

CLIP IN WITH CINDY

GREETINGS, CVC MEMBERS!

July started off with the 4th of July Ride to Shell Rock with an estimated 70 riders joining the 50-mile ride. Many riders chose to stay and enjoy the parade and other festivities, and some chose to extend their ride through Waverly, Denver, and beyond!

Next up was the Century Ride on the 15th, which also had over 70 registered riders. Riders chose between a 62 mile route and a 100 mile route, with a CVC-sponsored stop in Wellsburg for refreshments. Special thanks go to Angie White and her crew of volunteers for organizing and running this ride!

Many of you just returned from RAGBRAI, so please extend "thanks" to Angie White and Andy Frey, the CVC Board members who were in charge of RAGBRAI for the club this year. I camped two nights with CVC this year and we had a great crew of workers – thanks Mary Mueller and crew!

Next up we have the High Nelly Bike Rally during Irish Fest on August 5. This is not an official CVC ride, but we are a sponsor and it is always a fun ride! For more details, check out the [High Nelly Bike Rally 2023 Facebook page](#).

WOW rides continue every Wednesday Through September, so don't hang up your bike for the year just because RAGBRAI is over! Special thanks to WOW Director Andy Weidner and everyone that has been helping lead and sweep these rides. And don't forget [CVC time trials](#) will be held on the last three Thursdays in August!

– Cindy Angel, CVC President



BREWERY & RESTAURANT

FOR BEER LISTS AND FOOD MENUS VISIT

SingleSpeedBrewing.com



SINGLESPEED BREWING COMPANY

WATERLOO

325 COMMERCIAL ST.

CEDAR FALLS

128 MAIN ST.



MARK YOUR CALENDARS

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

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.



**ACES isn't just
an IT company.
We're your IT
partner.**

CONTACT US



**217 Washington Street, Cedar Falls
319-266-5979**



Cedar Valley Cyclists Membership Perk

50¢ off any regular-price
ice cream treat!

*Not valid on sale treats (i.e. Treat of the Month).
Must show membership card. One discount per card.*

RETAIL STORES

3015 Kimball Ave.
Waterloo, Iowa
(319) 234-3309

123 E. 18th St.
Cedar Falls, Iowa
(319) 266-3044

HansenDairy.com



203 State Street
Cedar Falls

319-240-0692

www.SecondStateBrewing.com

DENVER WAFFLE RIDES

The next official Denver Waffle Ride will be August 6.

The ride starts at the old Behrens-Rapp gas station at West 1st 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 final Waffle Ride on October 1.



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



15% discount
on parts and
accessories for
CVC members!

Tuesday, Wednesday, Friday

10:00 AM – 5:30 PM

Thursday

10:00 AM – 7:30 PM

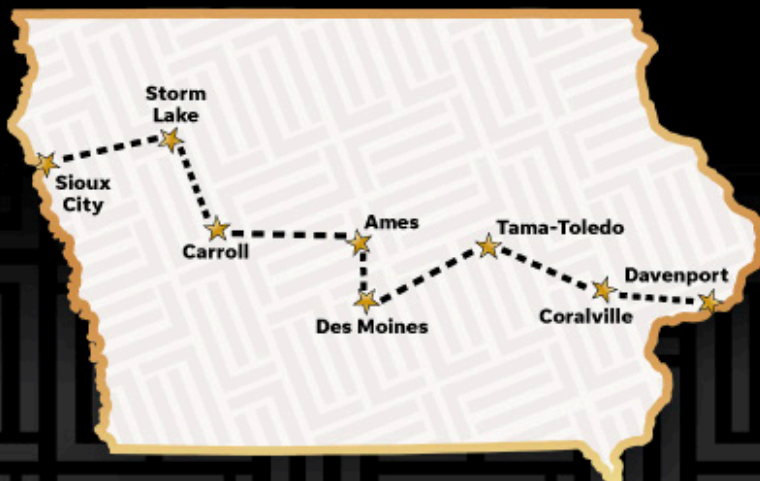
Saturday

10:00 AM – 3:00 PM

Sunday and Monday

Closed

4302 University Avenue Suite E, Cedar Falls
319-260-2610



“Congratulations on your 50th anniversary! What a huge accomplishment and from looking through your website - you have impacted a lot of organizations! Thank you for the \$1,000 donation you sent Dream Team! This donation will help us get 36 youth to Dream Big and believe that they can accomplish the early season huge goal - ride across the state! As of today, we are set to have 25+ youth reach the 1,500 mile mark before RAGBRAI begins and once they hit the Mississippi, they will have 2,000 miles! This is a huge accomplishment from February when many hadn't rode a bike more than 10 miles!. It just shows how support from organizations like Cedar Valley Cyclist can impact youth's lives!”

