

# Heart-to-Heart



Forgot to do your Black Friday shopping?

**Were you out of WiFi connectivity during November?**

*Still thinking of what to put on your Christmas Wish List?*

Did you forget to sign up for a 2020 HeartCycle tour?

Well we have suggestions for you! Yes Heartcycle did have a few tours that filled the first 4 days after posting and went to lottery, maybe you are on a wait list for one of them, but let's get you confirmed on a bike tour with your favorite club

**ASAP!!**



Look at the following suggestions for your 2020 bike tours  
and don't delay- sign up today

## The Board of Directors

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 Secretary

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**John Penick** (203) 232-8946 (2020)  
 Assistant Treasurer

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 Asst. Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

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 Co-Tour Director - [tourdirector@heartcycle.org](mailto:tourdirector@heartcycle.org)

**Janet Slate** (303) 683-6128 (2021)  
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## Working Members

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**Jeff Messerschmidt** (303) 904-0573  
 Sag Supply Manager

**Dan Palmquist** (303) 638-2535  
 Sag Vehicles

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



## **Become a HeartCycle Tour Leader and SAG**

Have you considered leading a HeartCycle tour or providing SAG support? Do you have ideas for new tours? Offering new tours in new locations and repeating old favorites, is important to sustaining a vibrant club that appeals to our variety of riders. Now is the time to act. We have finalized the 2020 tour schedule and are starting to plan for 2021. If you are interested in leading tours, but not sure where, we have a library of past rides that may be of interest. We are particularly seeking leaders from areas we have not toured before to provide our members with new cycling experiences. It is wonderful to have a leader with local knowledge for designing tours. As a new leader, we can help pair you with another leader or have a seasoned leader mentor you through the process. Did you know that HeartCycle has an extensive 73-page Tour Leader Manual. The manual is available along with help from Co-Tour Directors (Bob Rowe & Judy Siel) and past leaders. What about becoming a SAG? HeartCycle also mentors new SAGs by pairing them with an experienced one to learn the duties. To volunteer to be a Tour Leader or serve as a SAG or just learn more, contact Bob Rowe at [browe49@comcast.net](mailto:browe49@comcast.net) or Judy Siel at [bjsiel@msn.com](mailto:bjsiel@msn.com)

**Relaxed in Provence** was designed for relaxed intermediate riding with time to pause and enjoy Provence's countryside and small towns. We still have room for a few more to join us on this french delight. Registration deadline is January 1st! Polly & Rich

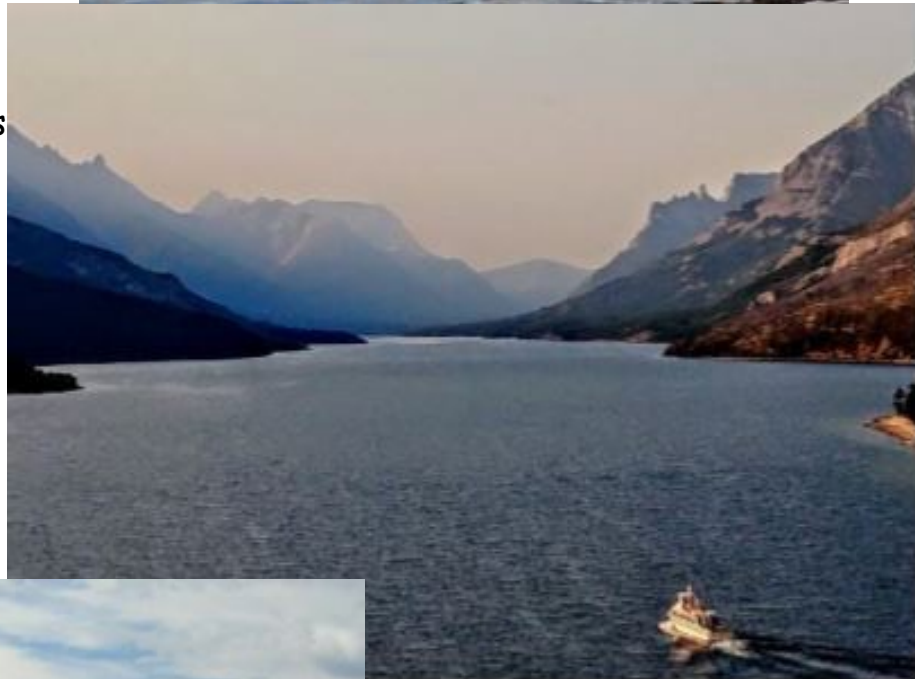


Lavender fields, quiet villages, french countryside...  
Let's GO!!

