

# NEWSLETTER MAY 2023

Volume 16 // Issue 5



## **CLIP IN WITH CINDY**

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

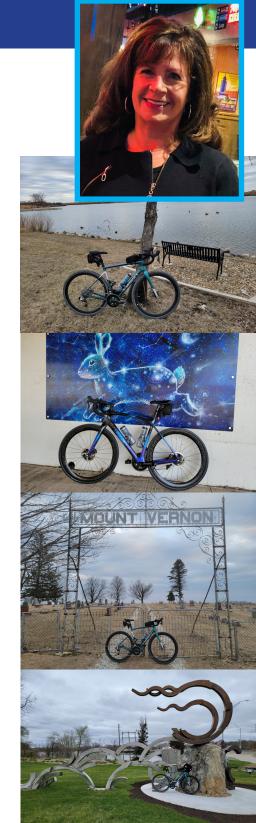
CVC is celebrating our 50th anniversary this year! The celebration begins at our Kickoff Ride on May 20, with road ride and paved trail ride options at 2:00 p.m. After the ride, paid CVC members will be treated to pizza, beverages, music and prizes at Tom and Cindy Giberson's property on E. Main Street. The secret is out – we will be giving out TEN Grand Prizes that are \$500 gift cards from Hall Bicycle Company, Bike Tech, and Waterloo Bicycle Works! Be sure to renew your CVC membership prior to May 12, and join us for the Kickoff Ride in order to be eligible to win.

May is National Bike Month with plenty of rides to look forward to. WOW rides officially start on May 3, and we will be offering the same options as last year: a 5:45 road ride averaging 18-19 mph (no sweeper), the main road ride at 6:00 averaging 14-15 mph with both a leader and sweeper, and a trail ride averaging 11-12 mph with a leader and a sweeper. The only way we can offer leaders and sweepers for these rides is if YOU volunteer to help! Please pick some dates and volunteer to help.

Bike to Work Week is May 15-19, and Hall Bicycle Company is planning some fun surprises that week. Be sure to attend the Ride of Silence on May 17, a slow-paced ride held to honor those who have been injured or killed while cycling on public roadways. Be sure to <u>follow CVC on Facebook</u> and watch your email for more information about all of these rides!

I would like to thank everyone that showed up on April 22 for the annual trail cleanup – the Sergeant Road Trail looks 100% better! There is always a lot of trash along that trail, so it was nice to get that cleaned up. Thank you to Eric Penning for organizing and leading this effort, to Chris Larson and Bob Recker for bringing gators and trailers to haul the trash bags, and to Scott Brunson and the city of Waterloo for providing a garbage truck. And thank you Roger White for overseeing the annual Earth Day Trail Clean up throughout the Cedar Valley.

- Cindy Angel, CVC President





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



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 1*<sup>st</sup> *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 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.

# CEDAR VALLEY TRAIL CLEAN UP

THANK YOU TO OUR VOLUNTEERS



















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



SATURDAY, MAY 20 AT 2:00 P.M.

**GIVEAWAYS AND PIZZA** BY BROWN BOTTLE

398 E. Main Street in Cedar Falls

We will be giving out TEN Grand Prizes that are \$500 gift cards from Hall Bicycle Company, Bike Tech, and Waterloo Bicycle Works!

Renew your membership prior to May 12 and be present to be eligible.





203 State Street Cedar Falls

319-240-0692

www.SecondStateBrewing.com



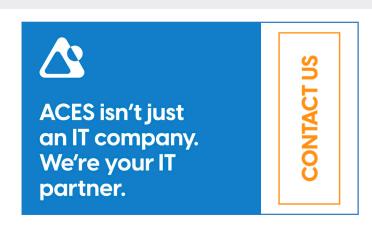
## NATIONAL RIDE OF SILENCE

One of the May Bike Month activities in our community that Cedar Valley Cyclists sponsors each year is the Ride of Silence. It is part of a national day of remembering cyclists who are no longer with us, especially those killed or severely injured while bicycling.

## The Cedar Valley observance will be Wednesday, May 17 starting at Overman Park, West 3rd Street in Cedar Falls.

It will take the place of CVC's Wednesday On Wheels (WOW) Ride that night. Registration starts at 6:00 PM, the program will start at 6:20 and the ride will commence right after a short program to remember fallen riders. The pace will be moderate so less experienced riders can participate and the route will be on streets for about 8 miles.

Black Hawk County Motorcycle Deputies and Cedar Falls Police will be assisting again this year. As usual, helmets and registration are required.





Proud Sponsors of Cedar Valley Cyclists



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## **DENVER WAFFLE RIDES**

## The first official Denver Waffle Ride will be Sunday, May 7.

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: June 4, August 6, and October 1.

