



CLIP IN WITH CINDY

GREETINGS, CVC MEMBERS!

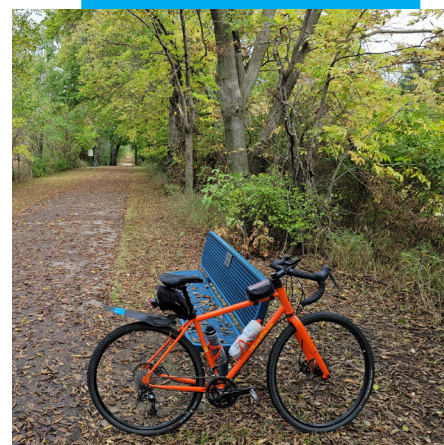
Fall is here, but don't hang up your bike for the year just yet! October offers some of the best riding with cooler days and beautiful scenery as the leaves change colors. WOW rides wrapped up on September 27, but we will likely hold some shorter unofficial WOW road rides, weather permitting, and probably starting around 5:30 pm. Keep an eye on Facebook for more information on that.

On October 4 we will hold our annual fundraising bike ride benefitting the Beyond Pink Team, the only local breast cancer coalition in the Cedar Valley. Meet at the Amvets in Cedar Falls at 5:30 pm for a trail ride or a road ride, with a social at the Amvets after the ride. Bring a helmet, lights and suggested donation of \$25 that will be donated to the Beyond Pink Team. A potluck is planned so feel free to bring some food with you!

Our annual Member Appreciation Meeting will be held on Sunday, October 8 at Doughy Joeys in Waterloo. This meeting is for paid members of CVC, but you still have time to become an official member before the meeting. Join your fellow cyclists to reminisce about all the great rides we had this year while enjoying some delicious pizza!

This year our annual Spin for a Cause will be on Saturday, November 4 at the Cedar Valley SportsPlex in Waterloo. Watch for details on Facebook on how to join and contribute! There might be an informal outdoor ride that day as well (weather permitting) for those unable to join the spin class. The proceeds from this event will be donated to the I HOPE Chapter of National Ambucs, whose mission is to create mobility and independence for people with disabilities.

We will wrap up 2023 with the extremely popular Holiday Lights ride on December 6. More details to come! – Cindy Angel, CVC President



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MARK YOUR CALENDARS

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

Sunday, October 8

Annual Member
Appreciation Meeting

Vote for your 2024
board members!

BOARD OF DIRECTORS ELECTION BALLOT

OCTOBER 8, 2023

CHOOSE UP TO 10

- ☐ Deb Bartels
- ☐ Kirby Baumgard
- ☐ Mervin Carnahan
- ☐ Gretchen Harken
- ☐ Wayne Naber
- ☐ Kathleen Porter
- ☐ Mary Steffensmeier
- ☐ Michele Taiber
- ☐ Nick Taiber
- ☐ Jackie Wagner
- ☐ _____
- ☐ _____
- ☐ _____

(Nominations may be taken from floor)



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

CEDAR VALLEY LAKES TRAIL REOPENS!

A ribbon cutting ceremony was held on September 20th to celebrate the completion of the trail that extends from the bottom of Kreig's Crossing into George Wyth State Park.

This 1.4 mile section of trail was completely rebuilt, widened and paved with concrete. CVC WOW riders attended the ceremony and then headed out for our weekly WOW rides.



RUDY'S TACOS

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

2401 Falls Ave, Waterloo, IA

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BREAST CANCER AWARENESS BICYCLE RIDE

to support the Beyond Pink TEAM!

WEDNESDAY, OCTOBER 4

Starting and ending at the Amvets Post 49

Wheels down at 5:45 p.m.

Potluck afterward

WEAR PINK!

Suggested donation/registration is \$25, but every dollar helps.

All proceeds go to the Beyond Pink TEAM.



&





RAINBOW CYCLISTS REUNION

OUR REUNION and MEMORIAL

At noon on Sunday, September 17, 2023, we gathered at the Harry Bardsley Gazebo on the Cedar Valley Nature Trail for the 3rd Annual Tool Station remembrance of Larry Aswegan. We also remembered all our cycling friends that are gone.

Lynor Koch talked about celebrating 50 years of our bike club in the Cedar Valley and we should be thankful for what the club has done to provide the best cycling experiences in Iowa.

We rode on to the Gilbertville Depot where 73 people signed in at the 1st Rainbow Cyclists Reunion. It was a beautiful Sunday afternoon to celebrate 50 years of cycling with 35 years being Rainbow Cyclists and 15 years now Cedar Valley Cyclists.

Poster boards were set-up inside with our club history, our board members from 1982-2007 and many photos. The Rainbow Newsletters and a Memorial book of our past members were viewed.

Sandy T and Dave H came from Minnesota and Kevin L flew in from Florida.

A THANK YOU goes out to Cedar Valley Cyclists, Friends of Gilbertville Depot, Lynor & Bill Koch, Sandy Boyd, Bill Dotzler, Yvonne Duggan, Debbie Floyd, Beth Koch, Kevin Lange and Denise & Dave Sterner.

The friends we meet biking become friends forever!

Peace & Love with Bikes

Gert Harken





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.*

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It is with great sadness, we remember the loss of our former members.

John R Rice, 83 of Cedar Falls and Dysart was killed August 30, 2023 when he was hit from behind while riding his bicycle south of La Porte City. John was a veteran. He had engineering degrees and sold his business, Custom Metal fabrications in 2002. John was a cyclist and a runner. He competed in marathons and triathlons. He biked all over the US and Europe. He will be included in our "RIDE of SILENCE" Memorial.

Dallas Cizek, 76 of Bettendorf and formerly of Traer passed away August 31, 2023. He enjoyed riding RAGBRAI. He was featured with his son in the Des Moines Register on July 20, 1986 as being the very first to arrive in the starting town. They rode three days on their bikes from Traer to get to Council Bluffs. That was his 4th RAGBRAI. Dallas was a Vietnam veteran with two tours of duty. He drove for UPS for over 50 years.

Curt Gravatt, 70 of Cedar Falls died September 10, 2023. He served on the Rainbow Cyclists and Cedar Valley Cyclists Board for ten years. He was President from November 1997-October 2000. He organized "The President's Ride" or "Kiss the President" in February of 1999. Curt was Special Events Director from November 1996-October 1997 and November 2006-October 2011. He retired from John Deere Product Engineering Center after 41 years. He was also involved in the North Cedar area improvements.

Julie Nelson, 82 of Cedar Falls, passed away September 12, 2023. Julie joined Rainbow Cyclists in 1985. She served on the Board doing the Newsletter as co-editor with Jim Meehan from November 1997- October 1999. Julie did 25 RAGBRAIs. She also traveled to 38 countries. There were many fine articles of her travels and bicycling tours printed in the Newsletter.



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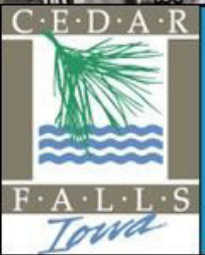
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TRAIL DETOUR IN CEDAR FALLS



Cedar River Recreational Project Recreational Trail Detour

Project Starting 9/11/2023

For updates visit: www.cedarfalls.com/notify

Legend:

-  Closed Area
-  Trail Detour

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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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