

Heart-to-Heart



2023 HeartCycle Annual Meeting and Luncheon

The 2023 HeartCycle Annual Meeting and Luncheon was held this year on Saturday, October 14th at the Mount Vernon Canyon Club (formerly Country Club) in Golden, CO. 80 HeartCycle members attended the event this year, all eagerly wanting to see old friends, hear about the 2024 tours and have a great lunch.

Jim Bethell, President called the meeting to order as lunch was wrapping up and as the desert table was resembling more of a desert table where you saw nothing for miles... The Canyon Club, as always did a great job providing everyone with a superb variety of food to eat.

After welcoming everyone to the meeting, Jim introduced the current board members, 2023 and 2024 Tour Leaders that were in attendance along with the 2024 slate of board members to be voted on by the membership. The slate presented was Janet Slate, Ron Finch, Rita Kurelja along new members to the board, Cindy Dore, and Scott MacCormack. The membership present voted them in unanimously. Graham Hollis, our current Treasurer, was leaving the board after 8 years and was recognized for his expertise.

Next on the agenda was a new item recognizing both Rich Crocker and Bob Rowe with a Distinguished Service Award. Both were in attendance and after a brief introduction each was presented with a token of the club's appreciation, a small statue of a cyclist with a plaque with their name on it. Both Bob and Rich were instrumental in moving HeartCycle in a positive direction through the different positions they held throughout their tenure on the board.

Next on the agenda was the presentation of the 2024 Tours by Tour Director, Judy Siel, and the respective leader of each tour. A brief presentation of each tour was given in order of the tours being run next year. After the presentation everyone was welcomed to stick around, talk to the tour leaders about their tours, check out the available HeartCycle Swag brought in by Jeff Messerschmidt and the meeting was adjourned.



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)
Janet Slate (303) 683-6128 Secretary	(2025)
Alan Church (303) 489-1789 Treasurer	(2024)
Laura Davis (970) 581-1361 Recruitment	(2024)
Cindy Dore (303) 249-3718 Recruitment	(2025)
Ron Finch (303) 656-5573 Safety Coordinator & Insurance	(2025)
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

Autumn is a time when in many areas we get ready for the winter months by raking leaves, making sure the furnace works, getting the skis ready or having a bike tuneup so your trusty steed is ready to go in 2024. As you prepare for the fall and winter, starting planning your 2024 HeartCycle travel. All 15 tours for next year have opened and there are many tours with space for you to sign up and bring a gaggle of friends along- see details on page #9.

Remember my tour rules:

Come relaxed and leave happy.

You will remember your friends more than your miles.

Bike often, laugh more.

Ride the bike (or tour) that make you the happiest

It's more fun when you're not the only one having it.

I am thankful for such a wonderful group of friends, hard working board members and tour leaders that I have found in our HeartCycle club.

See you on tour next year,
Judy Siel, Tour Director

Adriatic Sea - Italy, Slovenia & Croatia

By Brenda Sheets

In November of 2022 my sister asked me if I wanted to go on a bicycle trip in Slovenia. She and a friend had done a tour in France and she really liked the trip and HeartCycle. I read about the tour and it sounded beautiful but my doubts crept in. I am a recreational biker really - mostly rail trail and in good weather would I be able to do 9 days? I also noticed that there were a lot of Michelin Stars in the write up. I am not a foodie, more a plain Jane eater. This would also be my first serious trip since the pandemic and I would be flying alone which seemed a bit overwhelming. As I sat thinking about whether I should go or decline, I realized what really trumped all those concerns was that I would be spending time with my sister and her husband. She is one of the smartest and most generous people I know and has an infectious can-do attitude - I really like doing things with her. I also enjoy the company of her husband. He is very easy going and has a good sense of humor. I signed up knowing worst case would be to ride in the sag wagon and eat bread and cheese.

The trip filled quickly and I was put on the wait list. As I still work and this would commit two weeks of my vacation time I was didn't want to wait and then find in September that I didn't make the trip. I inquired about how long until I heard back and the tour leader got right back to me and committed she would find a way. She did so in short order and I was confirmed on the trip.

The trip started with a transfer from Ljubljana to Bled for the welcome ride. It was a cool rainy day and after, at 3 pm we met to get gear and bikes and do a short ride. There were 20 riders and it was chaos for a bit getting bikes matched to people and pedals and seats swapped and tires pumped but finally we got going. It was a sweet ride around the lake. The guide stopped us at one place and talked about the local lore and people. It was very nice.



The next day we rode from Bled to Lake Bohinj. Not very much climb and went by pastures and rivers. Reminded me a lot of riding in New Hampshire except the water looked more like glacial water which has the greenish color from minerals.



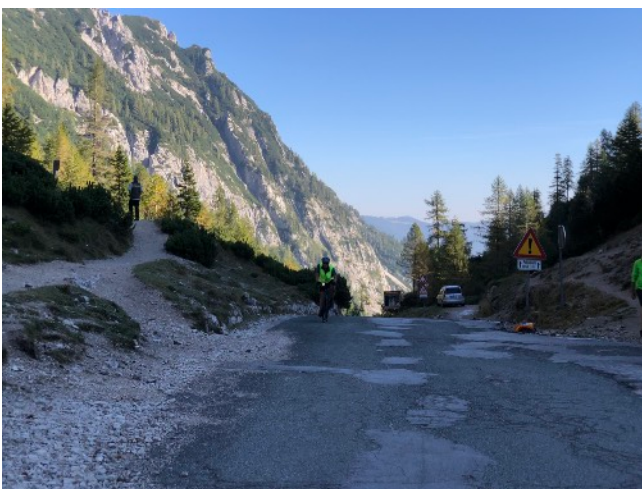
Our second full day ride went through the Triglav National park. A harder ride for me as there was more climbing. I did find that most of the other bikers offered useful tips and support. This was the only ride I saw any wildlife. We ended the ride at Kranjska Gora. Went as far as the Planica Nordic Centre. They had ski jumps and more impressive to me was the indoor cross country ski training center.