## Glacier & Waterton National Parks

The Glacier/Waterton National Park Tour is on most cyclists' bucket list. With the Going To The Sun Road just begging all us to pedal up. HeartCycle last rode this week-long tour in 2012 and 2013. A lot has changed in just seven years in the Glacier area. A large forest fire came through in September of 2017. The town of Waterton was within yards of being burnt. It will be quite educational for us to see in 2020 how nature has recovered. Come join us on this iconic national parks ride with amazing scenery to wow you day after day.

*Don't miss this opportunity  
to bike a spectacular  
National Park!!*



### FERNIE TO OLNEY GRAVEL ROAD ADD ON

Immediately after finishing the HeartCycle Glacier/Waterton Tour on Saturday, we skedaddle to the Whitefish bike shops and pick up our rental gravel bikes. While the roadies are leaving on Sunday we'll be shuttled up to Fernie, BC, so make sure you have your passports.

## Bruges to Paris Bike & Barge

This cycling adventure will take us through the countryside in Flanders (northern Belgium) and northern France. You will ride through a variety of landscapes from gently forested undulations and farmlands to picturesque villages each day. We will travel along the rivers Scheldt, Scarpe, Somme, Oise and Seine.

Joanne just negotiated a new lower price \$3,200/ person, all meals included!!



The tour is 14 days and includes breakfast, packed lunch on tour, 13 dinners on board the Barge, bike rental and entrance fees to the Museum of Glade of the Armistice, Castle of Chantilly, Town hall at Oundenaarde & Canal trip through Ghent. Although we have filled 5 rooms, additional rooms are available, call Joanne for information.

**WOW - 2 weeks of bike touring and only unpack once!**

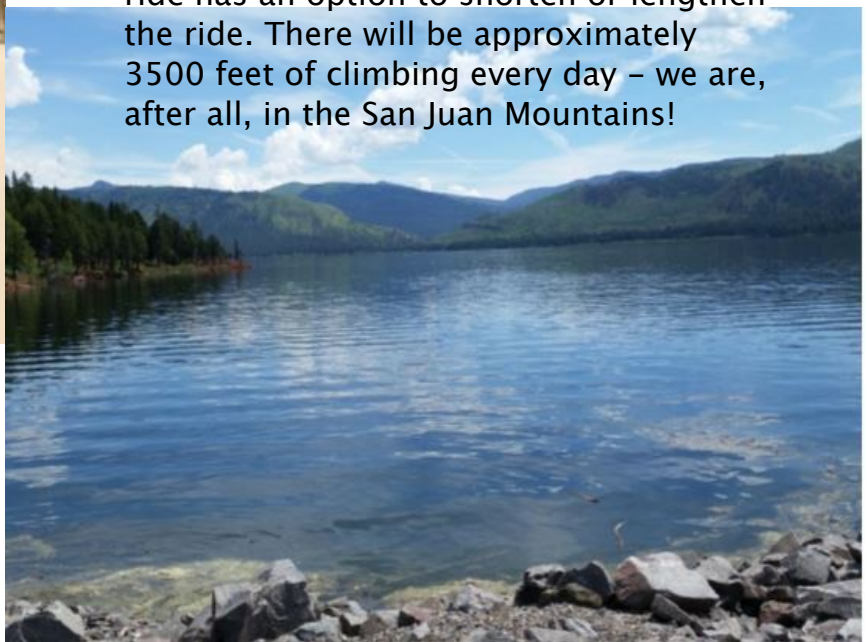


## Durango Weekend

We are excited to offer this short and snappy three day tour of Durango in beautiful southwest Colorado. Durango is without a doubt an outdoor town with miles of mountain biking and hiking trails, river rafting, fishing and just about anything else that you can think of to do outside. In May, the average high is 70, and the average low is 40. The tour is rated intermediate/advanced, and each ride has an option to shorten or lengthen the ride. There will be approximately 3500 feet of climbing every day – we are, after all, in the San Juan Mountains!



*Woohoo-weekend  
getaway!!*



## Beyond Dordogne

Leave the beaten path and do what the bicycle was meant for – to explore quiet roads through beautiful French villages and countryside, eating well and savoring the heritage and pleasures of rural France. In this tour we will search out some parts of the Dordogne less trodden by tourists.

