

Heart-to-Heart



Updated HeartCycle Policies

The HeartCycle Board of Directors has been reviewing club policies and updating them as needed in 2023. All of the club policies can be located in the large green box at the bottom of the opening page on the website. Have you reviewed these policies recently? Here are a few highlights:

What You Can Expect on a Tour

<https://www.heartcycle.org/what-you-can-expect>

Selecting a Tour & E-Bike Guidelines

<https://www.heartcycle.org/selecting-a-tour>

Rider Conduct, Payment, Refund and Cancellation Policies

<https://www.heartcycle.org/Data/Sites/1/media/policies/ride-policies-and-refunds-and-cancellations-policy4-2022.pdf>

Tour Confirmation Policy

<https://www.heartcycle.org/Data/Sites/1/media/policies/heartcycle-tour-confirmation-policy.pdf>

Guidelines for Tipping on a Tour

<https://www.heartcycle.org/Data/Sites/1/media/policies/heartcycle-tipping-guidelines.pdf>

Waitlist Policy

<https://www.heartcycle.org/Data/Sites/1/media/policies/wait-list-management-2.pdf>

Take time to familiarize yourself with club policies on our website.

The Board of Directors

Jim Bethell (518) 466-8490 President - president@heartcycle.org Webmaster	(2024)
Mark Lestikow (303) 919-0426 Vice President, Events, Souvenirs	(2024)
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Alan Church (303) 489-1789 Treasurer	(2024)
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Rita Kurelja (970) 231-7163 Registrar - registrar@heartcycle.org	(2025)
Scott MacCormack (720) 939-6099 Special Projects	(2025)
Judy Siel (720) 519-9401 Tour Director - tourdiretor@heartcycle.org	(2024)

Working Members

Richard Crocker (520) 539-8019 Asst. Registrar - registrar@heartcycle.org
Graham Hollis (720) 323-6479 Asst. Treasurer
Jeff Messerschmidt (303) 904-0573 Sag Supply Manager
Dan Palmquist (303) 638-2535 Sag Vehicles
John Penick (203) 232-8946 Asst. Treasurer
Jimmy Schroeder (260) 450-2007 Ride with GPS Coordinator
Barry Siel (303) 434-1947 Newsletter Editor

Tour Director Musings

HO-HO-HO! Make plans for a bike tour with your favorite bike club: HeartCycle! Many of us have that deep desire to travel. Once the travel bug gets to you, your wanderlust begins drafting a bucket list of new places to explore or old favorites to revisit. The destination for 2024 may be set, but the travel companion is still to be determined. Some of the best people to travel with are your best friends. They make every adventure so much better. Invite them to join you on your HeartCycle tour. Please, share HeartCycle with your local bike clubs, bike shops and riding buddies. We

are looking for new members to fill our 2024 tours and word of mouth has been our best tool to spread word about HeartCycle tours.

Copy and share this ad.

Judy Siel, Tour Director

HeartCycle Bicycle Touring Club

Quality bicycle tours since 1978
Affordable multi-day sag supported tours
2024 tours now available



Come ride with us!
www.heartcycle.org



Grand Valley Ramble

By Barbara Klein

Trivia Question #1: What was the Colorado River's name prior to "Colorado?" Answer: Grand River

The Grand Valley Ramble, with a fixed base in downtown Grand Junction, CO was certainly a Grand adventure. On our bicycles was a terrific way to try to appreciate the Grand landscapes that Mother Nature had created and absorb all the eye-popping vistas.

Downtown Grand Junction was very walkable and very bicycle friendly. There were quirky and independent shops and plenty of restaurants and brew pubs along Main Street. Downtown boasted THREE bike stores within a mile of each other and, if that was not enough, you could feast your eyes on bike sculptures.



**Doug Chucka - Safety Tip #1:
Wear a helmet!**

“Greg LaRex”



September 18, 2023 – Colorado National Monument

Trivia Question #2: What is Colorado National Monument? Answer (from the National Parks brochure): “...one of the grandest landscapes of the American West. Bold, big, and brilliantly colored, this plateau-and-canyon country with its tower masses of naturally sculpted rock embraces 32 square miles of rugged terrain.”

