

Heart-to-Heart



THE PRESIDENT'S SPIN

I know many of you read the article in the January 2024 newsletter about the amazing trip that my son, Greg, and I shared together on the LEJOG tour, led by Heartcycle member Graham Hollis.

Since biking across the entire UK on LEJOG, Greg and I have gone on two additional Heartcycle tours together. On each of the tours, Greg has enjoyed discovering what life is like for folks of my generation and has been impressed with our enthusiasm for adventure and openness to new experiences. Conversely, the other tour participants told me numerous times about how great it is to share a beverage and conversation with someone of Greg's generation.

These experiences inspired us to organize a tour, August 17-22, in Steamboat Springs, Colorado. We're labeling the tour "Next Gen," with the goal of bringing together cyclists from multiple generations.

While we've had several people from different generations register, we've also been encouraged to see single riders and couples register as well. These people are in for a treat: in addition to all the great things that come with a bike tour in Steamboat -- rolling backcountry roads, a lively mountain town, a great food and drink scene -- they'll have the chance to experience the joy that comes from doing something you love with people of all ages.

Want to get a taste of this? **The Steamboat Next Gen tour is open to all Heartcycle members.** We'd love for you to join us, regardless of your generation. And if you're an "oldy" like me, we'd love for you to bring a young'un along to show them how life can continue to be a great and joyful adventure.

Everyone on the Heartcycle board wishes you all a very happy and joyous Holiday Season! Let's put great cycling on our bucket lists for 2025!

The Board of Directors

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Dan Palmquist (303) 638-2535 Sag Vehicles
Jimmy Schroeder (260) 450-2007 Ride with GPS Coordinator
Judy Siel (720) 519-9401 Assistant Tour Director

TOUR DIRECTOR MUSINGS

Hi, I am Janet Slate and am taking over for Judy Siel as Tour Director for Heartcycle. First, I want to thank Judy for her dedication to Heartcycle serving as the Tour Director the last 5 years. She has worked tirelessly to provide a varied suite of tours for our members and earnestly helped tour leaders to deliver the best tour possible.

As a bit of background (if you and I have not been on a tour together), I have been a Heartcycle member since 2010, have been going on tours every year since 2014, and have led or coordinated six tours (going back to 2017). I have been serving on the Heartcycle board of directors since 2021.

One of the tasks I've taken on is reviewing the contents of several boxes of printed materials that date back to 2003. Yes, we have an online archive too—those files go back to 2010. Among the print materials are tour evaluations. If you ever wonder who looks at those and how they impact future tours, I can tell you. Reading the comments you have written on tour evaluations has given me insight into the future of our club. We all see the demographics of our club age. (We have a tour that attempts to address that by the way—[Steamboat Springs NextGen](#)—please sign up!) But we wonder, is the era of bicycle touring coming to an end? Or how do we adapt to provide tours that our members want to do? We want to ride where we feel safe—on roads with little (or at least courteous) traffic, that have a wide shoulder (or separated bike-specific path), and that are smooth (or at least not too rough, rutted, or potholed). Now that the 2025 tours are posted and mostly full, please let me know where you want to ride in 2026, and we'll try to make it happen!

2025 Tour Openings

The following two tours still have availability (10 and 18 spots, respectively):

Central CO Rockies, July 9–17:

Escape the heat of summer in 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!.



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:

South Island, New Zealand, March 6–22:

Just one spot for a woman to share is available on this fully supported, small group tour with experienced local guides of the lakes, mountains, and coasts on the beautiful South Island of New Zealand.

Alaska, August 2–9:

We have just one spot available for a woman to share on this loop tour through the central part of Alaska, which includes three meals per day and bike rental.

Paso Robles, October 18–26:

Room for a man to share and one shared room 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.

West Virginia, September 2024

By Jimmy Schroeder

A few of us decided to warm up the bodies and the bikes on Orientation Day on the bike path along the Kanawha River in Charleston.



Diane and Jimmy destination was a local bike shop and we found Elk City Cycles and Diane got a water bottle on the house.



Our first day was a loop to show us how the locals live. Down in the hollers' with hills surrounding us always.