– Jeff Van Genderen, Dream Team



RUDY'S TACOS

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

2401 Falls Ave, Waterloo, IA

THE FEDERAL PUB

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

EVERY WEDNESDAY



JOIN US FOR A *Ride*



• RIDECVC.ORG •

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.

CVC SPONSORS

ISIC IOWA
SECURITIES
INVESTMENT
CORPORATION
Since 1906

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

www.iowaSecurities.com



311 Main Street
Downtown Cedar Falls

Open 7 Days a Week
11 a.m. – 2 a.m.

319-277-8111
www.thepumphaus.com



*SLIP
ON AND
GO!*

SKECHERS



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



Brady Gruhn - Owner / Travel Specialist

- * Destination Weddings
- * Honeymoons
- * All-inclusive resorts
- * Cruises
- * Tours
- * Caribbean
- * Mexico
- * Hawaii
- * Europe and more...

For a Good Time Call...

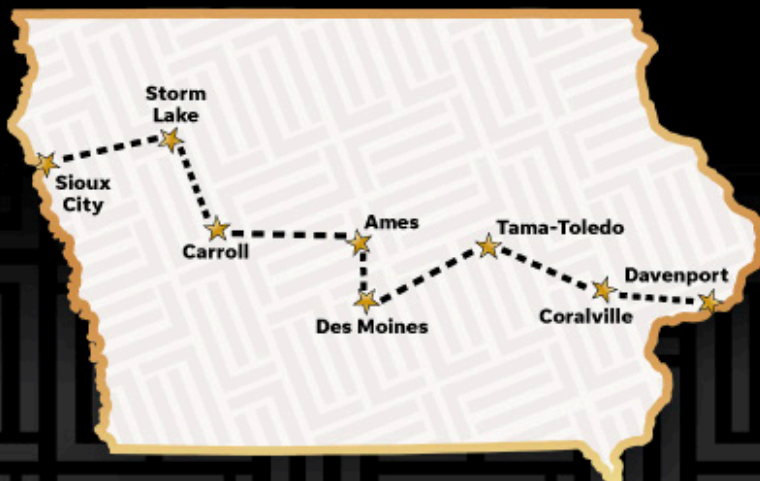
(319) 427-2060

www.travelwithLighthouse.com
Brady@travelwithLighthouse.com

RAGBRAI[®] L

ONE L OF A RIDE • SINCE 1973

JULY 22-29, 2023 • 500 MILES



Saturday, July 22
SIOUX CITY

Sunday, July 23
STORM LAKE
77 miles | 3,504 feet

Monday, July 24
CARROLL
62 miles | 1,818 feet

Tuesday, July 25
AMES
83 miles | 1,479 feet

Wednesday, July 26
DES MOINES
50 miles | 1,216 feet

Thursday, July 27
TAMA-TOLEDO
82 miles | 3,652 feet

Friday, July 28
CORALVILLE
80 miles | 3,276 feet

Saturday, July 29
DAVENPORT
66 miles | 1,604 feet

*Pictures submitted by
Cindy Angel, top left
courtesy of @bpowersphoto*



CVC SPONSORS



thebrownbottle.com | 319-266-2616



State Farm™



Steve Hubbard State Farm

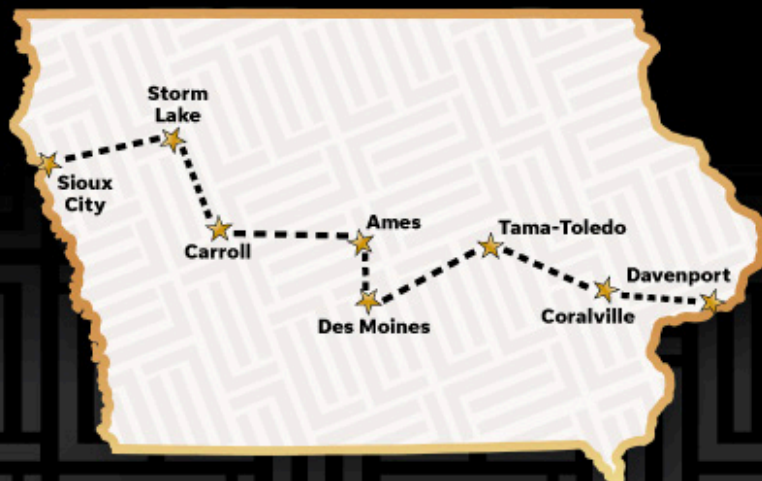
213 E. San Marnan Dr.

Waterloo, IA 50702

319-232-6585

stevehubbardinsurance.com

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



RAGBRAI – ONE L OF A RIDE

2023 marked 50 years of RAGBRAI, so how could I not join in? Since I don't "love" camping, I decided to only ride the last four days, with hotel rooms reserved in Des Moines and Coralville. That turned out to be an excellent plan as the heat index reached 112-115 degrees on each day that I rode! I was dropped off in Ames Tuesday afternoon (thanks Jon W!) and set up my tent while waiting for my CVC friends to finish their ride. We then hopped on a shuttle to head downtown Ames to find some food and ended up at an air-conditioned restaurant. A/C was a prized commodity that week!