Truly, this is one of the Grandest scenic cycling routes that I have ever been on. The hardest part of today was not the climbing required to go from canyon floor to the rim of the plateau but the ability to keep our eyes on the road while taking in all the Grandeur. Cycling the 23 miles on Rim Rock Drive felt less about riding than stopping to take pictures and try to absorb the scenery. Sadly, NO picture (except maybe the HeartCycle group photo) could ever do this park justice.



The Grandest HeartCycle Group at Red Canyon Overlook



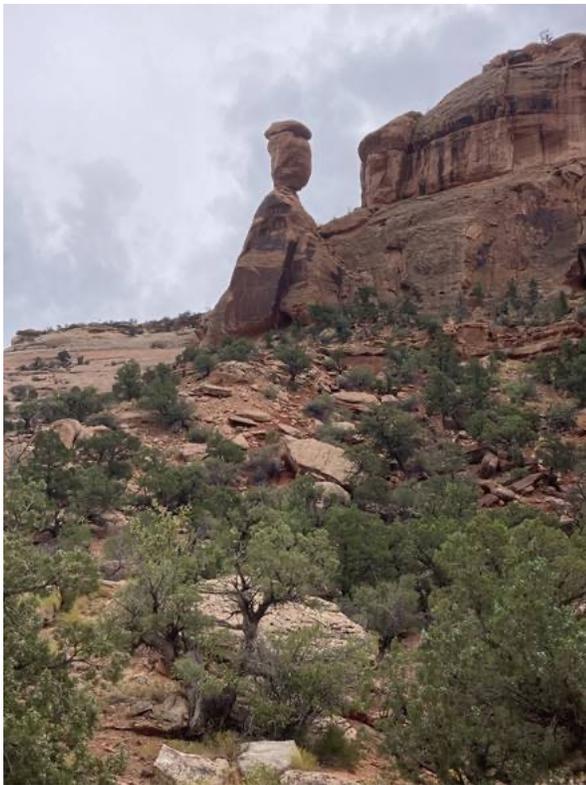
Desert Bighorn – HeartCycle is very friendly but our SAG snacks are not for sheep!



Coke Ovens



Independence Monument



Balanced Rock – I better move because if that thing comes down, I'm gonna get hurt.



Fruita Canyon Overlook

September 19, 2023 – Palisade Fruit & Vine Byway

Trivia Question #3: What Grand Junction restaurant has a 2022 James Beard Outstanding Chef Mountain Region Semifinalist? Answer: Bin 707 Foodbar with Chef/Owner Josh Niern

To the best of my knowledge, our SAG team of Kathleen Schindler and Mayoma Pendergast, have not been nominated for any culinary honors. Obviously, this is a HUGE oversight.

Today was about food. We started each day with a generous Hampton Inn breakfast. After leaving Grand Junction behind on their miles of bike paths and with the Grand Mesa as our dramatic backdrop, we cycled through vineyards and peach orchards passing fruit stands, wineries, and pie. Ok, some of our group stopped for the pie. No climbing today but we worked off the calories in the warmth of the sun.



Palisade Vineyard and the Bookcliffs



Snack stop at Suncrest Orchard Alpacas and Fiber Works. A feast for our eyes!



Chocolate Caramel Marshmallow Pretzel Pie – It really was BIG.



Lunch at the Red Fox Cellars. Safety Tip #2: Do not refill your water bottle with wine or hard cider.

September 20, 2023 – Glade Park

Trivia Question #4: What is Goat Head? Answer: It's a weed with sharp burrs that can cause serious injury to bicycle tires.

UTAH or BUST! At 7:15 am we were loading our bikes up for our only remote start on this tour. As we shuttled up the road 17 miles to the Glade Park store, we kept rolling up and up and I am secretly glad I'm in the van. Once on the bikes, the cue sheet had two lines for the first 40 miles – out and back. A sunny 20 miles to the SAG stop in Utah (watch out for that Goat's head) and then turn around and bike 20 miles to our lunch in the Glade Park Post Office parking lot. And that first 17 miles of up and up in the van, turned into an optional 17-mile descent back into Grand Junction! Are those last 17 miles cheater miles? Not in my book. We finished with 59.4 miles and 2,734 ft gain and 4,844 ft loss in elevation according to my Rides with GPS. Most importantly, there were no Goat's head injuries to our group or our bicycles.

