

Heart-to-Heart



HeartCycle is excited to announce early registration for three 2025 international tours. Registration will begin at 8 am (MDT) on Friday, August 2nd, and close on Monday, August 5th, at 8 pm (MDT). You may read the detailed descriptions on the HeartCycle website:

- [South Island, New Zealand](#) – March 6-22, 2025
Cycle the lakes, mountains, and coasts on a small group tour with experienced local guides. Unmatched for geographic coverage, originality, and overall quality.



- [Shikoku Pilgrimage, Japan](#)
April 6-18, 2025
Cycle Shikoku Island, a hidden gem, where you'll visit ancient temples and ride through green landscapes and terraced gardens. Stay in ryokans and soak in onsens.



- [Randonnée en Dordogne, France](#)
June 1-13, 2025
In southwest France, Dordogne is known for its food, wines, prehistoric sites, and scenery. Enjoy picturesque villages while bicycling small quiet roads.



Refer to [How to Register for a Tour](#) and the [Tour Confirmation Policy](#) on the [HeartCycle homepage](#).

The rest of the 2025 tour schedule will be announced at the annual meeting on Saturday, October 19th, including two fall international tours and all the domestic tours. The remainder of the 2025 tour descriptions will be available on the website following the annual meeting. Registration will follow in stages starting October 26, 2024.

Hope to see you on a tour soon!

Annual Meeting and Luncheon

Saturday – October 19, 2024

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 will soon be time to signup for the Annual Meeting and luncheon which will be on Saturday, October 19th, 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 to be included in the slideshow.

HeartCycle's Tour Director, Judy Siel, will announce the 2025 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 soon for the luncheon on the HeartCycle website, www.heartcycle.org. Click on the "2024 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 12th, 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

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

The Board of Directors

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Newsletter Editor

Tour Director Musings

How do you travel: Well thought out and planned itineraries? Wandering backroads and unknown destinations? Bike tours with friends or strangers that become friends? However you get down the road, invite someone to join you and share in the adventure and laughter. It was a joy being on the recently completed Basalt tour with such a fun group of HeartCycle members, a serene hotel setting and one amazing group dinner. Thanks to our lead team who made our 4 days in the mountains challenging and fun! I think bike tours are wellness travel. There are still two 2024 HeartCycle tours with room for you: Vermont and West Virginia.

“Not all who wander are lost” unknown author

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

Explore The Door (Door County Peninsula, Wisconsin)

by Kurt Arehart

The Door County Peninsula is a unique land mass jutting out into Lake Michigan and defining the massive Green Bay. Much of the mature white pine forests were harvested in the 1800's, with tidy farms, mostly cleared by Belgian immigrants, replacing much of the old growth forests. This makes for varied and beautiful riding with gently rolling terrain in the interior as well as along the coast lines.

The tour was designed to be "semi-fixed base", with a pair of two-night stays in each of Fish Creek and Sturgeon Bay. This reduced the amount of packing up and moving, while allowing us to range up and down the peninsula enjoying lovely rides.

Ride leaders Jim Bethell and Cindy Dore did a fine job planning this beauty, adjusting our schedule and routing for weather and last minute road closures while allowing us plenty of time to enjoy the routes.

The daily scenery was magnificent, a nice mix of lush interior lanes and striking coastal vistas.

Participants mingled easily on the bike, at the breaks and in the hotels, making for an enjoyable week that passed too quickly.

The SAG team of Carol Fredrickson in the Sprinter and Danna Korak in the Penske brought their excellent food and snacks, upbeat zen, skillful caring and creative problem solving to the aid of all. Under their care we had great days Exploring The Door.



And here we are! The Explore The Door '24 Team! Taken in Sturgeon Bay, just before starting our final ride.

Day 1: We rode southeast from DePere down to Manitowoc on the shore of Lake Michigan. At 40 miles and with reasonable climbing, it should have been an easy day, but the headwinds were taxing. Still, we got in ahead of some serious rain, a clear win!