The next day was a 39-mile ride on the Alpe-Adria Cycle trail. Many bridges and cool tunnels to ride through. I really appreciated the bike experience on this section, no other tour mode would cover the distance and let you see all the scenery.



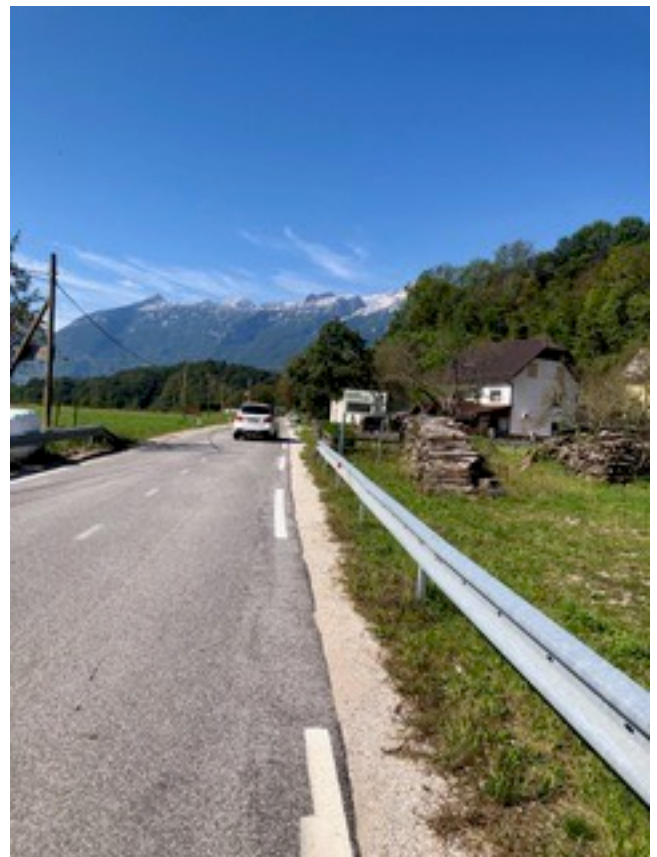
The next day there was an optional ride up the Vrsic Pass, or a van ride - I opted for the van. The ride down was fast and scary and fun. Again I got some tips and we were safe and I said “wheeee” a lot.



The next day was a 27-mile ride through vineyards in the wine region. After that we went by van to our hotel in Croatia.



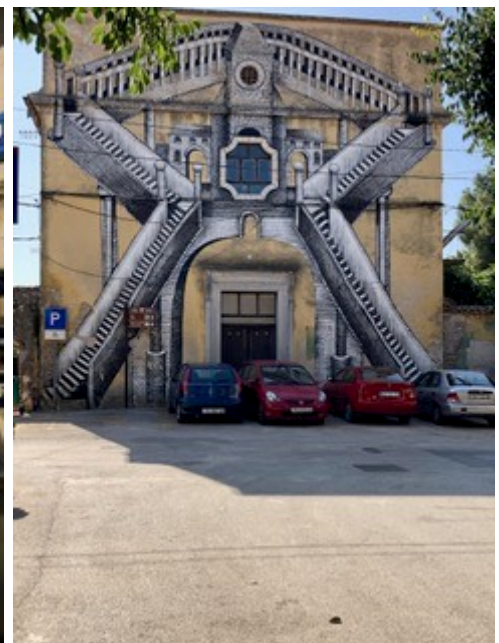
The 6th full day of riding we stopped at an Artist colony called Groznjan. Then went through Porec and ended in Rovinj.



The second to last day a few people begged off to enjoy the wonderful options at the hotel that was right on the ocean. It was a 24-mile ride and it was some gentle up and down but just beautiful scenery.



The last ride took us to an olive oil producer. They have modernized quite a bit, but kept all the old equipment. An olive oil tasting was included which was very interesting, olive oil on ice cream - wow. We ended in Istria for lunch.



The decision to go was one of the best decisions I have made in a long time. I didn't do all the additional climbs - but I did all the rides on my e-bike. I didn't eat all the entree's or appetizers - but I did try many things that I probably never would have tried were it not for this trip. I met some very interesting people and learned more about biking and myself. The scenery was spectacular and there was so much diversity in the riding - some climbing, some rail trail and some downhill (wheeeeeeeeeee).

I journaled during the trip and I realized that as I have been aging (my next promotion will be retirement), my world was getting smaller and I was doing what was comfortable. This trip took me out of my comfort zone and I am SO glad I did it. If you take the chance, you might be too.



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. *Only one remaining hotel room, so register quickly! Or if you have your own lodging in the area.*

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.

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: Waitlist
 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: Waitlist
 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

