



CLIP IN WITH CINDY



GREETINGS TEAM CVC MEMBERS!

July was a busy month for CVC rides! The 4th of July Ride to Shell Rock was officially rained out, but a few riders decided to ride the route after the rain stopped. Kudos to them because it was really hot and humid that day! Next up was the Century Ride on the 16th, which had over 70 registered riders! The weather was overcast and slightly cool, with barely any wind. Riders chose between a 62 mile route and a 100 mile route, with CVC-sponsored stops in Stout and Wellsburg for refreshments. Special thanks go to Shelby Buhlman and his crew of volunteers for an OUTSTANDING job organizing and running this ride!

Early in July, I was contacted by a writer from Livability magazine who wanted to write an article that highlighted the best things about the Cedar Valley, and we were selected as one of the best things! A photographer took group shots before the July 13 WOW ride, followed us along the route in his car, and even had a drone to capture all the action. We can't wait to see how the pictures turned out!

We also tried something new for our July 6 WOW ride, starting and ending at the Amvets in Cedar Falls. We ordered pizza for the social afterwards and everyone had a great time! We will participate in another Amvets Bike Night tonight (Wednesday, August 3).

Many of you just returned from RAGBRAI, so please extend "thanks" to Roger White and Angie White, the CVC Board members who are in charge of RAGBRAI for the club. I camped a few nights with CVC this year and we had an amazing crew of workers – thanks Mary Mueller and crew!

Next up we have the High Nelly Bike Rally during Irish Fest on August 6. This is not an official CVC ride, but we are a sponsor and it is always a fun ride! For more details check out the [High Nelly Bike Rally 2022 Facebook page](#).

And thank you to [Bike Tech](#) for renewing your CVC sponsorship this month. Be sure to visit our local bike shops instead of ordering from companies outside the Cedar Valley!



CLICK HERE TO SIGN THE WAIVER

In order to participate in CVC rides, everyone needs to sign a waiver once per year. Thanks to Troy Buzynski, this is super easy this year and you can sign the waiver right on your phone! Please take a few minutes to click here and sign the waiver NOW while you are thinking about it – thanks!

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TIME TRIALS



Fall Time Trials are here!

Join us August 18 & 25
and September 1 & 8

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.



TAKE ADVANTAGE OF YOUR CVC MEMBERSHIP PERKS

- 15% discount at Hall Bicycle
- 10% discount at Scoopski's
- 50 cents off any regular-priced ice cream treat at both Hansen's Dairy retail locations
- 10% discount at Brown's Shoe Fit Co
- Free drink with a purchase at the Brass Tap
- \$2 off beers at Second State on Wednesdays

UP TO
\$8 VALUE



**FIRST DRINK IS
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Not valid with any other offer, discount or promotion. Limit one per customer 21+. Total value not to exceed \$8. Valid at Cedar Falls location only. Expires 4/1/2023.

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10:00 AM – 7:30 PM

Saturday

10:00 AM – 3:00 PM

Sunday and Monday

Closed

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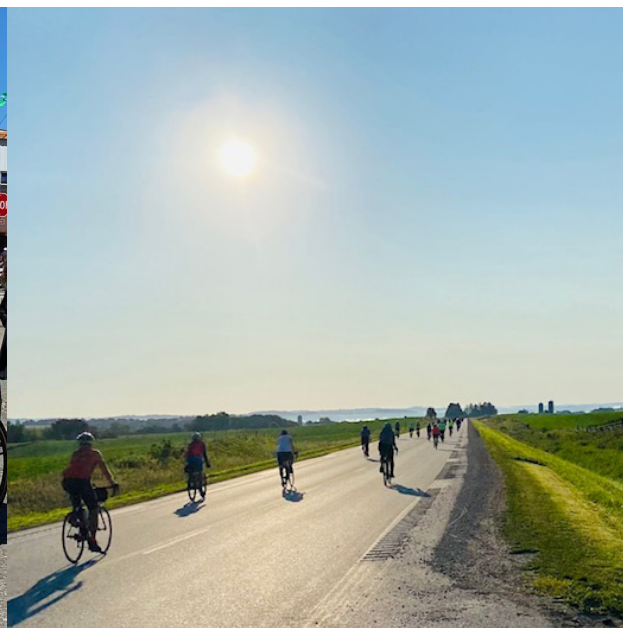
RUDY'S TACOS

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“Life is not about the destination, it’s about the journey”

That quote perfectly describes my first, full week, of RAGBRAI. Starting out of Sergeant Bluff on Sunday with well over 17K riders I admit was quite intimidating; however, the first seven miles of flat roads, light breeze, and stunning scenery helped to calm my nerves.