Points given for prettiest barn of the day.



The lads roll through, led by Charles on his new tire. He had a sidewall blow-out earlier in the day at speed, and skillfully avoided crashing. Charles mounted a new tire at lunch and got back on the road!



Tidy farms were plentiful.

Day 2: This was the nicest 63 mile ride in memory. Leaving Manitowoc, we rode up the east coast of the Door County peninsula and then crossed to Sturgeon Bay. The weather was cool and clear, the roads mostly smooth and quiet, and plenty of tailwinds to speed us on our way.



Lake shore riding at its finest!



Riders in our group tackle one of the few hills of the day.



Jetties and lighthouses aplenty.



Crossing the Ahnapee River in the quaint coastal town of Algoma.

Lake vistas were many.



A distinctive roadside farm.

Day 3: We rode further out onto the Door County Peninsula, starting in Sturgeon Bay, crossing back to the east coast and then north. After passing through Bailey's Harbor we crossed back west to Ephraim and down to Fish Creek. Lovely day!

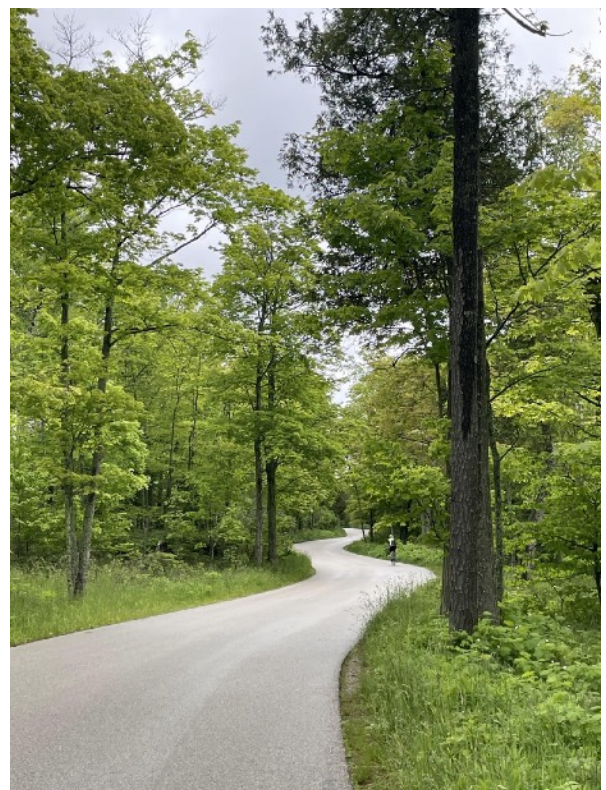


Lake Michigan!!

We started late to avoid some rain and mostly succeeded. Lush ferns gave a Pacific NW feel as Helayn rolled through.



A fun finish into Fish Creek on a bit of dirt.



A curvy road, but not THE curvy road. That was for a later day.

Day 4: A day loop out of Fish Creek, exploring the northern reaches of the peninsula. We started out sunny and a pleasant 65°, knowing it would not get much warmer and we MIGHT have some rain.

We did.

Great day out all the same.



Our first water stop was at Sand Bay Park, overlooking Rowleys Bay.



And here it is! The iconic Door County Curvy Highway. We were headed east toward the Northport ferry, one of the northern-most points on the peninsula, and Charles was ready for the challenge.



The view northwest from Ellison Bluff. Out there is the rain that caught us before lunch, now well out into Green Bay.

We got caught in more rain. We got wet. We got dry. All good!

Day 5: We started making our way south down the peninsula, hugging the west coast from Fish Creek back down to Sturgeon Bay.



The weather was cool and clear, with a steady wind out the west. This rarely felt like a headwind, so it was easy, beautiful cruising.

Note the wind-driven breakers.

Day 6: A planned day off in Sturgeon Bay, which coincided with a very rainy morning. Fabulous planning, Jim and Cindy!!

