

CEDAR VALLEY CYCLISTS

MAY 2018 NEWSLETTER

VOLUME 11 // ISSUE 5

KEEP CONNECTED!



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WWW.RIDECVC.ORG



OFF THE CHAIN WITH ERIC



The weather seems to have finally caught up to the season, and doesn't it feel great?! I guess it's better late than never. With the warmer temperatures, hopefully all of you have had time to get your bikes out of hibernation. Now is the perfect time to get into one of the local bike shops for a tune-up or to get repairs done (or to get new parts or accessories).

It's my pleasure to **congratulate a longtime CVC member, Craig Merrifield**, as this month's winner of the CVC All-Star award! Thank you, Craig, for all of the time you put into Team CVC.

Our first official CVC event of the year was the Annual Trail Clean-Up on Saturday, April 21, and we totally rocked it! We had over 40 volunteers from ages 2 to 65+ that lined the trail all the way from downtown Waterloo to Hudson. We completely filled a city garbage truck with trash! A picture of CVC board member Steffoni Schmidt and her son, David, made the front page of the Waterloo Courier, along with a nice article describing our efforts. I want to thank everyone who took time out of their busy schedules to help out. It's really amazing what can be accomplished when everyone pitches in a little. Thank you to the City of Waterloo Sanitation for their help and to Kate Wyatt of Steve Hubbard – State Farm (a new CVC sponsor) for bringing snacks and drinks. Last but not least, my wife, Tarah, for organizing the potluck lunch and for being a great hostess.

Don't forget that May 5th is our W.O.W. Kick-Off ride and party. I'm excited to see you all again to celebrate the official start of this biking season!



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10% off clothing and accessories
319-277-0734
4302 University Avenue, Cedar Falls

CEDAR VALLEY CYCLISTS ALL-STAR AWARD

Each month the Cedar Valley Cyclists Board nominates a member as our "All-Star of the Month". The recipient is someone who consistently goes above and beyond for the club and our hundreds of members. As a sign of our appreciation, each recipient is presented with a \$20 gift card to one of our sponsors.



CRAIG MERRIFIELD | APRIL

The All-Star CVC Member of the Month for April was Craig Merrifield. Craig is an avid cyclist and advocate for all types of cycling. In the summer you'll find him pounding out the miles throughout Black Hawk County (and beyond) on his road bike. In the winter it's fat tire biking time. Cycling isn't a past-time for Craig, it's a passion. And thankfully he shares his passion with CVC members of all ages and abilities. Whether leading a W.O.W. ride or sharing stories over a beer after a day of RAGBRAI, Craig is there with a smile and encouragement. Board member Brady Gruhn presented Craig with a gift card to Brass Tap, and we sincerely thank Craig for his continued time and support for CVC.





MARK YOUR CALENDARS

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

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

MAY AS BIKE MONTH



CITY OF CEDAR FALLS PROCLAMATION

WHEREAS, Cedar Falls has a Bicycle/Pedestrian Advisory Committee whose Mission is to improve the quality of life in Cedar Falls through increased opportunity for safe walking and bicycling as viable means of transportation and physical activity; and

WHEREAS, Cedar Falls had been designated a Bike-Friendly Community, is a Complete Streets Community and has adopted City of Cedar Falls Bicycle Plan; and

WHEREAS, the City of Cedar Falls in cooperation with surrounding Cedar Valley communities maintains a magnificent trail system; and

WHEREAS, Bicycling is not only a recreational activity, but also an aerobic exercise leading to greater fitness and health, as well as an energy-saving, economical and environmentally friendly method of transportation; and

WHEREAS, Cedar Valley Cyclists is an active part of our growing community of bicycle enthusiasts; and

WHEREAS, The League of American Bicyclists has designated the month of May as National Bicycle Month;

NOW, THEREFORE, I, Jim Brown, Mayor of the Cedar Falls, do hereby proclaim

MAY 2018 AS BIKE MONTH
MAY 9, 2018 AS BIKE TO SCHOOL DAY
MAY 14 - 18, 2018 AS BIKE TO WORK WEEK
MAY 16, 2018 AS RIDE OF SILENCE DAY
MAY 18, 2018 AS BIKE TO WORK DAY

in Cedar Falls and encourage our citizens to recognize the importance of bicycle safety and to participate in bicycling activities for recreation, transportation, fitness and improved health during the month of May as well as throughout the year.

