



Heart-to-Heart

CLUB NEWSLETTER

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From the Tour Director's Saddle

By HeartCycle Tour Director Janet Slate

So far this year, HeartCycle members have been having a good time! Look for the writeup on the Death Valley tour on [page 7](#). Expect a writeup of the Patagonia tour in next month's newsletter.

We're running out of time, but we could still get you and your friends on [Acadia: Rocky Coastal Maine](#) (June 1-9), [NextGen San Juans: Durango & Silverton, CO](#) (June 15-20), and [Moselle Bike & Barge 2026](#) (Aug 4-11). We've got limited space on [Underground Railroad \(year 3\)](#) (Sept 11-27). Contact the tour leaders for more information.

Heads up! We'll be announcing next year's international tours in mid-July and opening them for registration in late July. So, get ready for that!

You might be curious about how we rate our tours, that is, easy, intermediate, advanced, or expert—or somewhere in between. With our aging membership, we haven't had an expert tour on the calendar in a few years! I'd venture to say that all the tours in the early years would have been rated expert. Read the article about

Hank Hermes on [page 2](#). At the bottom of the HeartCycle home page, we have a link to the [HeartCycle Tour Ratings](#), which brings up a table with the information shown at the bottom of this page.

When tour leaders and coordinators rate the level of their tour, we give them a bit more information to consider, including the average gradient (percent range), vertical feet per mile, and tour duration (number of days riding). All these metrics don't always perfectly align to the tour level. An advanced day's ride might be mixed in with an otherwise intermediate tour. Or you might have some high-mileage days that have little elevation gain. All this to say, read the tour description because we detail the distance and elevation gain for each day's ride in addition to providing an overall rating for the tour. Also, if you have any questions, contact the tour leader or coordinator.

With the weather getting warmer and days getting longer, a lot more of us are out riding. You may want to review the [Rules of the Road](#); some of the info applies to Colorado but most of it applies to everywhere. Ride safely and predictably!

Thank you for being a HeartCycle member!

Janet Slate jslate@ultrasys.net

Level	Miles Per Day	Elevation Gain Per Day (feet)
Easy	<40	<1500
Intermediate	40-60	1500-3500
Advanced	50-70	2500-4500
Expert	>65	>4000





The Early Days of HeartCycle: An interview with Hank Hermes

By HeartCycle Newsletter Editor Cody Ensanian



I recently had the chance to speak with Hank Hermes about the early days of HeartCycle and how it all began. The story traces back to Phil Oliva, a cardiologist at the University of Colorado Hospital in Denver and an avid cyclist, who founded HeartCycle.

Hank explained that cardiologists had observed that patients who suffered heart attacks had an unusual enzyme in their blood. At the time, there was an open question: did the enzyme cause the heart attack, or did the stress of the heart attack produce the enzyme? Phil received an NIH grant to study

this. His idea was simple but bold: put a healthy heart under significant stress, such as riding a bike up a steep mountain pass, and see if that produced the enzyme. If it did, it would suggest that the stress of a heart attack causes the enzyme, not the other way around.

On those early rides, Hank recalled that blood was usually drawn every other day during the ride week. Samples were centrifuged, packed on dry ice, and brought back to Denver for analysis. After hard rides, the cyclists consistently showed the presence of the enzyme, supporting Phil's hypothesis that

the heart attack (or other stresses such as cycling hard) causes the enzyme. It was not the enzyme causing heart attacks.

Hank told me he got involved thanks to a personal connection. His wife had a friend who was a cardiologist at the CU Hospital, and through that connection he learned about Phil's study and signed up. In that first year, around 1978, Phil recruited 32 cyclists. The week-long rides were fully funded by the NIH grant, along with a \$25,000 contribution from Blue Cross/Blue Shield, which saw the effort as a way to promote exercise. Riders even wore jerseys with HeartCycle and Blue Cross prominently displayed.

There were two routes that first year: a 1,000-mile ride led by Phil, and a 1,000-kilometer ride led by Phil's friend, Bill Koerber. Hank shared one memorable moment from Phil's ride: the group reached Loveland Pass near dark and ended up riding together in front of the SAG vehicle's headlights to safely make it through. By all accounts, it worked.



