

# Heart-to-Heart



## PRESIDENT'S SPIN

Mark Lestikow, President

## HEARTCYCLE MARCH NEWSLETTER

Let the 2025 HeartCycle touring season begin!

When you receive this newsletter, several of our HeartCycle members will be cycling amongst the beauty and majesty of the New Zealand countryside on a 15-day tour led by our incredible Tour Director, Janet Slate! Next month Tina Vessels is leading our first Japan tour ever. Advice to her fellow participants: "take it easy with the Sake!"

Also in April, Polly and I are leading a group of fellow adventurers into the heart of Solvang wine country, gaining weight while munching on Kringles, an amazing traditional Danish pastry! Ten more tours round out our 2025 season, with three France tours sprinkled amongst seven domestic tours! Interest has been high for the tours, but there is still space available on a few. Check out the tours on [heartcycle.org](http://heartcycle.org) to see if one of them fits into your cycling calendar!

### **Board News-**

Cindy Dore is leaving the Board to deal with some temporary health issues that are impacting her ability to cycle and manage day-to-day activities. She's looking forward to the day she can join HeartCycle tours again. Cindy was a great member of the board, a fantastic tour leader, and a great individual to work with. We wish Cindy the very best and thank her for her service!

Rich Crocker is the newest member of the HeartCycle Board. Rich has been a HeartCycle member since 2008 and has been very active in the club, including a previous stint on the board as Registrar and Co-Tour Director. He's also led many tours. Welcome aboard Rich!

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## The Board of Directors

**Mark Lestikow** (303) 919-0426 (2026)  
 President - [president@heartcycle.org](mailto:president@heartcycle.org)

**Janet Slate** (303) 683-6128 (2025)  
 Tour Director - [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

**Alan Church** (303) 489-1789 (2026)  
 Treasurer

**Laura Davis** (970) 581-1361 (2026)  
 Secretary

**Richard Crocker** (520) 539-8019 (2025)  
 Asst. Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Ron Finch** (303) 656-5573 (2025)  
 Safety Coordinator & Insurance

**Rita Kurelja** (970) 231-7163 (2025)  
 Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Scott MacCormack** (720) 939-6099 (2025)  
 Webmaster, Special Projects

**Tom Kissinger** (303) 475-8669 (2026)  
 Vice President

## Working Members

**Jim Bethell** (518) 466-8490  
 Assistant Webmaster, other projects

**Graham Hollis** (720) 323-6479  
 Asst. Treasurer

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

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

**Jimmy Schroeder** (260) 450-2007  
 Ride with GPS Coordinator

**Judy Siel** (720) 519-9401  
 Assistant Tour Director

### **WANTED: E-NEWSLETTER EDITOR**

If you have good communication skills and are interested in letting our club members know what's happening within HeartCycle, please contact me at: [mark.lestikow@closetfactory.com](mailto:mark.lestikow@closetfactory.com). The E-newsletter comes out 10-11 times per year. There is a layout template that you can follow, but creativity is always welcome. Members contribute to the newsletter with tour writeups, and articles are periodically written by the board President, Tour Director, and other board members. Each newsletter will take about 2-3 hours of your time. A big benefit is as a "Working Member" you receive a priority for one tour per year, meaning you are given priority if a tour requires a lottery.

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## 2025 Tour Openings

*The following two tours still have availability (6 and 8 spots, respectively):*

### **Central CO Rockies, July 9–17:**

Escape the heat of summer as we ride in the Rocky Mountains in central Colorado. Each day, we will increase our mileage and elevation gain. The summer flowers will be in bloom. This semi fixed-base tour with just two hotels covers many great routes in the high country. We have room for you and your friends.



### **Steamboat Springs NextGen, August 17–22:**

Grab a younger relative and cycle with us in beautiful Routt County, Colorado. Our daily rides will have optional gravel additions to challenge you. This fixed-base tour has Old West ranches, lightly traveled roads, and scenic lakes.