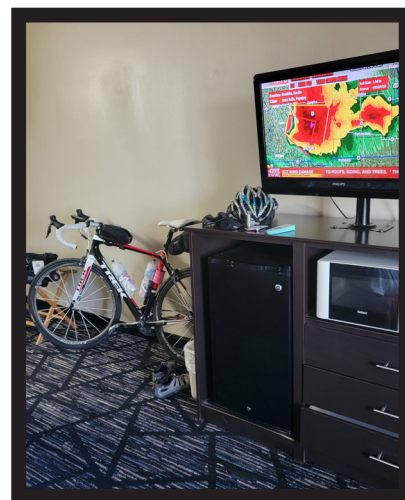
The prediction for the ride from Ames to Des Moines on Wednesday was 75,000 riders so we chose to grab breakfast in Ames and start a little later. This turned out to be a good choice as the roads were not nearly as crowded as I thought they would be. We met up with Nick, Michele, Jon and Egan, as they also started riding Wednesday, and found plenty of great food and beverages in each of the pass-through towns. The official campsite that night was Waterworks Park where thousands and thousands of riders were camping in extreme heat and little shade. I packed a backpack and headed for my hotel – A/C for me, haha!

Thursday turned out to be the most challenging day for me with 90 miles and 4,360 feet of climb in extreme heat and humidity. We found some good pie in Colfax before tackling that GIANT hill coming out of town. After a short break laying in the shade in Newton, I was ready to journey on. When we finally arrived in Tama-Toledo for the night, I think I ate an entire jar of pickles to help with the cramps and dehydration I had! After an interesting shower experience at the aquatic center (for some reason a concentration camp or prison came to mind, with no private shower stalls!!), we headed over to listen to the bands.

On Friday morning we met up with Kat, Super Dave and Justin who were just riding that day, so that was fun! It was another scorcher of a day, so another day without beer for me (dehydration is no fun). But the stops were fun and the food was good! After 80 miles, we rolled into Coralville late afternoon and I found the awesome CVC campsite at the Big White House in Coralville where we were treated to root beer floats and A/C in the house. I packed up a bag and biked to my hotel where I was thankful to be when the big storm rolled through town. Luckily, the rest of team CVC was able to take cover inside the house.

We decided to start a little earlier on Saturday where the route took us through Kinnick Stadium in Iowa City. That day started off much, much cooler than the previous days with a little mist to keep us cool. The highlight of that day was finding cold, coconut cream pie in Muscatine! At the end of this 80-mile day, I had to wonder if this was the longest Saturday RAGBRAI day ever? Seems like they are usually less than 60 miles.

