

CEDAR VALLEY CYCLISTS

SEPTEMBER 2019 NEWSLETTER

VOLUME 12 // ISSUE 9

KEEP CONNECTED!



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WWW.RIDECVC.ORG





CLIP IN WITH CINDY



Greetings Team CVC Members!

As we enter September, there are still opportunities to join CVC rides. Time trials will be held on September 5th and 12th and are fun to watch even if you don't want to race. WOW rides continue on Wednesdays, and don't forget the Waterloo on Wheels rides happening the second and fourth Thursdays of the month. The Backbone Overnight bike packing ride will be held September 21-22. Keep an eye on Facebook for other rides that may be announced!

For those of you interested in riding gravel, the beginner friendly Monday No Drop Gravel rides are held on Mondays at 6:00 pm and start at Second State Brewing in Cedar Falls. These are not sponsored by CVC, but are supported by Andy's Bike Shop, a CVC sponsor. Give gravel a try – it's fun!!

Congratulations to Stan Nielsen who received the CVC All-Star Award at the August 14 WOW ride. Stan has contributed countless hours to organizing the High Nelly Bike Ride for Irish Fest. Thank you Stan for all that you do for CVC!

I would also like to recognize all of the hard working CVC Board members. The CVC Board meets the second Sunday of every month. They plan rides and events, organize the RAGBRAI charter, lead spin classes in the winter, produce newsletters, maintain the website, post on Facebook, attend cycling related meetings and events, and advocate for increased awareness and support for bicycling. So, the next time you see any of these Board members, thank them and let you know you appreciate everything they do for CVC! Thank you Deb Bartels, Kimberly Breuer, Shelby Buhlman, Troy Buzynski, Mervin Carnahan, Russ Clarke, Brady Gruhn, Gretchen Harken, Jake Hawk, David King, Kevin Lichty, Bob Osgood, Eric Penning, Bob Sloan, Angie White, Roger White, Jack Yates, and Emeritus members Randy Klug and Jim Young.

“Riding a bike is everything to a cyclist. The friendship and camaraderie you have with other cyclists... to a cyclist, it was the be-all and end-all of your life.”

— Tommy Godwin, English long-distance cyclist

STRAY FROM THE BEATEN PATH



WATERLOO

325 COMMERCIAL ST.

CEDAR FALLS

128 MAIN ST.

BREWED IN
IOWA

END OF THE SEASON ANNUAL MEMBERSHIP PARTY

CVC MEMBERS: Please join us at Doughy Joey's for our end of the season CVC business meeting and membership party on Sunday, October 13. The meet and greet is 5:30 p.m., 6:00 p.m. short business meeting and year in review, and 6:30 Doughy Joey's pizza. Pizza and two refreshments are FREE for all paid up-to-date CVC members. You must present your CVC membership card, because we will be voting in new board members. This is a great time to meet up with fellow riders to chat and laugh about this past years CVC biking season. Hope to see you all there!

DERINGERS
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314 Main St, Cedar Falls | 319-242-4170

MARK YOUR CALENDARS



Fall Time Trials

September 5 & 12

Backbone Ride

September 21-22

Breast Cancer Ride

October 2

Annual Decorah Ride

October 5

Holiday Lights Ride

December 18



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THE CEDAR VALLEY NATURE TRAIL

2020 PLANNED TRAIL CLOSURES

Reconstruction of a quarter mile section of the Cedar Valley Nature Trail just north of McFarlane Park is currently scheduled to occur between April 1, 2020 and June 30, 2020. This section of trail will be closed for about one month (weather dependent) from the date the contractor starts working. The Cedar Valley Nature Trail will be closed from Spruce Street in La Porte City to King Road near the entrance of McFarlane Park during construction.

The replacement of Wolf Creek Bridge is currently scheduled for spring of 2020 with demolition of the existing bridge potentially occurring in the winter months of 2019. The section of trail that is currently closed, Brett Klima Wildlife area to Wolf Creek Bridge, will remain closed through bridge construction completion.

