



September 2026

Heart-to-Heart

CLUB NEWSLETTER

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President's Spin

By HeartCycle President
Mark Lestikow

Help Us Introduce the Next Generation to HeartCycle

One of the things I value most about HeartCycle is the community we have built over the years. We have great tours, dedicated tour leaders, enthusiastic volunteers, and—most importantly—a wonderful group of people who enjoy seeing the world from the seat of a bicycle.

As we look to HeartCycle's future, one of the Board's priorities is to **introduce more younger cyclists to our club and our tours**. We believe **maintaining a healthy mix of generations is important to keeping HeartCycle vibrant and strong for years to come**.

We've already started working on this. Our **Next-Gen tours** have given priority to riders 45 and younger, as well as families and friends representing two generations. We've had some success, but we know we need to do more.

Cycling has changed. Gravel riding, mountain biking, and bikepacking have attracted many younger riders. But **road cyclists haven't disappeared. They're out there**. Some simply may not know that HeartCycle exists—or how much fun it can be to spend a week riding beautiful roads with people who share their passion for cycling.

That's where you can help.

The Board has approved a **HeartCycle New Rider Discount** program. First-time HeartCycle tour participants age 45 and younger will be eligible to apply for a **20% discount** on the cost of any HeartCycle tour, with up to 15 discounts available during the season.

But a discount won't accomplish much if younger cyclists don't hear about it.

Think about the cyclists in your own circle—children and grandchildren, nieces and nephews, younger coworkers, neighbors, friends, or people in local cycling groups. Collectively, HeartCycle members probably know hundreds of younger cyclists who have never heard of us.

We need your help reaching them.

Tell them about HeartCycle and the experiences you've had. Encourage them to take advantage of the discount and try a tour. **Better yet, consider signing up for the same tour and experiencing it together**. Sharing the experience with someone they know could make all the difference.

We aren't trying to change what makes HeartCycle special. **We want to share what makes HeartCycle special with a new generation of cyclists**. New riders bring fresh energy, friendships, and ideas—and some will become our future repeat participants, volunteers, and tour leaders.

So I'm asking each of you to think of one or two younger cyclists you know and personally reach out to them. A recommendation from someone they know is far more powerful than anything we can put on our website or social media.

With your help, we can introduce a new generation to the HeartCycle experience and keep our club vibrant and strong for years to come.

Keep an eye out for full program details to be announced next month including eligibility requirements and details on how new prospective members can apply for the discount program.

See you on the road,

Mark Lestikow
President, HeartCycle



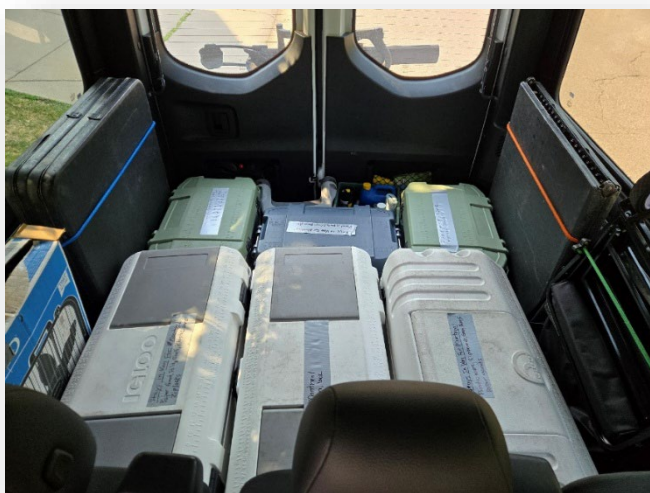
From the Tour Director's Saddle

By HeartCycle Tour
Director Janet Slate

How we transported 17 bikes across the US-Canada border

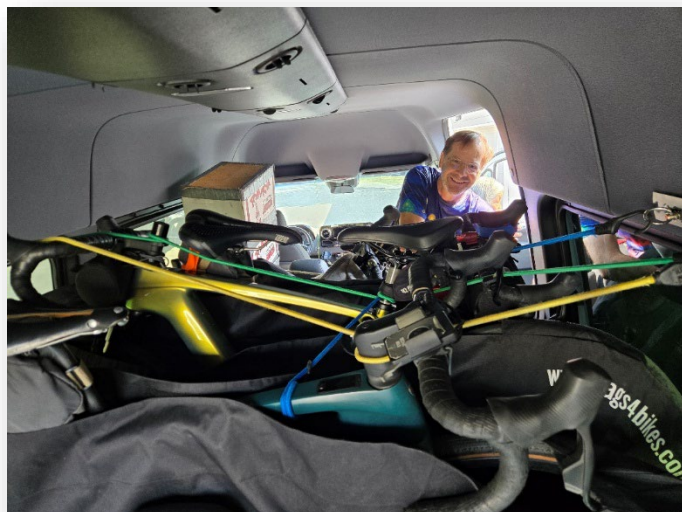
Prior to the 2025 Acadia tour, the club's Sprinter van did not support tours that were more than a 3-day drive from the Denver metro area. As a capital asset, using the Sprinter made sense—it didn't do the members much good parked in the garage in Arvada (as nice as that location is, thanks Dan!). That first test of sending the Sprinter on a 4-day trip was a smashing success by all accounts, transporting 12 bicycles each way between CO and ME.

