

CEDAR VALLEY CYCLISTS

APRIL 2018 NEWSLETTER

VOLUME 11 // ISSUE 4

KEEP CONNECTED!



[FACEBOOK.COM/GROUPS/CVCYCLISTS](https://www.facebook.com/groups/CVCYCLISTS)



WWW.RIDECVC.ORG



OFF THE CHAIN WITH ERIC



Now that Spring is officially here, I hope you're all looking forward to nicer weather and our upcoming activities! The first official calendar event of the 2018 cycling season is the Trail Clean-Up on April 21. As part of Earth Day, we will once again team up with the City of Waterloo in an effort to clean up the bike trail along Highway 63 from Waterloo to Hudson. Lunch (loose meat sandwiches and chips) will be provided at our house right after the event. You're welcome to bring a side or dessert to share too. The more volunteers we have, the more beautiful our bike trails will be. **LET'S GO, TEAM CVC!**

I'd like to thank Sarah Cooper, SingleSpeed Waterloo, and everyone who came out on March 3 for Sarah's presentation. She talked about how she got into cycling, fears that she has overcome, and how she evolved into the ultra-distance cyclist she is today. Sarah told an interesting story about just getting started with cycling and, on a whim, signed up for a double-century race. She surprised herself by not only finishing, but winning the race! I thought back to my early beginnings of cycling and how I was happy just to finish 30 miles! One of the coolest things about Sarah (besides being an exceptional cyclist) is her personality. She's funny, personable, and humble.

Sarah talked a little bit about her love of gravel riding, and has even started her own gravel ride. If you're into gravel grinding, **hit up spottedhorsecycling.com**. Registration starts on 5/1/18 and is limited to 100 riders. After her presentation, Sarah took some time to answer audience questions and take pictures, and we were all able to enjoy SingleSpeed's great food and beverages. I was happy to have the opportunity to meet some new cyclists and catch up with some old friends who have been hibernating during the cold Iowa winter months. A good time was had by all, and I look forward to more events like this!

QUICK LINKS

➤ [2018 RIDE CALENDAR](#)

➤ [MEMBERSHIP ACCOUNT](#)

➤ [SUBMIT AN ARTICLE](#)



CVC President, Eric Penning, with ultra-distance cyclist, Sarah Cooper



SAVE THE DATE | JUNE 16-17

Cedar Valley Cyclists is pleased to host the 7th Annual Lake 2 Lake Ride. The ride begins at 9 a.m. with registration starting at 8 a.m. on June 16 at George Wyth State Park in the parking lot just west of the beach house.

Riders will travel 50 miles through the Iowa River Valley's lush green rolling hills to the overnight camping location in Pine Ridge Park in Steamboat Rock. The route consists of trails from George Wyth State Park through Cedar Falls, then follows several county roads to reach Pine Ridge Park. There will be stops in several towns along the way, including Dike, Wellsburg, and Steamboat Rock. Riders will return to Waterloo-Cedar Falls by the same route.

There is a new optional 100 mile route this year. There will be a spot on your registration form to indicate that is the route you are planning. Be prepared to start your day an hour early.

The fee is \$35.00 for CVC members and \$45.00 for non-members.

The cost for registering after the deadline for both is \$55.00.

Please mail your payment to:

Cedar Valley Cyclists

PO Box 2463

Waterloo, Iowa 50704

The registration covers campsite, catered evening meal, baggage hauling, and SAG service for both days. Campsites are limited; first come, first serve. Campsite registration must be received by June 10.

➡ **REGISTRATION FORMS**

Please contact Jake Hawk at Jake@RideCVC.org or Steffoni Schmidt at Steffoni@RideCVC.org with any questions.



ANNUAL TRAIL CLEAN UP

**Saturday, April 21
at 9:00 a.m.**

**CVC will clean the Sergeant Road Trail
from downtown Waterloo toward Hudson.**

**Meet at 8:45 a.m. at the Veridian Credit Union parking lot –
1827 Ansborough Avenue, Waterloo**

If you cannot start that early, it is possible to arrive later and still join the effort.

There will be a potluck lunch with beverages around noon at Eric and Tarah Penning's house.
Bring a dish to contribute and the maid rites will be provided.

The Club will have trash bags available thanks to the City of Waterloo Sanitation Department, but plan to bring your own gloves, boots, and anything else you think you will need to gather trash. This is a great event for the appearance of the trails, for visibility of Cedar Valley Cyclists in the community, and to enjoy some fun and refreshments with members.