Day 7: Our sixth and final ride was down the west coast of the peninsula to our start point in DePere.



We started out clear and sunny and then more interesting skies came across Green Bay from the west. Blustery, but no rain.

The final bridge across the Fox River to our hotel in DePere.



Great tour!!

Colorado HeartCycle 2024 Tours

Spring Training in Texas Hill Country

Fredericksburg, Texas

March 15 - 22 Status: Complete
 6 days, Int./Adv. \$1,900.00
 Jim Schroeder, jimmyschweb@gmail.com
 Tina Vessels, tina.vessels@gmail.com

Springtime in the South Bay Area

Campbell, California

May 19 - 25 Status: Complete
 6 days, Advanced \$1,900.00
 Carol Fredrickson, swmcarol@yahoo.com
 Janet Slate, jslate@ultrasys.net

Portugal: West Coast & Algarve

Lisbon, Portugal

April 7 - 17, 2024 Status: Complete
 11 days, Intermediate \$4,900.00
 Judy Siel, judy.siel@gmail.com

Explore the Door in '24

De Pere, Wisconsin

June 2 - June 9 Status: Complete
 8 days, Intermediate \$2,000.00
 Jim Bethell, bethell.jim@verizon.net
 Cindy Dore, cdorecycle@gmail.com

Paso Robles Wine Country

Paso Robles, California

April 13 - 20 Status: Complete
 6 days, Int./Adv. \$2,000.00
 Cindy Alvarez, sindelou@cox.net
 Helayn Storch, helaynstorch@hotmail.com

Bike & Barge Beautiful Belgium

Bruges, Belgium

July 20 - 27, 2024 Status: Complete
 7 days, Easy/Int. \$2,150.00
 Rita Kurelja, ritakurelja@hotmail.com

Underground Railroad Year 1

Mobile, Alabama

April 27 - May 12 Status: Complete
 14 days, Int./Adv. \$2,840.00
 Jim Schroeder, jimmyschweb@gmail.com
 Ron Finch, blouie-rfinch@comcast.net

Basalt & Aspen - Road & Gravel Tour

Basalt, Colorado

July 24 - 28 Status: Complete
 4 days, Int./Adv. \$1,100.00
 Ron Finch, blouie-rfinch@comcast.net
 Robin Heil, heikrobin1@gmail.com

Balkan Quartet

Tirana, Albania

May 17 - 31, 2024 Status: Complete
 14 days, Int./Adv. \$2,600.00
 Lisa Evans, lceski@comcast.net

Puget Sound Island Hopping

La Conner, Washington

August 3 - 11 Status: Closed
 7 days, Int./Adv. \$2,560.00
 Cindy Alvarez, sindelou@cox.net
 Helayn Storch, helaynstorch@hotmail.com

Colorado HeartCycle 2024 Tours

Over Hill & Dale, NW Vermont**Burlington, Vermont**

August 17 - 24 Status: Open
 7 days, Int./Adv. \$1,700.00
 Jim Bethell, bethell.jim@verizon.net
 Gail Golderman, goldermg@union.edu

West Virginia**Charleston, West Virginia**

Sept. 21 - 28 Status: Open
 7 days, Advanced \$1,600.00
 Jim Schroeder, jimmyschweb@gmail.com
 Kurt Arehart, klarehart@gmail.com

Tuscany**Florence, Italy**

Sept. 5 - 18, 2024 Status: Full
 13 days, Intermediate \$3,550.00
 Cindy Dore, cdorecycle@gmail.com

Le Monastere in Southern France**Limoux, France**

Sept. 28 - Oct. 5 Status: Closed
 7 days, Int./Adv. \$3,100.00
 Guy Kelley, guy.kelley@comcast.net

Black Hills of South Dakota**Custer, South Dakota**

Sept. 7 - 13 Status: Closed
 6 days, Int./Adv. \$1,600.00
 Judy Siel judy.siel@gmail.com
 Barry Siel, bsiel03@gmail.com