

CEDAR VALLEY CYCLISTS

JULY 2018 NEWSLETTER

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KEEP CONNECTED!



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WWW.RIDECVC.ORG



OFF THE CHAIN WITH ERIC



Can you believe it's almost July? Time flies when you're having fun! I have had a blast so far this summer with all of the CVC rides and events. I've also enjoyed getting to know some of the new members of Cedar Valley Cyclists and look forward to welcoming more during this busy season.

Speaking of CVC rides, this year's charity ride, Ride for a Cause, took place on June 2 and offered two ride options: the original hard trail route and, new this year, a road route. Riders started at Key West in Waterloo and headed down the Hwy 63 trail where they stopped at Andy's Mobile Bike Service before making their way to downtown Waterloo. Once downtown, they made stops at several CVC sponsors: Briqhouse, Smitty's, and SingleSpeed. Riders reconvened at Waterloo Bicycle Works where prizes were awarded: a Garmin 520 from Europa, a jersey and swag bag from SingleSpeed, and a Cycliq Fly 12 front light and Fly 6 back light with video from Waterloo Bicycle Works. However, everyone was a winner because, as a group, we raised \$2500 for IHOPE, an organization that provides mobility to children and adults with various disabilities by way of Amtrykes. KWWL even showed up and shared our story on the news! It was such a special day...I love how my fellow cyclist friends are so giving to great causes. Way to go, Team CVC!

Last but not least, let's congratulate Nick Zander for being voted by the Board as the recipient of the CVC All Star award for the month of June. Nick earned this award by volunteering at numerous CVC events and leading/sweeping rides. Thanks for all of your help and congratulations, Nick!

HUDSON FIRE DEPARTMENT BREAKFAST RIDE





MARK YOUR CALENDARS

July 1 Cedar Valley Pedal Fest

July 4 Kirby's 4th of July Ride

July 14 CVC Century Ride

July 21-29 RAGBRAI

August 4 Irish Fest Ride

August 23 Fall Time Trials

August 30 Fall Time Trials

September 6 Fall Time Trials

September 13 Fall Time Trials

October 3 Breast Cancer Ride

Please join me for the annual 4th of July ride. We meet at the SW corner of the McLeod Center at 7:45 a.m. and take off for Shell Rock at 8:00 a.m. The route takes us out on 27th Street and over to New Hartford, where we will stop at Casey's for a quick rest and then onto Shell Rock. The parade starts at 10:00 a.m. You will be sure to see many fire trucks, tractors, politicians, and can gather lots of candy. Most of us will watch the parade from the main stage on Main Street, but you are welcome to watch from anywhere along the parade route. After the parade you can stay, eat, and partake in the various festivities (pedal pull tractor, amusement rides, beer garden). The return ride will be on your own. You will go through Finchford, return to the McLeod Center on Union Road, and eventually back on 27th Street. Total mileage will be about 47 miles. Maps will be available at the start. Since it is Independence Day be sure to wear your red, white and blue jerseys. Hope to see you on the 4th! – Kirby

* 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.



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& JULY 1
2018**



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CEDAR VALLEY PEDAL FEST

On Saturday, June 30 and Sunday, July 1 the 3rd Annual Cedar Valley Pedal Fest will be held primarily from Gateway Park in Cedar Falls. Cedar Valley Cyclists is one of the several community sponsors for this year's festival.

YOU CAN ACCESS MORE INFORMATION ON ALL THE ACTIVITIES AT:
<http://www.cedarfallstourism.org/things-to-do/outdoor-recreation/cedar-valley-pedal-fest/>

Again, this year CVC is conducting the **BRIDGE-2-BRIDGE RIDE** to commemorate the opening of the two bridges on the Cedar Valley Nature Trail that were destroyed in the Great Flood of 2008 – Evansdale Bridge and McFarlane Bridge. This ride is Saturday, June 30 with registration starting at 8:00 a.m. There will be 25-mile and 65-mile versions that will go all the way to McFarlane Bridge east of La Porte City. *Registration and helmets are required.*

The second CVC contribution to the Pedal Fest is the Sunday **DENVER WAFFLE RIDE** on July 1. This one will start at Gateway Park instead of the regular location and registration is required, but all other details will be similar to the regular monthly Waffle Ride.

We hope that a lot of CVC members will take advantage of this community festival and join us by celebrating bicycling in the Cedar Valley at one or more of the organized rides those days.

DENVER WAFFLE RIDE PEDALFEST EDITION

SUNDAY, JULY 1 | GATEWAY PARK | 8:45 A.M. REGISTRATION | 9:00 A.M. START

Enjoy the scenery and good paved roads on a ride that will allow the riders to experience the rural landscape and bountiful farm fields of the area. This ride follows N. Main Street and Big Woods Road to Big Woods Park and then takes county roads into Denver. Enjoy “all-you-can-eat” waffles and all the trimmings at the Denver American Legion for \$6. The route will be marked and a designated sweeper is assigned so no one is left behind. 30 miles round trip.

Subsequent rides will be August 5 and September 2. All are invited to participate.



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Ride FOR A Cause

RAISED \$2,500 FOR I HOPE





It is my pleasure to report that the 32 Tour de Sturgis Falls Ride was a great day.

We had a great turn out, 120 riders, great weather (mild temps and little wind), and a good time was had. I want to thank the Cedar Falls Recreation Center for allowing us to start and end there. I want to thank the Cedar Falls Police for their help in getting us out of town. Thanks to Kwik Star for their donations of water and bananas. Thanks to Europa Bicycle and Ski for their ride support and specifically to Joey Dobson from Europa for being "out there" looking out for us. A special thanks to Russ Clarke, owner of Europa, for his generosity. He and the Cedar Valley Cyclists teamed up to give \$1,000 worth of Europa gift cards. I appreciated the help of Craig Merrifield, Wayne Naber, Penny Gerholdt, Gert Harken, Diane Craig, and Brian Will for their assistance in making the ride a success. Lastly I want to thank all the riders who joined us for this ride. I had fun and hope you did too!

— Mervin Carnahan





The 2018 Lake to Lake ride is in the books!

We had a small but mighty crew braving the heat and winds out to Steamboat Rock the weekend of June 16-17. Thanks to the many volunteers and organizers that helped make this as smooth and fun as it was! A special thanks to Andy's Mobile Bike Shop and AAA for the send-off and help! Can't wait to head that way again for the ride in 2019 – hope you can make it!

— Jake Hawk



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
JULY 12 | AUGUST 9



2018 CENTURY RIDE

JULY 14, 2018

Registration starts at 6:30 a.m. at
Orange Elementary, riders take
off at 7 a.m.

There are three distance options
available: 36, 62.5, and 100 miles

There are a number of towns
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CEDAR VALLEY CYCLISTS ALL-STAR AWARD



NICK ZANDER | JUNE

Nick is an active member of CVC and is quick to volunteer his time to work a CVC event or help out with a ride.

Thank you for all you do for Team CVC, Nick!



RAGBRAI® XLVI UPDATE

Additional RAGBRAI® Riders

Due to injury or illness, we have received a couple cancellations, so if you know someone who just decided they want to do RAGBRAI® this year, have them contact us in order to purchase and transfer the cancelled reservations at Roger@RideCVC.org or 319-240-8279. We refund the original purchaser only if we are able to resell the reservation, so you or your friend joining the ride may also help someone else who had to change plans. We do require that all participants are CVC members and are registered RAGBRAI® riders, but there is an online process to transfer the RAGBRAI® registration.

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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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