**Waterloo Leisure Services has always expressed appreciation for
our efforts, so be sure to get April 21 on your calendar today.**

**Contact Roger White at Roger@RideCVC.org or
Eric Penning at Eric@RideCVC.org for additional details.**



RAGBRAI® XLVI REPORT

Our CVC RAGBRAI® groups are closed for registration, but the CVC Charters are still available if you obtain your RAGBRAI® registration on your own or obtain a wristband on the secondary market.

In addition to the weeklong option, there are daily options for less than the full week. We have nine seats remaining on the buses out to Onawa and about 20 on the buses back from Davenport. There is room in the trucks for gear and in the campground for more riders. If you are registered as an individual or are willing to obtain a registration on the secondary market, get back in touch so we can get you signed up for our charter. For more information, check out the description of our charter at: <http://www.ridecvc.org/ragbrai-helpful-information>

CHARTER WORKERS NEEDED

We are still seeking charter support workers. If you are interested or know someone who is, contact us at RAGBRAI@RideCVC.org.



**Commercial - Personal - Auto
Home - Flood - Life - Health**

3022 Airport Blvd, Waterloo
319-234-8888 | www.pdcmm.com



www.agapetherapy.com



BIKE ADVOCACY UPDATE

(Excerpt from Iowa Bicycle Coalition report)

The Bike Safety Bill (HF2341) has died at the Iowa Legislature because it failed the second “funnel.”

It isn't surprising because the conversation had not changed from the year before. An amendment added a mandatory hi-vis requirement for roads with speed limits above 45 MPH and added a criminal penalty if the bicyclist did not display 144 square inches of hi-vis material. The Iowa Bicycle Coalition, PeopleForBikes, and a large majority of cyclists opposed the hi-vis mandate.

It has been said over and over, but it bears repeating: cyclists aren't against hi-vis material and most encourage bicyclists to be visible for safety. The problem was the specific mandate and transferring the burden exclusively to the cyclists. This law was supposed to be about driving safely around bicyclists, stopping motorists from buzzing them on the road, teaching student drivers how to safely pass, and ultimately, stop motorists from running over bicyclists. The Iowa Bicycle Coalition board and government relations committee understood the difficulty and couldn't support passing a bad bill, so it failed for the year.

If there is a silver lining, it is bicyclists have a voice and that voice is organized. In less than 3 weeks, bicyclists sent over 1,500 emails to their Iowa House members in all 100 House districts. We advanced the conversation further than ever before. Thanks to everyone who sent an email, tweet, or message to their legislator. Thanks to the families of bicyclists killed by motorists who urged us to keep moving forward.

Iowa Bicycle Coalition now starts preparing for the next two-year legislative session, especially on stronger advocacy tools and a new legislative package. Input, ideas, and advice from members and all cyclists will be needed to keep moving forward.

P.S. This session isn't over. Work continues on state trail funding, conservation trust funding, and the standing appropriations bill. [Watch the website](#) in the upcoming weeks to learn how you can help.



• RIDEVCV.ORG •

WOW RIDE T-SHIRTS

MEN'S & WOMENS SIZES
————— \$15 —————

GET YOURS

C&J SUPPLY

9104 W. 1st St, Cedar Falls (4 miles west of CF on Hwy 57)
319-266-1883

LARGE SELECTION Carhartt Cold Weather
Clothes Wolverine Boots & Shoes
"We'll Match or Beat Any Store."



709 Jefferson Street, Waterloo
319-291-7144



222 Main Street
Cedar Falls
319-268-7222

www.montage-cf.com



308 E 4th Street, Waterloo
319-233-0747

PARKADE PRINTER INC.

124 W 4th Street Suite E, Cedar Falls
319-277-4352
prepress@parkadeprinter.com
www.parkadeprinter.com



311 Main Street
Downtown Cedar Falls

Open 7 Days a Week
11 a.m. – 2 a.m.

319-277-8111
www.thepumphaus.com



6th Annual Cedar Valley Bicycle Collective

Saturday, April 14th from 9 a.m. – 1 p.m.

612-616 Jefferson Street, Downtown Waterloo

Near the Five Sullivan Brothers Center and Ramada Inn

BUYING STUFF?

Admission is \$3 (*kids under 5 years old get in free*)

SELLING STUFF?