Nor, I was told, could the Sprinter be driven across the US-Canada border. Too complicated with customs issues and tariffs, for example, should we be suspected of transporting bikes for sale. No perishable food would be allowed. This latter issue was easy. Getting across the border with all the bikes was another matter to solve.



Because we wrote in the tour description that the Sprinter would support the tour, we had a LOT of registrants from the Denver metro area. Too many to accommodate! Contemplating then discarding the idea of towing a trailer, asking those who could bring their bikes on the airplane to do so (a no-go for e-bikes, we knew), and suggesting that registrants rent

bikes, we still had more bikes to bring than had ever been packed in the new Sprinter: 14 was tops, we learned.



Thinking of the inside height in the Sprinter and making some measurements, I had the idea that we could pack most of the coolers in the back cargo area and load the bikes on top of them. Skeptical but ever-helpful, neighbor cycling buddy, Roger Sass (who wasn't even going on the tour!), offered to help with the bike loading. Voila! (Close to the extent of my French. 😊)



More packing notes: Tables were secured along the sides. One more ice chest wound up on the far back seat as well as the laundry baskets the SAGs use to haul dishes and one water jug. Lumber—used in the



Penske to elevate items (like bike boxes that came by air)—was placed alongside the sliding door. Chairs stashed under the seats. For easy access, toolbox and large first aid kit tucked under the first row of seats closest to the sliding door.



We managed to fit 17 bicycles in the Sprinter—10 in the cargo area in the back, 3 on top of gear in the third row of seats, and 4 in the middle back seat! Netting was used to suspend wheels that were removed from the bikes that went in the cargo area.

Armed with our documentation—replete with a binder full of CBP forms—we evidently looked innocent enough and sailed right through the border checkpoints.

2,000 miles driving and riding in the Sprinter to Montreal and another 2,160 from Quebec City back home (thanks, Marilyn and Jimmy for co-piloting!). The short description: wind, rain, construction, trucks, traffic. Not necessarily in that order. Repeat. More on the bicycling part of the tour in next month's newsletter (thanks Karen!).

Thank you for being a HeartCycle member!

Janet Slate
jslate@ultrasys.net



HeartCycle Annual Meeting and Luncheon

Saturday, October 24, 2026

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

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

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

REGISTER TODAY!

SPACES ARE

FILLING UP!

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

What's on the agenda?

- **Gourmet Buffet:** Enjoy a great lunch while catching up with longtime friends and meeting other members of the HeartCycle community.
- **2026 Tour Highlights:** Relive some of the best moments from this year's rides through our continuous tour slideshow.
- **2027 Tour Preview: With a New Format!** Rather than sitting through a series of tour presentations, this year 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, ask questions, and talk one-on-one with the tour leaders.**
- **Distinguished Service Award:** We'll recognize this year's recipient for their outstanding contribution to HeartCycle.

Register today!

Sign up today on the [HeartCycle](#) website or simply [click here](#) and login to register!

Spots are limited to 125 attendees, and registration closes by **Monday, October 19th**—or sooner if we sell out! Please note, **all payments must be made online**—no payments will be accepted at the door.

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

We look forward to seeing you there!



The Ballad of the Jackson #1 Expedition

By HeartCycle Member Candice Milone

There are rides
one completes,
and then there
are rides that
become legend.

Thus began our
pilgrimage to
Jackson, Wyoming,
where a fortunate
band of HeartCyclers
assembled beneath
broad blue skies.

*Across the still waters of Jenny Lake, the
Tetons rose to greet our wandering band.*

Day Zero | The Arrival

The band of HeartCyclers descended upon Jackson, Wyoming, on Wednesday, July 15, 2026. Some arrived by air, others by land, many crossing the historic Oregon Trail corridor along the way. An evening gathering brought the group together as our leaders previewed the journey that lay ahead.