Above: Hank is getting ready to put the blood that they had drawn from the cyclist into test tubes, which were then put into the centrifuge. The centrifuge would then spin to help separate the enzymes for analysis. (1979)



An interesting note provided by Diane Short is that the oldest rider on one of the first rides was Dr. Bill Kemper who was about 70 years old at the time. He had attended the Annual HeartCycle Luncheons up until about two years before he passed—nearly 25 years!

Word spread quickly about a free, one-week, SAG-supported ride through the Colorado Rockies. By the following year, participation had grown to around 80 cyclists, and once again the expenses were covered by the grant and the Blue Cross/Blue Shield contribution.

After that second year, Phil decided HeartCycle needed more structure and formed a board of directors to plan rides and manage expenses. Hank served on that board, which included five members, all of whom had participated in prior rides. One member was a lawyer. They met several times over the winter in Denver to plan the following year's rides.

Hank recounted a pivotal moment during one of those meetings. A local Blue Cross manager attended and said he expected to contribute the \$25,000 again. The lawyer pushed back, demanding \$50,000 or nothing. The manager responded, "OK, you get nothing," and walked out. That exchange marked the end of Blue Cross/Blue Shield funding—and the lawyer's time on the board.

By the third year, the remaining NIH funds were no longer enough to support the growing number of riders at no cost. HeartCycle



Right: On non-blood-sampling days, the riders would wear heart-monitoring equipment to ensure continuous physiological data collection during rides. (1978)



Above: Riders pause to repair a flat tire, an all-too-common occurrence. Early participants wore shirts bearing Blue Cross / Blue Shield logos, whose support helped fund the program's original research. (1978)

evolved into a volunteer-led touring organization, with participants covering their own expenses, including lodging, vehicle support, and related costs.

In those early years, most riders came from the Denver and Boulder areas, largely through word of mouth. The rides were demanding, and the board felt that participants should qualify. Hank explained that the requirement was straightforward but tough: a 100-mile ride on flat terrain followed the next day by a 100-mile mountain ride.

The “flat” route ran from Denver south along Highway 83 to Colorado Springs and back. The “mountain” route began in Boulder, headed north to Loveland, then west along the Big Thompson River to Estes Park, before climbing south on Route 7 along the Peak-to-Peak Highway and returning to Boulder via Boulder Canyon. Attendance was tracked, and completing both rides was required to join a HeartCycle/Blue Cross tour.

As HeartCycle grew and attracted riders from across the country and even internationally, these local qualification rides became less practical. Eventually, they were replaced with a rating system, categorizing rides as “easy,” “moderate,” and so on, with descriptions to help riders choose their tours appropriately. And that’s how HeartCycle came to be what it is today.



Above right: Photos from many of the original group rides in 1978.

Q&A with Hank...

Cody: What do you remember most vividly from your very first HeartCycle ride?

Hank: A woman rider from Broomfield (I can't recall her name) was on a Denver to Estes Park ride, but she wanted to detour from the main group and visit a friend in Longmont. Well, on that detour, she fell, broke her collarbone, went to the hospital, was bandaged up, and then continued the ride!

Cody: What kept you coming back to HeartCycle tours year after year?

Hank: I just love riding! In addition to all the HeartCycle rides, I've participated in around 50 to 60 rides with BAC (Bicycle Adventure Club).

Cody: Did anything go wrong on those early tours?

Hank: If I recall, in the millions of miles completed by tour riders, there has only ever been a single fatality. This was very early on and unfortunately involved a doctor who was riding and was hit by a car on Fremont Pass. Other than that, the club has a pretty good safety record.

Cody: Do you have a favorite memory or story about Phil?

Hank: Well, Phil was Head of Cardiology at CU Health, and his first wife had a heart condition, so he started to write a paper on computerizing the condition. I co-published the paper with Phil; it was about ventricular tachycardia. It studied EKGs and was meant to help predict dangerous pulses.

Cody: What do you think Phil would say about what HeartCycle has become today?

