

## **NEWSLETTER JUNE 2023**

Volume 16 // Issue 6



# CLIP IN WITH CINDY

### **GREETINGS, CVC MEMBERS!**

Happy 50th Anniversary CVC! We celebrated this milestone on May 20 with our annual Kickoff Ride and party. The weather was perfect, and over 100 cyclists and friends turned out to celebrate. The CVC Board had been saving money for the past several years so that we could purchase TEN \$500 gift cards from the local bike shops to be given away as prizes! We also purchased CVC sweatshirts and t-shirts for the giveaway. Members enjoyed pizza from CVC sponsor the Cedar Falls Brown Bottle and craft beer from CVC sponsor Second State Brewing. Thanks again to Tom and Cindy Giberson for hosting us on their property for the party afterwards – what a great place for a party!

The Ride of Silence was held on May 17 and was also a big success, with over 75 riders participating this year. This ride is an annual international bike ride to commemorate cyclists killed and support those injured while riding on public roads. It helps to raise awareness among motorists, the public and decision makers of the danger cyclists face on the roads, especially from other traffic. Thanks to CVC Board members Andy Frey and Gretchen Harken for organizing the ride and for the display of crosses at Overman Park to commemorate cyclists from the Cedar Valley and Iowa who have been killed. Thank you also the Cedar Falls Police Department and Black Hawk County Sheriff's Department for escorting us and providing traffic control!

And finally, I would like to thank ACES, Iowa Securities, Pump Haus and SingleSpeed Brewing for renewing their CVC sponsorships recently. <u>It is easy to become a CVC</u> sponsor - just check out this link.

- Cindy Angel, CVC President



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### June 3 – Bridges Ride: 9:00 a.m. from Pfeiffer Park

The annual Bridges Ride will be held on June 3, with the 60-mile mostly trail route starting in Cedar Falls and traveling to La Porte City and back. NOTE: this route will detour onto streets in Waterloo due to trail closures through town. Riders also have the choice to start at the Cedar Valley Nature Trail parking lot in Evansdale if they prefer a 30-mile trail ride to LaPorte City and back, or a 9-mile family trail ride to the Gilbertville Depot and back. The highlight of the ride will be a stop at the Gilbertville Depot with food and beverages from Hungry Charlie's Food Truck, as well as live music by the Bob Dorr Band.

### June 24 - Sturgis Falls Ride: 8:30 a.m. from the Cedar Falls Rec Center

Our popular Tour de Sturgis Falls Ride will be held on June 24, starting from the Cedar Falls Rec Center on Main Street. The 25-mile road route goes to Janesville and back, and the 50-mile route goes on to Shell Rock after Janesville, then back.

July 4 - Kirby's 4th of July Ride: 8:00 a.m. from Birdsall Softball Complex in Cedar Falls

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 27<sup>th</sup> 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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### CELEBRATING A SPECTACULAR BIKE RODEO: Unforgettable Moments at Hudson Elementary!

The halls of Hudson Elementary were abuzz with excitement and anticipation as students and community members gathered for an unforgettable Bike Rodeo event. The atmosphere was brimming with joy and a shared commitment to promoting bike safety and a healthy lifestyle. With the participation of 110 enthusiastic students, the Bike Rodeo brought together a vibrant community at Hudson Elementary. This rodeo could not have happened without the tireless efforts of Officer Jamal Currica, the school resource officer for Hudson School. Using our bike rodeo toolkit he organized and set up his first rodeo, and it went off seamlessly letting us educate the entire 4th and 6th grade classes.

Using the toolkit, Officer Currica worked with Safe Routes to School Manager Matt Burkey to design a rodeo course. Stations included bike maintenance checks and helmet checks to make sure the students knew how to wear their helmets correctly. Then the students went through a pretend road learning what to do at stop and yield signs, how to use hand signals, and what to do to safely cross an intersection. Last year 40% of crashes in lowa involving cyclists ages 8 to 14 took place at four-way intersections.

