



## CLIP IN WITH CINDY

## HAPPY NEW YEAR CVC MEMBERS!

The CVC Board will be holding our annual planning retreat in early February. During the retreat we will be setting the ride calendar for the year and discussing a variety of issues that impact CVC and cycling in general. If you have any suggestions for the Board, feel free to contact me or any Board member.

I would like to thank the CVC Board members who participated in Board meetings, kept track of our finances, members and sponsors, designed our newsletters, and planned and hosted our great events and rides this year. And thank you to the great CVC sponsors whose ads you see in this newsletter. Be sure to support our sponsors, even during the winter months!

The CVC Board honored retiring Board member Roger White at our December Board meeting. Roger was an invaluable Board member for 13 years and will be greatly missed. So far, we have split Roger's tasks among SIX other Board members and we still haven't covered everything! We are hoping that Roger will take a short break and then rejoin the Board in a year or so.

RAGBRAI 50 is scheduled for July 22-29, 2023 and registration is now open. Information about registration is included later in this newsletter.

As we head into 2023, I am looking forward to seeing many of you out riding – cheers everyone!

– Cindy Angel, CVC President





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# Thank You!



Roger White has been a member of Rainbow Cyclists/Cedar Valley Cyclists since 2000, “give or take a year.” He and his daughter had participated in three RAGBRAI’s as individual riders, using the official RAGBRAI trucks one year, while making individual arrangements the other two years. At the suggestion of Jim Young, he joined Rainbow Cyclists’ charter in 2000, and this was the beginning of his “career” with CVC. He has ridden 24 RAGBRAI’s so far and is looking forward to his 25th, RAGBRAI L, in July 2023!

Roger has also been a long-standing member of the Cedar Valley Cyclists Board, having joined the Rainbow Cyclists Board as Treasurer in October 2009 just as the name was being changed to Cedar Valley Cyclists. He is actively involved in countless efforts in the Cedar Valley to promote cycling. Among Roger’s volunteer activities and responsibilities are: Volunteer Coordinator and Board Member for Cedar Valley Trails Partnership; Treasurer and Board Member for Cedar Valley Bicycle Collective; past Chairperson and current member of Cedar Falls Bicycle/Pedestrian Advisory Committee; Steering Committee organizer and fundraiser for Preserve Cedar Valley Nature Trail; member of MPO Pedestrian Master Plan Committee; Chairperson of Black Hawk County Resource Enhancement and Protection (REAP) Committee; and a member of the Cedar Falls Health Trust Board. The list goes on! He annually volunteers his time toward citywide trail clean-up, trail patrol, the Ride of Silence, PedalFest, John Deere Engine Works Health Fair, UNI Volunteer Fair, and the Sports Show at the UNIDome. He attends the bike rally at the Iowa State Capitol as a Cedar Valley representative.

Roger is an active hiker, bicyclist, gardener, nature lover and volunteer. His favorite volunteer activities are those that “develop, expand, rebuild/repair and advocate for our multi-use trail network.” The community awareness and resourcing efforts he provides are invaluable and irreplaceable. His passion and dedication to the Cedar Valley are unmatched. We will miss him on the Board but wish him as much joy in his future endeavors as he has provided us.

## THANK YOU, ROGER!







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# Spin FOR A Cause



## THANK YOU FOR YOUR SUPPORT



I'd like to send a big Thank You to Cedar Valley SportsPlex for hosting this event and everyone who participated or made donations to the CVC Spin for a Cause.

**This event generated \$625, plus an additional \$1,000 CVC donation. That's \$1,625 to IHOPE!**

Thank you to the following sponsors of the ride for the raffle prizes: Single Speed Brewery, Smitty's Bar, Waterloo Brown Bottle, Waterloo Bicycle Works, Valynn Studios, and Young Plumbing & Heating.