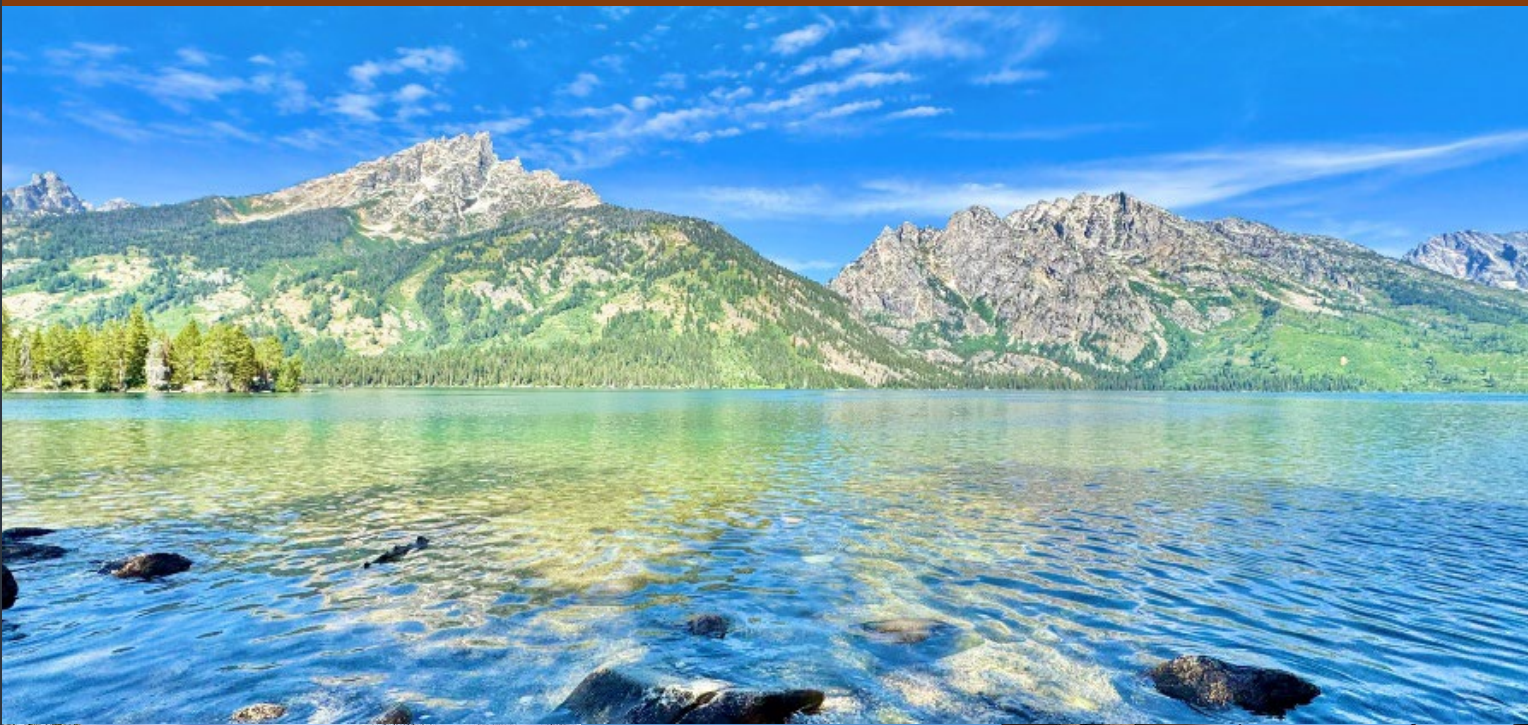


Day One | The Tetons Beckon

The sun smiled upon us as we escaped the town and found ourselves upon a winding bike path. To our left rose the Tetons, great stone sentinels, neither applauding nor judging in their magnificent indifference. SAG provisions were bountiful and good. Were we fueled by determination or by Anita's cookies? History cannot say.

Our destination was Jenny Lake, a jewel of impossible blue cradled beneath those towering peaks. There we paused to admire the scenery, collect photographic evidence that we had indeed made it, and partake once more of the bounty.



