

Heart-to-Heart



The 2023 Tours are Coming Soon

There's a red rock climb that rises 1,500 feet along stunning rock rim formations and scenic overlooks into canyons. Is it cycling mecca? Nah. It's on one of the HeartCycle tours for 2023? YES! I like the idea of a place where the bicycle is ridden mainly for fun and where riders still look at the scenery rather than the data on their bike computer. The challenge is finding somewhere "undiscovered", but you really want to share it with your HeartCycle friends. Well, our 2023 Tour Leaders are doing their very best to plan fantastic tours for our bike club. Data is flowing into my inbox and the results look like a fun year of cycling for HeartCycle members.

The 2023 tours will be announced at the Annual Meeting on October 22 and released on our website for you to read & wonder how to maximize the number of places to tour and see them all?

Make sure your membership is currently active for 2022 to be able to register for one (or more) of our 2023 tours. Tentative schedule for registration: 5 tours will be opened October 29th-November 2nd, 5 more tours will be opened on November 5th-9th and the last bunch will be available November 12th-16th. Remember it is not first come, first confirmed. All 2022 members will have 5 days to register, then if the tour is not full-everyone will be confirmed. If more than the maximum number of riders registers then a random lottery will be run by our Registrar Rita before anyone is confirmed. You can read the HeartCycle Tour Confirmation Policy at heartcycle.org and make sure your membership is up to date.

Hope you join us in 2023 for some great scenery from your bike saddle.

The Board of Directors

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Doug Moll (386) 547-6144	(2023)
Judy Siel (720) 519-9401 Tour Director - tourdirector@heartcycle.org	(2022)
Janet Slate (303) 683-6128 Asst. Tour Dir. - tourdirector@heartcycle.org	(2023)

Working Members

Richard Crocker (520) 539-8019 Asst. Registrar - registrar@heartcycle.org
Jeff Messerschmidt (303) 904-0573 Sag Supply Manager
Dan Palmquist (303) 638-2535 Sag Vehicles
Jimmy Schroeder (260) 450-2007 Ride with GPS Coordinator
Barry Siel (303) 434-1947 Newsletter Editor

Tour Director Musings

Did you know HeartCycle is 44 years young? We have been offering tours in North America and overseas since 1979. Our Tour Leaders are volunteers who are not paid for the tours they lead. They find a great location for a bicycle tour, organize the route, plan the hotel stays and round up two fantastic SAGs to meet your hydration and food needs throughout each day. HeartCycle tours are made up of a small group of participants (~20-30) who love to bike miles with like minded riders over a week or two. HeartCycle considers our tour leaders and SAGs our greatest asset. HeartCycle tours are operated at cost, since we are a non-profit club. Occasionally on tours in foreign countries, we subcontract with a commercial bike tour company to lead our tours and we have a "Tour Coordinator" who works with the third party bike company who actually runs the tours. The Board of Directors is also made up of 10 HeartCycle members who volunteer their time to guide the logistics of running this club. Thank goodness for all our volunteers!!

I am looking forward to letting you know about our 2023 tours at the October Annual Meeting and luncheon.

Hope to see you on tour soon, Judy Siel, Tour Director

Annual Meeting and Luncheon

Saturday – October 22, 2022

Mt. Vernon Canyon Club

24933 Club House Circle

Golden, Colorado

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

\$35.00 per person

It's time to signup for the Annual Meeting and luncheon will be on Saturday, October 22nd, 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. All attendees will be required to be fully vaccinated for COVID-19.

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 to be included in the slideshow.

HeartCycle's Tour Director, Judy Siel, will announce the 2023 tours. Many of next year's tour leaders will describe 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. Click on the "2022 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 15th, whichever is earlier. All payments must be made online, no payments accepted at the door.

Attendance at the Annual Meeting has grown substantially the past several years, so sign up early to reserve your place. For further information regarding the luncheon email Mark Lestikow at 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!!!

Late Summer Frolic in the Adirondacks

August 2022

By Sue French Smith

The tour was a frolic to be sure! Bucolic farmland views, riding along the sparkling Hudson River, beautiful lakes, and small rural towns. The pastures of cows were a welcome site because we knew they were responsible for the delicious treats at the ice cream stops. We had 30 riders in the 2022 Adirondacks Frolic, 2 wonderful sags – Mayoma and Carol, and 2 knowledgeable and supportive tour leaders Jim and Gail. Glens Falls is located in the heart of the Adirondack mountains, a pleasant town with lots of riding and dining options. The Queensbury hotel hosted the group for this fixed base tour with breakfasts every day and a place for our group meetings and dinner. Happy hours were located outside the lovely Queensbury hotel on the lawn, often enhanced by the local traffic, skateboarders, and the loading dock for some very noisy chairs being unloaded.

Glens Falls is centrally located in the Adirondack mountains with several hills surrounding it including views of Vermont hills. The Hudson River winds through the valley providing excellent river views while riding. In addition to the beauty, the valley is well known for its role in the American Revolution including the Battle of Saratoga, the turning point in the Revolutionary War when the Americans defeated the British army.



The first day was a 50-mile warmup called the Dairyaire Double, named because we passed by two dairy farms. The Battenkill Dairy was one of the stops on the route and they agreed to open early for a morning ice cream! The ride was a great introduction to the scenery we would experience all week.

Lunch was provided in a lovely park on Roger's Park in Fort Edward. Great choice of a spot to relax and enjoy the great food!



Jim, Gail, Mayoma and Carol



Day 2 brought the riders out to the Battenkill Area. Heading southeast we traveled through Fort Edward and Greenwich. Another gorgeous day, sunny in the low 80s and not humid. The route led us over some of the same terrain used in the Battenkill Gran Fondo. Passing by one of the locks led the riders into the sag stop at Hudson Crossing park, After fueling up, the riders headed out to the 'hill', a 4-mile climb topping out at a 13% grade.



