

# Heart-to-Heart



## Annual Meeting and Luncheon

**Saturday – October 14, 2023**

**Mt. Vernon Canyon Club**

**24933 Club House Circle**

**Golden, Colorado**

**Cash bar opens @ 11:30 AM; Buffet starts @ 12 noon**

**\$35.00 per person, Members or Guests**

It's time to sign up for the Annual Meeting and luncheon will be on Saturday, October 14th, at Mt. Vernon Canyon Club. Come enjoy a sumptuous gourmet buffet and visit with old and new friends while sharing memories of this year's tours.

Once again, we will have a continuous slideshow with photos from this year's tours. If you have 5 or 6 (or up to 10) photos that really capture the spirit of a tour that you rode, please email your jpeg files to Barry Siel at [bsiel03@gmail.com](mailto:bsiel03@gmail.com) to be included in the slideshow.

HeartCycle's Tour Director, Judy Siel, will announce the 2024 tours. Next year's tour leaders will present their tours and answer your questions. You won't want to miss this year's luncheon and meeting.

You can register now for the luncheon on the HeartCycle website, [www.heartcycle.org](http://www.heartcycle.org). Click on the "2023 Annual Luncheon" icon in the green toolbar on the homepage, then click on the "register" icon. Please register and pay online.

**Registration closes once we reach 125 attendees or Saturday, October 7th, whichever is earlier. All payments must be made online, no payments accepted at the door.**

For further information regarding the luncheon email Mark Lestikow at [mark.lestikow@closetfactory.com](mailto:mark.lestikow@closetfactory.com)

Roger Sass will lead a 22-mile ride before the luncheon will start at 9:30 AM.

<https://ridewithgps.com/routes/15728860> shows the route, and you can Export a GPX or TCX file to your Garmin

<https://drive.google.com/open?id=0B1guTfOt26w-U0taUVIQRnRrREE>

You can also print a more detailed map and cue sheet.

**We look forward to seeing you at the Luncheon!!!**

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## The Board of Directors

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**John Penick** (203) 232-8946

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**Jimmy Schroeder** (260) 450-2007

Ride with GPS Coordinator

**Barry Siel** (303) 434-1947

Newsletter Editor

## **Tour Director Musings**

2023 Biking touring has wrapped up for our club. Twelve tours across the USA and Europe were successfully run with 88% occupancy. Yes, we had room on multiple tours for our members. Two tours were cancelled due to very low registration numbers.

In a few weeks HeartCycle will be announcing ten domestic tours and registration. Five European tours were previously opened for registration and several still have some spaces available. Don't miss out on your opportunity to register for bike tours with the best club in the USA. Special thank you to all the tour leaders who stepped up to organize and plan the 2024 tours for our members. It truly takes a village to accomplish our yearly tour offerings.

Nothing we accomplish can be done alone: contact me to start planning a bike tour for HeartCycle in 2025. We are always looking for new places with great roads that are cyclist friendly.

Judy Siel, Tour Director

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# The Idaho Panhandle

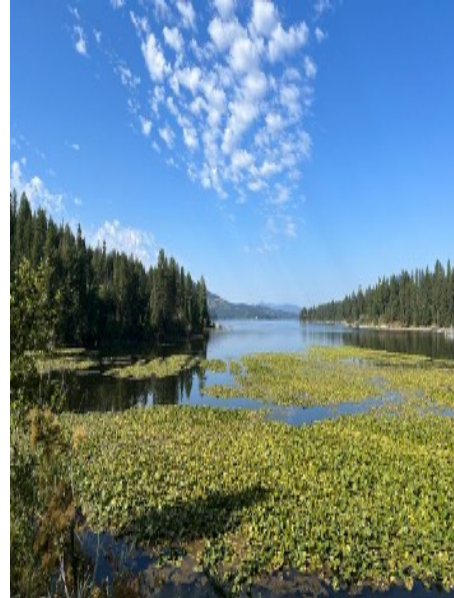
By Robert Mendelsohn

This year's trip from Spokane through Idaho and a bit of Montana was led by Doug Moll and Ben Pope from July 29-August 5. The trip was a 400+ circle around the Idaho Panhandle and Coeur d'Alene National Forests. Through perfect weather, we biked from one beautiful river or lake to another. These lakes were formed by old glaciers that carved these incredible lakes and valleys between the mountains.

The first day took us 45 miles along the Centennial Trail bike path overlooking the Spokane River. The highlight of the day was the amazing views of the falls in Spokane. We then crossed into Idaho on our way to Lake Coeur d'Alene.



Day 2 was a more challenging 80 mile ride from Coeur d'Alene past the hills of Hayden Lake to Sandpoint. The views along Hayden Lake were certainly a highpoint on this second day.