Hank: Haha, well, you know, Phil thought HeartCycle was going to become the "Boston Marathon" of bike clubs! Though he acknowledged that bicycling and running are different enough to make this challenging.

Cody: What was the toughest ride you ever did with HeartCycle?

Hank: That was a ride with Art Gabriel. It was like a 10-day ride, and we did over 100 miles each day. It went from Boulder to Golden, to the Peak-to-Peak Highway, over to Estes and Steamboat, then Durango, then over Wolf Creek Pass and Monarch Pass. Long days, multiple passes—a tough ride! I remember we were so hungry after climbing Monarch Pass and dipping down to our dinner stop, only to find dinner was these very small, dainty portions. We were still so hungry after all that riding! So many of us thought we would race down to Salida as fast as we could to find more food. Well, on the way down the pass toward Salida, a police car stopped us! No tickets, but it was funny.

Cody: Why do you think HeartCycle has lasted as long as it has?

Hank: HeartCycle is the best touring group in the country. We have excellent tour leaders, excellent SAG drivers, and our equipment management is top-notch (a shout-out to Jeff Messerschmidt). I've done tours with many other groups (such as BAC), who are all great as well, but HeartCycle is the best. No other groups compare.

Many thanks to Hank for generously sharing his time, stories, and photos. His firsthand perspective helps preserve the early history and spirit of how HeartCycle began.

HeartCycle logos over the years...



HeartCycle's 2026 Death Valley Cycling Tour—A Testament to Adaptability

Report by HeartCycle Member Peggy Rose

In late February 2026, media outlets started reporting on the once-in-a-decade “super bloom” in Death Valley where wildflowers carpet the normally desolate, rocky valley floor. And then, the forecast took a sobering twist... a record-breaking heatwave. And so it began, 20 intrepid riders and 2 amazing SAGs arrived—game to adapt to the circumstances, rise early, and stay safe. Not surprisingly, as I learned in this club, most riders knew one another from other tours, so our first meeting was a joyful reunion of sorts. As a relative newbie myself (having only done last year's New Zealand tour with HeartCycle), I met club members

who had come from as far as Maryland, Michigan, Washington, and Texas, as well as Arizona and California, and of course, Colorado, and experienced firsthand how a domestic tour works.

Tour leaders, Roger Sass and Kevin Schmidt, met the challenge of keeping folks safe in the heat yet keeping the essence of the tour intact. They announced at our orientation meeting that routes would be altered and we'd start early to minimize riding in the heat. Everyone welcomed the changes; Dennis (from southern AZ) quietly pursued most of the original routes and was typically

cheered by the rest of us when he arrived back at Furnace Creek. SAG stars Kathleen Schindler and Mayoma Pendergast (occasionally assisted by Pete) provided amazing food and support, despite the heat and changing routes. They set the stage for refreshment, rest, and great opportunity for riders to visit. Kindred interests in birding, nature, botany, and of course, geology were discovered during these times.

Every evening, Kevin and Roger outlined the next day's modified schedule and points of interest. Kevin provided details about the fascinating geology we witnessed on the day's ride and what to look out for on the next day's ride. Between geologists, Janet and Kevin, we felt like we were on our own private geology-cycling tour—and all of us ate it up!



Day 1, Sunday, March 22 – 41-mile ride with start time of 7am (sunrise! But not early enough as it turned out!): Furnace Creek to Badwater Basin with a return along the steep Artists Drive scenic route (2,300’ gain in 5 miles!). At -282’ below sea level, Badwater Basin is the lowest place in North America and reportedly, the hottest recorded surface temperature on the planet. The salt flats in the basin are surreal with snowcapped Telescope Peak towering above (at 11,049 ft). All 20 riders participated with some bypassing the elevation route and others gratefully seeking refuge in the SAG van by 10:30am as elevation gained and temps reached 90°F. This was the only day with a flat tire annoyance, which Merry handled deftly with moral support from tour leaders and Kathleen appearing with a stand pump just-in-time to reduce the bother. The twisting, colorful descent of Artists Drive was a tour favorite. Another tour favorite was the hot-springs-fed pool at the “Ranch”—no chlorine here!



