

Heart-to-Heart



The 2023 Tours are Here!!!

Make sure your membership is currently active for 2023 to be able to register for one (or more) of our 2023 tours. Sign into heartcycle.org and renew your membership ASAP.

All of the 2023 tours are open for registration. Several tours have filled but the waitlist is available on Springtime in the Sonoran Desert; Solvang, CA; Mallorca, Spain; Central Oregon & Crater Lake; Idaho Panhandle; and New England Seacoast. Almost every member who remained on the waitlist for tours in 2022 were later confirmed onto that tour. You have a choice whether to get on the wait list if a tour has filled or get your deposit refunded.

Hope you join us in 2023 for some great scenery, reconnect with old friends or make new friends and have lots of fun from the saddle of your bike. Our wonderful volunteer tour leaders have organized tours from coast to coast and three international tours that are on the HeartCycle schedule for next year.

WooHoo the 2023 tours are here!!



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Tour Director Musings

With the colder days of fall have you bundled up and continued biking? Have you abandoned your bike to the cobwebs in the garage? Does it seem alien to you to do shorter fall rides? Or you all in for the winter sports season that is almost here?

It is not about how far we ride but rather the experiences we have, the moments that force us to stop and admire the beauty of the world in which we find ourselves. I hope with each bike ride, you appreciate the staggering beauty surrounding you and the joy of being able to bike.

I wish everyone a wonderful Thanksgiving with friends or family. I am thankful for all the amazing friends, I have found through HeartCycle tours. We should all be grateful for the members who step up to volunteer for our club whether they are newbies or seasoned tour leaders who everyone knows by name.

Happy Thanksgiving!!!

Judy Siel, Tour Director

2023 Tour Teasers

The following HeartCycle tours are open for registration with space available for you!

Our Nation's Capitol-Washington DC & Northern VA

April 14-22 What an amazing experience this will be! First of all, let me introduce you to our host, Alexandria Old Town. Picture yourselves as young Martha and George Washington in this bustling trading town at the mouth of the Potomac in the 18th century. Our hotel, Hampton Inn Old Town King St, for the next four nights will present you with a multitude of opportunities of evening nourishment along with two fine bike shops nearby. We will have our group dinner - orientation at 7pm at nearby Theismann's, with pigskin decor.

The Beautiful Berkshires

May 19-27 Come join Rich, Patty, Kathleen and Mayoma on this new Heartcycle tour traveling through four Northeastern states. Serene mountain vistas, lush forests, and clear mountain lakes define the idyllic landscape of the Berkshires. This mountain range is located in western Massachusetts and northwestern Connecticut. The area is home to many small villages and towns, and it is known for its cultural attractions. Our tour starts and ends in Albany, NY.

Traverse Bay Michigan

May 31-June 8 Welcome to this country's northern coast in the heart of the Great Lakes. The Traverse Bay includes Sleeping Bear Dunes National Lakeshore, Leelanau Peninsula, plenty of Lake Michigan beaches and smaller lakes inland. Traverse City is also known as the Cherry Capital and there are many other fruit orchards and vineyards. Therefore, quite a few wineries abound. The club's Sprinter Van will be going east so there will be room available to rent a spot for your bike.

Sardinia, Italy

June 10-20 Rich Crocker will be coordinating this amazing tour that is returning due to rave reviews from 2018. Sardinia is like heaven to any keen cyclist: the roads are perfectly paved with minimal traffic. this beautiful trip will put you in the heart of the most ancient land in Europe. Among mountains sculpted by wind and sun, with its deep canyons, white sand beaches, and unspoiled forests, we discover nature, archaeological remains with are unique in the world, gastronomic treats, and traditions. this is an advanced tour, but not all about the riding, the east day with have a boat tour of beaches.

