

NEWSLETTER APRIL 2023

Volume 16 // Issue 4



CLIP IN WITH CINDY

HAPPY SPRING, CVC MEMBERS!

CVC is celebrating our 50th anniversary this year, and we have a lot planned as part of the celebration! The store is open for t-shirts and sweatshirts, and we have also designed new jerseys that will be available for order soon. Planning continues for our Kickoff Ride, so mark your calendars for May 20, and be sure to renew your membership before that event to be eligible for some awesome prizes!

In the meantime, the Annual Cedar Valley Earth Day Trail Clean Up is April 22, and this is a perfect opportunity to bring your family members and friends to help clean up the trail that runs along Highway 63 to Hudson. Meet at 8:30 am at the Veridian parking lot on Ansborough. Who will find the most unusual thing along the trail this year?

Official WOW rides start on May 3, but we may post a ride or two in April if the weather allows. Andy Weidner is our WOW Director this year, and we are always looking for volunteers to help lead or sweep the 6:00 road and trail rides. Bike to Work Week is May 15-19, the Ride of Silence on May 17 followed by the CVC Kickoff Ride on May 20. The full CVC calendar can be found in this newsletter and on our website. Watch for updates on Facebook!

The CVC spin class season ended on March 29 and I would like to thank everyone who attended these classes, with special kudos to our awesome spin instructors – Bob Osgood, Eric Penning, Angie White, and guest instructor Ronda Buhrmester. We could always count on them for challenging spin classes – THANK YOU CVC spin instructors!

And finally, I would like to thank Fusion Dance and Fitness, Lighthouse Travel, and SingleSpeed for renewing their CVC sponsorships in March!





300 W 4TH STREET, WATERLOO WWW.DOUGHYJOEYS.COM 319-883-3100





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



April 22 – Annual Trail Cleanup

May 3 – WOW Rides Start: every Wednesday at 6:00 p.m. from Overman Park in CF

May 7 – Denver Waffle Rides Start: *first Sunday of the month at 8:30 a.m. from 1st and Clay Street in CF* (May 7, June 4, August 6, October 1)

May 15-19 - Bike to Work Week

May 17 – The Ride of Silence: 6:00 p.m. from Overman Park in CF

May 20 - WOW Kickoff Ride: 2:00 p.m. from 398 E Main Street in CF

June 24 – Sturgis Falls Ride: 8:30 a.m. from the Cedar Falls Rec Center on 12th Street

July 4 – Kirby's 4th of July Ride: 8:00 a.m. from the McLeod Center parking lot in CF

July 15 - Century Ride

July 22 - July 29 - RAGBRAI

August 5 – Irish Fest Ride

August 17, 24, & 31 – Fall Time Trials: starting at 6 p.m. from 27th Street in CF

September 7 – Fall Time Trials: starting at 6 p.m. from 27th Street in CF

October 4 - Breast Cancer Awareness Ride

November 4 – Spin for a Cause

November - March - Indoor Spin Starts

December 2 – Global Fat Bike Ride

December 6 – Holiday Lights Ride



This calendar is tentative and subject to change. All details of the rides will be posted on our website, www.ridecvc.org, and listed as events on our Facebook page. Please check there for additional details.



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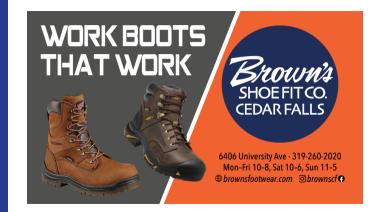
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CELEBRATE WITH US!





SHOP THE NEW 50th ANNIVERSARY APPAREL





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CEDAR VALLEY TRAIL CLEAN UP

SATURDAY, APRIL 22

Cedar Valley Cyclists will focus on the Sergeant Road Trail, gathering at the south end of Veridian Credit Union's parking lot at 1827 Ansborough Avenue. Plan to arrive by 8:45 a.m. – the clean up will be from 9 a.m. to noon.

Bring clothes suitable for the weather and tromping around the banks along the trail, including boots, gloves, and grabbers. Plastic garbage bags are being provided by Waterloo Leisure Services.