Signed this 16th day of April 2018.

James P. Brown
James P. Brown, Mayor



What a great honor receiving the proclamation from Mayor Hart making May as Bike Month in the City of Waterloo.

CITY OF WATERLOO, IOWA PROCLAMATION

WHEREAS, Waterloo has been designated a bike-friendly community, a Complete Streets community, and has adopted the City of Waterloo Bicycle Master Plan.

WHEREAS, the City of Waterloo in cooperation with surrounding Cedar Valley communities maintains a beautiful trail system; and

WHEREAS, Cedar Valley Cyclists is an active part of our growing community of bicycle enthusiasts; and

WHEREAS, In 1956 the League of American Wheelmen designated the month of May as National Bicycle Month; and

WHEREAS, Bicycling is not only a recreational activity, but also an aerobic exercise leading to greater fitness and health, as well as an energy-saving, economical and environmentally friendly method of transportation.

NOW, THEREFORE, I, Quentin Hart, Mayor of the City of Waterloo, do hereby proclaim

MAY 2018 AS BIKE MONTH
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MAY 16, 2018 AS RIDE OF SILENCE DAY
MAY 18, 2018 AS BIKE TO WORK DAY

in Waterloo and encourage our citizens to recognize the importance of bicycle safety and to participate in bicycling activities for recreation, transportation, fitness and improved health during the month of May as well as throughout the year.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the City of Waterloo to be affixed this 30th day of April 2018.

ATTEST:

Kellie Johnson
Quentin Hart





SATURDAY, MAY 5 AT 2:00 P.M.

LIVE MUSIC BY FLAWD LOGIC | **PIZZA** FROM BROWN BOTTLE

Registration at 1:00 p.m. at 312 E. Main Street

ALL ABILITIES WELCOME | NO RIDER LEFT BEHIND

Ride length will be approximately 25 miles // Rain or shine



VISIT **RIDECVC.ORG**
FOR MORE INFO



DENVER WAFFLE RIDES RETURN

SUNDAY, MAY 6 IS THE RETURN OF OUR POPULAR MONTHLY DENVER WAFFLE RIDES. The starting point will again be the old Behrens-Rapp Gas Station at West 1st and Clay Street, downtown Cedar Falls. Plan to arrive by 8:20 a.m. – we will be rolling by 8:30 on the paved county roads to Denver.

The American Legion will have their “all-you-can-eat” waffle breakfast for \$6 complete with waffles, sausage, fruit, coffee, and juice. Return will be on the same route for a 30-mile round trip ride. This ride will be weather permitting, so if you have a question, contact Roger at 319-240-8279 or check the CVC Facebook page.

Subsequent rides will be June 3, July 1 (part of Cedar Valley Pedal Fest), August 5, and September 2. All are invited to participate.

BIKE TO WORK WEEK

MAY 14 – 18

This year, like last year, Cedar Valley Cyclists is celebrating Bike to Work Week (May 14 -18) with Friday the 18th designated to Bike to Work day in a huge way.

Every morning I see several commuters traveling to work on fat bikes, hybrid bikes, and road bikes. Last year we had a huge response with over one hundred riders going into our drawing. This year we are again going to have a drawing for gift cards, tune-ups, and memberships. The prizes this year are donated by Andy's Mobile Bike Shop, Bike Tech, Cedar Valley Cyclists, Europa Cycle & Ski, and Waterloo Bicycle Works.

Each day your picture appears on our Facebook page, your name will automatically be placed in the drawing for one of our donated prizes. If you bike to one of bike shops that donated to our cause your name will be submitted an additional time.

To qualify, your picture must include you, your bike, and your office logo or sign or the bike shop you visited.