During construction of these two public improvements, trail users will still be able to enjoy the Cedar Valley Nature Trail from the McFarlane Park trailhead south towards Linn County or from Brett Klima Wildlife Area north to Evansdale and throughout the Cedar Falls/Waterloo metropolitan areas.

Thank you to all for your patience and cooperation while the Cedar Valley Nature Trail is repaired and improved.

BIKE SAFETY TIPS *This month, we bring you tips for riding safely in large groups like WOW and other organized rides.*

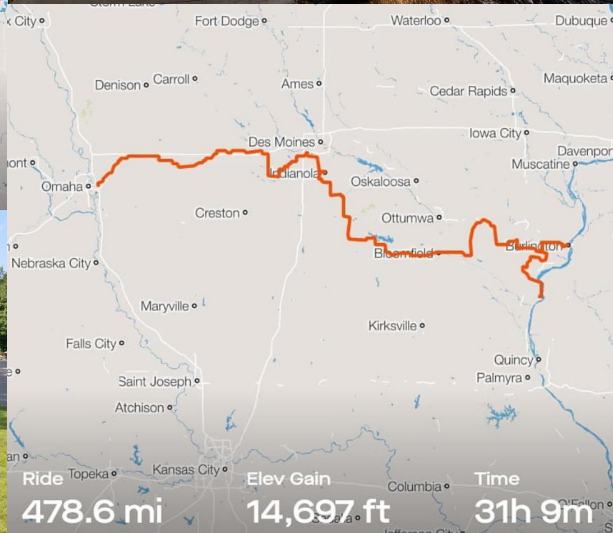
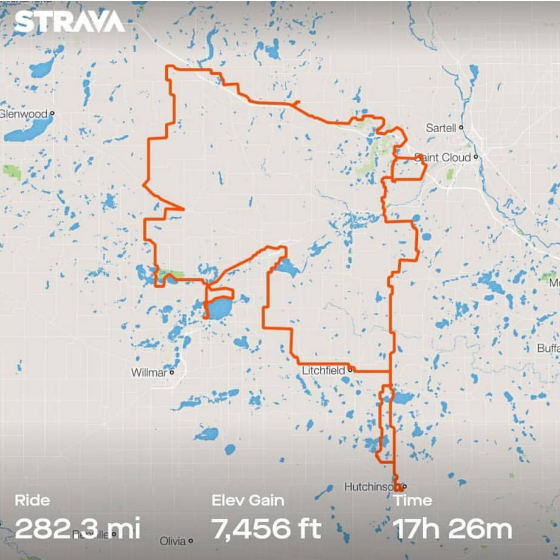
This is probably more appropriate at the start of the biking season, but it is never too late for added safety.



- Use basic hand signals to help other riders know your intentions (Left, Right and slow)
- Point to objects such as glass, rocks, rumble strips, etc., as you announce them to alert other riders
- Announce “slowing” when applying your brakes and “stopping” when you intend to stop
- When coming up behind someone say “on your left”. Say “bike up” or “car up” to alert others to bikes or cars approaching
- ALWAYS hold your line. This means ride in a straight line. Be predictable and don’t make sudden unannounced lane changes
- Look behind you and around you when preparing to pass. There is always a chance someone will be rapidly approaching from behind.



In addition, there were two more Iowa bicycle/motor vehicle crashes in August. One resulted in serious injuries for a mother and son who were struck from behind. The other was a “hit and run” in which the cyclist was killed. Please do everything you can to make yourself visible when riding. Brightly colored jerseys and helmets help along with lights both front and back are a necessity at night and a good idea during the day. New LED lights that are rechargeable with USB are very reasonably priced and provide lots of reliable light as long as they are kept charged and turned on while riding. With shorter days, now is the time to add red flashing lights for the rear and white lights for the front of your bike so you can be as visible as possible while riding.