After every student completed the course (some had to try a few times at the stop signs), the students went on a short bike ride led by Officer Currica and accompanied by teachers, Hudson Elementary Principal Mark Schlatter, and Matt Burkey. The 4th graders took a lap around the school grounds practicing what they had just learned. The 6th graders got to leave school grounds and pedal a four-mile round trip on the well-designed paved bike trail in Hudson.

Officer Currica was having so much fun he said he couldn't wait to do this rodeo again next year and inspire students to get outside, exercise, and maybe even pedal themselves to school. It was great watching the students correctly signal and look both ways at every intersection along the path.

This rodeo would not have been the success it was without our volunteers from the community. Thank you to: Hall Bicycle Company of Cedar Falls, Jim Young, Brenda Vavroch, Dwight Diercks, Gretchen Harken, and Officer Jamal Currica for being the Bike Rodeo Coordinator.

Want to host a bike rodeo in your community? Check out the Iowa Bike Rodeo Toolkit.

We can't expand our cycling education efforts in Iowa without your help. Please lookout for more volunteer opportunities in the future or consider donating to help grow our efforts so we can help foster more bicycle riders and encourage the youth to bike to school.



Read the original article by Matt Burkey here



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





















## JOIN US ON THE ANNUAL

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## PRIZES! REFRESHMENTS! FRESH AIR AND SUNLIGH





June 3



**Cedar Falls** 



9:00 a.m.



The bicycling community within the Cedar Valley invites you to participate in a free, public bike ride on June 3, 2023 to celebrate and commemorate the efforts to replace Rooted or repair bridges on the Cedar Valley Nature Trail. **Martin Bros.** 





Informal start at 9:00am at Pfeiffer Spring Park in Cedar Falls or 10:00am at Cedar Valley Nature Trail parking lot in Evansdale. Distance options are: 60 mile long ride | 32 mile intermediate ride | 9 mile family ride



Make sure to register for the Bridges Ride online and to check in for the prize drawing that will be held at the Gilbertville Depot. Helmets are also required, and a limited number will be available for free at check in. There will be snacks and drinks provided at various locations along the route and valuable door prizes donated by our generous sponsors from around the community.











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

2401 Falls Ave. Waterloo, IA

## THE **FEDERAL** PUB

**317 5<sup>th</sup> Street, Hudson, Iowa** 319-988-3846



### **GENTS RACE 2023**

Registration for Gents Race 13 closed a week before the big event on April 1, and like many events, a deadline was needed to register. No more time was available to predict the weather for race day. I contacted my riding friends, and we signed up. The race fee was an Amazon donation to a pet shelter for food and other pet items. Racing in general is new to me and not exactly my purpose on a bike, but some events are a fun challenge.

This event is a 5 person team and the team rides and finishes together. Group riding is fun so I figured why not try this 65 mile group race? Andy Frey, Alaga Topcagic, Suad Mahmutovic, Andy Weidner, and myself (all CVC members) agreed this was the event for us. We started a group text chat a few days before the race to coordinate decisions like what to pack in the stage stop backpack, what clothes to wear, and how much food and calories to consume during the race. An interesting item with this race is the start. It is staged based on a complex formula devised from previous race results and personal Strava data. Don't ask for the algorithm, it's very complex and highly secretive.

The first teams started at 9:00 AM (1 hour delay due to weather) and the last riders were off around 11:00 AM. Our team donned a start time of 10:26 which is a testament to the strong statistics in our Strava accounts and none for previous race and gravel experience. One teammate borrowed a gravel bike for the event and another teammate acquired a cross bike a couple weeks before the event. Our combined gravel experience was limited, but that didn't hamper our hopes of competing and doing our best.

On race day, 4 of us travelled down together and we met the other at the Nighthawk in Slater, IA. It was cold that morning, ambient temperature was 36 and feels like 24 F, oh yeah, and there was wind... 30 or so mph out of the NNW. We got signed into the race director an hour before our start time and watched from inside the Nighthawk the teams take off every couple minutes. Soon enough it was time for us to make our way to the start line, we asked the timer to snap a quick picture of us on the line and we were off with GPS route loaded in our bike computers.