Rent a table to display and sell bicycle related wares!

\$10/table through April 11th

\$15/table after April 11th until all tables are reserved

1 FREE admission per rented table, 2 bike limit per table

ONLY SELLING BIKES?

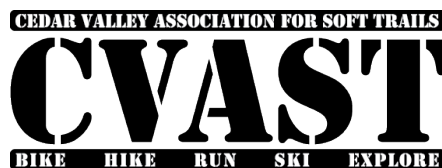
Bring your bike(s) from 8–9 a.m. and pay \$5/bike to display in the bike corral.

List asking price and contact information so attendees may contact you directly to negotiate a deal (*does not include entrance fee if staying for the swap meet*).

Admission wrist band gets you half-price on appetizers at Jameson's until 6 p.m. that day.

Contact Mike at 319-610-0834 to secure your table reservation.

SPONSORS:



SUPPORT THE SPONSORS THAT SUPPORT THE



PABLO'S
MEXICAN GRILL



*fresh,
fast,
flavorful,
friendly
food*

310 Main Street, Cedar Falls // 319-277-8226

Brian Will

319-290-5401 C
319-266-7100 O
319-553-0008 Fax
bwill@remax.net

I can help you
buy or sell.

RE/MAX
HOME GROUP

www.bwill.remax.com

4800 University Avenue • Cedar Falls, IA 50613



EUROPA
Cycle & Ski

LOG ON FOR MONTHLY SAVINGS

*Take advantage of new coupons
each month for savings on bikes,
clothing, and accessories.*

**4302 University Avenue,
Cedar Falls
319-277-0734**



Trailside Patio Dining
Craft Beer Mecca



205 EAST 18TH STREET
CEDAR FALLS, IOWA 50613
WWW.MULLIGANSBRICKOVEN.COM

MAY IS BIKE MONTH

May is designated as National Bike Month by the League of American Bicyclists and has been since 1956. Anyone can join the celebration.

BIKING IS FUN.

It brings people together, encourages discovery, and fosters community engagement.

BIKING IS HEALTHY.

It integrates heart-healthy physical activity into our daily routines.

BIKING IS GREEN.

It helps curb our carbon footprint, reduces air pollution, and reliance on fossil fuels.

BIKING SAVES MONEY.

It cuts parking, gasoline, and other driving costs while reducing traffic congestion.

BICYCLISTS ARE GENERALLY HAPPIER PEOPLE.

BIKING IS A WIN-WIN-WIN-WIN.

MAY BIKE MONTH ACTIVITIES

- Proclamations are being submitted for Mayors to sign designating National Bike Month for our local communities
- Wednesday, May 9 – Bike To School Day
- Monday, May 14 - Friday, May 18 – Bike To Work Week
- Friday, May 18 – Bike to Work Day
- Wednesday, May 16 – Ride Of Silence (*more information next month*)

OFFICIAL SPONSORS BIKE SHOP DISCOUNTS

WATERLOO BICYCLE WORKS

Regular priced items:
10% off parts and accessories

319-830-5631

316 W 3rd St. Suite 2, Waterloo

EUROPA CYCLE & SKI

Regular priced items:
10% off clothing and accessories

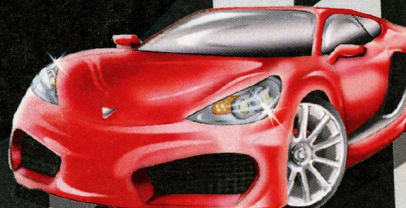
319-277-0734

4302 University Avenue, Cedar Falls

Lichty Automotive

Kevin Lichty Owner/Tech

319.239.5181
7735 Ansborough Ave.
Waterloo, IA 50701
kevinlichty@yahoo.com
www.lichty.com



PUBLIC - **JAMESON'S** - HOUSE
- EST -
2005

310 East 4th Street
Waterloo, Iowa
319-233-0701



126 Brandilynn Blvd
Cedar Falls IA 50613
(319) 277-2800

Pizza-Subs-Salads-Soups-Pasta
Excellent Beer Selection



Lighthouse Travel
Cedar Falls

For a Good Time Call...

(319) 427-2060

www.travelwithLighthouse.com
Brady@travelwithLighthouse.com

Brady Gruhn - Owner / Travel Specialist

- * Destination Weddings
- * Honeymoons
- * All-inclusive resorts
- * Cruises
- * Tours
- * Caribbean
- * Mexico
- * Hawaii
- * Europe and more...