The heat took its toll though: Jeff and Sy chose to leave the tour after this first day’s ride; they were missed! Kay opted for some early morning hikes rather than ride in the heat for a few days. Janet let us know that it was a whole different ballgame the last time HeartCycle visited Death Valley (in March 2020). For your entertainment (and maybe a trip down memory lane—remember COVID, y’all?!), see [p. 6–14 of the April 2020 newsletter](#) for the writeup and photos of that tour.



Day 2, Monday, March 23 – 46-mile ride to Mesquite Flat Sand Dunes with start time pushed up to 6:30am (first light!). Ride was modified from an original 60 miles and eliminated 2,000' of elevation gain. This allowed most riders to be back at Furnace Creek by 10:30am, before the temps hit mid-90s, and no one required SAG assistance. The heat thwarted some curiosity and exploration of the dunes at the midpoint, but those who explored were rewarded, sighting unusual flora and critter tracks in the sand including a sidewinder, based on Merry's research. We were lunching back at Furnace Creek by 11am.



On our afternoon excursion, we noted the sign of the times for fuel—yeah, it's California, but really!—and the other sign outside the Furnace Creek Visitor Center, whew, 102°F by 2:30pm!

The club group dinner this evening was hosted in a wonderful private room at the Inn at Death Valley, a historic venue. Great food and great camaraderie. To this relative newcomer, HeartCycle's ability to meet the sustained feat of coordinating so many amazing cycling trips with repeat participation by members is truly inspiring given the all-volunteer effort.



Day 3, Tuesday, March 24 – 34-mile ride from Hell's Gate to the ghost town of Rhyolite (and back) with 3,400' gain. As a testament to the group's willingness to beat the heat, we loaded bikes into shuttles at 6:10am (before sunrise!), and cyclists left Hell's Gate by 6:50am... just as the sun was rising in the valley behind us. The 6-mile ascent to Daylight Pass started immediately, but we delighted in the cool, rosy morning in the shade of the mountain range. We crossed into Nevada at the pass, and the heat climbed on the long, straight descent looking out over Oasis Valley, at the northern end of the Amargosa Valley. After another amazing "second breakfast" at Rhyolite (thank you, Kathleen and Mayoma!), many enjoyed exploring the ghost town with its well-documented boom-and-bust history. One highlight was the sighting of a novel double-cabbed pickup truck, which perplexed many of us when it passed us on the road,

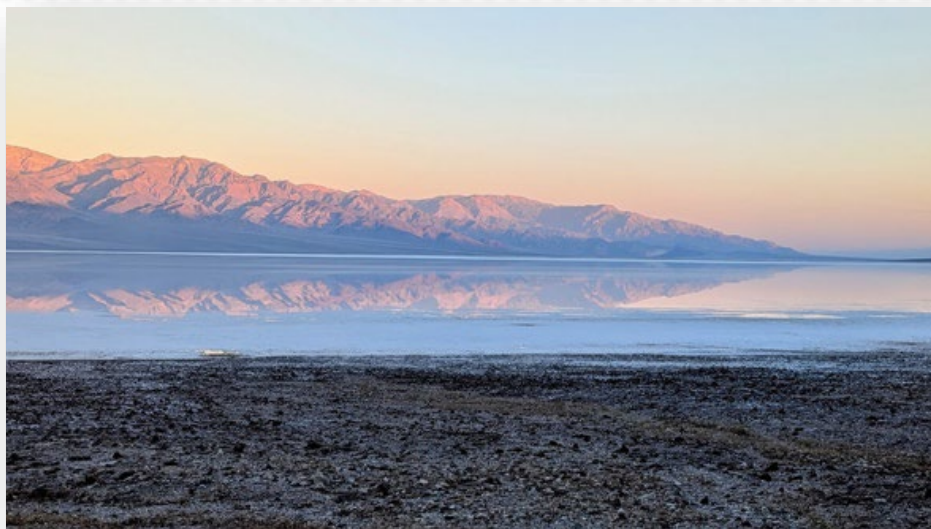


looking like it was reversing at 60 mph! Kevin encouraged us to visit a quirky sculpture garden on our way back, an enjoyable and leisurely excursion since the grade of the return ascent wasn't too steep and temperatures were reasonable. Wow, am I really saying this! The curvy descent from Daylight Pass was thrilling. We didn't remember it being that steep on the way up!