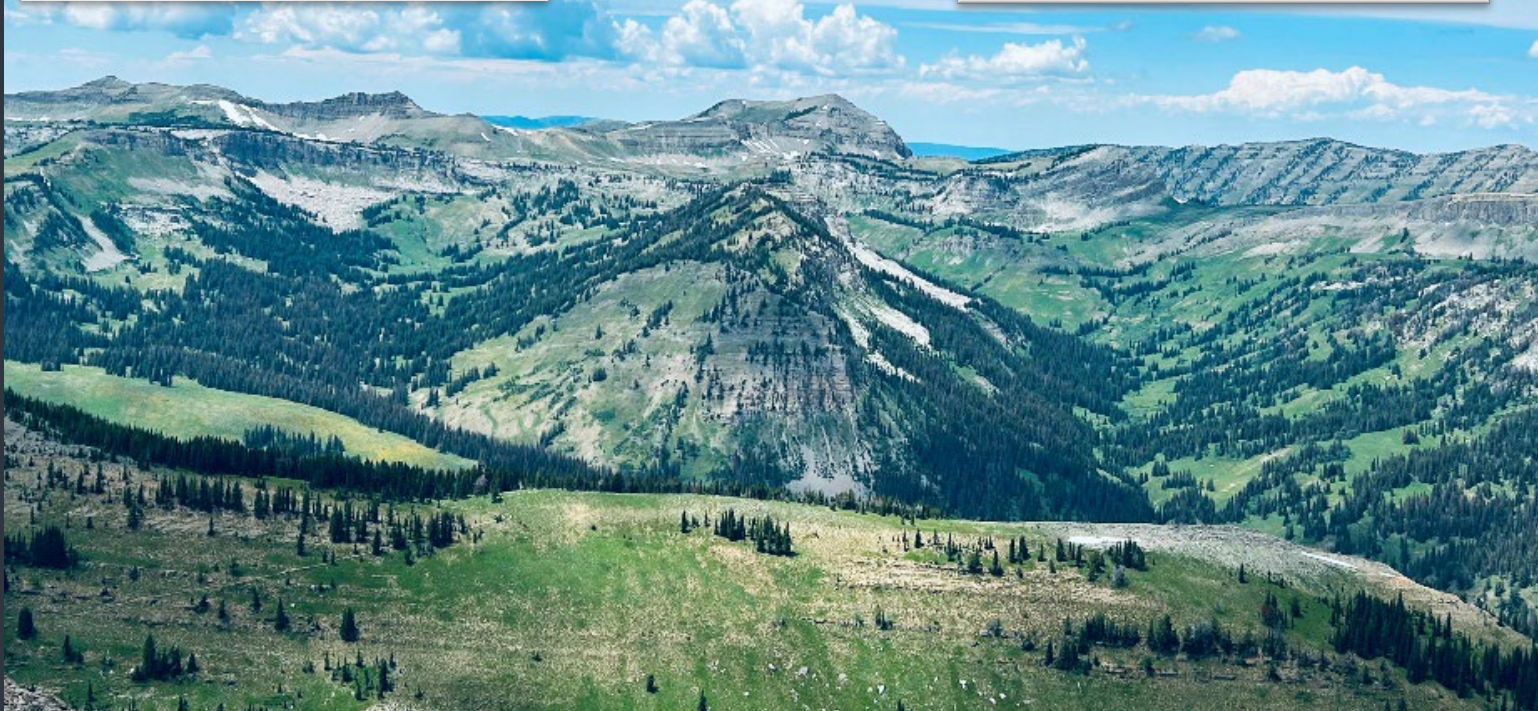


Day Two | The Ascent to the Realm Above

Once again we rolled northbound, skirting the National Elk Refuge. Yet no majestic beasts revealed themselves to our wandering band. Alas, we pressed onward. Our quest carried us to Teton Village, where many entrusted themselves to a mighty mechanical device known among the locals as the Aerial Tram. Suspended between earth and sky, we ascended for 12 minutes until we reached the lofty summit.

There, in the very heavens, amid awe-inspiring views of rising peaks and the plains far below, we consumed waffles, the carbohydrates of the gods themselves. Strength renewed, we descended once more to the mortal world, sustained throughout the day by plentiful SAG snacks and other welcome libations.







