

NEWSLETTER **FEBRUARY 2023**

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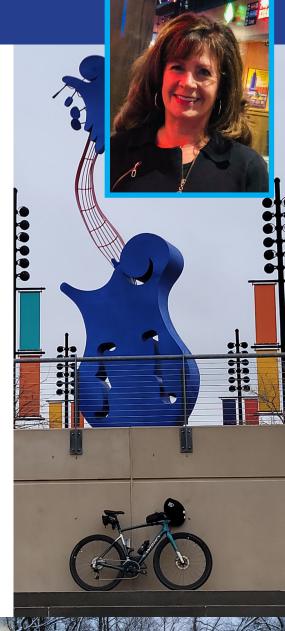
GREETINGS, CVC MEMBERS!

Well, we have survived December and January so only have about six more weeks of winter. Even though I ride outside all winter, I much prefer warm weather with no snow! Thanks go to both Cedar Falls and Waterloo for plowing many of the paved trails, making safe routes to ride in the winter! Depending on the route you choose, it is possible to ride a 15-20 mile loop around town, primarily using the University Avenue and Greenhill trails.

As an option, many of you are using our soft trails to walk, run, bike and ski. CVAST volunteers do a great job grooming the soft trails in George Wyth, and they have a new groomer this year that they can groom the paved trails in George Wyth, Hartman Reserve, Big Woods and Washington Park. Be sure to follow their posts about when to walk/run, ride or ski on the trails and when not to, as the trails need time to set up after grooming. No one likes those deep, frozen footprints on the trails, so "don't be a sinker!"

And finally, the 50th RAGBRAI route has been announced! Four of the overnight towns are the same as on the original RAGBRAI 50 years ago (Sioux City, Storm Lake, Ames and Des Moines) and the ride ends in Davenport as it did that very first year. Get ready for 500 miles and 16,549 feet of climb, the 6th longest and the 6th steepest of all the RAGBRAIs! Be sure to check out all of the information on how to register for RAGBRAI later in this newsletter.

- Cindy Angel, CVC President











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ON THE ROAD AGAIN WITH RAGBRAI® L AND CVC

The annual bike ride across Iowa is July 22-29, 2023. The route this year is 500 miles, starts in Sioux City, and passes through the following overnight towns: Storm Lake, Carroll, Ames, Des Moines, Tama-Toledo, Coralville, and ends in Davenport. Plan to take in the sites and amenities of this part of our great state and sign up for the fun today! But don't wait as the charter is filling up FAST!

As of February 1, the ride itself happens in 172 days. However, registration is filling up quickly through Cedar Valley Cyclists. CVC charter offers round-trip tour style buses, baggage hauling, camping all week, a canopy, and various amenities at each campground.

New this year is the availability to have your tent set up for you for \$20/day.

- March 1: First registration price increase to \$225
- April 15: Second registration price increase to \$250
- May 15: Registration closes
- July 22: EXPO Day ONLY, registration \$300

Registration is not complete until all three are updated:

- **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: https://form.jotform.com/222984561259163

We look forward to seeing you in July! - RAGBRAI® Committee: Angie, Andy, and Mary

Saturday, July 22 SIOUX CITY

Sunday, July 23 STORM LAKE 77 miles | 3,504 feet

Monday, July 24 CARROLL

62 miles | 1,818 feet

Tuesday, July 25 AMES

83 miles | 1,479 feet

Wednesday, July 26
DES MOINES

50 miles | 1,216 feet

Thursday, July 27 TAMA-TOLEDO

82 miles | 3,652 feet Friday, July 28

CORALVILLE 80 miles | 3,276 feet

Saturday, July 29
DAVENPORT
66 miles | 1,604 feet



Cedar Valley Cyclists is an annual contributor to the Dream

Team. The Dream Team uses the power of a bicycle to assist youth in developing a positive approach to life's challenges. It's a five-month program that partners about 40 youth with adult mentors to provide a unique opportunity to build relationships, achieve personal growth, and learn life skills. The program culminates with a weeklong bicycle ride participating in RAGBRAI®. The young adults in the program build confidence and self-esteem while learning that goals can be attained with sufficient planning and preparation. When the youngsters complete all the requirements, including the weeklong

ride, they are awarded a new bicycle, helmet, lights, bicycle clothing, etc. This is a fabulous program for developing youth and for encouraging bicycling for the next generation.





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CVC members!

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Thursday

10:00 AM - 7:30 PM

Saturday

10:00 AM - 3:00 PM

Sunday and Monday

Closed

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IOWA GAMES FATBIKE RACE

The Iowa Games Fat Bike Race was held January 21 at George Wyth State Park in Waterloo. A blanket of fresh snow fell three days before the race, and the awesome CVAST crew groomed the course just in time for the race. Participants completed several laps on the soft trails, making it a spectator-friendly event. Several CVC members participated in the race, and many won medals in their divisions.

Congratulations to everyone who competed!

Article and Top Photo by Cindy Angel, Bottom Photos by Chris Zoeller, Courier Staff Photographer





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

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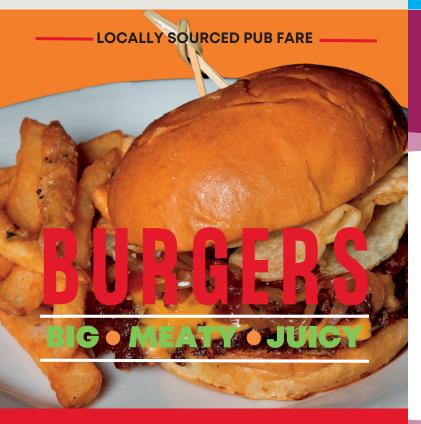


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Stop in for your free CVC Member gift today!!!









- 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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KEEP **CONNECTED**





^{*}Indicates Emeritus Status