CVC-ers out of the Cedar Valley: What a summer! It was late showing up and sprinted by with hardly a dull moment. Between TOMRV, RAGBRAI, and BAM, I managed to pedal away some of four different states. TOMRV covered three in one day, even.

As different as these events may be; a challenge, a party that just keeps coming, or a small catered event, one thing stays constant – cyclists are a good bunch and we like fun in about all forms.

For something different, maybe we'll see you on the self-contained Backbone ride in September!

– Jake Hawk



Bikepack -to- Backbone

<https://www.eventbrite.com/e/cvc-bikepack-to-backbone2-tickets-70069552919>

9/21-22/19*Self-contained*camping*grilling

DENVER WAFFLE RIDES

SUNDAY, SEPTEMBER 1 IS OUR NEXT MONTHLY DENVER WAFFLE RIDE. 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.

// *TIME TRIALS*

September 5 & 12

The course is 10 miles and the cost is only \$1.

Participants meet at 27th Street and Union Road in Cedar Falls.

Registration begins at 6:00 p.m. with the first rider off at 6:30 p.m.

THE ANNUAL CVC POKER RIDE

with stops at Blue Iguana, Lava Lounge, Rudy's, Three Amigos, Amigos, El Patron, and back to Blue Iguana for awards.





GUIDE TO IOWA LAWS FOR BICYCLISTS

Iowa Bicycle Coalition has prepared the above Guide for cyclists.

GOOD NEWS FOR CYCLING



peopleforbikes

PEOPLEFORBIKES TEAM U.S. Senate committee passed America's Transportation Infrastructure Act (ATIA, S. 2302) to reauthorize funding for federal transportation policy and support projects

including bike paths, multi-use trails, bike parks and safety incentives. ATIA would allow states to more easily move forward with projects that make biking better, safer and more accessible for all riders. The current authorization of the federal transportation policy is set to expire at the end of September 2020. While this process remains in its early stages, we're excited about the direction of this bill and the promise it holds for increased federal funding for bikes. Some details of the bill that we support include:

- **More money for bike paths:** The bill would increase funding for bike infrastructure (bike lanes, paths, trails, bridges, etc.) – from \$850 million to \$1.2 billion in the first year and give more local control to planners to make the best decisions for their communities' needs.
- **Better data for trail funding:** The bill would authorize a study to better assess funding for recreational trails. Currently slated at \$85 million per year, the recreational trails program investment could double or triple. This would help build and maintain more trails, trailheads and bike parks.
- **Incentives for safer roads:** Better biking requires safer roads. States and localities would get an additional \$500 million to improve road safety for all users and more grants would be available for those that can measure and show the success of new safety measures.
- **Bike projects eligible for climate change funds:** For the first time, this bill includes money for climate change and incorporates bikes into the solution. It offers \$600 million to states and localities to pay for low-carbon transit options, including biking and walking.

Looking ahead, other committees in Congress will have to draft their versions of this bill and all proposals will have to be shaped into one acceptable document. Funding for all federal transportation programs remains a challenge. PeopleForBikes is strongly engaged with allies on the Hill and partners in Washington, D.C. on this reauthorization and will continue tracking and sharing updates on major developments. Together we can make biking better!

KOM/QOM CONTEST



Thank you to everyone that attended the KOM/QOM Hill Contest! Together we were able to conquer the hill and donate 409 meals to the Northeast Iowa Food Bank. Your 2019 winners are as follows:

OVERALL KING: Jeramie Johnson

OVERALL QUEEN and NEW CLIMBER: Sharon Cashman

AGE CATEGORY WINNERS: Charles Dostale and Sean Hewitt

BEST (CRAZIEST) FAN: Traci Hewitt

NEW CLIMBER: Sean Hewitt

THANK YOU to the volunteers that made this event happen: Russ, Angie, Brady, and Eric

BIKE CLUB SURVEY

Every other year, the League works to gather a benchmark of the Bike Club Movement. Of course, to get a clear picture, we need to hear from as many clubs as possible.