Our remote start enabled some folks who had driven personal vehicles to take a side trip on the way back to explore Salt Creek where pupfish were found in abundance. Kevin had a bloody encounter with the savage horsefly, *Tabanus punctifer*, which made all of us wary of spending too much time in fly-infested areas.



Day 4, Wednesday, March 25 - 56-mile ride from Badwater Basin to Shoshone with a 4,500' elevation gain. Tour leaders modified the ride by shuttling us to start from Badwater Basin, which eliminated the 18-mile section we'd already ridden on Day 1. This modification evidenced the amazing character of this tour group—we were moving hotels, so we wanted to load bags and bikes by 6am to beat the heat—and everyone met the goal. Kathleen



and Mayoma, our star SAG supports, accommodated the new logistics like the pros they are!

The 28-mile flat ride along the salt flats beyond Badwater was magical with the reflection of the mountains in the wet salt flats below and the now-fading super bloom of yellow flowering fields regaining their brilliance with the rising sun. The 1,575' ascent to Jubilee Pass was manageable but as temps rose with over 2,000' more to summit in 8 miles, several people sought refuge mid-ascent in the SAG van's air conditioning to avoid heat exhaustion. Personally, just as I was contemplating my exit strategy on that hill, I rounded a bend and was greeted with a vision of the SAG van—and thankfully, it was no mirage!

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Rich was one of the many who managed to ride the entire ascent and documented 107°F temperature on his device when he summited Salisbury Pass! Thankfully, the remaining 12 miles to Shoshone were all downhill. Shoshone is a privately owned town and has a population of 22; we doubled the population when we occupied the hospitable Shoshone Inn and dined at the Crowbar Cafe. The inviting courtyard of the inn with towering Tamarisk trees that provided shade served as our gathering place. Many explored the tortoise rescue (out back), nearby hot-spring-fed pool, and birding trail. Merry said among her favorite aspects of the tour were all the side points of interest that were promoted and she explored all of them—the heat did not deter her.





Day 5, Thursday, March 26 – 33 miles and 1,500' elevation gain to China Ranch Date Farm, a little oasis in the desert. This was our only day with a little lie-in (9am start)—plus, Shoshone (at 1,585' elevation) was decidedly cooler than Death Valley. We also had a bit of gravel and the steepest grade we encountered as the road descended to the date farm through fanglomerate, jumbled up rocks cemented together that my geology friends told me formed from debris flows at the base of mountains in arid climates. To me, they appeared as strange geologic mounds with natural “window” forms. We imbibed date shakes (yum!), purchased souvenirs and many varieties of dates, and enjoyed a short walk along the shady green



thread of foliage by the stream, a tributary of the Amargosa River that is fed by Willow Spring. Cyclists taking in their surroundings noted quail and the desert fivespot flower this day. Venturing on the (gravel!) road less traveled, Dennis bent his small chainring but was able to remove it and carry on with fewer gears. Several of us took a field trip to the rural town of Tecopa and found a newly opened “taphouse” that didn’t have any beer on tap! We found it funny but appreciated the hospitality they showed to our big group.



Day 6, Friday, March 27 – 57 miles and 1,800' elevation gain from Shoshone back to Furnace Creek. Start time: 8am (civilized!). The elevation gain was fairly gradual for the first 37 miles, but we were met with headwinds that laughed at the 7mph forecast. The last day's lunch was as wonderful as any of the other days; who knew leftovers could be dressed up so well?! Post-lunch, we had a continuous 20-mile, 3,000' descent to conclude our tour through a rainbow of geologic formations. Near the bottom, most of us stopped at Zabriskie Point for the short hike up the hill to view the incredible landscape before returning to Furnace Creek.



