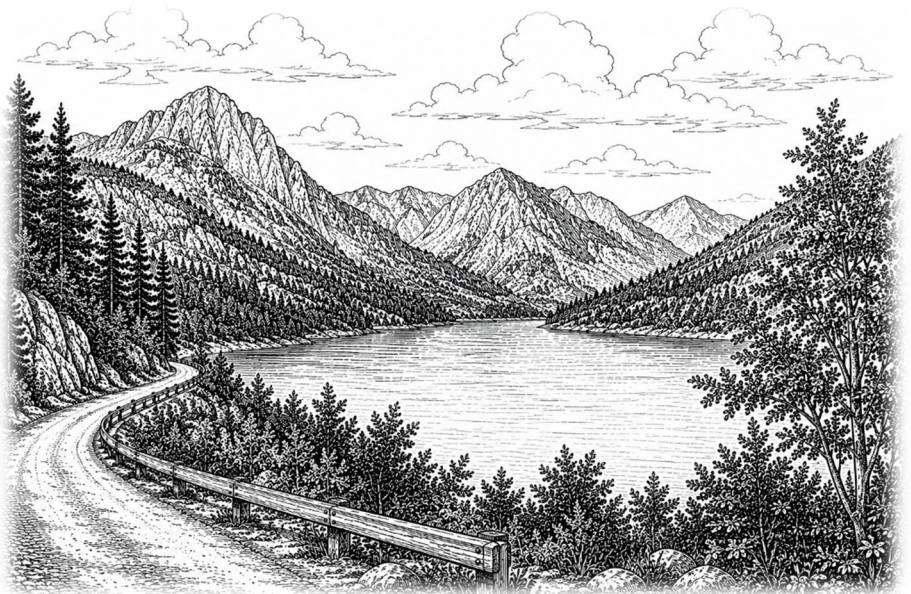




**Departure: Wednesday, April 22**  
**Villa La Angostura to Bariloche**  
**Airport**

Following an early morning breakfast and thanking our guides, we parted ways. Many traveled by bus for the Bariloche airport, which was a 1-hour drive around Lake Nahuel Huapi.

As with many HeartCycle tours, familiarity grows with each passing day. We learned much from our cheerful guides about Patagonia. We shared stories with our fellow cyclists. We enjoyed experiencing a ride through a strange and mythical region in a foreign land. We discovered riding at 40 degrees in windy conditions on electric bikes is not only survivable but also the experience of a lifetime.