[COMPLETE THE BIKE CLUB MEMBERSHIP SURVEY FOR RIDERS](#)

Your responses are completely confidential and you can remain anonymous. A survey participant will be selected to win a new kit from Primal!

Let's make our voice a ROAR! League membership provides various benefits. You also receive discounted individual League membership because you are a member of your local bike club. In fact, as a CVC club member, use this unique code (CEDAR_) when you join the League and receive \$15 off individual-level membership. Simply put, the League is a member-supported organization and its strength only comes from having a critical mass of riders, standing up for bicycling. New members can join at bikeleague.org/join.





*Cedar Valley Cyclists and Spokes Women
are teaming up this year for the fourth annual*

BREAST CANCER AWARENESS RIDE

to support the Beyond Pink TEAM!

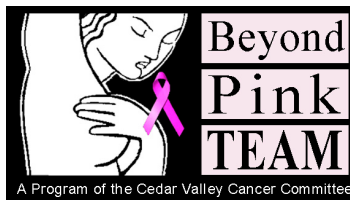
WEDNESDAY, OCTOBER 2

Wheels down at 5:45 p.m. from Single Speed – Waterloo

Costumes welcome – wear PINK!

Suggested donation/registration is \$25, but every dollar helps. Last year's ride raised \$1,355. All proceeds stay in the Cedar Valley and go to the Beyond Pink TEAM.

Click anywhere on this page to register in advance!



TOGETHER WE CAN MAKE A DIFFERENCE!

We support Cedar Valley Cyclists.