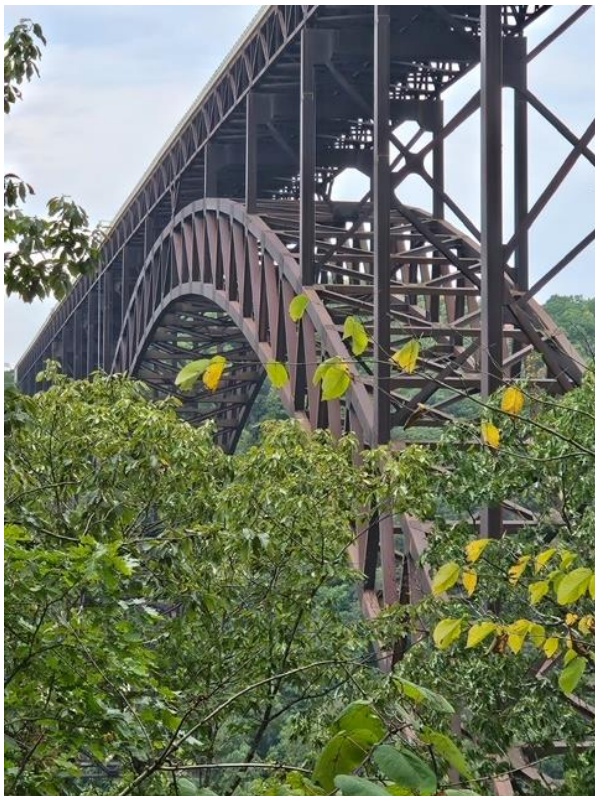
We rode along the Kanawha River while checking out the old industries of West Virginia that included coal, salt works, Dupont Chemical, and Union Carbide. Nothing scenic about that, but very historical. After crossing the river, we did some nice scenic climbing.



We ended the ride on quite a nice level trail. The three bears must have snagged Goldilocks' Trek Domane. It was such a tiring day that Phil had to help Graham get to dinner at our favorite Mexican Restaurant for the next three nights in Oak Hill. Dan was checking out other restaurants and couldn't keep from laughing!



We've now arrived to our destination, one of the newest national parks, New River Gorge. The highlight was riding above and below the largest arched bridge in the western hemisphere. Such a massive structure above all of this scenic woodland. There were some climbs today, over four thousand feet in 44 miles on roads such as Possum Creek Rd. and we had a our lunch at a mountain bike trailhead next to Good Luck Cemetery (hmm?)



We noted the fall colors just starting to appear.

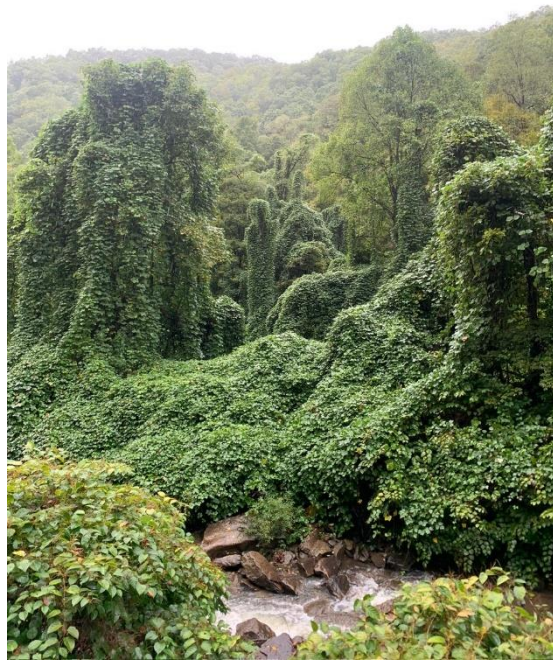


Our very long climb out of the gorge wasn't as arduous with the many waterfalls along the road.



Our wet new members: Karen and Jason

The next couple of days of riding were billed as quite picturesque. That, they were, but along with the remnants of Helene the hurricane. Only eight hardy souls tackled the many crooked roads on the short route to Beckley while the remainder piled in the sprinter. The bikes and luggage filled up the Penske. As there were no sags, those eight roughed it at a cozy café in Mount Union, a once thriving town when coal was king. Kathleen and Mayoma did come out to check on us at The Table. The smart ones went on a coal mining exhibition, and some of the wet ones were able to make the last train under Beckley!