THE COURIER
BEST
OF THE BEST
2017



4214
University Ave
Cedar Falls

319-268-1655

THE FEDERAL PUB

317 5th Street, Hudson, Iowa
319-988-3846

MEMBERSHIP UPDATE

BY DAVE MEYER

398.

That's the current status of CVC membership.

The club *has* occasionally topped the 400 milestone with members coming and going from year to year often due to RAGBRAI participation and use of the CVC charter. We have members as far west as Alaska and Hawaii and to the east from Pennsylvania, Virginia, and Georgia. This broad spectrum of membership that comes together during RAGBRAI is just another reason that makes this cycling club the best in the state of Iowa!

Our Iowa membership is currently at 328 strong. Those of you who participated in either Wednesday on Wheels or the Thursday Waterloo on Wheels rides last summer experienced some big turnouts. We are all looking forward to more of the same this year starting in May.

Your CVC membership not only gets you involved with the best cycling club in the state of Iowa, but provides you with a full summer of organized rides, socializing options, community involvement opportunities, and this fantastic newsletter each month. Look for the ride calendar in this newsletter to get your summer planned.

One item that is a change this year is membership cards. Enhancements were made to the CVC members site in January providing an electronic membership card that you can put right on your smart phone, so you always have it with you. When you join or renew your membership, you receive a welcoming letter with a link right to your card. If you missed that, see the instructions below.

Of course, if you prefer the old school method and would like a laminated membership card sent to you, just drop me a note at david@ridecvc.org. Some of our sponsors provide a 10% discount to members, another benefit to CVC membership and to having your card handy.

Thanks to all of you for being a member of CVC. Your active participation is what makes this club so great. See you on the roads and the trails!

Electronic Membership Cards:

Go to <https://wa.cedarvalleycyclists.org/>

Click Log In, then type in your email and password.

Click on your name in the upper left of the screen to open your profile.

Your membership card will show right at the top of your member information with a link to the phone image and a printing option if you want to print a paper copy.

Membership card



[Image optimized for smartphones](#)

[Printable PDF](#)



HOME-BREWED CRAFT FEST



SATURDAY, MAY 5

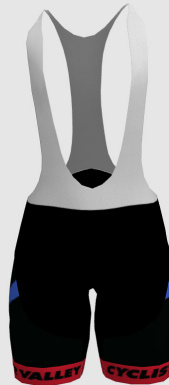
This year we secured a place that allows us to drink some beer with our pizza after the ride. We also thought it would be a good opportunity for the home brewers out there to show off their goods.

If you brew beer, CVC will cover the cost of ingredients for you to make up a batch to bring and share.*

If you want to share some of your brew with us let Mervin Carnahan know at mervin@ridecvc.org or 319-239-8133.

**reimbursement for CVC members only and limited to a 5-gallon keg*

SHOW OFF YOUR CLUB PRIDE WITH CVC MERCHANDISE



ORDER ONLINE: PODIUMWEAR JERSEY ONLINE
PASSWORD: ridecvc

OTHER MERCHANDISE AVAILABLE:

T-Shirts, Sweatshirts, Polos, Ball Caps, Window Decals, Water Bottles, and Koozies

CONTACT ANGIE WHITE



1265 College Square Mall | Cedar Falls
319-277-7770

SCHEELS
gear. passion. sports.

**402 VIKING PLAZA DRIVE
CEDAR FALLS**

CEDAR VALLEY CYCLIST

SPONSORS

FOOD/DRINK

Briqhaus Bar & Grill
Brown Bottle
Doughy Joey's
Federal Pub
Jameson's Public House
Montage
Mulligan's
Old Chicago
Pablo's Mexican Grill
Single Speed Brewing
Smitty's Bar
The Other Place
The Pump Haus
Urban Pie
Zsavooz

SERVICES

Agape Therapy
C&J Supply
Cedar Valley Fitness Repair
Europa Cycle & Ski
Fusion Dance and Fitness
Lichty Auto Repair
Lighthouse Travel
Parkade Printer
PDCM
Remax
Scheels
Waterloo Bicycle Works

**TO BECOME A SPONSOR,
CONTACT BRADY GRUHN AT
BRADY@RIDEVCV.ORG**



MARK YOUR CALENDARS

IT'S NEVER TOO EARLY TO START PLANNING YOUR 2018 CYCLING SEASON!