– Eric Penning



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# BOURBON COUNTRY BURN

September 28 – October 2, 2022

Lexington, KY

This fall a small group of Cedar Valley area riders made the voyage to Lexington, Kentucky to take part in the Bourbon Country Burn- part bike tour, part bourbon festival. I was joined by Cedar Falls residents Kevin Bown and Kyle Roed, and Cedar Rapids resident Nick Mixdorf (previously of Cedar Falls). We are all members of a small neighborhood whiskey/social group who get together monthly to sip bourbon and whiskeys and chat about anything and everything. The four of us are also bicyclists and we began planning this trip in late 2019 to participate in the fall 2020. The Pandemic canceled the 2020 Burn and in 2021 due to ongoing tour limitations at certain distilleries, we deferred our registration to 2022. We joined about 1100 other riders from all 50 states, and a few other countries for this year's event.

The Burn is a three-day, fully supported bicycle tour through the bourbon distillery and Thoroughbred horse farm areas of Kentucky. Each day was a different loop, departing from the Bourbon Base Camp at the Kentucky Horse Park Campground in Lexington. Riders had the choice of a short, medium, or long route each day, and a century option as well on Saturday. Others participated as casual riders, with more focus on the bourbon! Routes ranged from 25 miles to 112 miles through hilly terrain and beautiful horse country, as this area is the horse capital of the world. Each day the loop was routed such that different distilleries were visited (8 in total), where distillery tours and sampling could take place. The event also offered a Sherpa service, so if you wanted to make purchases at the distilleries, your items would be transported back to Base Camp by evening for you to pick up. On Friday and Saturday evening, 6 different distilleries each day were present at Base Camp for sampling of their various offerings. In addition to on-site camping for many, live music, VIP taste testing, and meals also took place at Base Camp.

In addition to the amazing scenery and endless perfectly manicured horse farms we passed, the event was very well organized and supported. Routes could be downloaded from RideWithGPS, but the roads were also marked with painted bourbon bottles to keep you on course if you chose to ride without the electronic cues on your device. They also offered well-stocked support stops about every 15-20 miles to meet your refueling needs, as well as a SAG service.

Over the course of 4 days, including our warmup day ride on Thursday to a few local establishments in Lexington, I covered 252 miles and climbed 16,136 feet during the adventure. I saw several RAGBRAI jerseys during the weekend, including a few teams I have also seen on Ragbrai. I would highly recommend this event to riders looking to explore a beautiful part of the country, enjoy bourbon with friends, but also willing to earn your miles as the hills never stop! [Find out more information about the 2023 edition here.](#)

– Andy Frey





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## RAGBRAI® REGISTRATION CONTINUES

As of January 1, the start of RAGBRAI® L is only 202 days away.

That seems like plenty of time to decide whether to participate in the oldest, longest and best supported bicycle ride in America. The dates are July 22 – 29, 2023 and the overnight towns will be announced on January 28 at the Iowa Events Center in Des Moines – Hy-Vee Hall B. If you want to attend the announcement party you can [register here](#).

### REGISTRATION IS OPEN

- **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**

Cedar Valley Cyclists is providing the usual charter services complete with RAGBRAI® registration, tour-style charter buses from Waterloo and back from the end town with camping all week long. Charter options are available along with daily passes. For more information, visit [www.cedarvalleycyclists.org/ragbrai](http://www.cedarvalleycyclists.org/ragbrai). If you have questions or need assistance with registration, contact RAGBRAI@cedarvalleycyclists.org.

Links for registration – be sure to visit all three as registration is not complete until all are updated:

- **CVC Membership:** [www.cedarvalleycyclists.org/become-a-member](http://www.cedarvalleycyclists.org/become-a-member)
- **RAGBRAI® Registration:** [www.ragbrai.com](http://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





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# ANNUAL HOLIDAY LIGHTS RIDE

We wrapped up the 2022 season on December 7 with our Holiday Lights Ride. It was a COLD night, but we had 60-70 riders participating in this popular ride! Special thanks go to the Cedar Falls Police Department for escorting us for the first part of the ride. And THANK YOU to everyone who participated in, and helped lead, our rides this year!