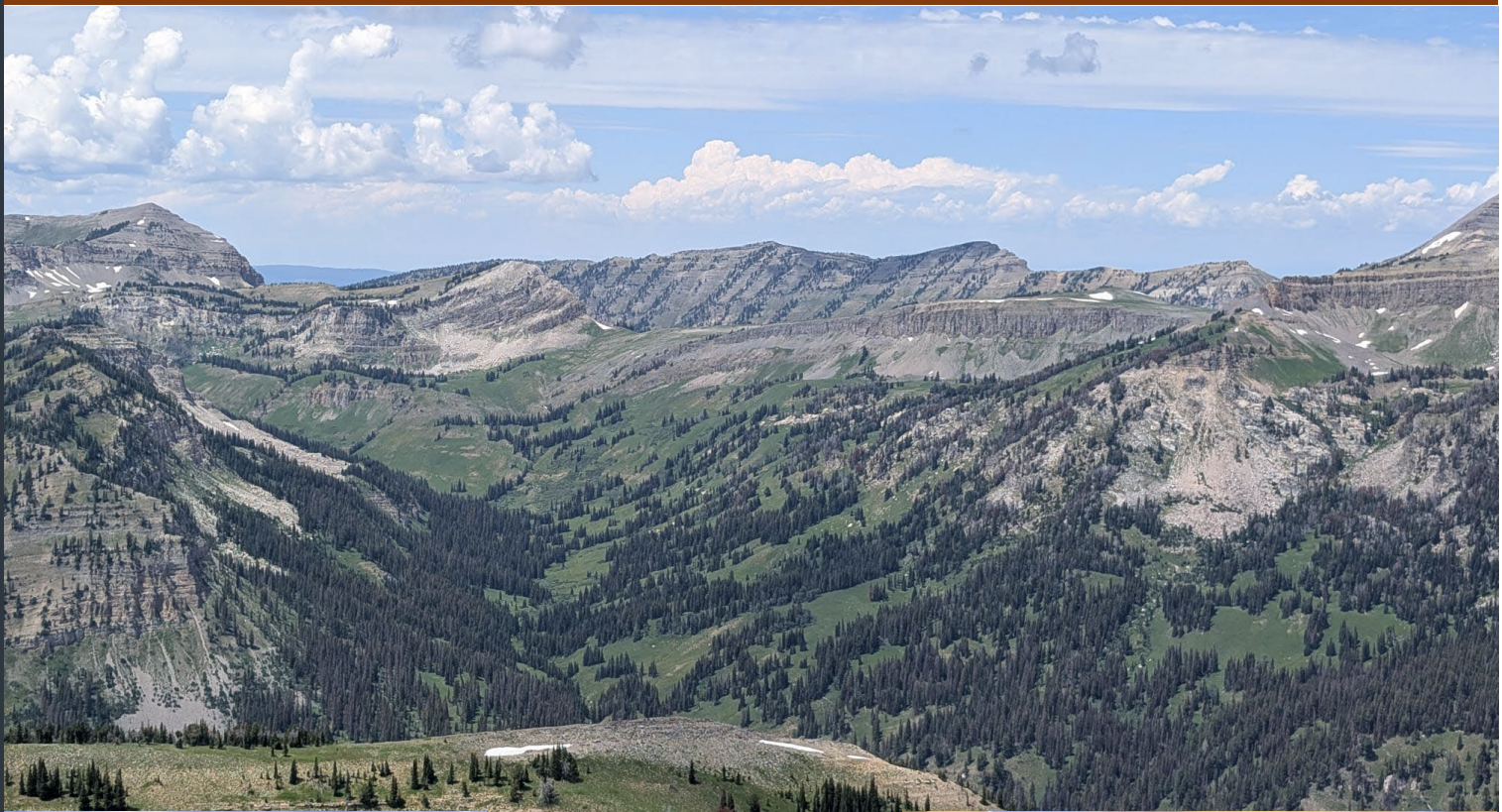


Day Three | A Diversion of Heroes

Day three was a rest day, but many in the band opted to take advantage of the local wonders and lore. Some exchanged their bicycles for worthy river vessels and, guided by those who knew the waters well, set out in pursuit of trout. They drifted beneath towering peaks, spotted wildlife, and landed fish with gratifying regularity. Whether the fish considered them heroic remains unknown.

Others took to the river without rod or lure, while some explored local museums and attractions. And for those still yearning to turn the pedals, Teton Pass beckoned. A hardy few answered the call, summiting the pass on two wheels.





Hello!
You have a marmot in your
engine compartment. You should
check your engine before starting
Annie Sorrell
NERGIVE manager





For pilgrims seeking nourishment, *The Palate* at the National Museum of Wildlife Art proved a worthy stop. There awaited a French onion grilled cheese, accompanied by medium-rare steak and a cup of rich game stew—a feast fit for weary travelers. No such repast would be complete without a single scoop of huckleberry gelato. And heed this wisdom from those who came before: ask for extra grilled onions.



Day Four | Another Circuit, Another View

The fourth day's loop revealed the Tetons from yet another perspective, proving that mountains of such grandeur refuse to become ordinary, no matter how often one gazes upon them.

The weather remained generous, spirits remained high, and once again the SAG stop delivered nourishment worthy of song. We rode, we (slightly) climbed, we coasted, and we feasted. Such is the proper order of things.





***Day Five | The Bonus Chapter
For Those Brave Enough***

A bonus ride awaited those whose legs still yearned for adventure. Our path carried us south of Jackson and into the Snake River Valley, where yet more miles, and perhaps a few final treasures, awaited.

For some, however, the time had come to bid farewell to the wandering band and begin the long journey back to their homesteads. Those who remained saddled up once more, venturing forth to discover what final wonders the enchanting landscape might reveal.



Epilogue

Jackson possesses a certain wildness that is difficult to describe until one has experienced it. The scenery was spectacular, the routes rewarding, the leaders steadfast, the SAG support stupendous, and the company better still.

May the roads ahead be smooth, the tailwinds plentiful, and the SAG snacks forever well stocked.



Jackson, Take Two!

Report by HeartCycle Member
Marie Michnovicz

Five riders were new to HeartCycle, and two of us—my husband and I—were new to group bike rides. I volunteered to write this before our first ride, so read on for our impressions.

DAY 1 – JENNY LAKE

Light drizzle and cool temperatures brought out the scent of sage as we cycled past the National Elk Refuge on our first ride to Jenny Lake in Grand Teton National Park. Riders often stopped to gaze at the mountains and scan the refuge for wildlife. At the Grand Teton visitor center, an exhibit on wildlife migration added another glimpse into the region. From the lake, riders enjoyed the mostly downhill return to Jackson—and a delicious lunch in the park.

That evening brought two special recognitions: HeartCycle's youngest and most senior riders ever. **Ruby** (below and below-right), age 11, rode tandem with her mom, Harmony, spotting nests and wildlife along the way—including a playful young coyote chasing insects. **Hank** (below), a founding member of HeartCycle, has ridden with the group for 46 years! We celebrated his birthday that week, too!



To learn more about Hank and how the club got started, view the [July 2026 newsletter](#) article “The Early Days of HeartCycle: An Interview with Hank Hermes.”



The riders for Jackson's second week were excited to gather and meet one another. Rain looked likely, and our trip leaders, Alan and Clare, were teased for inviting it with the raincoat swag!