Million Dollar Views in the San Juan Mountains, CO

June 24-30 Arguably the most beautiful part of Colorado, the San Juan Mountains along U.S. Highway 550 (the Million Dollar Highway) offer stunning views in every direction that are best enjoyed by bicycle. Late June is the perfect time of year to ride in southwestern Colorado; monsoons don't start until July. The weather is sunny with average lows in the 50s and average highs in the 70s. Join us for spectacular scenery, unforgettable riding, good food, and fun. Both Silverton and Ouray are historic towns-enjoy their charm & maybe a hike or hot springs!

Cycling Through History in the Finger Lakes Region

August 13-19 Sign up for the cycling and scenery; stay for the social history and suffrage. As you probably know, the Finger Lakes has great wine, but did you know it is the reputed birthplace of the struggle for women's right to vote? This Easy/Intermediate tour begins in New York's "Flour City" (Rochester) and continues east to "History's Hometown" (Auburn). It is designed to offer riders routes on quiet roads through rolling, fertile valleys to destinations of historic and cultural interest, as well as natural and scenic beauty. This area of New York State is unique in its glacier carved lakes and its man-made wonders including the Erie and other canals. The canals are credited with bringing people, goods and ideas to western New York and beyond. This is one explanation for the region becoming a "hotbed" of social reform. Come along on the tour and let us know your theory!

Grand Valley Ramble, Colorado

September 17-22 Join us for 5 scenic days exploring the Grand Valley in western Colorado. This is a fixed base tour staying in the heart of downtown Grand Junction at the Hampton Inn for five nights. Riding up and across the Colorado National Monument with its spectacular scenery on 2 different days should be on your bucket list of rides to do in 2023. The spectacular lunar-looking landscape is accentuated with majestic spires of red rock and panoramic canyons. We will also explore Fruita farmland and cycle the Palisade fruit and wine loop with a visit to an alpaca farm and ride past numerous wineries where wine tastings are optional, and have a remote start at the quiet crossroads of Glade Park for a ride to the Utah state line and back. Most of the roads we will be riding do not have shoulders, but very low traffic. Join us in western Colorado for a great fall ride.

Best of Cycling in Slovenia, Italy & Croatia

September 24-October 2 A 9 day fully supported and guided tour, this tour consists of 8 riding days. The route begins in Slovenia with a ride through Triglav National Park valleys and lakes with stunning views of the Julian Alps. From Slovenia we cross the border on the Alpe Adria cycling path into Italy. From Italy we move to Istria, the largest Croatian peninsula where the scenery is continuously changing from green rolling hills, pine forests, vineyards and olive groves to the sparkling Adriatic Sea coast. We have contracted with a local touring company who has the expertise to show us the beauty of this area.

The cost of the tour includes 25 meals – 8 gourmet dinners with drinks, 8 lunches with drinks and all breakfasts, Wine tasting, Olive oil tasting, Oyster and mussel tasting.

Check the HeartCycle website for the full tour descriptions and Tour

Leaders contact information if you have more questions.

We hope you will join us in 2023

Turn, Turn, Turn: Riding the Front Range in Fall

By Gene Henschel

The Colorado Front Range Bikes and Brews tour lives up to its name in style. Leaders Scott and Jimmy have put together a fascinating tour that includes urban, suburban, and rural areas of the Front Range. We rode like locals, and relaxed at hip craft breweries like them too! Sags Kathleen and Martha took wonderful care of us along the way. Our copasetic group of nineteen riders and four crew members hailed from around the country, mostly retired, and included a mix of intermediate and advanced riders, a few on e-bikes, and four tandem teams.

I wondered what it would be like riding with HeartCycle, this being the first tour for my wife and I. Turns out, it's great! An amazing value, due to smart planning and the volunteer factor, and there is an "in this together" element that feels good.

I wondered what it would be like riding in a big metro area like Denver. Turns out, it's great! Urban segments took advantage of an impressive network of smooth, dedicated bike/pedestrian paths, variously along streams, in open areas (sometimes shared by prairie dogs), through lush green parks, and avoiding daunting cloverleaf intersections through little tunnels. Long sections can be ridden without stopping or crossing any roads. We also saw few cars on the neighborhood and rural road routes. On the occasions where we rode in traffic, there was always a bike lane or shoulder.