The Road to Utah**Out ...****... And Back!**



Doug Chucka and Barbara Klein model their Utah jerseys in Utah (while walking on Goat Heads.



Ralph Pantuso models his HeartCycle Mallorca jersey while cooling his brakes on the 17 mile downhill.

September 21, 2023 – Fruita Farmland Loop

Trivia Question #5: Why does Colorado have 1,746 miles of paved bike trails? Answer: In 1992, when Colorado voters approved the sale of Lottery products, they also decided to distribute the profits: 50% to the Great Outdoors Colorado (GOCO) Trust Fund, 40% to the Conservation Trust Fund, and 10% to Colorado Parks and Wildlife.



Soaking up the view on the bike path along the Colorado River.



Highline Lake State Park – The view from our picnic table at the lunch stop.

Every day we used those paved trails to get safely in and out of Grand Junction and beyond. I'm sorry I can't tell you how many miles were on those bike trails. I was too busy being jealous to keep my eyes on my odometer.

Bike paths, quiet roads and pedaling brought us to Highline Lake State Park. This lake is a little oasis in the western Colorado desert. It was also our lunch stop destination. The weather was perfect – sunny and warm. And if you are into this sort of thing – 59.5 miles and 1,640 ft of elevation gain.

The New Jersey contingent (Doug, Ralph, Patty Menz and Barbara) enjoying the morning snack stop at James Robb State Park.



Only HeartCycle on the road. Not at motorist in sight.

September 22, 2023 – Tour of the Moon Loop

Trivia Question #6: What movie made Tour of the Moon famous? Answer: Cycling movie “American Flyers”

We started our Grand Valley Ramble tour on fresh legs and a clockwise ride through Colorado National Monument. On this our last day, we rode counterclockwise with slightly tired legs but still enjoying the amazing panoramic views. Our group had several sightings of desert bighorn sheep. It was also another opportunity to shop in the Visitor Center and purchase the 2023 CO National Monument jersey and socks.



In 2023, Kathleen and Mayoma were a familiar site on many HeartCycle tours. However, no Grandstanding from these two. Smiling, they served up lots of good (and nutritious) snacks and lunches to lots of hungry HeartCycle riders. Our tour was no different.



However, on the Grand Valley Ramble, Kathleen and Mayoma had to navigate through this.



Love them to pieces!

Finally, a most heartfelt thank you to our tour leaders – Judy and Barry Siel. They do so much for HeartCycle as Tour Director and Newsletter Editor, respectively. Here, they invited HeartCycle into their hometown to play...I mean ride our bicycles. They generously shared their time and talent with a lucky few. Their planning was meticulous, their spirits were warm and sunny (like the weather), and they gave out HeartCycle SWAG and Enstrom's chocolate toffee candy the correct answers to their trivia questions.

A happy Judy Siel surveys her backyard... the Colorado National Monument.



2024 Tours with Available Space for You!!

HeartCycle 2024 tours are open and just a few have filled: so it's not too late to get your plans set for next year and biking touring with your favorite friends.

Spring Training in Texas Hill County: our most requested tour is back in Fredericksburg, TX March 15-22. Capture the spring wildflowers as you pedal through hilly terrains, meandering county lanes and picturesque ranch road. A fixed based adventure with a fun team leading the way. Fredericksburg is a charming old German town with art galleries, boutiques, fascinating museums, lively music venues and renowned restaurants.

Underground Railroad Year #1: a two week tour starts next April with your start of a three year adventure series. Year one starts in the deep south at Mobile, Alabama and heads north to Nashville, Tennessee. Imbed yourself into the history of the Civil War and spirit of what this country is all about. Bike through pine forests, past old plantation, along the Mississippi Blue Trail, follow rivers, Civil war battlefields, Natchez Trace Parkway and time to be a tourist with several rest days. (Years #2 & #3 will continue northward till finishing at the Canadian border.) Don't miss year #1!