But the second day also had a spectacular ending as we crossed Lake Pend Oreille on an old highway bridge.



Day 3 was the longest day of the trip featuring 84 miles along a busy two lane road. The trip started with amazing views of Lake Pend Oreille with the mountains in the distance. We then followed the Clark River upstream. This got us briefly into western Montana for a night in Thompson Falls.

We began our return towards Spokane on Day 4 by climbing two passes near Thompson Falls. The first pass was challenging enough but the second pass got the best of most of us as we did a total of 4750 feet of climbing. But the climbs got us back into Idaho and the memorable town of Wallace which contains the Center of the Universe. There was also a trail in Wallace dedicated to the fire fighters of the first major American forest fire in 1910. It is this fire that got the US Forest Service locked into its no forest fire policy.

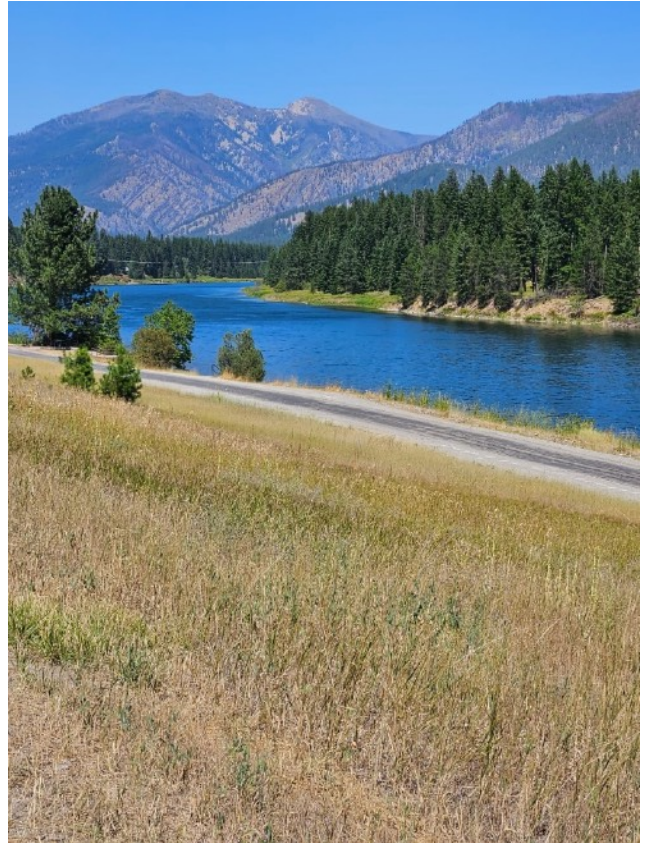




Day 5 was a day off which most of the group spent doing the Hiawatha Trail. This was one more of the many converted rail to trail rides we took along this trip.



Day 6 brought us from Wallace along the Coeur d'Alene Bike Trail to Harrison in the southern end of Lake Coeur d'Alene. The trip featured a beautiful bridge over the Coeur D'Alene River.



A bright sunset and a kayak trip greeted us in Harrison.



The final leg of the trip was back through the wheat and barley fields of eastern Washington and onto the flowering marshes near Spokane.





The group photo was taken during lunchtime.



This was a delightful trip. Doug Moll and Ben Pope did a fabulous job planning the trip and leading it. Our SAG's kept everyone safe and happy. But perhaps more memorable, the SAG's but on a glorious display of food every SAG stop and every lunch. The stops and the meals gave everyone ample opportunities to get to know one another. There were a lot of delicious dinners shared every night. It was a fulfilling trip.

# New England Seacoast Tour 2023

By Tina Vessels

NEST (New England Seacoast Tour) was a HeartCycle repeat, and a true classic delivered by ride leaders Jim Bethell and Kurt Arehart. Daily temperatures were perfect and the occasional rain was no problem. September is the time to do this! Our route took us from Portland, Maine down to Gloucester, Massachusetts and back. Jim and Kurt unveiled this area as an outdoor lover's paradise with flawless mapping, rolling us through the very finest terrain. Along the way there were plenty of gorgeous seascapes and ample opportunities to decide who really does offer the best lobster roll in New England!

Jim and co-leader Kurt Arehart did a great job with the planning, logistics and daily ride guidance while the SAG team of Kathleen Schindler and Mayoma Pendergast brought their excellent food and snacks, upbeat demeanor, skillful caring and creative problem solving to the aid of all. Well done team!



**Very near our start, the iconic Portland Head Light. Portland is most famous for its lobster and seafood..Fun fact: Portland was named after the English Isle of Portland, Dorset.**



Our cycling crew pedaled by: the lobster shack- a lobster haven, the love shack-a romance retreat for some, and the wopie pie shack- for sweet delights.