That being said, don't try to find these routes without Ride With GPS (bring an extra battery for your phone) and/or Garmin on board! The cue sheets are helpful too. Those bike paths



9/30 Friday. Around 15 miles, Informal.

Day "zero" Friday: A bonus route was provided for those who could make it, led by Jimmy. This was our first taste of Denver's bike trail system, as we accessed the Cherry Creek Trail a block from the hotel. We rode through some old neighborhoods of stately brick homes, and several large, lush, green parks. The day had been sunny until around three when we started this short ride. Dark clouds closed in as we rode and there was a rumble of thunder, and then lightning, getting closer. Made it back to the hotel just as it was starting to rain, whew! That night we had a group dinner at the penthouse of high-rise condo building with amazing views of Denver and the mountains. After orientation and some tasty pizza and beer, we were treated to some cool HeartCycle jackets, and even a tour of Scott and Martha's home one floor down (they are married).



Tour Leader Scott MacCormack



SAG Kathleen Schindler



SAG Martha MacCormack



Almost ready to ride?

10/1 Saturday. 42/63 miles, 1820/3015 ft. climb.

Day one started with high suspense about when and how much it will rain, with thundershowers forecast in the afternoon once again. Gorgeous clear morning weather was ideal for riding up Cherry Creek to Cherry Creek State Park and Aurora, with an Aurora Reservoir option. It couldn't possibly rain, there's not a cloud in sight, right? The city of Aurora I'm told is now Colorado's largest and most populous and there were certainly lots of new homes along our route. We passed lakes, golf courses, and open high desert areas. The bike path around the reservoir is smooth, twisty, and fun. On the way home, things changed weather-wise, with dramatic dark clouds building fast. It started to rain while some of us were at the last sag stop with 15 miles to go, then it rained hard with thunder/lightning, and we were treated to a ride back in the van. The night's brewery was the Bull and Bush, a decidedly British style place with a funny logo. The place was tacking German on this evening, hopping with a big Oktoberfest crowd in a big adjoining tent.



10/2 Sunday. 51/61 miles, 3014/3219 ft. climb.

The forecast was for rain in the afternoon but we were lucky and the day was gorgeous. We rode to Red Rocks from Cherry Creek. We followed the bike path down Cherry Creek to where it meets the Platte River, then upriver, again on dedicated bike bath, through suburbs, out and up to the foothills of the front range. The advance group kept getting behind the intermediate due to missed turns, so we all got to hang out at the first rest stop. The amphitheater is a spectacular setting for a concert! In the evening we went to Mockery brewery in the trendy River North area. We got a brewery tour with a detailed description of the materials, processes and care involved. Upshot is, there's a lot of cleaning if you want to make good beer! We sat outside at sunset and ordered out food that Martha went to pick up in the sag van.



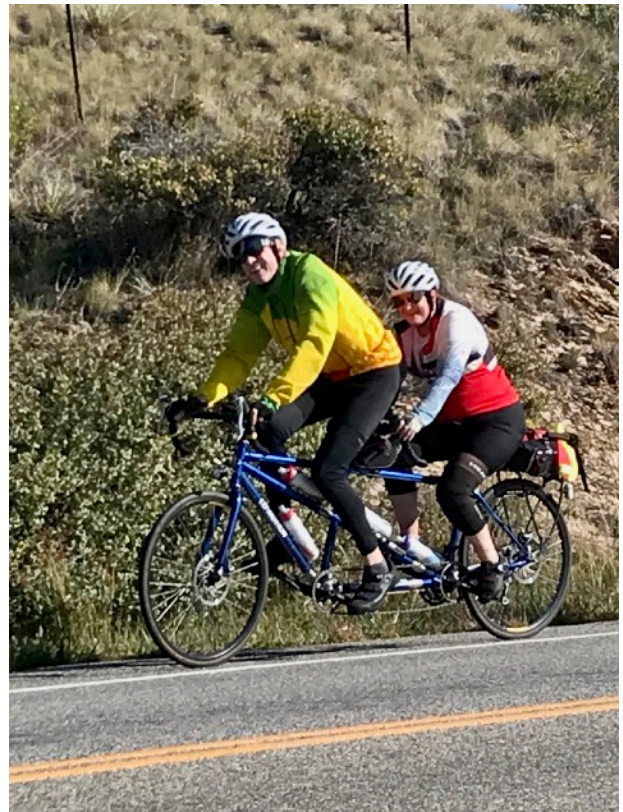
10/3 Monday. 55 miles, 2215 ft. climb.