The start was great, teamwork was high and we communicated well and rode like a flock of geese hiding from the wind. Our rotation was done like many of our group road rides. It was a lot of fun going South and miserable heading North. We seemed to do pretty well with crossing intersections without having to stop the first couple hours and before we knew it we saw grape vines and the winery stop halfway point was upon us. We limited our stop to about 10 minutes, filled our bottles, ate a bar, and got back out on the course. Soon after that stop we turned back north and our cooperation took a turn for the worse and we spread out. That turned out to be a problem for us as legs were starting to get tired, and in general our varying fitness levels were showing up. We figured out how to stick together a little bit better after a couple more turns.

At around mile 45 another Cedar Valley team cruised by us like we were standing still – Kris Adams, Mike Maney, Joel Mason, Tim Hartung, and Matt Ostbloom. It was too windy to even say "Hi" as they went by and I'm quite sure they didn't even recognize us with full clothing. We completed the race as a team in 4 hours and 22 minutes. This officially earned us 9th place overall out of 62 registered teams. 25 teams officially finished the race. 13 Did Not Start. We were super thrilled with how the results ended up as a bunch of rookies! Congratulations to "Worst Pace Scenario". – Cliff Sacco







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!!!

# EVERY WEDNESDAY







**ROAD RIDE AT 5:45** 

~18-19 mph

**ROAD RIDE AT 6:00** 

~14-15 mph (No Drop Ride)

**PAVED TRAIL RIDE AT 6:00** 

~11-12 mph (No Drop Ride)

Rides leave from Overman Park in Cedar Falls. Socials will be held after each ride at various CVC sponsors.

Helmets and tail lights are required.

RIDECVC.ORG



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

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# What if we could make every bike commute feel as valuable as Bike to Work Day?

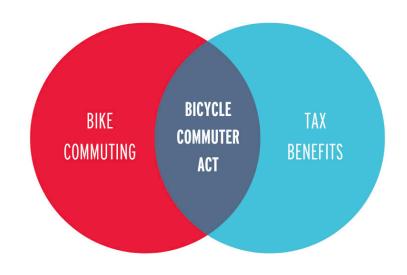
If we can get the Bicycle Commuter Act passed, bike commuters like you would get up to an \$81/month pre-tax bicycle benefit you could put towards your commuting expenses.

Representative Earl Blumenauer (D-OR) and Senator Sherrod Brown (D-OH) have introduced the Bicycle Commuter Act as a common-sense incentive to reduce greenhouse gas emissions and encourage people to go by bike, a.k.a. the most efficient form of urban transportation ever devised.

#### THE BICYCLE COMMUTER ACT WOULD:

- Make it easy for employers to offer a bicycle commuter benefit that can be used on its own, and in concert with a transit and/or parking benefits.
- Allow users to put pre-tax dollars towards the cost and maintenance of their bike (or bike) and/or a bikeshare membership.

Please ask your representative and senators to co-sponsor the Bicycle Commuter Act.



## **DENVER WAFFLE RIDES**

### The next official Denver Waffle Ride will be Sunday, June 4.

The ride starts at the old Behrens-Rapp gas station at West 1<sup>st</sup> and Clay Street in Cedar Falls at 8:30 a.m. (arrive by 8:20 as we want to be riding at 8:30). Denver American Legion has "all you can eat" waffles, sausage, fruit, juice, and coffee for just \$6.

The round-trip ride is 30 miles over paved and moderately hilly county roads. There is no registration, but helmets are required. Rides are weather dependent. Mark your calendar for the following additional Waffle Rides on first Sundays: August 6 and October 1.



Mon-Fri 10-8, Sat 10-6, Sun 11-5

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### 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.

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\*Indicates Emeritus Status

### KEEP CONNECTED