Daily distances are between 50 and 80 km. Terrain is varied with hills.



*“Ooh-lala, biking in France and better yet in a historic & beautiful area with castles, prehistoric caves, delicious french food... This is my favorite place to bike!”*  
*Judy (Co-tour Director)*

We will not have SAG support in the form of prescribed aid and lunch stops. Riders should be possessed of an independent, adventuresome and self-sufficient spirit. The daily distances are not long; the terrain is hilly, but neither mountainous nor flat; the area is dotted with towns, small and large, with cafes, restaurants, bars, boulangeries, patisseries, epiceries, etc., as well as countless sights and other divertissements en route. We encourage you to slow down, get off the bike from time to time, and enjoy what France has to offer: beauty, history, serenity, great food and wine, warm hospitality. We still have several spots just waiting for you!



## Roaring Fork "Groad" Weekend



Join us for a four day tour of riding up and over the hills and ridges surrounding the Roaring Fork Valley. The fixed base for this tour will be in Basalt, Colorado, located 180 miles west of Denver and 20 miles down valley from Aspen, Colorado. Basalt (pop 4,200) is a historic mining turned resort town located at the confluence of the Roaring Fork and Frying Pan Rivers at an elevation of 6,611 feet. Many excellent restaurants and/or pubs are available within 5 minutes walking distance of the hotel. The Aspenalt Lodge is located on the banks of the Frying Pan River so bring your fly rod and try your luck in these Gold Medal waters or relax in the afternoon/evenings by the river.

The rides are loops from Basalt over lightly travelled roads and bike paths. We used some portions of the 2018 tour and "groad" connectors to access different roads for a new ride experience. The gravel sections of this tour are uphill, short (2.5 - 7.5 miles) and can better be described as hard packed dirt (i.e. pretty smooth under normal conditions). Note that Sunday's ride will be an out and back ride with variable length options for those needing to meet travel constraints.



## Shenandoah valley



The Shenandoah valley offers unusually beautiful cycling with quiet roads traversing the rolling terrain of the valley floor past well kept farms. Often a short climb is rewarded by spectacular farmland vistas framed by the Blue Ridge Range to the east and more of the Appalachians to the west. This tour features plenty of great miles on the Blue Ridge Parkway and the climbs and views that come with it. Logistics are made easier by a semi-fixed base design for the tour, with several multi-night stays: two nights in Staunton,

then one night in Lexington, then three nights in Peaks Of Otter, followed by one night in Natural Bridge and finally a last night back in Staunton.

Join Jim & Kurt on this eastern gem in the Shenandoah valley!



# Black Hills, South Dakota

HeartCycle returns to the beautiful & historic Black Hills of South Dakota. Every day we will cycle thru Custer State Park in the Black Hills which encompasses 71,000 acres of spectacular terrain and an abundance of wildlife; visiting Wind Cave National Park, Custer State Park, & Mt Rushmore National Monument. You will want to stop and enjoy the sights of free range buffalo, feral donkeys, white tailed deer, bighorn sheep and wild turkeys walking along the open range or across the roads thru Custer State Park.

The Black Hills are filled with scenic beauty, old west history and quiet roadways we will enjoy fixed base in Custer, SD.



Come with us our 3rd time in the Black Hills, Judy & Barry

# Ohio Appalachian Country



The Appalachians stretch far west into Ohio & Kentucky with many rivers flowing into the Ohio River. Caves and cliffs dot the thick forests, but we are here to ride our bikes in this beautiful land during the fall color season. It is just another hidden gem in the Ohio

Valley. Check out the details on the website and join us for a great fall tour!  
Thanks, Scott & Jimmy



# Colorado HeartCycle 2020 Tours

## Las Vegas & Death Valley Spring Training

### Las Vegas, Nevada

March 11 - 20 Status: Wait List  
 9 days, Advanced \$1,750.00  
 Jimmy Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
 Richard Williamson, [richard6a@gmail.com](mailto:richard6a@gmail.com)

## Paso Robles Wine Country

### Paso Robles, California

April 18 - 25 Status: Wait List  
 7 days, Int./Adv. \$1,390.00  
 Becky Bottino, [bbottino@gmail.com](mailto:bbottino@gmail.com)  
 Ken Condray, [condray3@gmail.com](mailto:condray3@gmail.com)