On Friday, May 18 from 7 - 9 a.m. Cedar Valley Cyclists will have tents set up in three or four locations on the trail to get one last entry into the drawing. Stay tuned to our Facebook page for our locations. Snacks will be donated by the Cedar Falls Tourism and Visitor Bureau.

To add to the excitement the whole month of May, Cedar Valley Cyclists will give you a free membership with a purchase of a used or new bike from Europa Cycle and Ski or the Waterloo Bicycle Works. Already have a membership? No problem – we will just extend it a year.

– Penny Gerholdt



WE ARE SO EXCITED AND WE HOPE TO SEE YOU OUT ON THE TRAILS!



WEDNESDAY, MAY 16

One of the May Bike Month activities that our club has sponsored for several years is the Ride of Silence. It is part of a national day of remembering cyclists who are no longer with us, especially those killed or severely injured while bicycling.

The Cedar Valley observance will be Wednesday, May 16 starting at 4th and Main Street in Cedar Falls. It will take the place of the WOW Ride that night. Registration starts at 6:00 p.m., a short program to remember fallen riders at 6:20, and the ride will commence shortly afterward. The pace will be moderate so less experienced riders can participate and the route will be on streets for about 8 miles. Black Hawk County Motorcycle Deputies and Cedar Falls Police will be assisting again this year.

Helmets and registration are required.



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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.



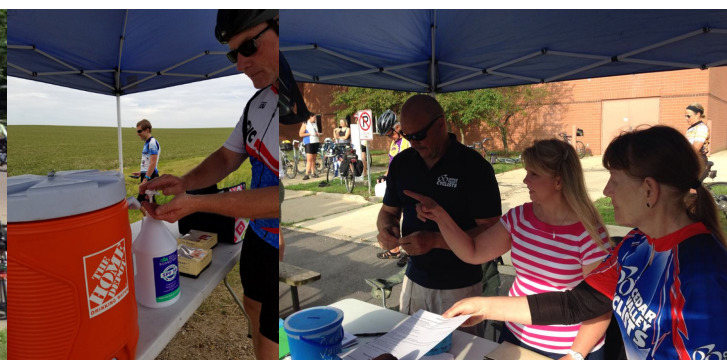
TOUR DE STURGIS FALLS RIDE 'THAT'S ENTERTAINMENT'

JUNE 23, 2018

As you read this newsletter you are getting information about many riding opportunities CVC is offering this year. I would like to tell you about a ride that Brian Will and I are organizing. The Tour de Sturgis Falls Ride will occur the weekend of the Sturgis Falls Festival. The ride has been occurring several years and draws a very good group. Last year there were 1400 riders! It was exciting to see that big group head out (with Police escort) going down the parade route on Main Street creating our own parade.

The ride starts at the Cedar Falls Recreation Center. There will be two ride options: a 25 mile loop stopping in Janesville and a 50 mile loop stopping at Janesville and then on to Shellrock returning from there. There will be free bottled water and bananas at the Kwik Stars in Janesville and Shell Rock. Europa Cycle and Ski will provide ride support. This year we are going to improve the door prizes for the event. Cedar Valley Cyclist and Europa are going to contribute several nice gift cards you can redeem for merchandise at Europa. Look for more information about this in the June newsletter.

— Mervin Carnahan



/ CVC TIME TRIALS

History of the CVC Time Trials

The first 10-mile time trial was held in August of 1976(!) making it over 40 years that the time trials have been held. Europa employees Joel Berry and Randy Gaffney organized the event and charged \$1 which continues to this day. Throughout the years, the time trials have been on several different courses, generally due to road construction on 27th street. We have held them south of Waterloo, at George Wyth, and East of New Hartford among other places.

Originally, the series was only in the fall until sometime in the 80's when the spring series started. The current start/finish location originated in the mid 80's as well, as traffic and construction of UNI facilities increased. In the late 80's another club held the event for one year. Then in 1989 Russ Clarke, owner of Europa Cycle & Ski, took over the event and has been hosting the time trials ever since.