April 21	Trail Clean-Up	July 1	Cedar Valley Pedal Fest
		July 4	Kirby's 4 th of July Ride
May 5	W.O.W. Kick-Off Ride	July 14	CVC Century Ride
May 6	Denver Waffle Ride*	July 21-29	RAGBRAI
May 9	W.O.W. Rides Start*	August 4	Irish Fest Ride
May 10	Waterloo on Wheels Rides Start*	August 23	Fall Time Trials
May 10	Spring Time Trials	August 30	Fall Time Trials
May 14-18	Bike to Work Week	September 6	Fall Time Trials
May 16	Ride of Silence	September 13	Fall Time Trials
May 17	Spring Time Trials	October 3	Breast Cancer Ride
May 20	New Hartford Omelet Ride*		
June 2	Ride for a Cause		
June 16-17	Lake 2 Lake Overnight Ride		
June 23	Sturgis Falls Ride		
June 30	Bridge to Bridge (Pedal Fest)		



- * W.O.W. Rides – **weekly** – every Wednesday at 6:15 p.m. from 4th & Main in Cedar Falls
- * Waterloo on Wheels – **monthly** – second Thursday of each month at 6:15 p.m. from the Riverloop Expo
- * Waffle Rides – **monthly** – first Sunday of the month at 8:30 a.m. from 1st and Clay Street in Cedar Falls
- * Omelet Rides – **monthly** – third Sunday of the month at 8:30 a.m. from 1st and Clay Street in Cedar Falls
- * Time Trials – May 3 & 10, Aug 23 & 30, Sept 6 & 13 starting at 6 p.m. from 27th Street in Cedar Falls

*All details of the rides will be posted on our website www.ridecvc.org
and listed as events on our Facebook page.*



THE MISSION OF CEDAR VALLEY CYCLISTS

is to promote safe, social, and inclusive bicycling activities for people of all ages and abilities, while advocating for increased awareness and support for bicycling.

2018 BOARD OF DIRECTORS

President:	Eric Penning	Eric@RideCVC.org
Vice President:	Bob Osgood	BobO@RideCVC.org
Secretary:	Gretchen Harken	Gretchen@RideCVC.org
Treasurer:	Roger White	Roger@RideCVC.org
Calendar:	Angie White	Angie@RideCVC.org
Membership:	David Meyer	David@RideCVC.org
Newsletter Editor:	Kimberly Breuer	Kimberly@RideCVC.org
Quartermaster:	Tim Cox	Tim@RideCVC.org
Quartermaster:	Curtis Hochreiter*	Curt@RideCVC.org
Quartermaster:	Kevin Lichty	Kevin@RideCVC.org
Quartermaster:	Jim Young*	Jim@RideCVC.org
Special Events:	Penny Gerholdt	Penny@RideCVC.org
Sponsorship:	Brady Gruhn	Brady@RideCVC.org
Time Trial:	Russ Clarke	Russ@RideCVC.org
Webmaster:	Randy C. Klug*	Webmaster@RideCVC.org
At Large:	Cindy Angel	Cindy@RideCVC.org
At Large:	Mervin Carnahan	Mervin@RideCVC.org
At Large:	Jake Hawk	Jake@RideCVC.org
At Large:	Steffoni Schmidt	Steffoni@RideCVC.org
At Large:	Bob Sloan	Bob@RideCVC.org
At Large:	Brian Will	Brian@RideCVC.org

RAGBRAI® CVC CHARTER COMMITTEE:

Director:	Randy C. Klug*	RAGBRAI@RideCVC.org
Coordinator:	Roger White	RAGBRAI@RideCVC.org
Coordinator:	Angie White	RAGBRAI@RideCVC.org

*Indicates Emeritus Status

307 W 5th Street, Waterloo

WATERLOO BICYCLE WORKS

10% off parts and accessories for CVC members

319-830-5631

316 W 3rd St. Suite 2

206 BRANDILYNN BLVD
CEDAR FALLS, IOWA
319-266-3050

DENNIS PETERS
319-240-7997

www.cedarvalleyfitnessrepair.com

URBANPIE

FAST FIRED PIZZA

HOURS:
Sun - Thu
11 a.m. - 11 p.m.
Fri - Sat
11 - 2 a.m.

200 STATE STREET | CEDAR FALLS