*We have limited availability on the following tours:*

### **Underground Railroad Year 2 – Adventure Series, May 10-25**

Room is available on the 2nd segment of this 3-year tour. This year the tour travels from Memphis, TN to Cincinnati, OH over a 2-week span.

### **MN-WI: Mississippi River Weave, June 21–30:**

One shared male room is available to ride along the mighty Mississippi River—from Minneapolis to Trempealeau and back via the bluffs east of the river.

### **Paso Robles, October 18–26:**

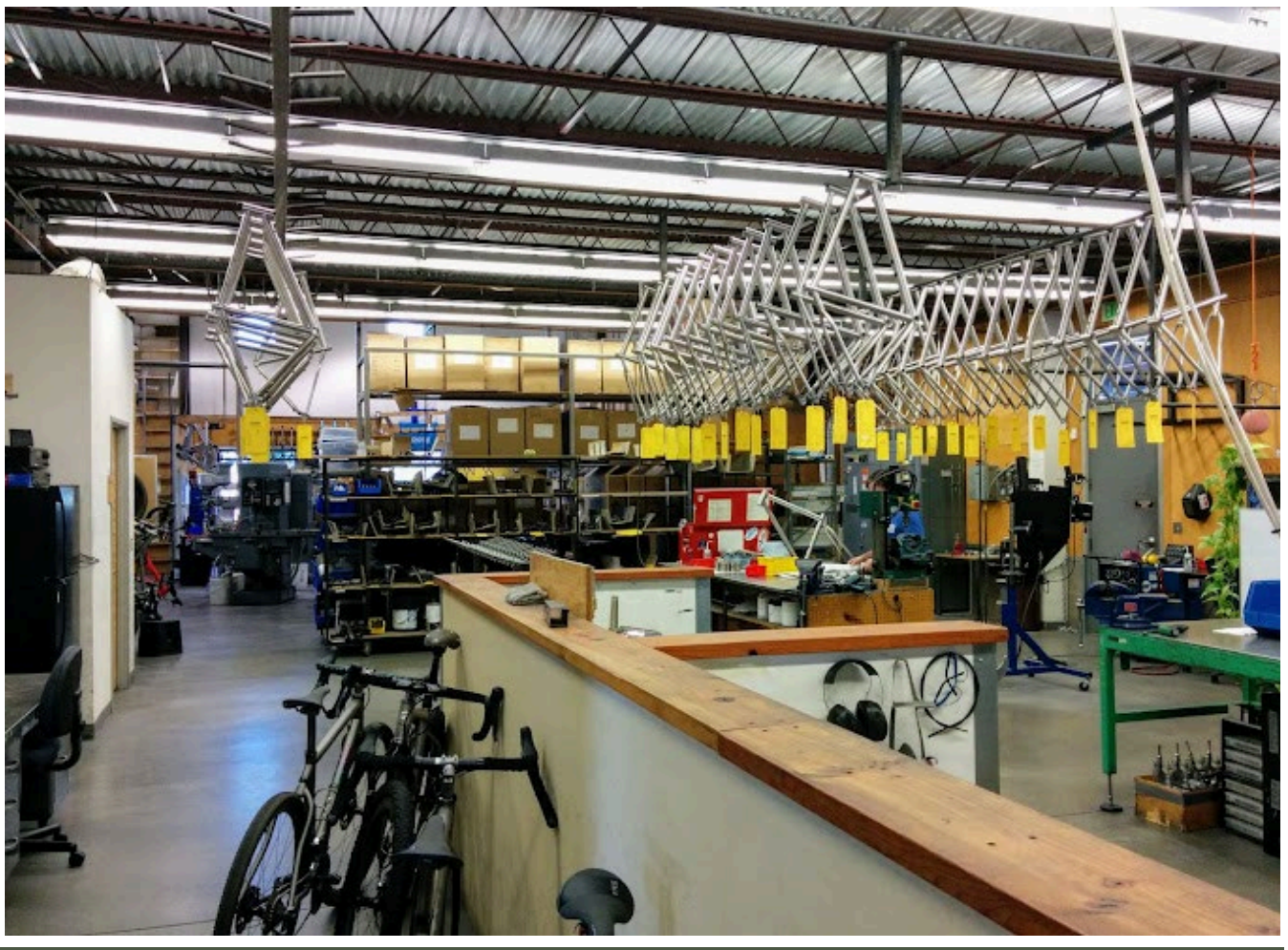
One shared male room and One Room for 2 roommates available on this classic fixed-base tour in the heart of Wine Country, California. October is uncrowded with mild weather, a great way to wrap up your biking season.