The annual trail clean up represents an important community and civic engagement activity for the club.

Let's continue to keep the Cedar Valley clean and make a difference.







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!!!



THE FEDERAL E-BIKE ACT IS BACK

TAKE ACTION

READ MORE

Recently, climate champions in Congress reintroduced the Electric Bicycle Incentive Kickstart for the Environment (E-BIKE) Act.

The E-BIKE Act would relieve 30% of the cost (up to \$1,500) of a new electric bicycle through a refundable consumer tax credit. We need your help building support for this bill in Congress to make a federal level e-bike incentive a reality.

SUPPORT THE E-BIKE ACT TODAY

We're optimistic about the E-BIKE Act's future and look forward to working with advocates, policymakers, and the bike industry to turn this bill into law.

Cedar Valley Cyclists is now an Affiliate Member in the American Discovery Trail Society.





The American Discovery Trail needs you!

There is much to be done to provide for the long-term viability of the trail. Your membership dollars will go toward:

- Building and maintaining the trail.
- Supporting local trail organizations.
- Developing educational materials.
- Preserving and protecting resources in the ADT corridor.

As a member of CVC, you can get 50% off your American Discovery Trail membership using the link below:

BECOME A MEMBER



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

2401 Falls Ave. Waterloo, IA

THE **FEDERAL** PUB

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



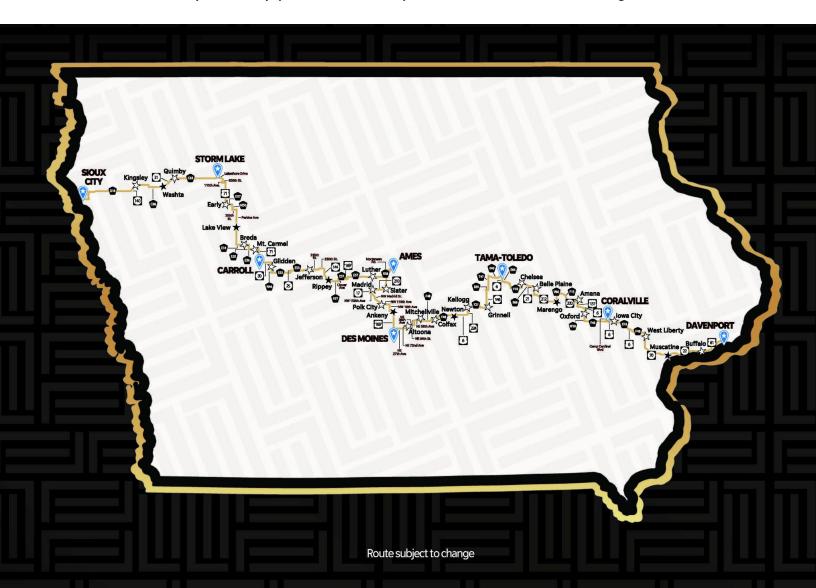
CEDAR VALLEY CYCLISTS IS OFFICIALLY SOLD OUT FOR CHARTER SERVICES FOR RAGBRAIL.

RAGBRAI registration will go up for the second increase on April 15 to \$250.

Our committee is actively contacting the overnight towns to reserve campsites for this year's trek across the state. Charter emails will start going out mid to late June to all that are registered with CVC.

Stay tuned to your emails for updates!

There are only 112 days and counting to get training! If you have any questions or concerns please contact RAGBRAI@RideCVC.org.







Iowa Bicycle Summit

Plan now to attend and learn the latest in bicycle facilities.

REGISTER TODAY





203 State Street Cedar Falls

319-240-0692

www.SecondStateBrewing.com

YOU CAN BE AN OFFICIAL SPONSOR

OF THE









ABOUT CVC

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.

Whether you:

- ride all the time or have not ridden for years
- are in great shape or just want to get in shape
- are hard core or just a leisure rider

Whatever your primary interests, CVC has a lot to offer. We are a diverse group of people, comprising adults, children, singles, families and couples, all of whom are interested in some facet of bicycling.