Matt Trueg

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— JOE COSLEY —



Pancake Ride

WHITEFISH, MT

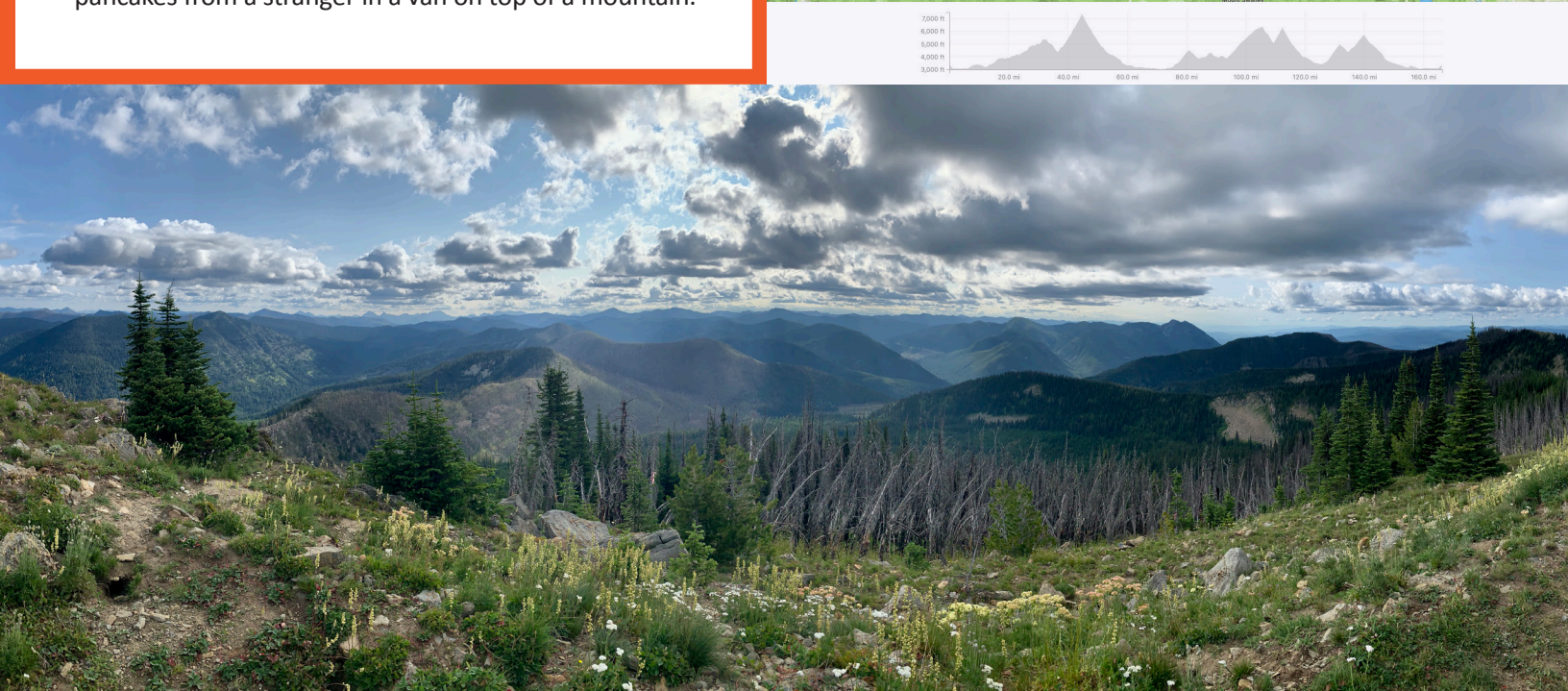
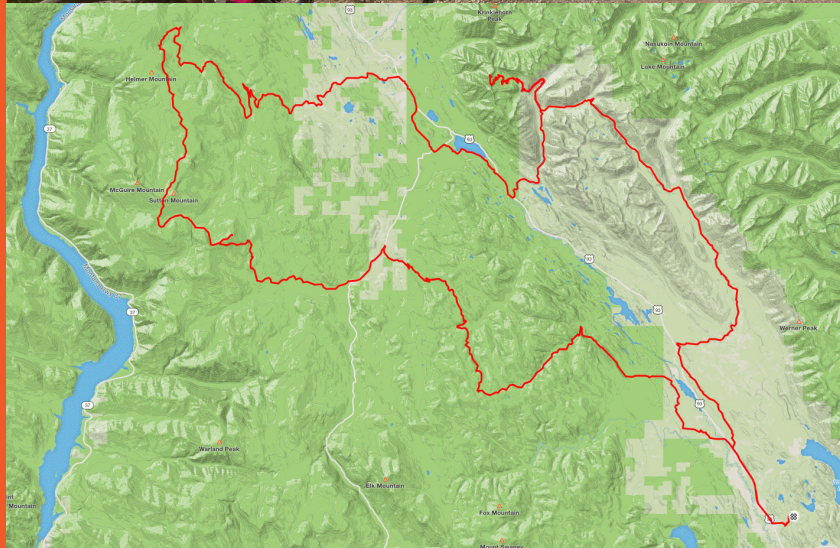
How we got here. The only ride reports I've written have been for this newsletter. It started with Translowa. I met Trenton on that ride. It turns out, he is a race director and invited me to one of his gravel rides – the Day Across Minnesota. I met Brad and Emily on that ride. It turns out, Brad is a race director and invited me to his ride – the Joe Cosley Pancake Ride.

Here we go again. The Joe Cosley Pancake Ride, V.3, Uff Da 167, Montana State Gravel Championships.

From the ride description itself: a 167-mile mixed surface (95% dirt roads) adventure bike ride/race with a metric sh*t ton of climbing. Exploring the north west corner of Montana, based out of Whitefish. Two aid stations and some undisclosed shenanigans along the way.

The front seats of a rental car were our accommodations prior to the 4 a.m. start time. Undisclosed shenangians included mountaintop pancakes, no cell service, filtering water from streams, and Meiji Hello Panda cookies. Turns out a metric sh*t ton is around 16k+ feet.

Moral. Strike up a conversation with the next person you find yourself riding with – you might end up eating pancakes from a stranger in a van on top of a mountain.





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for people of all ages and abilities, while advocating for increased awareness and support for bicycling.

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*Indicates Emeritus Status