DAY 2 – ACROSS THE SNAKE RIVER TO TETON VILLAGE

Light sparkled through the mist as we crossed the Snake River, and more than one rider exclaimed that the view was breathtaking. From the long bike-and-hike bridge, we watched rafts push into the water; those of us from New Mexico were especially impressed by just how much water the Snake carries.

Most of us stopped near the river to see the huge troll Mama Mimi, one of many creations by artist Thomas Dambo. Then it was on to a long, straight stretch of bike path toward Jackson Hole Mountain Resort and a very welcome SAG stop. The iced coffees, fruit, and treats tasted especially good. A big THANK YOU to Mayoma and Kathleen for the amazing work that kept us happily fed and safe.



Have you spotted one of these trolls in the wild? These larger-than-life sculptures are the work of Danish artist Thomas Dambo, who creates whimsical trolls from reclaimed and recycled materials and hides them in forests, parks, and other unexpected places around the world.



Did you know Wyoming ranks only fifth among the lower 48 states for its moose population? Maine ranks first, with an estimated 60,000–70,000 moose, followed by Idaho, Washington, and Minnesota.



- *The famous Aerial Tram climbs 4,139 vertical feet to the 10,450-foot summit of Rendezvous Mountain.*
- *Jackson Hole Mountain Resort boasts the greatest continuous vertical rise of any ski area in the U.S.*
- *Corbet's Cabin serves its famous "Top of the World Waffles" at 10,450 feet.*
- *Corbet's Couloir, one of North America's most legendary ski runs, has a pitch of about 50 degrees.*
- *Jackson Hole averages more than 450 inches of snow each year.*



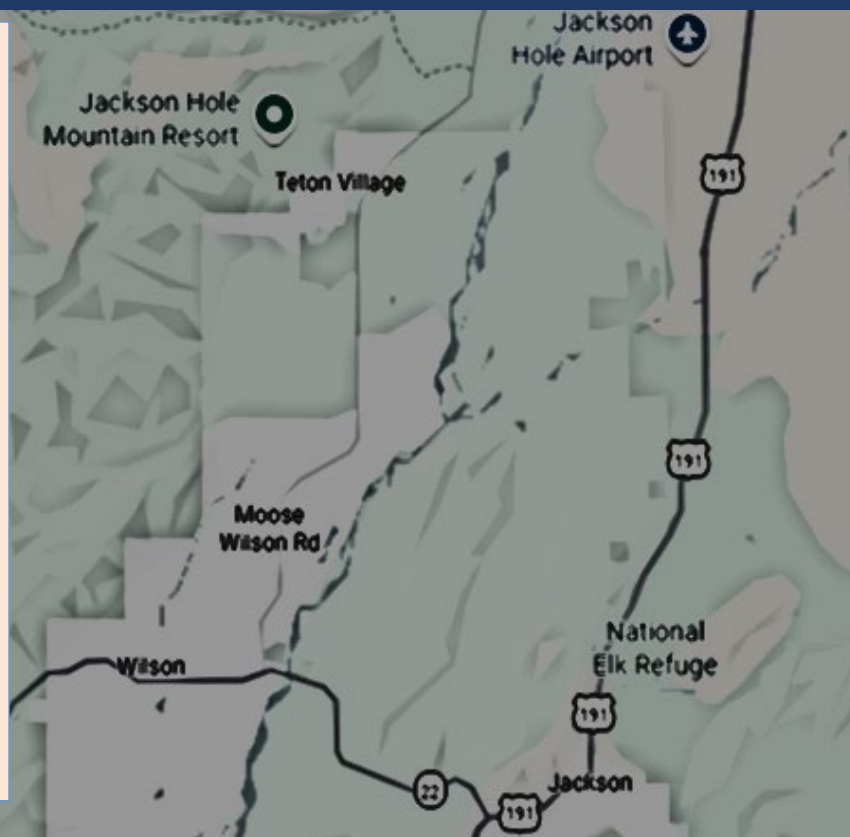
DAY 3 – REST DAY a.k.a. CHOOSE YOUR OWN ADVENTURE DAY

Yours truly was happy for a REST DAY, but a few hardy souls took on the Teton Pass Challenge. Carol, Virginia, and Clare set out toward the pass, but a sharp rock punctured Virginia's tire just before the bridge, cutting her ride short. Clare continued on to conquer Teton Pass, crossing paths with Deb and Gordon Tewell as they made their own climb. Many also used their tram tickets at Jackson Hole Mountain Resort, hiking for sweeping views—or sampling the famous waffles at the top.