# 2026 HeartCycle Tour Stats-to-Date



TOTAL MILEAGE  
**1,793**  
Miles



TOTAL ELEVATION GAIN  
**104,528**  
Vertical Feet

## VIETNAM



~478  
MILES

29,528  
FT

## DEATH VALLEY CALIFORNIA



~288  
MILES

16,300  
FT

## PATAGONIA ARGENTINA



~327  
MILES

28,000  
FT

## NAPA VINE & SURF LOOP, CALIFORNIA



~300  
MILES

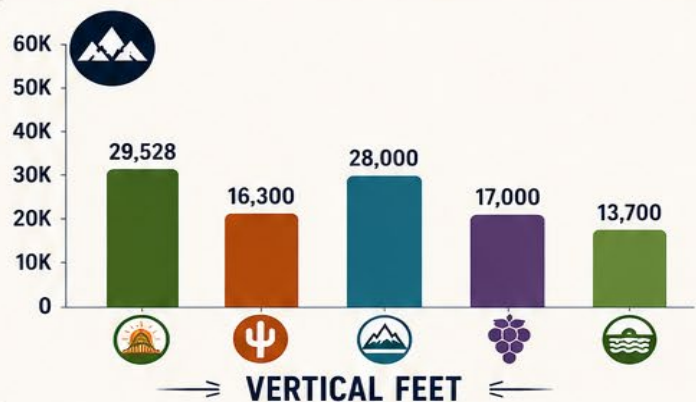
17,000  
FT

## NEW YORK'S TUG HILL & THOUSAND ISLANDS



~400  
MILES

13,700  
FT



**1,793 MILES**  
OF EPIC ROADS  
& SCENIC BYWAYS



**104,528 FT**  
OF CLIMBING =  
3.5x MOUNT EVEREST!



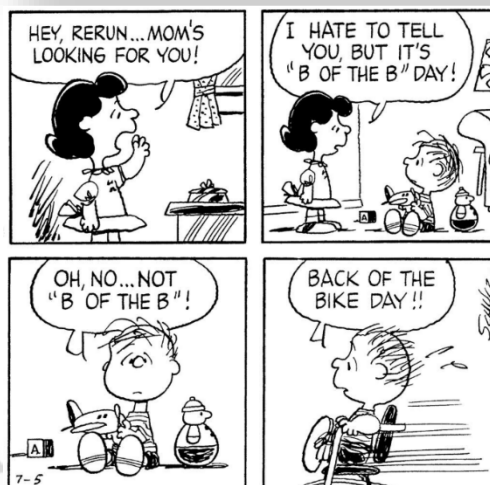
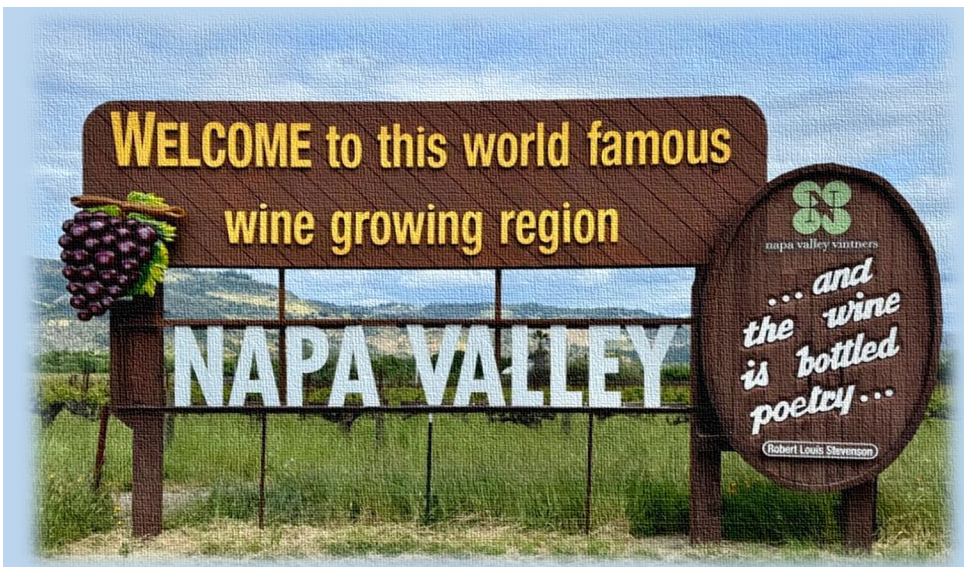
# HeartCycle Napa Vine and Surf

May 9-17, 2026

Report by HeartCycle Member Barry Hannigan

HeartCycle riders met in Santa Rosa, California, to greet each other and for the usual pre-ride information. Cindy Alvarez and Helayn Storch co-led the tour, and Martha MacCormack and Danna Korak provided SAG support. A special pre-tour event at the Charles Schulz Museum was offered for riders who could arrive early enough.

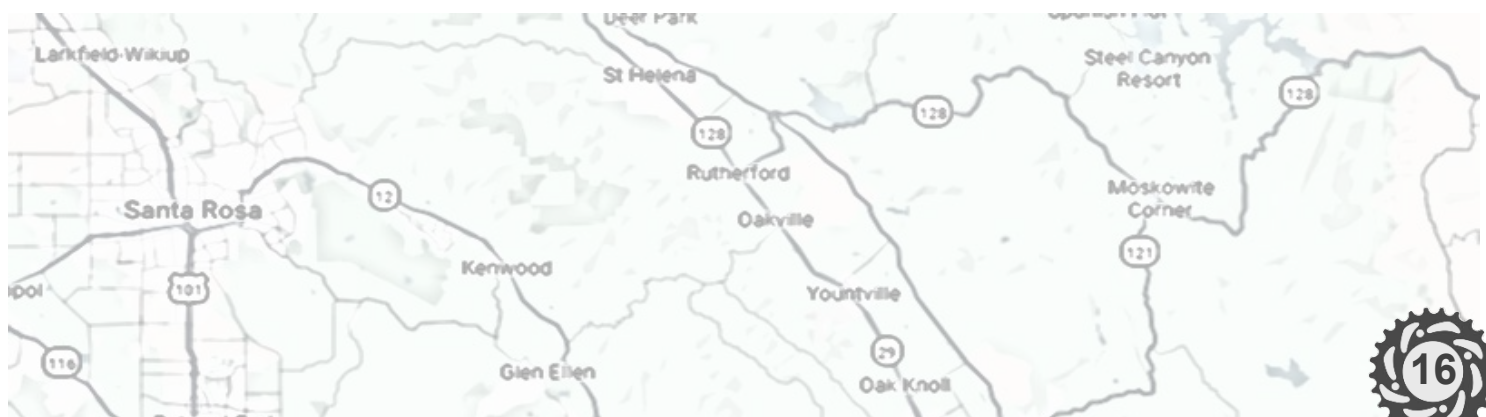
The next morning, a cool and slightly foggy day, gave way to a nearly perfect blue-sky ride. A day of contrasts: gorgeous vineyards and city bike trails, butter-smooth roads and bumps that could have been part of Paris-Roubaix, short stiff climbs and lovely gentle downhills... Napa Vine and Surf started with a bang! The route was special, as the group followed numerous small roads, twists, turns, and devious steps that allowed riders to avoid almost all major roadways.