We have a year-round season of cycling and related activities, and urge your participation in and assistance with them. You can participate as much or as little as you wish. And, you don't have to ride your bicycle – non-riding guests (spouses, friends, children, etc.) are welcome at our activities.

We truly feel that we offer something for everyone.

COMMUNITY IMPACT

CVC is passionate about making a positive impact on the communities where we work and live.

Over the years, CVC has donated to a wide variety of local and regional organizations. A few of these include Beyond Pink, Cedar Falls Tourism & Visitors, Cedar Valley Trails Partnership, Cedar Valley Bicycle Collective, Dream Team, Family YMCA of Blackhawk County, Friends of the Gilbertville Depot, I-HOPE, Iowa Bicycle Collective, and the League of American Bicyclists.

INTERESTED IN BECOMING A SPONSOR?

There are a large number of benefits to being a CVC sponsor, some of which include mention and tags in social media posts, a linked CVC website listing, and an ad in this monthly newsletter that is distributed 11 times a year to over 400 households.







BICYCLE FRIENDLY AMERICA

Cedar Falls is applying for the Bicycle Friendly Community (BFC) Award and the League of American Bicyclists is seeking input from community members.

You can respond if you live, work, ride, or visit the city, so all are invited to take the survey at the link in the e-mail below. Responses to the survey provide community member input into the award process.

TAKE THE SURVEY BY APRIL 5

BREWERY & RESTAURANT

FOR BEER LISTS AND FOOD MENUS VISIT BREWING SingleSpeedBrewing.com WATERLOO 325 COMMERCIAL ST. SINGLESPEED BREWING &

CEDAR FALLS

128 MAIN ST.

THE CEDAR VALLEY NATURE TRAIL



CONTRACTORS ARE MAKING SIGNIFICANT PROGRESS!

A box culvert east of Brandon has been replaced, and final grading and seeding will occur when conditions are appropriate. Piling has been driven, abutments have been poured, and the beams have been set on the Mud Creek Bridge. Crews are now working on forming for the concrete bridge deck. The box culvert west of Brandon is receiving new wing walls to prevent soil erosion and retain the trail embankment with one wall left to form and pour. Upon completion of this structural work, the second project phase will begin which will include erosion control measures along the edge of the trail in specific locations and asphalt paving of the currently chip stone trail surface. This project has been made possible with a Destination lowa Grant and American Rescue Plan Act funds.

The Cedar Valley Nature Trail is still closed from King Road at McFarlane Park to Bear Creek south of Brandon. Please respect all closure signage for your safety and the safety of contractors. Thank you for your patience! – Roger White, CVTP newsletter

YOUR 2023 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.

President: Cindy Angel Cindy@RideCVC.org **Vice President:** Troy Buzynski Troy@RideCVC.org **Secretary:** Gretchen Harken Gretchen@RideCVC.org **Treasurer:** Deb Bartels Deb@RideCVC.org Calendar: Anaie White Angie@RideCVC.org **Immediate Past President:**

Membership: Kathleen Porter
Newsletter Editor: Kimberly Breuer
Quartermaster: Mervin Carnahan
Quartermaster: Jim Young*

Kathleen@RideCVC.org Kimberly@RideCVC.org Mervin@RideCVC.org Jim@RideCVC.org

Eric@RideCVC.org

Sponsorship: Jackie Wagner Jackie@RideCVC.org **Time Trials:** Russ Clarke Russ@RideCVC.org Webmaster: Kimberly Breuer Webmaster@RideCVC.org **WOW Ride Director:** Andy Weidner AndyW@RideCVC.org At Large: Mervin Carnahan Mervin@RideCVC.org **Bob Sloan** Bob@RideCVC.org At Large: **Bob Osgood** BobO@RideCVC.org At Large:

RAGBRAI® CVC CHARTER COMMITTEE:

Coordinator:Andy FreyAndy@RideCVC.orgCoordinator:Angie WhiteRAGBRAI@RideCVC.org

*Indicates Emeritus Status

KEEP CONNECTED