## Shenandoah Valley

### Staunton, VA

April 25 - May 2 Status: Open  
 7 days, Advanced \$1,650.00  
 Kurt Arehart, [klarehart@gmail.com](mailto:klarehart@gmail.com)  
 Jim Bethell, [bethell.jim@verizon.net](mailto:bethell.jim@verizon.net)

## Relaxed in Provence

### Avignon, France

May 14 - 23 Status: Open  
 9 days, Intermediate \$2,675.00  
 Polly Page, [mspollypage@gmail.com](mailto:mspollypage@gmail.com)  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)

## Durango Weekend

### Durango, Colorado

May 16 - 19 Status: Open  
 3 days, Int./Adv. \$670.00  
 Denise Weaver, [dweaver1200@hotmail.com](mailto:dweaver1200@hotmail.com)  
 Rob Weaver, [Robert\\_r\\_weaver\\_iii@hotmail.com](mailto:Robert_r_weaver_iii@hotmail.com)

## Bruges-Paris, Bike and Barge

### Bruges, Belgium

May 16 - 29 Status: Open  
 14 days, Easy/Int. \$3,200.00  
 Joanne Speirs, [jcspeirs1@gmail.com](mailto:jcspeirs1@gmail.com)

## Traverse Bay

### Traverse City, Michigan

May 30 - June 7 Status: Wait List  
 8 days, Int./Adv. \$1,570.00  
 Lynn Driver [ldriver@med.umich.edu](mailto:ldriver@med.umich.edu)  
 Bob Rowe [browe49@comcast.net](mailto:browe49@comcast.net)

## Beyond Dordogne

### Bordeaux, France

June 19 - 28 Status: Open  
 9 days, Advanced \$2,750.00  
 Fred Yu, [frederickyu@comcast.net](mailto:frederickyu@comcast.net)  
 Graham Hollis, [gramhollis@icloud.com](mailto:gramhollis@icloud.com)

## Roaring Fork Road & Groad Weekend

### Basalt, Colorado

July 15 - 19 Status: Open  
 4 days, Int./Adv. \$760.00  
 Ron Finch, [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)  
 Robin Heil, [rjsheil@bresnan.net](mailto:rjsheil@bresnan.net)

## Oregon Wine & Surf Loop

### Eugene, Oregon

July 25 - August 2 Status: Wait List  
 7 days, Int./Adv. \$1,680.00  
 Cindy Alvarez, [sindelou@cox.net](mailto:sindelou@cox.net)  
 Bob McIntyre, [dcx12@aol.com](mailto:dcx12@aol.com)

# Colorado HeartCycle 2020 Tours

## Glacier & Waterton National Parks

### Whitefish, Montana

August 8 - 16 Status: Open  
 7 days, Int./Adv. \$2,100.00  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
 Scott MacCormack, [samaccormack@gmail.com](mailto:samaccormack@gmail.com)

## Coast-to-Coast Northern Tier, Year 5

### Rochester, New York

September 7 - 21 Status: Wait List  
 14 days, Int./Adv. \$3,150.00  
 Rich Crocker, [richcrocker@hotmail.com](mailto:richcrocker@hotmail.com)  
 Patty Menz, [pattymenz1@verizon.net](mailto:pattymenz1@verizon.net)

## Fernie to Olney Groad Tour

### Fernie, BC, Canada

August 16 - 21 Status: Open  
 4 days, Int./Exp. \$1,100.00  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

## Southern Albania

### Tirana, Albania

Sept. 23 - Oct. 4 Status: Wait List  
 11 days, Int./Adv. \$1,660.00  
 Tina Vessels, [tina.vessels@gmail.com](mailto:tina.vessels@gmail.com)

## Black Hills of South Dakota

### Custer, South Dakota

September 9 - 11 Status: Open  
 4 days, Int./Adv. \$760.00  
 Judy Siel, [bjsiel@msn.com](mailto:bjsiel@msn.com)  
 Barry Siel, [bsiel03@gmail.com](mailto:bsiel03@gmail.com)

## Ohio Appalacian Country

### Columbus, Ohio

Oct. 11 - 19 Status: Open  
 8 days, Int./Adv. \$1,600.00  
 Scott MacCormack,  
[samaccormack@gmail.com](mailto:samaccormack@gmail.com)  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)

*Pssst, did you review your shopping cart?*

*Santa suggests you sign up today for a HeartCycle 2020 tour today!!*

