

NEWSLETTER NOV/DEC 2022

Volume 15 // Issue 11

CLIP IN WITH CINDY

GREETINGS TEAM CVC MEMBERS!

On October 5 we held a fundraising bike ride benefitting the Beyond Pink Team, the only local breast cancer coalition in the Cedar Valley. We had a great turnout for the ride, followed by a potluck dinner at the Amvets in Cedar Falls. We raised nearly \$1,500 for the Beyond Pink Team. THANK YOU everyone who contributed!

CVC's annual Member Meeting was held at Doughy Joey's on October 9. Many of you showed up to enjoy free pizza and reminisce about all the great rides we had this year. Thanks to everyone who joined us!

Two events you will want to attend in November are Spin for a Cause -IHOPE and Cranksgiving, both on November 12. Spin for a Cause is in the morning so you still have time to join Cranksgiving afterwards! Spin for a Cause proceeds will go to IHOPE, and Cranksgiving donations go to the Northeast Iowa Food Bank and Cedar Bend Humane Society.

Don't forget to mark your calendars for December 7, our annual Holiday Lights Ride. This ride will start at Overman Park in Cedar Falls and ride through town viewing holiday lights. We will meet after the ride at one of our sponsors in Cedar Falls. This is always a fun event that you won't want to miss! Keep an eye on our Facebook page for more details.

And finally, please welcome our newest CVC Board Member, Andy Weidner. Andy has been participating in most of the group rides for the past few years and has ridden RAGBRAI with CVC. Welcome to the CVC Board, Andy! And special thanks to Roger White and Shelby Buhlman as they complete their terms on the Board – thanks for all of your contributions over the years!









We would love to customize a menu for your next event! Visit www.momentinthyme.com





SATURDAY, NOVEMBER 12



JOIN US FOR OUR ANNUAL SPIN FOR A CAUSE TO RAISE MONEY FOR IHOPE!

This year we will be spinning in downtown Waterloo at the Cedar Valley SportsPlex.

There are 29 bikes available – <u>post in the event</u> or email Eric at Eric@RideCVC.org to reserve a bike.

A donation of \$25 toward IHOPE is suggested.

IHOPE Chapter of AMBUCS has a mission to improve mobility and independence for people with disabilities. The IHOPE Chapter reaches this mission through the AmTrykes program. AmTrykes are adaptive tricycles for children and adults that can be individualized to meet the needs of almost any rider.





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BREAST CANCER AWARENESS BICYCLE AND MOTORCYCLE RIDE

raised nearly \$1,500 for the Beyond Pink Team!

THANK YOU!



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CVC members!

Tuesday, Wednesday, Friday

10:00 AM - 5:30 PM

Thursday

10:00 AM - 7:30 PM

Saturday

10:00 AM - 3:00 PM

Sunday and Monday

Closed

4302 University Avenue Suite E, Cedar Falls 319-260-2610



RAGBRAI®, the across Iowa extravaganza via bicycle, is scheduled to open registration for the 50th annual event (L) on July 23 – 29, 2023. The new logo was released on Oct 31 and the registration portal will open November 15.

- 1. RAGBRAI® will collect all registration fees and merchandise fees via credit card at the time of registration, regardless of if the registration is for weeklong or daily passes or whether the registration is with the Cedar Valley Cyclists' group or as an individual.
- 2. All riders participating in our charter will designate *Cedar Valley Cyclists* as your team or group on the RAGBRAI® site. If you are new to the process, you will need to create a new profile using the registration vendor EnMotive® that RAGBRAI® is now using. The RAGBRAI® website will direct you there when you select "Register". We encourage all our charter participants to select Cedar Valley Cyclists group when "Join a team or group?" during registration is asked. *Cedar Valley Cyclists* will maintain the charter with all the same services (described in more detail below).
- 3. Cedar Valley Cyclists will maintain the charter with all the same services (described in more detail below). However, when you register for the charter, you will only pay CVC for charter options not any RAGBRAI® elements.
- 4. Current CVC membership and RAGBRAI® registration are required to participate in the CVC charter.
- 5. CVC's popular charter includes the following services:
 - Round-trip charter bus using air-conditioned tour-style buses
 - Baggage hauling all week between overnight towns
 - · Camping in select, pre-reserved campgrounds
 - Canopy complete with chairs and coolers filled with iced beverages
 - · Charging station for electronics
 - Porta pottys reserved for our group
 - · Handwashing and hand sanitizing facilities at each campground
 - Shower facilities and on-demand hot water (dependent on whether the town provides water or prohibits showers)
 - Floor pumps for bike tires and electric pumps for air mattresses
 - Coffee in the morning and occasional snacks
 - Daily directions to each town's campground
 - · The opportunity to catch a lift to the next town campground (RAGBRAI® SAG service) if injured or unable to ride

6. 2023 Plans and Rates will be uploaded on November 15

- 7. The links for registration are:
 - CVC Membership: www.cedarvalleycyclists.org/become-a-member
 - RAGBRAI® Registration: www.ragbrai.com and click on "Registration" in the menu bar (starting November 15)
 - CVC Charter: form.jotform.com/22298451259163

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ANNUAL HOLIDAY LIGHTS RIDE

Wednesday, December 7 at 6:00 p.m.