Springtime in the South Bay Area, CA: May brings this six-day tour that will travel over the Coast Range to Half Moon Bay, down the CA coast to Santa Cruz and then back over those coastal mountains. Wildflower and green hill slopes make this area a beautiful place to ride in May. Challenge your legs with iconic climbs to the top of Mount Hamilton and Morgan Hill.

Basalt And Aspen: Come ride the Roaring Fork Valley in July on lightly travelled roads and bike paths with grand vistas and some gravel connecting roads. Another fixed base tour in a historic CO mountain town with nearby fishing or relaxing along the banks of the Frying Pan River. *Hotel rooms are filled, but if you have a second home in the valley we have space for you at a reduced price.*

Over Hill & Dale NW Vermont: Come August we would love to have you join HeartCycle in Vermont for a weeklong tour, biking past Lake Champlain to the peaks of the Green Mountains. Vermont is home to many 19th century covered wooden bridges, maple syrup, historic general stores, waterfalls and wonderful New England Inns.

West Virginia: A new tour for HeartCycle in a state we have not biked till 2024. The Appalachians are green and hilly. We will visit a new national park-New River Gorge National Park. Bike along small creeks, up & down knobs, through small hamlets, thick forests and see the largest arched bridge in the western hemisphere.

These tours have a few limited spaces available.

Balkan Quartet: Space for a female to share a room.

Bike & Barge Belgium: Space for a male to share a room

Puget Sound Island Hopping: Space for one male to share a room.

Tuscany: Space for a female to share a room.

Black Hills of South Dakota: Space for a male to share a room and space for a female to share a room. *No not together!!*

Full tour descriptions and contact information is on the website: heartcycle.org

Colorado HeartCycle 2024 Tours

Spring Training in Texas Hill Country

Fredericksburg, Texas

March 15 - 22 Status: Open
 6 days, Int./Adv. \$1,900.00
 Jim Schroeder, jimmyschweb@gmail.com
 Tina Vessels, tina.vessels@gmail.com

Springtime in the South Bay Area

Campbell, California

May 19 - 25 Status: Open
 6 days, Advanced \$1,900.00
 Carol Fredrickson, swmcarol@yahoo.com
 Janet Slate, jslate@ultrasys.net

Portugal: West Coast & Algarve

Lisbon, Portugal

April 7 - 17, 2024 Status: Waitlist
 11 days, Intermediate \$4,900.00
 Judy Siel, judy.siel@gmail.com

Explore the Door in '24

De Pere, Wisconsin

June 2 - June 9 Status: Full
 8 days, Intermediate \$2,000.00
 Jim Bethell, bethell.jim@verizon.net
 Cindy Dore, cdorecycle@gmail.com

Paso Robles Wine Country

Paso Robles, California

April 13 - 20 Status: Waitlist
 6 days, Int./Adv. \$2,000.00
 Cindy Alvarez, sindelou@cox.net
 Helayn Storch, helaynstorch@hotmail.com

Bike & Barge Beautiful Belgium

Bruges, Belgium

July 20 - 27, 2024 Status: Open
 7 days, Easy/Int. \$2,150.00
 Rita Kurelja, ritakurelja@hotmail.com

Underground Railroad Year 1

Mobile, Alabama

April 27 - May 12 Status: Open
 14 days, Int./Adv. \$2,840.00
 Jim Schroeder, jimmyschweb@gmail.com
 Ron Finch, blouie-rfinch@comcast.net

Basalt & Aspen - Road & Gravel Tour

Basalt, Colorado

July 24 - 28 Status: Open
 4 days, Int./Adv. \$1,100.00
 Ron Finch, blouie-rfinch@comcast.net
 Robin Heil, heikrobin1@gmail.com

Balkan Quartet

Tirana, Albania

May 17 - 31, 2024 Status: Open
 14 days, Int./Adv. \$2,600.00
 Lisa Evans, lceski@comcast.net

Puget Sound Island Hopping

La Conner, Washington

August 3 - 11 Status: Open
 7 days, Int./Adv. \$2,560.00
 Cindy Alvarez, sindelou@cox.net
 Helayn Storch, helaynstorch@hotmail.com

