

NEWSLETTER MARCH 2023

Volume 16 // Issue 3



CLIP IN WITH CINDY

GREETINGS, CVC MEMBERS!

The CVC Board held our annual planning retreat on February 5 where we developed the ride calendar for the year. All of your favorite rides are on the calendar this year, so mark your calendars for Bike to Work Week May 15-19, the Ride of Silence on May 17, the CVC Kickoff ride on May 20, and that just covers the month of May. You won't want to miss the Kickoff Ride as we have some awesome prizes planned to celebrate our 50th year as a bike club!

WOW rides will start on May 3, and we will be offering the three popular options that we offered last year. The main road ride will start at 6:00 pm and our goal is to have both a leader and a sweeper. The pace of this group will be about 15 mph. The trail ride will also start at 6:00 pm with a leader and sweeper at a pace of about 10-12 mph. The final option is a fast-paced road ride starting at 5:45 pm that will not have a sweeper. Expect to ride 18-20 mph if you join this group.

In order to have leaders and sweepers for the 6:00 rides we will need YOUR help! Be sure to volunteer to help with a ride or two. If you show up to a ride and there isn't a sweeper, please offer to help out.

And finally, I would like to thank long-time Board member Kevin Lichty who recently retired from the CVC Board. Not only did Kevin serve on the Board for several years, but he also let us store our canopy, chairs, coolers and other RAGBRAI items in his garage. Thank you, Kevin!









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





April 22 – Annual Trail Cleanup

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

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

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.





203 State Street Cedar Falls

319-240-0692

www.SecondStateBrewing.com





311 Main Street

Open 7 Days a Week

11 a.m. – 2 a.m.

319-277-8111

YOU MAKE A DIFFERENCE

Cedar Valley Cyclists, your participation in and/or contributions to Spin for a Cause really do make a difference here in the Cedar Valley!

Lisa Cox, a CVC member, is a para-educator at Cedar Heights Elementary School in Cedar Falls and works with 11-yr old Leo who is non-verbal and has autism. Early on in their work together, she taught him to ride a bike that was given to him, but never really "fit" him. Last fall, Leo began virtually riding the 2022 RAGBRAI route as a motivational physical activity. He has a wall-size map of the route and each day they "log" his miles, sometimes up to 6 miles/day, riding in the hallways during inclement weather and outside on the school grounds when the weather allows. The bike he was using didn't exactly meet his needs, but with some minor accommodations to the pedals, it was at least satisfactory.

However, through I HOPE Chapter of National Ambucs, the local organization supported in part by our Spin for a Cause contributions, Leo received a new bike in January, and he is now only 70 miles from Lansing! Leo is adored by the kids at Cedar Heights, and he adores them so I'm certain there will be a BIG celebration upon completion of his 2022 RAGBRAI ride. Leo's bike and his ride across Iowa have opened up a whole new world for him! Thank you for your continuing support of this great event, and a special thanks to Eric Penning for the organization and coordination he provides for Spin for a Cause.







You Belong at VGM

When you join the VGM family, you don't just work here—you own the place.

As a 100% employee-owned company, we get to create a workplace that works for us. Where everyone is welcome to be themselves and has the opportunity and the flexibility to achieve their goals.











Create Your Future at VGM **Apply now at careers.vgmgroup.com**







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

Since 1906

3346 Kimball Ave., Waterloo, IA 50702 (319) 236-3334

www.lowaSecurities.com



- & MORE!

- RECEPTION.TRANSCEND@GMAIL.COM
 - 319-553-6919
 - 409 WASHINGTON ST. SUITE D
 - CEDAR FALLS, IA 50613
- WWW.TRANSCENDCEDARFALLS.COM



The 7th Street Green
Bridge in Janesville closed
for replacement in January.
This is a popular route for
our group rides, so we
will need to take a detour
over the pedestrian bridge
during construction. The
bridge will be closed for
most of 2023, with an
anticipated completion date
in November.

THANK YOU, SPONSORS!

CVC is recruiting new sponsors to give us more places to visit after WOW rides and other rides this year. Sponsor ads are found throughout this newsletter, so be sure to patronize these awesome establishments! We have a new sponsor this month and that is Doughy Joey's – thank you for your support!! And thank you to all of the sponsors who have renewed their sponsorships in February, including Brown Bottle Cedar Falls, Brown's Shoe Fit, Federal Pub, Hall Bicycle Company, Hansen's Dairy, IFC Studios, Rudy's Taco's, Second State Brewing and Steve Hubbard State Farm Insurance.

If you would like to become a CVC sponsor and have your ad included in our monthly newsletter, <u>fill out the sponsorship application</u>.







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

2401 Falls Ave. Waterloo, IA

THE **FEDERAL** PUB

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







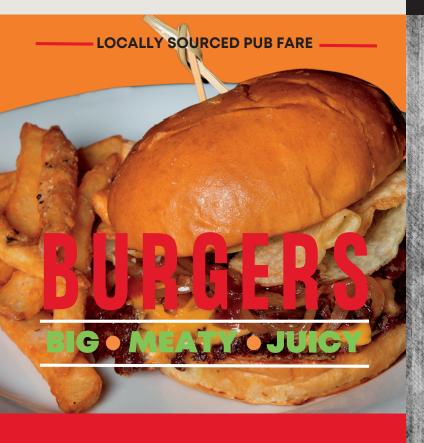
Steve Hubbard State Farm 213 E. San Marnan Dr. Waterloo, IA 50702 319-232-6585 stevehubbardinsurance.com

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













GILMORESPUBCF.COM TUE-SAT 11AM-8PM

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



For a Good Time Call...

(319) 427-2060

www.travelwithLighthouse.com Brady@travelwithLighthouse.com

Brady Gruhn - Owner / Travel Specialist

- * Destination Weddings
- * All-inclusive resorts
- * Cruises
- * Tours
- * Caribbean

* Honeymoons

- * Mexico
- * Hawaii
- * Europe and more...

We build impeccable websites for local businesses.

ifcstudios.com >>





HEAD TO TOE MASSAGE

509 Ansborough Ave Suite A Waterloo, IA

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: Angie White Angie@RideCVC.org **Immediate Past President:** Eric Pennina Eric@RideCVC.org

Membership: Kathleen Porter Kathleen@RideCVC.org
Newsletter Editor: Kimberly Breuer Kimberly@RideCVC.org
Quartermaster: Mervin Carnahan Mervin@RideCVC.org
Quartermaster: Kevin Lichty Kevin@RideCVC.org

Jim Young* Jim@RideCVC.org **Ouartermaster:** 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 Mervin Carnahan At Large: Mervin@RideCVC.org **Bob Sloan** Bob@RideCVC.org At Large: At Large: **Bob Osgood** BobO@RideCVC.org

RAGBRAI® CVC CHARTER COMMITTEE:

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

KEEP **CONNECTED**





^{*}Indicates Emeritus Status