2018 Dates: May 10 and 17, August 23 and 30, September 6 and 13

Cedar Valley Cyclists host 6 Time Trials per year. Spring Time Trials are in May. Fall Time Trials are in August and September. (Weather permitting – in the spring there will be no rain dates, however fall TT will be rescheduled.) The course is 10 miles and participants meet at 27th Street & Union Road in Cedar Falls. The cost is only \$1! Registration begins at 6 p.m. with the first rider off at 6:30 p.m.



Time Trial Do's

- Prepare in training at the proper intensity level so you don't show up on game day off the back of four weeks of base training and then go all out! "You will crack a lot sooner than you expect."
- Treat it like a race. Do a complete warm-up with some short efforts at race intensity—either around the course, or go pro and bring your trainer.
- If possible, do a repeatable race or route so you can use your times as a benchmark for progress.

Advice for preparing your bike for a TT:

- Take off all unnecessary hydration/nutrition accessories
- Leave the (heavy) flat repair kit behind
- Cover up as much skin as possible
- Don't wear baggy clothing
- Get your tire pressure right to reduce rolling resistance

Click on the link below to read Active's 10 common TT mistakes:

<https://www.active.com/cycling/articles/10-common-time-trial-mistakes>

A LOVE LETTER TO CEDAR FALLS

A Love Letter to Cedar Falls, IA

As many of you cyclists have experienced, the road you plan on taking is not always the road you take. There might be construction, flooding, or you just don't want to deal with the headwind, so an alternative route is taken. That is true of our lives as well. I find myself moving down a different road than the one I originally planned to take, and in doing so, leaving behind an amazing group of cyclists. So I want to take this moment and look back at all the asphalt I have traveled and to say thank you to those who have traveled with me.

I arrived in Cedar Falls on a steel Sanwa that my dad bought at Goodwill and fixed up for my mom. It was too small for me, but it was comfortable and coasted well. I was exploring my new surrounds on it when I came across a flyer on the Oster Theater with CVC's website. From there I learned about the WOW rides and made plans to go. I joined the trail riders because they looked more my speed. These were pre-lycra and clipless pedal days for me. By the end of the ride I had made a few friends and even found out about another cycling group in the area. This trend would continue as my cycling network grew, and I found a group to ride with every day of the week.

Each of these groups has given me something different. CVC is such a fantastic collection of people from all around the Cedar Valley whom I never would have met otherwise. During my second summer riding with CVC I was so honored to get the "Most Improved Rider" award. I truly felt I deserved it when I rode that one unofficial WOW ride with the Three Amigos and company, during which I never fell too far behind. Keeping (mostly) up with a group composed of just men was not anything I thought myself capable of doing when I first got here, but I did it, and I'll ride with anyone on the road now. And thanks for keeping my butt from going soft in the winter CVC spin classes. I hate you, but I appreciate you come "real" bike riding time. Additionally, I love how we support our community through our Ride for a Cause and Pink Ribbon events, and our evening socials (I will miss you Tony's Pizza).

A Big Thank You also goes out to CVC's Europa's Ladies Ride. I remember my first ride with them extremely well. I was still on the Sanwa, had forgotten my water bottle, and had a backpack with me. When I got there and saw all the fancy road bikers, I demurred and said I was just interested in learning about the group but not riding just then as I was unprepared. Mary, Cindy, Sue and the others wouldn't listen to my excuses, however. Someone lent me a water bottle, I got to leave the backpack in the shop, and off we went. The route we took has become one of my favorites - out to Dunkerton and then in on Wagner. I was behind the whole time, but Russ kept coming back to check on me. This was in June. Admittedly, I did not ride with them again until late August, when I finally got a road bike. I still often end up in the back, though not as far as when I started, and they have never failed to encourage me to ride faster, farther, and longer.



We are also very lucky to have the Cedar Valley Bike Collective in Waterloo. If you haven't been there, you should stop in sometime. I went in because I got my shoe clipped into the pedal and couldn't get it out (there's a longer story behind that one). Before I knew it I was volunteering — stripping down bikes and eventually rebuilding some. I can now true a wheel, change a flat, clean my bottom bracket, and work on my gears (that last one still takes supervision, but I'm learning). I owe a lot of my confidence in my bike maintenance to the Collective and Dan Warrington in particular.