For today's ride from Denver up to Boulder the forecast was for p.m. thunderstorms again! But, spoiler, it didn't happen and we had beautiful riding all day. Following the Cherry Creek trail to the Platte again, we went the other way this time, down the river. On the way out of town we passed a water treatment plant, various industries, railroad yards, and other business like stuff. All the while the scene along our bike path featured trees, close up river views and occasional waterfowl. By afternoon we were climbing a bike path to lunch at a scenic vista along the Denver Boulder Turnpike. Awesome views to the Rockies and Denver, and we could see the Flatirons and the climbing mecca of Eldorado Canyon State Park to the west where we were headed next. The night's brewery was Finkel and Garf, featuring tasty beer, cute dog-friendliness, and lots of options to order out food.



10/4 Tuesday. 34 miles, 2071 ft. climb. Flagstaff adds 18 miles, 3448 ft. climb.

No rain predicted. The amount we've seen is apparently very unusual for the area, and it has had little impact other than suspense. We rode from our Boulder hotel up to NCAR (National Center for Atmospheric research), which sits dramatically alone atop a hill directly in front of the Flatirons. Next stop was Chautauqua Park, a pleasant spot for a hike before lunch, but of course some of us had to have a shot at the optional Flagstaff Mountain climb instead. The sustained 15% pitches were sure to satisfy the most masochistic/ardent climbers! Local pro-looking riders were a humbling presence as they zipped up and down without apparent difficulty. A lot of climbing to great views today. We were impressed at the large number of kids' bikes at schools we passed along the way. We rode through the edge of the lovely University of Colorado campus in Boulder. Post-ride beer and dinner was at Avery brewing.



10/5 Wednesday. 18 miles, 515 ft. climb.

There was an optional looping route through Boulder to Pearl Street, a fun place to walk, shop, and people watch. Nice sunny warm fall day in town. Some of us visited University Cycles, where the staff was kind enough to handle some quick bike adjustments, and they also have an epic collection of vintage bikes on display. The return included some scenic miles on the Boulder Creek bike path. Heartcycle riders have free will, and other ideas in the group included an unsupported but locally classic ride out to the town of Ward, somewhat epic as it turned out, involving 5000+ ft. of climb, a closed store at the top, clouds moving in, and a cold descent back into town. Dinner was independent, and there were plenty of options near the hotel.



10/6 Thursday. 47/62 miles, 1607/2594 ft. climb.

Sunny fall day with no pm showers in forecast. The ride is from Boulder to Longmont by a circuitous rural route past farms, ranches, and open land. Scott started the ride a little later to let things warm up a bit. Navigation was relatively easy. There was a water stop at pretty Carter Lake Marina. We had a roadside lunch across the street from Jehovah's Witness' parking lot. Ironically, no one answered the door when Martha knocked to ask about renting their space for a couple of hours. We hit the Left Hand brewery for after ride beer and tasty dinner from a food truck parked there. A couple of days later Left Hand was named craft brewery of the year at the Great American Brew Fest!



10/7 Friday. 53/65 miles, 2411/3013 ft. climb.

As predicted, it was much cooler for Friday's ride up to Fort Collins from Longmont, and a little misty too. Again more of a rural experience. The mist stopped, hooray, but it remained cool and cloudy. Martha provided some hot coffee and chocolate at lunch, a very welcome touch, and people sat in the van and the truck to stay warm while they ate. Due to the weather and various delays for flats and mechanicals, the entire advanced group skipped the extra miles by Horsetooth Reservoir, so we all did the short course. We visited O'Dell's brewery for more epic beer tasting and dinner that evening.