**Day 2** began on a butter-smooth bike trail that traversed through the town of Napa. A very short detour led to the imposing gardens and unimposing house of the famous French Laundry restaurant. Most of the day was spent on the Napa Valley

Vine Trail, a path that passed by a “Who’s Who” of wineries such as Beaulieu Vineyards, Grgich Hills, Raymond, Sterling, Mondavi, and many others. The lunch stop at a winery could easily have been a picture-postcard.







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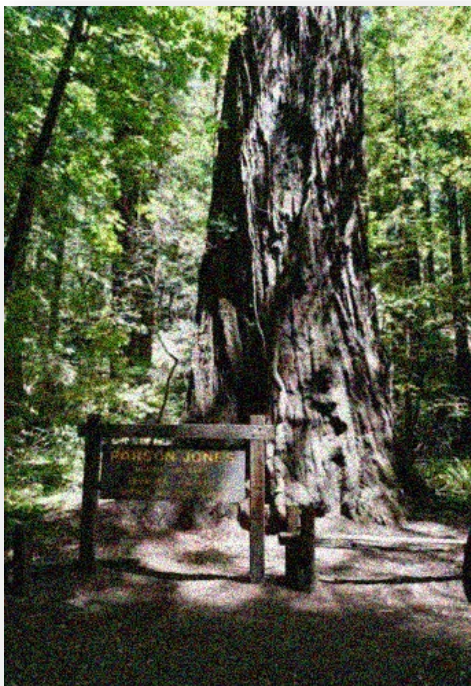
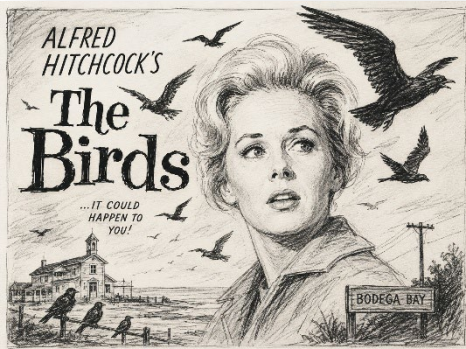
**Day 3** allowed an optional ride, which nearly all the riders selected. The ride was on a beautiful road up the Dry Creek valley and then a hard climb to the Lake Sonoma Overlook. The Dry Creek Store provided an excellent lunch stop on the way back to Healdsburg.

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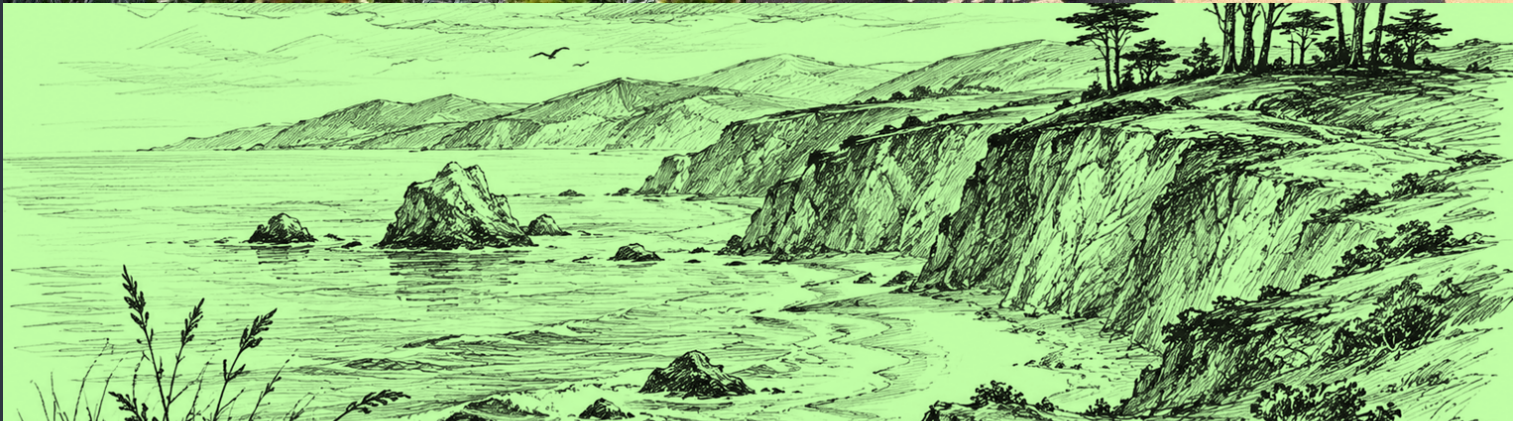
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**Day 4** found the riders following the Russian River down to the sea and along the stunning coast to Bodega Bay, a town made famous by an appearance in the Hitchcock movie “The Birds.” Riders enjoyed an extraordinary side trip to the Armstrong Redwoods State Natural Reserve, coasting along under 200-300-foot-tall trees.