Be sure to check out our winter spin classes on Wednesday evenings at the Cedar Valley Sportsplex. – *Cindy Angel*

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# WHY DO PEOPLE COME TO SPIN CLASS?

REPRINT FROM  
A PREVIOUS  
NEWSLETTER

*I overheard someone the other day say, “the thought of sitting on a ‘spin bike’ and sweating next to sixteen other sweaty people baffles me. What possible kind of enjoyment could a person get out of that?! So I came up with a list of eight reasons why people come to spin class.*

**8. Safety:** You don’t have to worry about being buzzed by a car going 60 mph (a foot from your handlebars) or chased by a dog or falling off your bike.

**7. Cost effective:** \$5 workouts on a really nice spin bike and facilities are a pretty good deal.

**6. Riding together:** Unlike outdoor rides, there are no worries about lagging behind the pack – everyone finishes together.

**5. Riding at your own pace:** You control your bike and workout. No one can see what gear you’re in.

**4. Love the music:** There is nothing better than a well-coordinated workout with some kick butt, fast paced music ... (okay, okay - I need to work on this one - nothing better than a sprint to a sprint song!)

**3. Socializing:** Seeing people and friends you haven’t seen in a week. You get to hear about the weather in Florida (Stan & Deb) and Arizona (Jim and Lauri Young).

**2. Great cardio workout:** This is a cardio workout. It does not really simulate an actual road ride. When road riding or racing, you try to keep your cadence close to the same. That’s why you have gears, but spin class is a great way to get your heart rate up and burn some calories!!

**1. Mental therapy:** It’s not just the physical aspect of the class, but more importantly the mental aspect. Have you ever come to class all burned out? Winter has you ‘down’ ... the Iowa caucus is driving you crazy ... your dog ate your homework!! For some reason, you’re just not feeling it.

Then halfway through class something happens. It may be the music ... a joke told ... a smile. Then you catch your second wind. Your attitude changes and you start to think ... “I got this - - - I’m going to make this workout my h \_\_\_\_” ! The change of attitude is contagious. Before you know it, class is over. You’re spinning on an easy gear, bringing your heart rate back to a halfway normal pace and thinking “that wasn’t so bad”. The high-energy euphoric feeling sticks with you after the ride. All of a sudden, the world makes sense again. All the stresses of life aren’t so bad.

So, why do we come to spin class? To get that feeling that the world is spinning in the right direction again!

**SPIN ON CVC – we are doing this together!**  
**See you in class!**

## TAKE ADVANTAGE OF YOUR CVC MEMBERSHIP PERKS

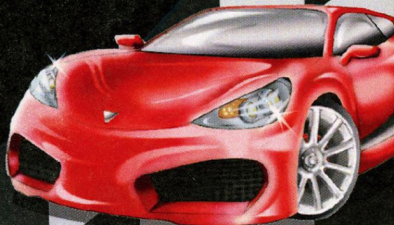
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The logo for Fusion Dance & Performing Arts features a dark teal circle with a white 'F' inside, followed by the word 'FUSION' in a bold, dark teal sans-serif font. Below this, the words 'DANCE & PERFORMING ARTS' are written in a smaller, lighter teal font. The background of the entire graphic is a blurred photograph of several dancers in a studio, wearing light-colored leotards and ballet slippers, with their legs and feet visible.

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The logo for Head to Toe Massage depicts a stylized human figure in a seated or crouching position, rendered in purple and green lines. Below the figure is a green wavy line representing the ground. The text 'HEAD TO TOE MASSAGE' is centered below the logo in a black serif font. The address '509 Ansborough Ave Suite A Waterloo, IA' is centered at the bottom in a black serif font. The entire graphic is enclosed in a thin black rectangular border.



HEAD TO TOE MASSAGE

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# YOUR 2022 BOARD OF DIRECTORS

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*\*Indicates Emeritus Status*

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