Last year I rode four days of RAGBRAI so I somewhat knew what to expect. This year I trained more and participated in as many group rides as I could to help prepare. I decided well ahead of time to take each day of RAGBRAI as it came and to enjoy the journey. I’m proud to say I rode all seven days, including climbing every hill I came upon. I did sag the last half of century day to Mason City, missing one the best century days thanks to low elevation, tailwinds, and ideal temps, but it was well worth it to spend time with my husband (my biggest supporter) who came to visit me.

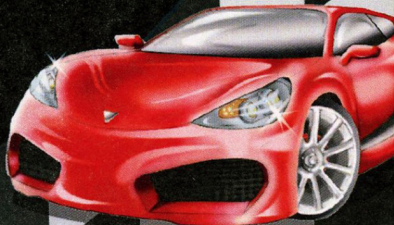
I’ve been asked what the ‘highlight’ of RAGBRAI was for me. I honestly cannot pick just one so I’ll list most of them. Riding and camping with my friends of Team Deer-Hart, having their support and encouragement made the journey worth wanting to do all over again. From chatting with other riders, reminiscing with friends, our generous host family, waving to the locals who set up chairs along the route, visiting with volunteers at each pass through town, the pie, Chris Cakes, the music, the random rider who helped motivate me up an endless hill, energy of the other riders, craft beer tents, Santa was there, Air Force Cycling Team, the Dream Team kids, the American flag speedo guys, and oh yes, the stunning scenery of Iowa!

– Jackie Wagner

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DENVER WAFFLE RIDES

Join us August 7.

The ride starts at the old Behrens-Rapp gas station at West 1st and Clay Street in Cedar Falls at 8:30 a.m. (arrive by 8:20 as we want to be riding at 8:30). Denver American Legion has "all you can eat" waffles, sausage, fruit, juice, and coffee for just \$6.

The final ride of the year will be October 2.

HAPPENING, HERE & NOW

Wine of the Week

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~18-19 mph

ROAD RIDE AT 6:00

~14-15 mph (No Drop Ride)

PAVED TRAIL RIDE AT 6:00

~11-12 mph (No Drop Ride)

Rides leave from Overman Park in Cedar Falls. Socials will be held after each ride at various CVC sponsors.

Helmets and tail lights are required.

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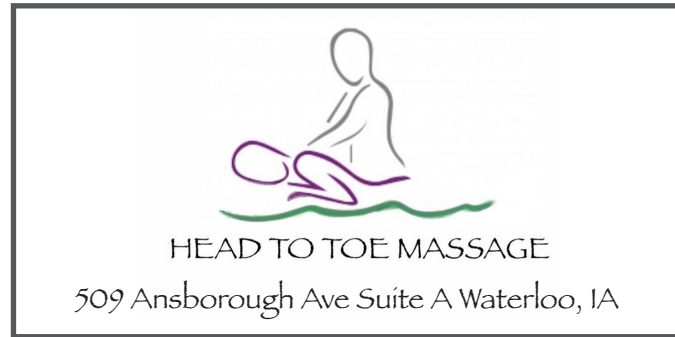
CVC SPONSORS

The logo for Fusion Dance & Performing Arts features a dark teal circle with a white 'F' inside, followed by the word 'USION' in dark teal. Below this, 'DANCE & PERFORMING ARTS' is written in a smaller, grey font. The background of the entire graphic is a blurred image of dancers' legs in a studio setting.

FUSION
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The logo for Head to Toe Massage shows a stylized figure in a purple line-art pose, with a green wavy line underneath. The text 'HEAD TO TOE MASSAGE' is in a serif font, and the address is in a script font.

HEAD TO TOE MASSAGE

509 Ansborough Ave Suite A Waterloo, IA

YOUR 2022 BOARD OF DIRECTORS

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.

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