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**The following day's ride** continued on the road along the coast to the delightful town of Point Reyes Station. Many riders took a side trip to the Bear Valley Visitor's Center of the Point Reyes National Seashore, then proceeded up the west coast road to the isolated and beautiful Tomales Bay Resort, near Inverness.



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**A second optional day** offered a ride to the Point Reyes Lighthouse, but an open road and a forecast of 35-45 mph side winds deterred nearly all riders. The two terrific sags, Danna Korak and Martha MacCormack, kindly offered to shuttle people to the lighthouse.

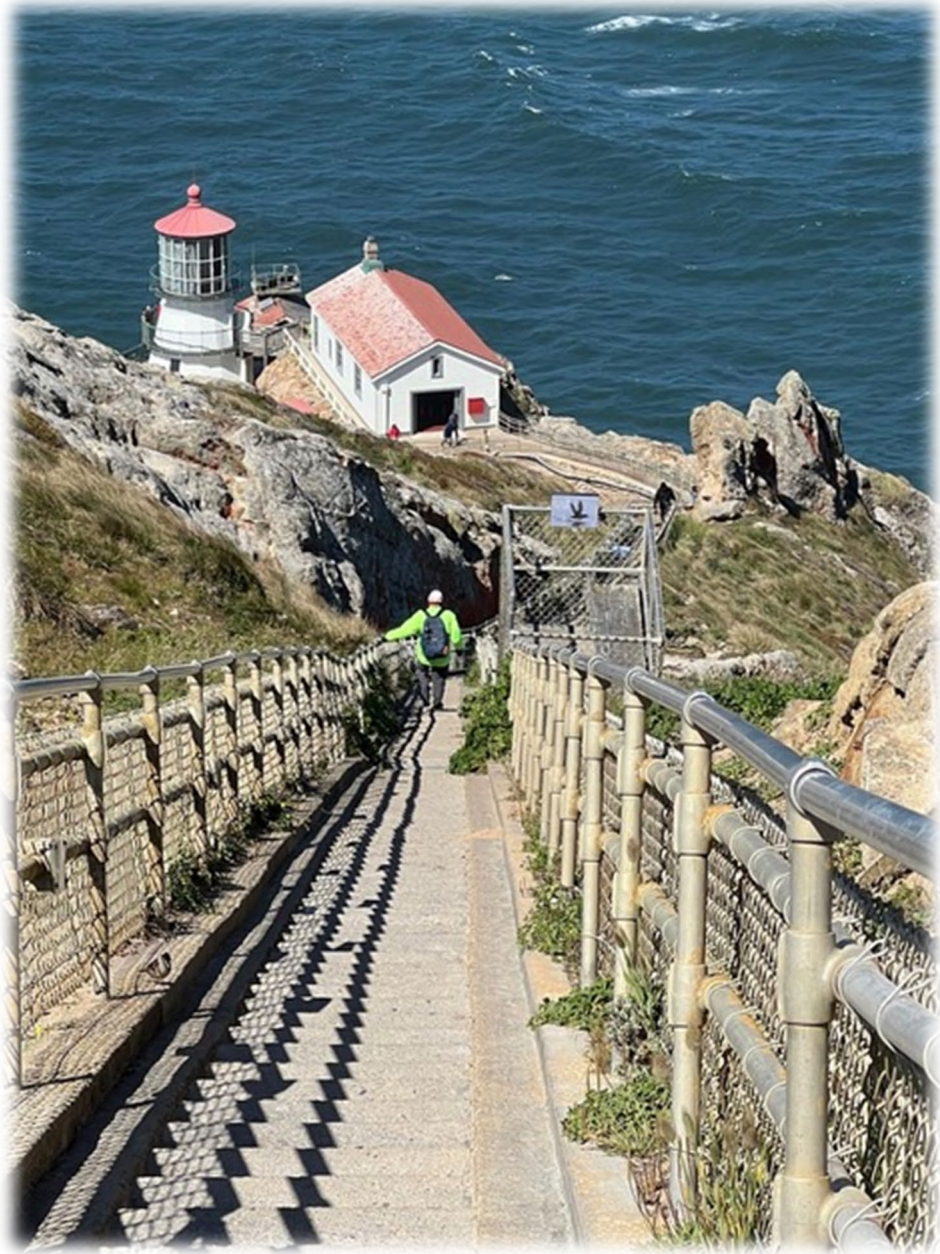
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**The final day** was 53 miles and 2,933 feet of climbing, back to the start in Santa Rosa. How lucky we all were for the excellent weather and such a wonderful tour! Co-leaders Cindy and Helayn provided terrific routes, and the sag meals by Martha and Danna were exceptional! Should this tour be run again, don't hesitate to sign up!