Aurum Food and Wine – Steamboat’s Best Riverfront Dining Experience

### **Steamboat Springs NextGen, August 17–22:**

There are still a few spots left for the Steamboat NextGen Tour. While we do have two generations of riders joining us, a number are coming as couples or as individuals. All are welcome to register. We're especially excited to have riders join us for two events. First, we'll have our group dinner at Aurum, one of Steamboat's most celebrated restaurants overlooking the gorgeous Yampa River. And second, we're thrilled to be coordinating a tour of the Moots factory. As most of you probably know, Moots is a legendary bike manufacturer. They're also a local Steamboat institution, and we'll be getting a private, behind-the-scenes look at how they build their bikes and their community. We hope you'll join us for both of these special events as well as some great cycling on the Steamboat Next Gen tour!





## Improve your Cycling by incorporating Pilates to build Core Strength

Combining Pilates with cycling is considered an excellent fitness strategy as Pilates specifically strengthens the core muscles crucial for cycling, improving balance, stability, and overall power on the bike, while cycling complements Pilates by building leg muscles that provide a stable base for core work; essentially, they work synergistically to enhance performance and reduce injury risk in cyclists.

Key benefits of doing Pilates alongside cycling:

- **Improved Core Strength:**

Pilates focuses on strengthening the deep abdominal and hip muscles, which are vital for maintaining proper

posture and power transfer on the bike.

#### 🔗 🔗 **Enhanced Bike Position:**

By improving core stability, Pilates can help cyclists achieve better posture on the bike, reducing strain on the neck and lower back.

#### 🔗 🔗 **Increased Efficiency:**

With a strong core, cyclists can generate more power with each pedal stroke, leading to improved cycling efficiency.

#### 🔗 🔗 **Injury Prevention:**

Pilates exercises can help address muscle imbalances and weaknesses often seen in cyclists, potentially reducing the risk of injuries like back pain and hip problems.

#### 🔗 🔗 **Mobility and Flexibility:**

Pilates incorporates stretches and movements that improve flexibility in the hips, shoulders, and spine, which are crucial for comfortable cycling.

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How to integrate Pilates into your cycling routine:

- **Dedicated Pilates Sessions:**

Schedule separate Pilates classes on days when you are not cycling intensely.

#### 🔗 🔗 **Focus on Core Exercises:**

Prioritize Pilates exercises that target the deep abdominal muscles, obliques, and lower back.

#### 🔗 🔗 **Consider Your Cycling Needs:**

Tailor your Pilates routine based on your cycling goals, like focusing on hip mobility for climbing or thoracic spine stability for time trials.

Private or Duet sessions with a Certified Pilates instructor is the best way to start. Classes are available and they can be more affordable, but to really get a good assessment on your fitness, prevent injuries and be provided with a good plan, it is best to start out one on one or one on two.