Locks on the Hudson River







Lunch by the River

Day 3 was rained out, which gave everyone an opportunity to do some sightseeing. Several riders rode the bike path to Lake George and back, a 22-mile out and back well-maintained paved trail that ends at scenic Lake George. Some made it back before the rains hit, some did not!



Day 4 - Arnold and Burgoyne – Battlefields

Today's ride started with a beautiful downhill section along the Hudson River, later to be called the beautiful uphill section along the Hudson River. This stretch of road is a smooth, traffic free section of riding. Our trip leaders consistently found great pavement and low traffic roads. The first sag stop was at the Saratoga Monument, a 155-foot stone obelisk surrounded by gravesites of those who gave their lives. After the stop, we rode a delightful stretch of road to the Saratoga National Historical Park. History buffs enjoyed the artifacts and explanations of the battle. From there, a ride through the Park with hillside views that stretched in every direction. Lunch was at King Dairy, delicious spread from our SAGs, followed by a bit of ice cream for those who partook.







Day 5: Today's ride was all about lakes. Riding around and near lakes is more challenging than you would think. Every lake is at the end of a downhill, and then has an uphill right after! Climbs were steep but short. The weather threatened, but all the riders made it without getting wet. Heading north out of Glens Falls, we traveled along the Hudson River toward Lake Luzerne for our first sag stop. Riding by Lake Luzerne was scenic with cabins on the lake and lots of docks and boats. Onward to more climbs and descents as we traveled around Stony Creek. After lunch, the final leg included a thrilling descent to Lake George followed by the bike path to Glens Falls for a final ice cream stop just before the hotel.





Day 6 unfortunately was called due to rain and lightning. Riders waited and watched from the hotel hoping for a break, but the storms continued to circle around the area with several very close strikes by the hotel entrance. Riders took the opportunity to find indoor entertainment including movies, museums, and walks in the rain.





The ride was full of camaraderie, everyone was so happy to be out riding on excellent routes, with great SAG support, a beautiful hotel, and exceptional planning beforehand.

Colorado HeartCycle 2022 Tours

South Florida

Miami, Florida

February 2 - 10 Status: Complete
 7 days, Intermediate \$2,400.00
 Ron Finch, blouie-rfinch@comcast.net
 Jim Schroeder, jimmyschweb@gmail.com

Jewels of Portugal

Lisbon, Portugal

May 8 - 20 Status: Complete
 13 days, Int./Adv. \$5,200.00
 Janet Slate, jslate@ultrasys.net

Springtime in Fredericksburg

Fredericksburg, Texas

March 19 - 25 Status: Complete
 6 days, Intermediate \$1,480.00
 Clare Bena, cbvamoots@gmail.com
 Janet Slate, jslate@ultrasys.net

LELOG

Cornwall, England

May 22 - June 11 Status: Complete
 20 days, Advanced \$6,000.00
 Graham Hollis, gramhollis@comcast.net

Paso Robles

Paso Robles, California

April 9 - 16 Status: Complete
 7 days, Int./Adv. \$1,690.00
 Cindy Alvarez, sindelou@cox.net
 Ken Condray, condray3@gmail.com

Le Monastere

Limoux, France

June 17 - 25 Status: Complete
 7 days, Int./Adv. \$2,350.00
 Bob Rowe, browe49@comcast.net

Shenandoah Valley

Staunton, Virginia

April 23 - May 1 Status: Cancelled
 7 days, Advanced \$1,700.00
 Kurt Arehart, klarehart@gmail.com
 Jim Bethell, bethell.jim@verizon.net

Champagne Bike & Barge

Epernay, France

June 18 - 25 Status: Complete
 7 days, Easy/Int. \$1,950.00
 Laura Davis, davpete@frii.com

San Diego County

San Diego, California

May 7 - 15 Status: Cancelled
 8 days, Advanced \$2,000.00
 Scott MacCormack, samaccormack@gmail.com
 Jim Schroeder, jimmyschweb@gmail.com

Steamboat Springs Scrambler

Steamboat Springs, Colorado

June 26 - July 1 Status: Complete
 5 days, Int./Adv. \$1,180.00
 Judy Siel, bjsiel@msn.com
 Barry Siel, bsiel03@gmail.com

Colorado HeartCycle 2022 Tours

Adirondack Foothills & Green Mnts.

Glens Falls, New York

August 20 - 26 Status: Complete
6 days, Intermediate \$1,620.00
Jim Bethell bethell.jim@verizon.net
Gail Golderman goldermg@union.edu

Front Range Bike & Brews

Denver, Colorado

Sept. 30 - Oct. 8 Status: Open
8 days, Int./Adv. \$1,850.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Oregon Wine & Surf

Eugene, Oregon

September 7 - 14 Status: Wait List
7 days, Int./Adv. \$1,880.00
Cindy Alvarez, sindelou@cox.net
Helayn Storch, helaynstorch@hotmail.com

Old Man River, MO/IL/KY

St. Louis, Missouri

October 14 - 22 Status: Cancelled
8 days, Int./Adv. \$1,660.00
Scott MacCormack,
samaccormack@gmail.com
Jim Schroeder, jimmyschweb@gmail.com

Southern Albania

Tirana, Albania

Sept. 26 - Oct. 6 Status: Open
11 days, Int./Adv. \$1,600.00
Lisa Evans, Lceskidive@gmail.com

**There are openings on two
remaining tours for 2022:**

**S. Albania (contact Lisa Evans for info)
and**

**CO Front Range Bike & Brews
(contact Scott MacCormack for info)**

**Don't miss out on having fun with
HeartCycle this year.**