Here are some other activities that our own riders took in:

- *Yellowstone National Park sightseeing*
- *Jenny Lake shuttle and hike to Hidden Falls and Inspiration Point*
- *Teton Raptor Center and its American kestrel, Cache*
- *Horseback riding and swimming in Jenny Lake*
- *Hiking from Cache Creek Trailhead*
- *Shopping in Jackson and local art at Dornan's*
- *Jackson County Fair carnival*
- *Wildflowers, bird watching, and moose sightings*
- *Astoria Hot Springs*
- *National Museum of Wildlife Art*
- *Sunset gondola ride on Snow King Mountain*
- *Scenic Snake River float through Grand Teton National Park*
- *And, of course, delicious dinners around Jackson*



DAY 4 – GROS VENTRE & MORMON ROW

Cycling along the meandering Gros Ventre River, we saw fly fishermen and plenty of birds. Then a turn in the road revealed spectacular views of the Grand Teton peaks rising from the prairie, followed by a SAG stop at the Mormon Row historic district. Clear skies and a welcome lack of wind made the day even sweeter.



DAY 5 – THE FINAL DAY, SOUTH OF JACKSON

Our final ride offered a peek into the farm and ranch country south of town. On the return, a path followed rushing Flat Creek through Jackson. It was exhilarating and a fitting finish to the trip on departure day.





A BEGINNER'S TAKEAWAY

As a beginner-rated tour, this trip was accessible to many kinds of riders. Matt and I loved combining cycling with an active vacation. We were a bit intimidated by rides longer than we normally tackle, but they proved attainable—and we felt stronger each day. The tour leaders, SAGs, and participants were welcoming and fun, and we learned group-cycling communication and safety skills along the way.

We agree with another rider who said one of the best parts of the tour was “meeting all you wonderful people.”



HeartCycle Volunteer Member Bios

Laura Davis

**Board member:
Secretary**



I split my time between Fort Collins and Dillon, Colorado, and have been riding with HeartCycle for more than 20 years. My first tour was in the fall of 2004 through Idaho's Sawtooth Mountains. We rode through snow and even commandeered a school bus to get over a snowy pass. What an introduction to HeartCycle—great trip, Ira, if you're reading this!

I had so much fun that I talked my husband into joining me for the Big Bend tour in 2005. Has anyone seen the Marfa Lights? I've lost count of how many HeartCycle tours I've ridden since. After taking a few years off for self-supported touring, I returned in 2016. As I write this, I'm finishing a tour in Quebec City and will ride the Underground Railroad tour in September.

I've gone from my early 50s to my mid-70s with HeartCycle and have since been "promoted" to a Specialized Creo e-bike. These days, I especially enjoy tours that combine cycling with culture and history—and perhaps a few fewer miles! I hope to keep riding and recruiting new riders for years to come.

I coordinated the 2022 Bike and Barge tour through the Champagne region of France and have served as Secretary of the Board since 2022, with my term ending this October.

I moved to Colorado in 1986 after living in California, Massachusetts, Florida, Texas, Alaska, and North Carolina. I am retired from practicing law in Alaska and Colorado and have three children and three young grandchildren. I'm a widow and now share my love of cycling and travel with my partner, Guy Kelley, who also enjoys both and led HeartCycle's Central Colorado tour in 2025.

Alan Church

**Board member:
Treasurer**



I'm Alan Church. I was born and raised in Los Alamos, New Mexico, and still call the town home. Since I worked just outside of Denver, Colorado, for 24 years, I call Denver my second home!

I've been a member of HeartCycle for 23 years and have participated in over 30 tours covering most of the United States and several European locations. I currently serve on the board as the Treasurer for the club.

When asked if I have a favorite tour, my response has typically been "They're all good!" But admittedly, the Ride Across America in 2008, 2009, and 2010 has to be one of the best.

I started cycling as a way to give my knees a break from running and, as some of you may know, as a way to spend time with "my better half," Clare Bena. We've been riding together for more than 20 years now! Together, we have a plethora of "kids"... Moots, Mosaic, Merlin, Cervelo, Breezer, Santa Cruz, and at one time, Scott!

When not cycling, I still run (preferably trails!) and try to keep up with Clare! Believe me, that's a full-time job!

Stay safe out there, keep the rubber side down, and remember that you can never have too many "kids"!





About HeartCycle Bicycle Tours

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

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

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

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

February

Vietnam

Ho Chi Minh City/Hanoi, Vietnam

Dates: Feb 24 – Mar 13, 2026

Days: 16

Rating: Intermediate

Cost: \$4,000

Link: [Vietnam Trip Details](#)

Contact: Tom Kissinger

tom_k@pipeline.com

April

Patagonia Argentina: Lakes & Volcanoes

Patagonia, Argentina

Dates: April 10 – 22, 2026

Days: 11 Rating: Interm / Adv

Cost: \$3,750

Link: [Patagonia Trip Details](#)

Contact: Lisa Evans

iceski@comcast.net

May

Tug Hill & Thousand Islands Region

East Syracuse, NY, USA

Dates: May 15 – 23, 2026

Days: 7

Rating: Intermediate

Cost: \$2,100

Link: [Tug Hill Trip Details](#)

Contact: Jim Bethell

bethell.jim@verizon.net

June

Acadia: Rocky Coastal Maine

Bar Harbor, ME, USA

Dates: June 1 – 9, 2026

Days: 7

Rating: Intermediate

Cost: \$2,600

Link: [Acadia Trip Details](#)