# Colorado Heartcycle 2025 Tours

## South Island, New Zealand

### Christchurch, New Zealand

March 6-22 2025 Status: In progress  
16 Days, Int./Adv. \$5,100.00  
Janet Slate [jslate@totalspeed.com](mailto:jslate@totalspeed.com)

## Shikoku Pilgrimage, Japan

### Koyasan, Japan

April 6-18 2025 Status: Wait List  
12 days, Intermediate \$4,500.00  
Tina Vessels [tina.vessels@gmail.com](mailto:tina.vessels@gmail.com)

## Springtime in Solvang

### Solvang, California

April 12 – 19 2025 Status: Wait List  
6 days, Int. \$1,660.00  
Mark Lestikow [mark.lestikow@closetfactory-colorado.com](mailto:mark.lestikow@closetfactory-colorado.com)  
Polly Lestikow [pollyb.lestikow@closetfactory.com](mailto:pollyb.lestikow@closetfactory.com)

## Underground Railroad Year 2

### Mobile, Alabama

May 10-25 2025 Status: Open  
14 days, Int./Adv. \$3,500.00  
Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
Ron Finch, [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)

## Randonee 'en Dordogne, France

### Bordeaux, France

June 1-13 2025 Status: Wait List  
12 days, Int. \$3,500.00  
Fred Yu [fredericky@comcast.net](mailto:fredericky@comcast.net)

## Le Monastere in Southern France

### Limoux, France

June 21-28 2025 Status: Waitlist  
7 days, Int/Adv \$3,350.00  
Tom Kissinger [tom\\_k@pipeline.com](mailto:tom_k@pipeline.com)

## MN-WI:Mississippi River Weave

June 21-30 2025 Status: Open  
9 days, Int./Adv.  
Minneapolis, MN \$2,000.00  
Jim Schroeder [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
Ron Finch [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)

LINK TO SIGN UP FOR 2025  
TOURS:

<https://www.heartcycle.org/tours>



### **Central CO Rockies**

Frisco, CO

July 9-17, 2025      Status: Open

8days, Int/Adv      \$2,160.00

Guy Kelley [guy.kelley@comcast.net](mailto:guy.kelley@comcast.net)

Scott MacCormack [SAMacCormack@gmail.com](mailto:SAMacCormack@gmail.com)

### **Jackson Hole, WY**

July 24-29, 2025      Status: Waitlist

5 days, Easy      \$1,800.00

Clare Bena [cbvamoots@gmail.com](mailto:cbvamoots@gmail.com)

Cindy Dore, [cdorecycle@gmail.com](mailto:cdorecycle@gmail.com)

### **Alaska, the Last Frontier**

Anchorage, Alaska

August 2-9, 2025      Status: Wait List

7 days, Intermediate      \$4,280.00

Scott MacCormack [SAMacCormack@gmail.com](mailto:SAMacCormack@gmail.com)

### **Steamboat Springs NextGen Tour**

#### **Steamboat Springs, CO**

August 17-22, 2025      Status: Open

5 days, Intermediate      \$1,350.00

Mark Lestikow [mark.lestikow@closetfactory-colorado.com](mailto:mark.lestikow@closetfactory-colorado.com)

Greg Lestikow [glestikow@gmail.com](mailto:glestikow@gmail.com)

### **Acadia: Rocky Coastal Maine**

#### **Bar Harbor, Maine**

September 8-16, 2025      Status: Waitlist

8 days Intermediate      \$2,700.00

Patty Menz [pattymenz@verizon.net](mailto:pattymenz@verizon.net)

John Pennick [jdpenrick@gmail.com](mailto:jdpenrick@gmail.com)

### **Le Monastere in Southern France**

#### **Limoux, France**

October 4-11, 2025      Status: Waitlist

7 days, Int/Adv      \$3,350.00

Tom Kissinger [tom\\_k@pipeline.com](mailto:tom_k@pipeline.com)

### **Paso Robles Wine Country**

#### **Paso Robles, CA**

October 18-26, 2025      Status: Open

8 days Int/Adv      \$2,450.00

Cindy Alvarez [sindelou2@gmail.com](mailto:sindelou2@gmail.com)

Helayn Storch [Helaynstorch@hotmail.com](mailto:Helaynstorch@hotmail.com)

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TOURS:**

<https://www.heartcycle.org/tours>