

### CLIP IN WITH CINDY

#### GREETINGS TEAM CVC MEMBERS!

Is it really September already?!?! We plan to continue WOW rides through September, so be sure to bring lights, as the days are getting shorter. I would like to extend special thanks to our sponsors Second State Brewing, The Pump Haus, Urban Pie and The Brass Tap for hosting us after our rides.

Thank you also to the Amvets Post 49 that has hosted us monthly since July. On August 3rd we had a combined social with CVA (Cedar Valley Association for Soft Trails) and that was fun seeing some of our dirt trail riding friends! The Amvets will also host a Bike Night after the Breast Cancer Awareness Ride on October 5. Keep an eye out for more information on that event!

CVC is once again hosting time trials on Thursdays through September 8. Come out and see how fast you can ride the 10-mile course, or just cheer on those who are racing! Meet at 27th and Union Road in Cedar Falls at 6:00 pm.



#### CVC ALL-STAR AWARD

The CVC Board voted to award the All-Star Award to Dave and Jennifer King this month. Dave and Jen discovered a muddy section of the trail that was hazardous and went out and cleaned it up themselves! Thank you, Dave and Jen for looking out for the rest of us.

**Thank you for all you do, Dave and Jen!**

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## Cedar Valley Cyclists Membership Perk

50¢ off any regular-price  
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*Not valid on sale treats (i.e. Treat of the Month).  
Must show membership card. One discount per card.*

### RETAIL STORES

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203 State Street  
Cedar Falls

319-240-0692

[www.SecondStateBrewing.com](http://www.SecondStateBrewing.com)



# TIME TRIALS

We're halfway through  
Fall Time Trials!

There's still time to join us:  
September 1 & 8

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

Participants meet at 27<sup>th</sup> 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  
FREE  
WITH ANY PURCHASE**

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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# EVERY WEDNESDAY



## JOIN US FOR A *Ride*



• [RIDECVC.ORG](http://RIDECVC.ORG) •

**ROAD RIDE AT 5:45**

*~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.**

CVC SPONSORS

CVC Members receive 10% off

**SCOOPSKI'S**

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**URBANPIE**  
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**Tuesday, Wednesday, Friday**

10:00 AM – 5:30 PM

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10:00 AM – 7:30 PM

**Saturday**

10:00 AM – 3:00 PM

**Sunday and Monday**

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# RUDY'S TACOS

**MONDAY-THURSDAY 11AM-8PM**  
**FRIDAY & SATURDAY 11AM-9PM**

*2401 Falls Ave, Waterloo, IA*

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## NO DENVER WAFFLE RIDE

Denver American Legion does not conduct their Waffle Breakfast in September because of the Labor Day holiday, so there is no Waffle Ride this month. Watch for details in the October newsletter for the final Waffle Ride this season.

## SOCIAL<sup>®</sup> SPARKLING SAKÉ WINES



### ELDERFLOWER APPLE

Crisp apple flavors are blended together with a refreshing elderflower bouquet to give this wine a touch of sweetness. This delicious flavor duo will keep your taste buds coming back for more!



### STRAWBERRY ROSÉ

A floral aroma of rose petals is balanced with fresh strawberries to give this flavor the perfect touch of sweetness.



### PINK GRAPEFRUIT GINGER

The pink grapefruit is blended with a delicate ginger essence and mildly sweetened. This invigorating combo is tangy, tart, and all-around delicious.



### HIBISCUS CUCUMBER

Light bodied with crisp, refreshing cucumber and sweetened with soft, floral hints of hibiscus.

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# TRAIL IMPROVEMENTS PENDING


**Lately there have been 3 trail renovation/improvement projects planned.**

First is the repair of Sergeant Road Trail bridges between University Avenue and Fletcher Avenue in Waterloo. The City of Waterloo has let the contract with the work to be completed by May.

The second is rebuilding Cedar Valley Lakes Trail in George Wyth State Park. The repair of the flood-damaged section was completed this past June and the next project will rebuild the trail from Krieg's Crossing up to the new section and from the end of the new section around to the trailhead at the George Wyth shelter. The contract is let and work could start yet this fall and will be completed by next September.

Finally, a grant has been awarded to Black Hawk County Conservation and Linn County Conservation to partially pay for the paving and bridge work on Cedar Valley Nature Trail between the Cedar River at McFarlane Park on the north and Urbana on the south. Additional funding will be needed by both Linn County and Black Hawk County in order to complete this project. This work is not yet contracted but should be later this year with a completion date not yet known. While it is fantastic news that these trails are being repaired, renovated, and/or rebuilt, please keep off these segments during construction. It is both a safety hazard for trail users and a disruption for the construction crew when trail users venture into construction zones. Be patient – the trails will be re-opened soon and they will be so much better then.

In addition to the pending projects above, work on the Shaulis Rd Trail in Waterloo is completed for now and that trail is re-opened for use. There is still more work to be done in the future to finish the trail all the way to the intersection with Cedar Valley Nature Trail. Cedar Falls is completing the extended trail along Union Rd and is working on a new trail along East Lake Street out to Big Woods Lake and Park. – *Roger White*

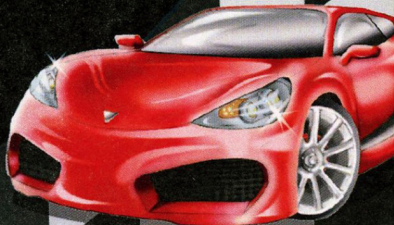




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**Stop in for your free CVC Member gift today!!!**



# BREAST CANCER AWARENESS BICYCLE AND MOTORCYCLE RIDE

*to support the Beyond Pink TEAM!*

## WEDNESDAY, OCTOBER 5

Starting and ending at the Amvets Post 49

Wheels down at 5:45 p.m.

Potluck afterward

**Costumes encouraged – wear PINK!**

Suggested donation/registration is \$25, but every dollar helps.

All proceeds go to the Beyond Pink TEAM.





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