



## CLIP IN WITH CINDY



## GREETINGS, CVC MEMBERS!

We will be riding to Shell Rock again for the annual 4th of July ride to watch the parade. Due to construction on 27th Street, we will meet at the Birdsall Softball Complex on 12th Street. We will leave at 8:00 am and head out 12th Street to Union then south to 27th then on to New Hartford on the way to Shell Rock, for a 50-mile round trip ride.

Our last big ride before RAGBRAI will be the CVC Century Ride on July 15. This ride starts at the Federal Pub (a CVC sponsor) in Hudson and has 60 and 100 mile distance options. You can check in and begin your ride any time between 6:00 and 8:00 am. [More details are available here.](#)

We have been having a great turnout for our WOW rides on Wednesdays, leaving from Overman Park in Cedar Falls. Thanks to WOW Director Andy Weidner, routes are posted on Facebook and also emailed to all CVC members – great job Andy! I would also like to thank those of you who have volunteered to help lead or sweep rides, including Stan Nielson and Deb Lewis for the trail rides, and Kirby Baumgard, Lisa Brodersen, Bob Osgood, Jackie Wagner and Deb Bartels on the road rides. Thanks to Second State Brewing, SingleSpeed Brewing and Pump Haus for hosting us after the rides. Thanks everyone for joining our rides and supporting Cedar Valley Cyclists!

– Cindy Angel, CVC President





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# MARK YOUR CALENDARS

**July 4** – Kirby's 4<sup>th</sup> 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 27<sup>th</sup> 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](http://www.ridecvc.org), and listed as events on our Facebook page. Please check there for additional details.**



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# BRIDGES RIDE

to celebrate  
THE CEDAR VALLEY  
NATURE TRAIL

**June started off with the annual Bridges Ride on the 3rd, with nearly 300 riders joining at least part of the ride from Cedar Falls to LaPorte City and back.**

A storm the night before left trees down on the trail north of LaPorte, but that didn't stop us! Once we reached the Gilbertville Depot there was plenty of food and beverages, and entertainment by Bob Door. Thanks to all of the sponsors of this event, as well as to all of the volunteers! – Cindy Angel







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# TOUR DE STURGIS FALLS RIDE



Photo by Justin Ellerbrook

**The Sturgis Falls ride took place on June 24  
and headed to Janesville and then to Shell Rock.**

Those of us who rode all the way to Shell Rock were "treated" with rain and crazy wind on the way back! Thanks to the Cedar Falls Rec Center for letting us gather there at the start of the ride, to the Cedar Falls police department for leading us out of town, to Keith Reynolds from Hall Bicycle for providing ride support, to Mervin Carnahan for organizing the ride and to Gretchen Harken and Deb Bartels for handling registration.

Congratulations to all the winners of the gift cards from Hall Bicycle, and thanks to Hall Bicycle for donating some of the gift cards! – Cindy Angel





# RUDY'S TACOS

**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**

# 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 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 final Waffle Ride on October 1.**



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# BICYCLE FRIENDLY STATE REPORT CARD



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SEE THE REPORT CARD USE GUIDE

|  |                           | F  | D | C | B | A |  |
|--|---------------------------|----|---|---|---|---|--|
|  | Infrastructure & Funding  | C- |   |   |   |   | Considers the use of federal transportation funding, state transportation funding, and the existence of bicycle infrastructure in the state.                   |
|  | Education & Encouragement | B+ |   |   |   |   | Considers bicycle mode share, advocacy, state goals to increase bicycling, and whether the state sponsors a conference on bicycling.                           |
|  | Traffic Laws & Practices  | D  |   |   |   |   | Considers traffic laws related to bicyclist safety and practices for automated enforcement and preventing racial disparities in traffic law enforcement.       |
|  | Policies & Programs       | B  |   |   |   |   | Considers Complete Streets policies and programmatic support for implementing bicycling improvements, including staffing and integrating public health.        |
|  | Evaluation & Planning     | C  |   |   |   |   | Considers state bicycle plans, safety outcomes, guidance on bicycle facilities, data collection on bicycling and walking, and public engagement of bicyclists. |

Based on the information we obtained for Iowa, the League of American Bicyclists believes the following actions will improve the safety, comfort, and accessibility of bicycling in Iowa.

Adopt a safe passing law with a minimum distance of 3 feet to address bicyclist safety. Over the last two decades most states have adopted a safe passing law to protect people biking. Iowa is one of 11 states that has not.

Spend at least 2% of federal transportation funds on biking and walking improvements.

Adopt a law prohibiting a motorist from opening an automobile's door unless the motorist is able to do so safely. Iowa is one of only eight states that has not adopted this type of law to reduce "dooring."

Iowa has a recently adopted Complete Streets policy, which ensures that improvements for bicyclists are made during resurfacing, restoration and rehabilitation projects. This is often the most cost-effective time to make improvements.

In 2020 the Adventure Cycling Association found that Iowa was one of 18 states that failed to meet minimum rumble strip standards. The League is excited to congratulate the Iowa DOT for adopting rumble strip standards and creating a prioritization process for rumble strips and shoulders in its Complete Streets process. This is a great improvement and we hope other states learn from it as well.

| Bicycle Friendly Actions             | Progress?       |
|--------------------------------------|-----------------|
| Complete Streets Law / Policy        | Yes-New/Updated |
| Safe Passing Law (3ft+)              | No              |
| Statewide bike plan last 10 years    | Yes             |
| 2% or more federal funds on bike/ped | No              |
| Bicycle Safety Emphasis Area         | Yes             |

| Federal Data on Biking | Rank   |
|------------------------|--|
| Ridership              | 0.41% of commuters biking to work<br>23/50                     |
| Safety                 | 5.8 fatalities per 10K bike commuters<br>17/50                 |
| Spending               | \$3.47 per capita FHWA spending on biking and walking<br>17/50 |

SEE THE BICYCLE FRIENDLY STATE DATABASE MAP:  
[BIKELEAGUE.ORG/BFA/AWARDS](https://bikeleague.org/BFA/AWARDS)

The Bicycle Friendly State ranking is based on a comprehensive survey—with over 100 data points—completed by state departments of transportation and state bicycling advocates. For more information, visit [bikeleague.org/states](https://bikeleague.org/states) or contact Ken McLeod at (202) 822-1333 or [ken@bikeleague.org](mailto:ken@bikeleague.org).

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# EVERY WEDNESDAY



## JOIN US FOR A *Ride*



• [RIDECVC.ORG](http://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.**

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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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## KEEP CONNECTED



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