Jimmy was assuring us that this next day was to be the “Queen Stage”. In other words, beautiful but challenging. We started in rather dry conditions, but it was quite windy as they were predicting strong gusts. It seemed to us that those winds were blowing out all cloudy weather. Riders were bagging up their rain gear at the morning stop and then reading about historical mine disasters and seeing lots of kudzu.



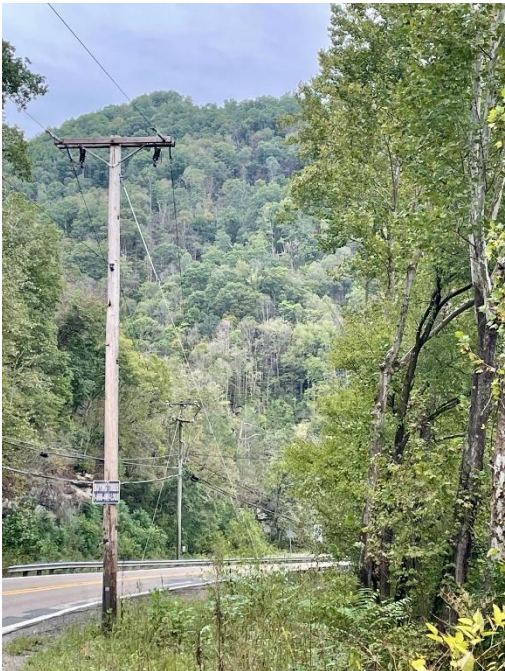


Soon, Helene threw her wrath at us with steady rain with a few downpours and gusts that tried to push us off the road. Seeking shelter at our lunch stop was everyone's goal. To heck with hunger as we climbed into the Penske for lunch. Trees and branches were falling all about us. The sprinter again loaded up with wet ones and all the bikes in the Penske. A new group of adventure riders clawed their way out of the state park in a bit more calm but still wet roadways. I guess it was a queen stage!



Our heroes!

Helene got the hell out on our last day, and it was a dry but cloudy day as we headed back to Charleston.





Yes, a mountain!

There was so much scenery that hardly anyone took pictures of riders. Jimmy made it a point to take some action shots of many riders on the last day.



Tom



Peggy



Gordon and Deb



Mark, not a cat lady, but maybe a physicist studying Shrodinger's cat equation





Karen



Jason



Diane, the Kelmonsens brothers, and a couple non-riders



Happy Hour in Summersville



Recovering at our favorite sports bar the last night

Colorado Heartcycle 2025 Tours

South Island, New Zealand

Christchurch, New Zealand

March 6-22 2025 Status: Open
16 Days, Int./Adv. \$5,100.00
Janet Slate 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

Springtime in Solvang

Solvang, California

April 12 – 19 2025 Status: Open
6 days, Int. \$1,660.00
Mark Lestikow mark.lestikow@closetfactory-colorado.com
Polly Lestikow 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
Ron Finch, 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 frederickyu@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

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
Ron Finch blouie-rfinch@comcast.net

Central CO Rockies

Frisco, CO
July 9-17, 2025 Status: Open
8days, Int/Adv \$2,160.00
Guy Kelley guy.kelley@comcast.net
Scott MacCormack SAMacCormack@gmail.com

Jackson Hole, WY

July 24-29, 2025 Status: Waitlist
5 days, Easy \$1.800.00
Clare Bena cbvamoots@gmail.com
Cindy Dore, cdorecycle@gmail.com

Alaska, the Last Frontier

Anchorage, Alaska
August 2-9, 2025 Status: Open
7 days, Intermediate \$4,280.00
Scott MacCormack 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
Greg Lestikow 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
John Pennick jpgennick@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

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
Helayn Storch Helaynstorch@hotmail.com

Here are the matching jerseys to go with our jackets and vests! Please be sure to update the sizes that you require when you sign up for tours!!!

2025 HeartCycle Jersey with zippered back pocket



The monthly giggle:



LINK TO SIGN UP FOR 2025 TOURS:

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