All hands were needed after the ride to unload vehicles, ready and load bikes for transport back to Denver, as well as pack or distribute leftover food and beverages to participants. Thanks to Janet and Roger for schlepping the bikes to and from the tour. It was a big service!



HeartCycle Volunteer Member Bios

Greg Lestikow

Tour Leader

Greg and his wife, Ruthie, on the 2025 Steamboat NextGen tour.



Hey everyone, I'm Greg.

I live with my family in Denver, Colorado.

In some ways, I've been involved in HeartCycle since I was 10, when my mom and dad started doing HeartCycle tours.

About 30 years later, I joined my dad on the LEJOG tour—an epic ride from the southern tip of England to the northern tip of Scotland.

From there, I started planning tours, first with my dad and then with Matt Seiler, whom I met on the 2025 Steamboat NextGen tour. (We're actually leading the [NextGen San Juans: Durango & Silverton](#) tour next month... Join us!)

My favorite part about HeartCycle is the chance to spend time with people who love to ride bikes, eat good food, and meet new people. My dream is to plan a tour in Japan, so let me know if you're interested next time you see me on the road!

Matt Seiler

Tour Leader



Hi, I'm Matt Seiler, a San Francisco-based cyclist and HeartCycle member since 2024. I've had a great time riding in Paso Robles and Steamboat Springs with HeartCycle, and I'm excited to be stepping into a new role this year as a co-leader on the Durango tour.

I grew up in Palo Alto and have spent most of my life in the Bay Area, where my favorite place to ride is Marin County—hard to beat the scenery close to home. I got into cycling while I was at the University of Washington in Seattle.

I was introduced to HeartCycle through my partner, Anita Vashi, and I'm really glad I found my way into this community. Outside of riding, I started my career in healthcare consulting before moving into commercial real estate investment and management.

Looking ahead, I'm excited to keep exploring new places by bike—especially more of the Pacific Northwest and eventually western and southern Europe. Looking forward to riding together!

Consider joining Greg and Matt on their [San Juans / Durango & Silverton Tour!](#)

Ride among the stunning San Juan Mountains from Durango to Silverton, tackling iconic climbs like Coal Bank, Molas, and Red Mountain passes. This 4-day tour blends challenging riding, incredible views, and a memorable train ride finish along the Animas River.





About HeartCycle Bicycle Tours

2026 tours that are currently scheduled are highlighted on the next few pages. Tour details are also available on the [HeartCycle website](#).

To read and observe the procedures for announcing new and planned tours please review the [Tour Announcement and Registration Policy](#).

Links to tour policies (illness, conduct, waitlist, etc.) can be found at the bottom of the [HeartCycle Tours](#) web page.

Send a message to tourdirector@heartcycle.org to let us know (1) where you'd like to go on a future tour and (2) if you have an interest in leading or co-leading a tour.

February

Vietnam

Ho Chi Minh City/Hanoi, Vietnam

Dates: Feb 24 – Mar 13, 2026

Days: 16

Rating: Intermediate

Cost: \$4,000

Link: [Vietnam Trip Details](#)

Contact: Tom Kissinger

tom_k@pipeline.com

April

Patagonia Argentina: Lakes & Volcanoes

Patagonia, Argentina

Dates: April 10 – 22, 2026

Days: 11 Rating: Interm / Adv

Cost: \$3,750

Link: [Patagonia Trip Details](#)

Contact: Lisa Evans

iceski@comcast.net

May

Tug Hill & Thousand Islands Region

East Syracuse, NY, USA

Dates: May 15 – 23, 2026

Days: 7

Rating: Intermediate

Cost: \$2,100

Link: [Tug Hill Trip Details](#)

Contact: Jim Bethell

bethell.jim@verizon.net

June

Acadia: Rocky Coastal Maine

Bar Harbor, ME, USA

Dates: June 1 – 9, 2026

Days: 7

Rating: Intermediate

Cost: \$2,600

Link: [Acadia Trip Details](#)

Contact: Patty Menz

pmenz@verizon.net

March

Death Valley, California

Death Valley, CA, USA

Dates: March 21 – 28, 2026

Days: 6

Rating: Intermediate / Advanced

Cost: \$2,700

Link: [Death Valley Trip Details](#)