I know several of my 17 RAGBRAIs have been hot, but I don't remember so many days with such heat! I am happy to be back in A/C and sleeping inside, instead of my tent! – Cindy Angel





FUSION
DANCE & PERFORMING ARTS

**ENCOURAGING CREATIVITY,
INDIVIDUALITY & SELF-EXPRESSION**

148 Provision Parkway
Waterloo, IA 50701

**We build
impeccable websites
for local businesses.**

ifcstudios.com »



Join the Iowa Underground Railroad Bike Ride for an unforgettable experience that combines adventure, history, and camaraderie.

This thrilling journey will uncover the hidden stories of Iowa's courageous freedom seekers. Taking place September 15-17th, between Tabor and Lewis, Iowa, you'll have the opportunity to explore Iowa's fascinating heritage while enjoying the beauty of the countryside.

From the moment you arrive, our passionate team will ensure your safety and comfort throughout the ride. The ride route includes rest stops, support vehicles, and history to enlighten you about the Underground Railroad's significance in Iowa. Follow the footsteps of freedom with the supportive community of biking enthusiasts and history buffs.

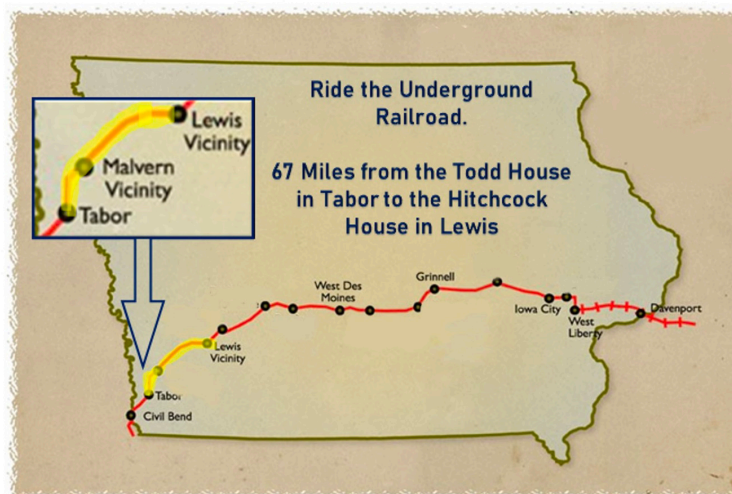
Don't miss this chance to create lifelong memories and deepen your understanding of our nation's history.
Space is limited.

Come pedal through history with us on the Iowa Underground Railroad Bike Ride and be inspired, enlightened, and exhilarated.

Early bird pricing through August 1, 2023.

[REGISTER TODAY](#)

For any inquiries, contact iowaundergroundrailroadride@yahoo.com.



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	Sponsorship:	Jackie Wagner	Jackie@RideCVC.org
Vice President:	Troy Buzynski	Troy@RideCVC.org	Time Trials:	Russ Clarke	Russ@RideCVC.org
Secretary:	Gretchen Harken	Gretchen@RideCVC.org	Webmaster:	Kimberly Breuer	Webmaster@RideCVC.org
Treasurer:	Deb Bartels	Deb@RideCVC.org	WOW Ride Director:	Andy Weidner	AndyW@RideCVC.org
Calendar:	Angie White	Angie@RideCVC.org	At Large:	Mervin Carnahan	Mervin@RideCVC.org
Immediate Past President:			At Large:	Bob Sloan	Bob@RideCVC.org
	Eric Penning	Eric@RideCVC.org	At Large:	Bob Osgood	BobO@RideCVC.org
Membership:	Kathleen Porter	Kathleen@RideCVC.org	RAGBRAI® CVC CHARTER COMMITTEE:		
Newsletter Editor:	Kimberly Breuer	Kimberly@RideCVC.org	Coordinator:	Andy Frey	Andy@RideCVC.org
Quartermaster:	Mervin Carnahan	Mervin@RideCVC.org	Coordinator:	Angie White	RAGBRAI@RideCVC.org
Quartermaster:	Jim Young*	Jim@RideCVC.org	<i>*Indicates Emeritus Status</i>		

KEEP CONNECTED



[FACEBOOK.COM/GROUPS/CVCYCLISTS](https://www.facebook.com/groups/CVCYCLISTS)



WWW.RIDECVC.ORG