There are other groups that I have been fortunate to ride with over the years as well. Thank you Girlfriends for all our crazy, long adventures, the Flamingos for some fantastic socials, and Dodds for making me ride in colder conditions. If I can't find groups like these where I'm going, I will just have to make them.

Roads are long and winding, and hopefully the new one I'm on will at times intersect with some of yours again. In the meantime, turn on your lights and ride right.

Thank you,

Jeannie Kleinhans

ANNUAL TRAIL CLEAN UP REPORT

This year our Earth Day Trail Clean Up (Saturday, April 21) was a great day, and the weather facilitated our annual event held in cooperation with Cedar Trails Partnership. We had over 50 participants for the Cedar Valley Cyclists' effort along Sergeant Road Trail. For the first time, we covered the entire trail from Highway 218 in Waterloo to downtown Hudson.

Special recognition goes to Bob Recker who again brought his marvelous John Deere Gator and wagon to collect trash and deliver supplies, Penny Gerholdt and Kevin Lichty for organizing the effort, Kate Wyatt for the snacks and helping to ferry volunteers, Eric Penning for ferrying volunteers down and back on the trail as well as hauling in the trash, and Eric and Tarah Penning for providing the lunch and social after the work was done. Also, thanks to Veridian Credit Union for allowing us to stage our effort at the Ansborough location and to the City of Waterloo that sent a special truck to pick up our trash pile. It was another huge pile of trash collected. Finally, thanks to all the volunteers who made it all happen! Everyone worked hard, but had fun doing it.

Fellow CVC Board member Bob Sloan and CVC members Dwight and Beverly Diercks, Bob Manning, and Patrick Morrissey were also involved this year as they were crew chiefs for the Cedar Trails Partnership cleanup efforts at other metro locations.





RAGBRAI® XLVI UPDATE

Our CVC RAGBRAI® groups are closed for registration and the buses from Waterloo to Onawa are sold out *(there are still seats on the return buses from Davenport).* **The CVC baggage hauling/camping options of the charter are still available.**

We can still assist you but you'll have to already have your RAGBRAI® registration on your own or obtain a wristband on the secondary market, and you will have to get your own transportation to your starting point. In addition, there are daily options for less than the full week. Contact us for answers to your questions at RAGBRAI@RideCVC.org.

We have recruited our Charter Crew so we are all set for workers this year. We have started our scouting of campgrounds in the overnight towns, but still have several to contact. RAGBRAI® will be announcing the wristband numbers after May 1st. There will be a series of e-mails to the entire RAGBRAI® group starting in mid-June with lots of information about planning, including packing and other tips. For now, start getting your training miles in. My advice is to have 750 miles between now and July with several of those being rides of at least 50 miles. When you reach these benchmarks, you will be physically ready for the ride.



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TRAIL SUMMIT AT THE GILBERTVILLE DEPOT

Sunday, May 20, 2018 from 1-4 p.m.

Last fall the first Cedar Valley Nature Trail Summit was held that attracted a full house at the Gilbertville Depot. There was much good information shared. This will be the second Summit and the topics will include discussion on the latest developments on the Cedar Valley Nature Trail, the flood damage repairs, and the ongoing efforts to replace Wolf Creek Bridge and reopen the CVNT. The discussion will take place from 1:30 to 3:00.

Speakers include:

Mike Hendrickson – Black Hawk County Conservation Board

Chris Swartz – Black County Board of Supervisors

Dave Neil – Mayor of La Porte City

Gene Walker – Mayor Pro-Tem of Evansdale

Roger White – Preserve the Cedar Valley Nature Trail & Cedar Trails Partnership

The Summit is free and open to the public. Refreshments will be served.



The Cedar Valley Nature Trail Summit is hosted by the Friends of the Gilbertville Depot.