Contact: Kevin Schmidt

hillslope@gmail.com

May

Napa Vine & Surf Loop

Santa Rosa, CA, USA

Dates: May 9 – 17, 2026

Days: 7

Rating: Intermediate / Advanced

Cost: \$2,300

Link: [Napa Trip Details](#)

Contact: Cindy Alvarez

sindelou2@gmail.com

May

Katy Trail, Missouri

Kansas City, MO, USA

Dates: May 26 – June 6, 2026

Days: 10

Rating: Intermediate

Cost: \$2,250

Link: [Katy Trail Trip Details](#)

Contact: Tina Vessels

tina.vessels@gmail.com

June

NextGen San Juans: Durango & Silverton, Colorado

Durango, CO, USA

Dates: June 15 – 20, 2026

Days: 4

Rating: Interm / Adv

Cost: \$2,000

Link: [NextGen Durango Trip Details](#)

Contact: Greg Lestikow

glestikow@gmail.com





**HeartCycle
Bicycle Tour
Rating System**

/// EASY -----

Approx Daily Miles:
< 40

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

/// INTERMEDIATE --

Approx Daily Miles:
40 to 60

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

/// ADVANCED -----

Approx Daily Miles:
50 to 70

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

/// EXPERT -----

Approx Daily Miles:
> 65

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

June

Northern New Mexico: Los Alamos & Santa Fe

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

July

**Jackson Hole Wyoming #1
Jackson, WY, USA**

Dates: July 15 – 20, 2026
Days: 4
Rating: Easy
Cost: \$2,000
Link: [Jackson Hole #1 Trip Details](#)
Contact: Clare Bena
cbvamoots@gmail.com

July

**Jackson Hole Wyoming #2
Jackson, WY, USA**

Dates: July 20 – 25, 2026
Days: 4
Rating: Easy
Cost: \$2,000
Link: [Jackson Hole #2 Trip Details](#)
Contact: Clare Bena
cbvamoots@gmail.com

August

**Moselle River: Germany /
Luxembourg / France**

DEU, LUX, FRA
Dates: August 4 – 11, 2026
Days: 6 Rating: Easy
Cost: \$3,200
Link: [Moselle River Trip Details](#)
Contact: Rita Kurelja
ritakurelja@hotmail.com

August

**Montreal to Quebec, Canada
Montreal/Quebec City, CAN**

Dates: August 15 – 23, 2026
Days: 7
Rating: Inter / Adv
Cost: \$2,100
Link: [Montreal to Quebec Trip Details](#)
Contact: Jim Schroeder
jimmyschweb@gmail.com

September

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

Dates: Sept 11 – 27, 2026
Days: 15
Rating: Inter / Adv
Cost: \$3,500
Link: [Underground Railroad Trip Details](#)
Contact: Jim Schroeder
jimmyschweb@gmail.com

September

**Puglia, Italy
Bari, Italy**

Dates: Sept 15 – 28, 2026
Days: 12
Rating: Intermediate
Cost: \$5,700
Link: [Puglia Trip Details](#)
Contact: Janet Slate
jslate@ultrasys.net

October

**SW Wisconsin – The Driftless Area
Madison, WI, USA**

Dates: Oct 9 – 18, 2026
Days: 8
Rating: Intermediate
Cost: \$2,400
Link: [SW Wisconsin Trip Details](#)
Contact: Jim Bethell
bethell.jim@verizon.net

CANCELLED





HeartCycle Bicycle Touring Club Contacts

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

Board of Directors

- **Mark Lestikow (2024-26) | 303-919-0426**
President - president@heartcycle.org
- **Tom Kissinger (2024-26) | 303-475-8669**
Vice President
- **Janet Slate (2025-27) | 303-683-6128**
Tour Director - tourdiretor@heartcycle.org
- **Alan Church (2024-26) | 303-489-1789**
Treasurer
- **Laura Davis (2024-26) | 970-581-1361**
Secretary
- **Ron Finch (2025-27) | 303-656-5573**
Safety Coordinator & Insurance -
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

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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.