Ogunquit  
Day 2 brought us past the Nubble Lighthouse, another beauty. Fun fact: Citizens petitioned the US govt in 1874 to build this lighthouse to keep sea merchants safe on their journeys.





**The insanely opulent Fox Hill Point, NH.**



**Sometimes ya just gotta wait.**



**Just south of Newburyport a rainy day transformed. Fun fact: Newburyport Massachusetts is nestled on the shores where the Merrimack River meets the Atlantic.**



**With the sun warming us, no real hurry to finish the day. Fun fact: Plum Island was named after the wild plums that grow here and the purple sand from eroded pyrope garnet.**



**Gail and Jim heading north to Ogunquit. Fun fact: The word Ogunquit in the Abenaki (North American Indian tribe) language means “a beautiful place by the sea.” This city was discovered by artists and soon after, in 1888, the Ogunquit Artists Colony was founded.**

**The New Hampshire coast does not disappoint.**



**Just south of Portsmouth, NH, some shiny resort hotels. Fun fact: Wentworth by the Sea is one of the handful of the surviving Gilded Age grand hotels, and the last located on the seacoast. Member of Historic Hotel of America.**



**Kurt crossing the Piscataqua River returning to Maine. The memorial bridge to the sailors and soldiers of New Hampshire who participated in WW1 1917-1919**



**The sun rises on our final day, view from our hotel.**



**Kennebunkport, Maine. A classic New England village. Fun fact: The coastal position of Kennebunkport is home to a wildlife refuge where you are likely to spot cottontail rabbits and saltmarsh sparrows.**





**The NEST 2023 Team!**





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# Colorado HeartCycle 2023 Tours

## History in the Finger Lakes Region

### **Rochester, New York**

August 13 - 19                      Status: Cancelled  
6 days, Intermediate                      \$1,800.00  
Janet Reilly, [kayaks06@verizon.net](mailto:kayaks06@verizon.net)  
Gail Golderman, [goldermg@union.edu](mailto:goldermg@union.edu)

## New England Seacoast

### **Portland, Maine**

September 10 - 16                      Status: Complete  
6 days, Intermediate                      \$1,500.00  
Kurt Arehart, [klarehart@gmail.com](mailto:klarehart@gmail.com)  
Jim Bethell, [bethell.jim@verizon.net](mailto:bethell.jim@verizon.net)

## Grand Valley Ramble

### **Grand Junction, Colorado**

Sept. 17 - 22                      Status: Complete  
5 days, Intermediate                      \$1,200.00  
Judy Siel [bjsiel@msn.com](mailto:bjsiel@msn.com)  
Barry Siel, [bsiel03@gmail.com](mailto:bsiel03@gmail.com)

## Slovenia, Italy & Croatia

### **Ljubljana, Solvenia**

Sept. 23 - Oct. 2                      Status: Complete  
9 days, Intermediate                      \$4,400.00  
Cindy Dore, [cdorecycle@gmail.com](mailto:cdorecycle@gmail.com)

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## Colorado HeartCycle 2024 Tours

### Portugal: West Coast & Algarve

#### **Lisbon, Portugal**

April 7 - 17, 2024                      Status: Open  
10 days, Intermediate                      \$4,900.00  
Judy Siel, [judy.siel@gmail.com](mailto:judy.siel@gmail.com)

### Tuscany

#### **Florence, Italy**

Sept. 5 - 18, 2024                      Status: Open  
13 days, Intermediate                      \$3,550.00  
Cindy Dore, [cdorecycle@gmail.com](mailto:cdorecycle@gmail.com)

### Balkan Quartet

#### **Tirana, Albania**

May 17 - 31, 2024                      Status: Waitlist  
14 days, Int./Adv.                      \$2,600.00  
Lisa Evans, [iceski@comcast.net](mailto:iceski@comcast.net)

### Le Monastere in S. France

#### **Limoux, France**

Sept. 28 - Oct. 5, 2024                      Status: Waitlist  
7 days, Int./Adv.                      \$3,100.00  
Guy Kelly, [guy.kelly@comcast.net](mailto:guy.kelly@comcast.net)

### Bike & Barge Beautiful Belgium

#### **Bruges, Belgium**

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

HeartCycle's ten 2024 domestic tours will be announced at the annual meeting on October 14th.

The complete list of 2024 tour descriptions will be available to read on the website afternoon of 10/14/2023.

Registration for first five domestic tours will open on October 19th. Registration for the remaining five domestic tours will be opened on October 26th.

**Tour with HeartCycle in 2024!!**