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BIKE TO WORK IOWA E-BOOK RELEASED

The Iowa Bicycle Coalition is launching an e-book aimed at beginning bike commuters. Not long ago, we collected your tips and tricks for successful commuting. We used those ideas to put together the guide that will help people who are new to bicycle commuting in Iowa.

You can download the FREE e-book at
<http://iowabicyclecoalition.org/biketowork/>

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15-20 mile-medium pace (12-14mph)
no drop road/trail ride combo
Leader/Sweeper with
regrouping stops

Cedar Valley Cyclists WATERLOO ON WHEELS

Bike rides departing from the Riverloop Expo
Plaza in Downtown Waterloo @6:15pm

Join us on the following Thursdays
MAY 10 | JUNE 7 | JULY 5 | AUGUST 10



Dont miss
the Post
Ride Socials



CVC

Updated Information @
www.ridecvc.org
www.facebook.com/groups/cvcyclists





My Tlv14 experience included 310 miles of gravel in 30 hours with 20,000 feet of elevation gain. 4 convenience stores, not enough baby cows, and one dog lick to the face.

Before I agreed to send in a postcard for Translowa I had ridden maybe 25 miles of gravel. I didn't buy a gravel bike until a few months after my name was drawn and I was officially in. I got less than 500 miles of actual gravel riding in beforehand. What I did have was six months of training and support from what has to be the most patient (albeit stubborn) human on earth, Jeremy Fry.

It almost feels like two completely separate rides. I didn't have the time of day on my Garmin, so up until what felt like a sprint for the second checkpoint, I was just trying to cruise along at a sustainable heart rate, count baby cows, and stay hydrated. There was a very specific moment after I led us down the same tricky cue a lot of riders got caught with when I realized Jeremy wasn't going to be able to make CP2. I took off with another group in an effort to still make the cut-off. We made it with 8 minutes to spare, and I was one of two women to make the 200-mile checkpoint on time.

By this point, I was shivering uncontrollably by the fire, unsure where my partner in crime was, and very seriously considering calling it right there. Then someone mentioned the next gas station was only 30 miles out. My mind was going through all the options..."I already have the cues. My legs feel good. I might be able to make...oh, they're going. They're going right now." I quickly gathered my bike-bag-bomb of stuff, got one glove on, and was off. The last message I sent was to Andrew saying "Can't decide. Can't stop shivering." That ended up being the last time I would check my phone.

From there it turned into a race against the clock I didn't have. I took off with the five strangers from CP2 who I hadn't even exchanged names with yet. They all had crazy stories of past rides they had done, and I knew I was in over my head, but my plan was to stick with them as long as I could. They bombed down the hills like we were on pavement. I, being the gravel weenie I am, was on my brakes convinced a section of even fresher gravel was waiting just beyond my headlight to take me out. Luckily, Charles and Trenton were on single speeds which gave me a better chance of catching them on the uphill, and I was able to stick with them through the night and for close to 100 more miles.

With the return of the sun came the return of the wind. We lost one guy at the 3 a.m. gas station stop, another in the morning hours, and I was next. I could only see Charles and Trenton up ahead when I would crest the endless slew of roller coaster hills. Eventually I came up on Charles laying in the ditch discussing with Trenton whether they should attempt the last 30ish miles. They looked at the cues ahead, headwinds we were about to face, and determined that even working as a group we wouldn't reach Grinnell until 5 p.m., three hours after the 2 p.m. cutoff. I still didn't know what time it was, but all of a sudden that ditch looked really comfortable. My Translowa adventure ended laying in the sun in a ditch, drinking whiskey from a flask, and listening to music with new friends while I awaited my incredibly patient support human to pick me up. I don't think I'll ever have the words to adequately explain the experience, but I'll probably be telling stories until someone tells me I need to stop. – Kimberly Breuer



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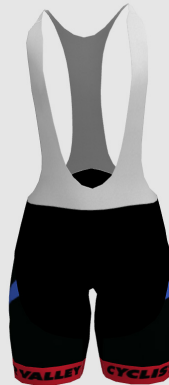
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is to promote safe, social, and inclusive bicycling activities for people of all ages and abilities, while advocating for increased awareness and support for bicycling.

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