CVC's annual Holiday Lights ride is back on!

Leaving from Overman Park on Wednesday, December 7 at 6:00 p.m.

The route is usually around 10 miles through western Cedar Falls at 10-12 mph.

Social at Second State and Urban Pie afterward.

Helmets and lights are required.







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

2401 Falls Ave. Waterloo, IA

THE **FEDERAL** PUB

317 5th Street, Hudson, Iowa 319-988-3846

THE LEGEND OF CHEESEBURGER HILL&

It's Cheeseburger Hill. No, it's Hamburger Hill. A guy ate a cheeseburger while riding up this hill. No, a guy barfed up a cheeseburger while riding up this hill. Last person to the top of the hill buys burgers for everyone else. Someone wanted to set up a burger stand on this hill. This hill looks like a triple cheeseburger from the sky. So, what is true? What is false? I decided to go straight to the source and interview two CVC members who were there the day this hill was named – Russ Clarke and Joel Berry.

It was a Tuesday night hammer ride, sometime in 1977 or 1978. (Russ and Joel were in their mid-20's at that time.) The riders met at Europa, then located on 23rd Street near UNI. They headed out to New Hartford, regrouping near cemetery hill, then racing through 4-tier hill on Beaver Valley. As happens on hammer rides, the pace picked up...faster and faster they went until just two or three riders were out in front. They regrouped at Union Road then "lit the wick" as Russ likes to say, and hammered up the hills toward First Street.

But wait, a guy named Steve was missing. Some guys went back to look for him and found him at the house by the railroad bridge, leaning up against a tree. As they got closer they saw that Steve was somewhat incoherent and mumbling something, slurring his speech. What was he saying?? "I just want a cheeseburger."

So there you have it. The official name is Cheeseburger Hill and that name has stood the test of time for over 40 years! The rest is urban legend – no eating or barfing burgers, no burger stand or burger bets, and it is NOT Hamburger Hill.

Fun facts: Matt Gerrelts holds the Strava segment for Cheeseburger Hill at 27 seconds (26.5 mph), and Kimberly Breuer holds the women's record at 32 seconds (22.3 mph). And now, there is also Double Cheeseburger and McDonalds's 99 cent Triple Cheeseburger (thanks to Joey Dobson, I believe)!

And thanks to Joel Berry, I will now hear Living in the USA by the Steve Miller Band every time I ride up Cheeseburger Hill....."Living in the USA. Come on try it, you can buy it, you can leave it next week, yeah somebody give me a cheeseburger." – *Cindy Angel*

*People just can't get enough of Cheeseburger Hill! By popular demand, we are reprinting this article, first published in 2017, with updates to the Fun facts.



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







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GATEWAYS TO GREAT WAYS SCULPTURAL TRAIL ART

Four sculptures that were created using recycled bike parts have been placed along the University Avenue Trail near the intersection with the Sergeant Road Trail in Waterloo. In July 2021 you may have seen these sculptural pieces on Commercial Street to welcome RAGBRAI riders to Waterloo.

To build these sculptures, Victoria Reed used damaged and surplus bike parts from the Cedar Valley Bicycle Collective. The parts were sand blasted, painted and welded together to create unique trail art in Waterloo.

The artist, Victoria Reed, is a graduate of the University of Northern Iowa sculpture program. This project that was coordinated by the Waterloo Center for the Arts, with support from the City of Waterloo, the Waterloo Public Art Committee, Experience Waterloo, the Cedar Valley Bike Collective and the Cedar Valley Trails Partnership. One of Victoria's other pieces is the 19th Amendment Commemorative Sculpture at the Cedar Falls Women's Clubhouse.

When you are riding through Downtown Waterloo, look for other sculptures in the area: the Statue of Liberty, the Lone Sailor and the four statues called Agriculture, Justice, History and Commerce and the Feather Pen.







Steve Hubbard State Farm 213 E. San Marnan Dr. Waterloo, IA 50702 319-232-6585 stevehubbardinsurance.com

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







SERGEANT ROAD TRAIL REPAIRS

It is great to see work has started to replace the collapsed bridges on the Sergeant Road Trail. The remains of the old wooden bridges were removed. The cement culverts near Fletcher Avenue are being delivered. This is progress, but a lot of work still needs to be done. A few pieces of the culvert still need to be set in place. The culverts need to be covered and paved. Lastly, the area needs to be seeded.

The replacement of the bridge near University Avenue has not progressed as far. The grading for the box culvert needs to be completed. Additionally, sections of the box culvert have yet to be delivered.

We can help keep the project moving along by staying out of the construction area. Keep using the detour that you have been using until the everything is completed.

- Cedar Valley Trails Partnership





ELDERFLOWE APPLE

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



STRAWBERRY ROS

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



PINK GRAPEFRUI

The pink grapefruit in blended with a delicate ginger essence and mildly sweetened. This invigorating combolis tangy, tart, and alleground delicious.



CUCUMBER

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





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 Roger White
 RAGBRAI@RideCVC.org

 Coordinator:
 Angie White
 RAGBRAI@RideCVC.org

*Indicates Emeritus Status

KEEP **CONNECTED**