# **CELEBRATE WITH US!**





**SHOP THE NEW 50th ANNIVERSARY APPAREL** 



**SHOP THE NEW JERSEY DESIGNS** 

Brown's SHOE FIT CO. CEDAR FALLS



6406 University Ave · 319-260-2020 Mon–Fri 10–8, Sat 10–6, Sun 11–5 brownsfootwear.com





For a Good Time Call...

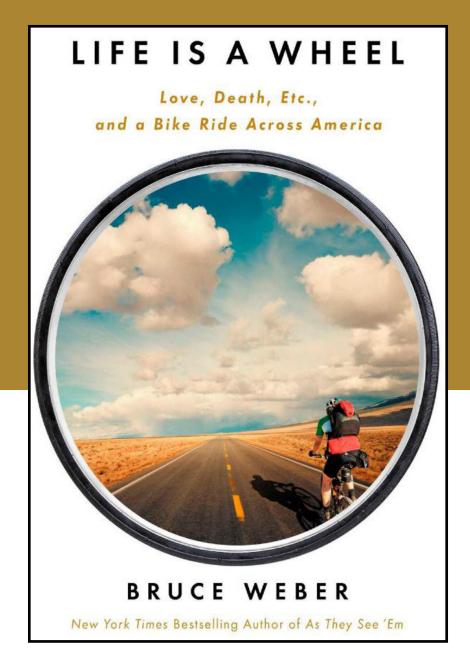
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Cedar Falls

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## **LIFE IS A WHEEL**

Love, Death, Etc., and a Bike Ride Across America

A book by Bruce Weber. Copyright 2014.

In 2011 at age 57, Bruce Weber, a New York Times writer (obituaries actually) rode his bicycle across America from Astoria, Oregon to New York City. Weber finished his solo triek in 79 days of riding (July 19 to October 22). This was his second solo bike ride across the US, as he had done it previously in 1993.

"Part travelogue, part memoir, part romance, part paean to the bicycle as a simple mode of both mobility and self-expression—and part bemused and panicky account of a middle-aged man's attempt to stave off, well you know—Life is a Wheel is an elegant and beguiling escape for biking enthusiasts, armchair travelers and any readers who are older than they were yesterday."

While the book includes many bits of wisdom and notable passages regarding cycling and life in general, my favorite is this observation: "When you move forward, even slowly, things change; when you stand still, they don't. This is the lesson that bicycling teaches me over and over again, one that is so obvious you'd think it would be easy to remember, especially when I'm not on a bicycle. But off or on I tend to forget it—along with the corollary I've already mentioned: You can climb only one hill at a time. On a long-distance trip, that one is a worthy mantra: 'One hill at a time. One hill at a time.' – Roger White







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!!!



## LEAGUE OF AMERICAN BICYCLISTS

presents













BIKELEAGUE.ORG/BIKEMONTH



#### Biking and walking are two of the most common forms of physical activity

This fact sheet provides a snapshot of biking and walking for physical activity. Increasing the safety of biking and walking can contribute to increasing physical activity through biking and walking. This fact sheet identifies proven strategies to increase the safety of people biking and walking and can help decision makers and community partners identify ways to help more people be physically active.

ast Facts



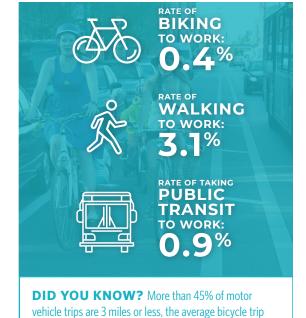
Inadequate levels of physical activity are associated with \$117 billion in annual healthcare costs1



Physical activity can reduce the risk of at least 20 chronic diseases and conditions and provide effective treatment for many of these conditions<sup>2</sup>



Only 1 in 4 adults fully meet physical activity guidelines for aerobic and muscle-strengthening activities







If the annual combined pedestrian and bicycle fatalities in the State exceed 15 percent of the total annual crash fatalities then Federal Law makes the state eligible for additional safety funding.4

**DID YOU KNOW?** Road changes to provide more bicycle and pedestrian infrastructure can reduce total crashes 19% in urban areas and 47% in suburban areas.<sup>5</sup>



distance is 2.4 miles according to the 2017 National

Household Travel Survey.3

Bring in this wrapper to Hall Bicycle Co. to get:



at Hall Bicycle Co.

THEN present your Hall Bicycle Co. receipt at the Other Place for:



Any Large Pizza at the Other Place on 4214 University Ave., Cedar Falls

Coupons valid May 1- May 21, 2023. One coupon per purchase per location. Not redeemable for cash.

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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.

**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:** 

**Eric Penning** Membership: Kathleen Porter **Newsletter Editor:** Kimberly Breuer **Ouartermaster:** Mervin Carnahan **Ouartermaster:** Jim Young\*

Kathleen@RideCVC.org Kimberly@RideCVC.org Mervin@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 Frey Andy@RideCVC.org Coordinator: RAGBRAI@RideCVC.org Angie White

\*Indicates Emeritus Status

## KEEP **CONNECTED**





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Jim@RideCVC.org