Contact: Patty Menz

pmenz@verizon.net

March

Death Valley, California

Death Valley, CA, USA

Dates: March 21 – 28, 2026

Days: 6

Rating: Intermediate / Advanced

Cost: \$2,700

Link: [Death Valley Trip Details](#)

Contact: Kevin Schmidt

hillslope@gmail.com

May

Napa Vine & Surf Loop

Santa Rosa, CA, USA

Dates: May 9 – 17, 2026

Days: 7

Rating: Intermediate / Advanced

Cost: \$2,300

Link: [Napa Trip Details](#)

Contact: Cindy Alvarez

sindelou2@gmail.com

May

Katy Trail, Missouri

Kansas City, MO, USA

Dates: May 26 – June 6, 2026

Days: 10

Rating: Intermediate

Cost: \$2,250

Link: [Katy Trail Trip Details](#)

Contact: Tina Vessels

tina.vessels@gmail.com

June

NextGen San Juans: Durango & Silverton, Colorado

Durango, CO, USA

Dates: June 15 – 20, 2026

Days: 4

Rating: Interm / Adv

Cost: \$2,000

Link: [NextGen Durango Trip Details](#)

Contact: Greg Lestikow

glestikow@gmail.com





HeartCycle Bicycle Tour Rating System

/// EASY -----

Approx Daily Miles:
< 40

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

/// INTERMEDIATE --

Approx Daily Miles:
40 to 60

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

/// ADVANCED -----

Approx Daily Miles:
50 to 70

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

/// EXPERT -----

Approx Daily Miles:
> 65

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

June

Northern New Mexico: Los Alamos & Santa Fe

Los Alamos, NM, USA

Dates: June 26 – July 2, 2026

Days: 5 Rating: Intermediate

Cost: \$1,600

Link: [New Mexico Trip Details](#)

Contact: Alan Church

alan.church@comcast.net

July

Jackson Hole Wyoming #1

Jackson, WY, USA

Dates: July 15 – 20, 2026

Days: 4

Rating: Easy

Cost: \$2,000

Link: [Jackson Hole #1 Trip Details](#)

Contact: Clare Bena

cbvamoots@gmail.com

July

Jackson Hole Wyoming #2

Jackson, WY, USA

Dates: July 20 – 25, 2026

Days: 4

Rating: Easy

Cost: \$2,000

Link: [Jackson Hole #2 Trip Details](#)

Contact: Clare Bena

cbvamoots@gmail.com

August

Moselle River: Germany / Luxembourg / France

DEU, LUX, FRA

Dates: August 4 – 11, 2026

Days: 6 Rating: Easy

Cost: \$3,200

Link: [Moselle River Trip Details](#)

Contact: Rita Kurelja

ritakurelja@hotmail.com

August

Montreal to Quebec, Canada

Montreal/Quebec City, CAN

Dates: August 15 – 23, 2026

Days: 7

Rating: Inter / Adv

Cost: \$2,100

Link: [Montreal to Quebec Trip Details](#)

Contact: Jim Schroeder

jimmyschweb@gmail.com

September

Underground Railroad Year 3

KY/OH/PA/NY, USA & CAN

Dates: Sept 11 – 27, 2026

Days: 15

Rating: Inter / Adv

Cost: \$3,500

Link: [Underground Railroad Trip Details](#)

Contact: Jim Schroeder

jimmyschweb@gmail.com

September

Puglia, Italy

Bari, Italy

Dates: Sept 15 – 28, 2026

Days: 12

Rating: Intermediate

Cost: \$5,700

Link: [Puglia Trip Details](#)

Contact: Janet Slate

jslate@ultrasys.net

October

SW Wisconsin – The Driftless Area

Madison, WI, USA

Dates: Oct 9 – 18, 2026

Days: 8

Rating: Intermediate

Cost: \$2,400

Link: [SW Wisconsin Trip Details](#)

Contact: Jim Bethell

bethell.jim@verizon.net

CANCELLED





HeartCycle Bicycle Touring Club Contacts

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

Board of Directors

- **Mark Lestikow (2024-26) | 303-919-0426**
President - president@heartcycle.org
- **Tom Kissinger (2024-26) | 303-475-8669**
Vice President
- **Janet Slate (2025-27) | 303-683-6128**
Tour Director - tourdiretor@heartcycle.org
- **Alan Church (2024-26) | 303-489-1789**
Treasurer
- **Laura Davis (2024-26) | 970-581-1361**
Secretary
- **Ron Finch (2025-27) | 303-656-5573**
Safety Coordinator & Insurance -
safety@heartcycle.org
- **Rita Kurelja (2025-27) | 970-231-7163**
Registrar - registrar@heartcycle.org
- **Richard Crocker (2025-27) | 520-539-8019**
Asst. Registrar - registrar@heartcycle.org
- **Cody Ensanian (2025-27) | 570-419-9453**
Newsletter Editor, Communications, IT Guy -
newsletter@heartcycle.org

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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.