10/8 Saturday. 29 miles, 675 ft. climb.

We were greeted with perfect weather for the last day's ride, a quick tour around countryside south of Fort Collins, passing farms, ranches, Boyd Lake State Park, and suburban neighborhoods. Returning to our hotel, we said our goodbyes as the leaders and sags managed to get everyone sorted for getting back to their home base.



Colorado HeartCycle 2023 Tours

Springtime in the Sonoran Desert

Tucson, Arizona

March 4 - 12 Status: Waitlist
 7 days, Intermediate \$1,800.00
 Rita Kurelja, ritakurelja@hotmail.com
 Janet Slate, j slate@ultrasys.net

Traverse Bay

Traverse City, Michigan

May 31 - June 8 Status: Open
 8 days, Int./Adv. \$2,240.00
 Jim Schroeder, jimmyschweb@gmail.com
 Ron Finch, blouie-rfinch@comcast.net

Our Nation's Capitol

Washington, DC

April 14 - 22 Status: Open
 7 days, Intermediate \$1,900.00
 Jim Schroeder, jimmyschweb@gmail.com
 Kurt Arehart, klarehart@gmail.com

Sardinia

Sardinia, Italy

June 6 - June 20 Status: Open
 9 days, Advanced \$2,400.00
 Clare Bena, cbvamoots@gmail.com

Springtime in Solvang

Solvang, California

April 22 - 29 Status: Waitlist
 6 days, Int./Adv. \$1,600.00
 Mark Lestikow,
mark.lestikow@closetfactory.com
 Polly Lestikow

San Juan Mountains

Durango, Colorado

June 24 - 30 Status: Open
 6 days, Advanced \$1,800.00
 Janet Slate, j slate@ultrasys.net
 Roger Sass, rogersass@hotmail.com

Mallorca

Mallorca, Spain

April 30 - May 12 Status: Waitlist
 12 days, Int./Adv. \$1,700.00
 Doug Moll, doug.moll67@gmail.com
 Scott MacCormack, samaccormack@gmail.com

Central Oregon & Crater Lake

Bend, Oregon

July 12 - 19 Status: Waitlist
 6 days, Int./Adv. \$2,200.00
 Cindy Alvarez, sindelou@cox.net
 Helayn Storch, helaynstorch@hotmail.com

The Beautiful Berkshires

Albany, New York

May 19 - 27 Status: Open
 7 days, Intermediate \$1,900.00
 Rich Crocker, richcrocker@hotmail.com
 Patty Menz, pattymenz1@verizon.net

Idaho Panhandle

Spokane, Washington

July 29 - August 5 Status: Waitlist
 7 days, Int./Adv. \$2,000.00
 Doug Moll, doug.moll67@gmail.com
 Ben Pope, ben.pope@comcast.net

Colorado HeartCycle 2023 Tours

History in the Finger Lakes Region

Rochester, New York

August 13 - 19 Status: Open
6 days, Intermediate \$1,800.00
Janet Reilly, kayaks06@verizon.net
Gail Golderman, goldermg@union.edu

Grand Valley Ramble

Grand Junction, Colorado

Sept. 17 - 22 Status: Open
5 days, Intermediate \$1,200.00
Judy Siel bjsiel@msn.com
Barry Siel, bsiel03@gmail.com

New England Seacoast

Portland, Maine

September 10 - 16 Status: Waitlist
6 days, Intermediate \$1,500.00
Kurt Arehart, klarehart@gmail.com
Jim Bethell, bethell.jim@verizon.net

Slovenia, Italy & Croatia

Ljubljana, Solvenia

Sept. 23 - Oct. 2 Status: Open
9 days, Intermediate \$4,400.00
Cindy Dore, cdorecycle@gmail.com