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# HeartCycle Volunteer Member Bios

## Rita Kurelja

Registrar, Tour Leader

My name is Rita Kurelja, and I live in Allenspark, Colorado. Colorado has been my home for the last 50-plus years! Prior to that, I called the East Coast/New Jersey home. I have been married for 52 years and have two daughters and five grandchildren.

I have been a member of HeartCycle since 2009, when I did my first tour in Western Colorado, led by the late Jerry Bakke. I have participated in HeartCycle tours both in the U.S. and overseas. Some of my recent favorites are Acadia, Bar Harbor, Maine, and Tuscany.

I have toured in Majorca, Spain; England; France; Italy; California (three different tours); Idaho; New Mexico; Wyoming; Maine; New York; and others. Exploring new places by bike is a passion of mine.

I retired from a career in affordable housing in 2018 and joined the HeartCycle Board of Directors in 2019. I served as the club Secretary before taking over the Registrar position. I have led a Bike and Barge tour in Belgium and will be leading another [Bike and Barge tour this August](#) from Germany to France along the Moselle River. Since retiring, I aim for two tours a year: one in the States and one overseas.

I say that cycling is my happy place. Riding with HeartCycle has allowed me to see the world from the saddle of a bike, as well as experience the joy of meeting amazing people from all walks of life. Many memories have been made riding alongside like-minded people.



Join Rita on the [Moselle River Bike and Barge Tour](#) this August!

*Experience a scenic Bike & Barge journey through Germany, Luxembourg, and France, cycling past vineyards, castles, and charming villages along the Moselle River. Each day ends aboard a comfortable floating hotel, blending adventure, culture, and relaxation.*





**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)

**CANCELLED**





**HeartCycle  
Bicycle Tour  
Rating System**

**/// EASY -----**

Approx Daily Miles:  
< 40

Avg Daily Gain (ft):  
<= 1,500'

**/// INTERMEDIATE --**

Approx Daily Miles:  
40 to 60

Avg Daily Gain (ft):  
1,500' to 3,500'

**/// ADVANCED -----**

Approx Daily Miles:  
50 to 70

Avg Daily Gain (ft):  
2,500' to 4,500'

**/// EXPERT -----**

Approx Daily Miles:  
> 65

Avg Daily Gain (ft):  
> 4,000'

*June*

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

Los Alamos, NM, USA  
Dates: June 26 – July 2, 2026  
Days: 5      Rating: Intermediate  
Cost: \$1,600  
Link: [New Mexico Trip Details](#)  
Contact: Alan Church  
[alan.church@comcast.net](mailto: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](mailto: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](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)

*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*

**Underground Railroad Year 3  
KY/OH/PAINY, USA & CAN**

Dates: Sept 11 – 27, 2026  
Days: 15  
Rating: Inter / Adv  
Cost: \$3,500  
Link: [Underground Railroad Trip Details](#)  
Contact: Jim Schroeder  
[jimmyschweb@gmail.com](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@ultrasys.net](mailto: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](mailto: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](mailto:president@heartcycle.org)
- **Tom Kissinger (2024-26) | 303-475-8669**  
Vice President
- **Janet Slate (2025-27) | 303-683-6128**  
Tour Director - [tourdiretor@heartcycle.org](mailto: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](mailto:safety@heartcycle.org)
- **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 - [tourdiretor@heartcycle.org](mailto: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.

