



CLIP IN WITH CINDY

GREETINGS, CVC MEMBERS!

As we head into September, I am sure that many of you are ready for some cooler weather. The record heat index of 122 degrees that was recorded in Waterloo on August 23 was insane! We plan to continue WOW rides through September, so be sure to bring lights, as the days are getting shorter. I would like to extend special thanks to our sponsors Second State Brewing, The Pump Haus, and SingleSpeed Brewing for hosting us after our rides.

Great news: the trail through George Wyth is expected to open in September! A committee is planning a celebration and ribbon cutting that will be on a Wednesday, so our WOW ride that week will start from the lodge in George Wyth. More details to come!

CVC is once again hosting time trials on Thursdays through September 7. Come out and see how fast you can ride the 10-mile course, or just cheer on those who are racing! Meet at 27 th and Union Road in Cedar Falls at 6:00 pm.

Also mark your calendars for Wednesday, October 4 for our annual Breast Cancer Awareness Ride at 5:30 pm. Keep an eye out for more details on this ride.

And finally, the CVC Board voted to award the All-Star Award to both Stan Nielsen and Debra Lewis this month. Stan creates all of the trail routes for the WOW rides, and Stan and Deb trade off leading these popular rides. Be sure to thank both Stan and Deb for helping out all summer!

– Cindy Angel, CVC President



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MARK YOUR CALENDARS

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



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CVC members!

Tuesday, Wednesday, Friday

10:00 AM – 5:30 PM

Thursday

10:00 AM – 7:30 PM

Saturday

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Sunday and Monday

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CELEBRATE WITH US!

Ribbon Cutting

Cedar Valley Lakes Trail Reopening

September 20, 2023 @ 5:30 pm
George Wyth State Park Lodge
Organized Bike Rides @ 5:45 pm



RUDY'S TACOS

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

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CELEBRATE WITH US!



RAINBOW CYCLISTS REUNION

Sunday, September 17, 2023

Gilbertville Depot

NOON-1:30 LARRY ASWEGAN 3RD MEMORIAL

RIDE TO THE TOOL STATION AT HARRY BARDSLEY GAZEBO

1:30-5:00 Open House Reunion at the Depot

35 Years

15 Years

 **Rainbow
Cyclists**
Waterloo Cedar Falls, Iowa

 **CEDAR
VALLEY
CYCLISTS**

Celebrating 50 Years of Cycling

Bring your own Beverages/some snacks provided

Bring your photos & Memories to share

For Questions contact getgoingert@cfu.net





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

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Cedar Falls, Iowa
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HansenDairy.com



203 State Street
Cedar Falls

319-240-0692

www.SecondStateBrewing.com



CVC Presents Roger White with a New Bench!

As most of you know, Roger White was an invaluable member of the Cedar Valley Cyclists Board of Directors for 13 years, retiring from the Board at the end of 2022. The Board was looking for a way to thank Roger for his years of service when one of our Board members noticed a bench in his honor on the South Riverside Trail was starting to fall apart and was being invaded by position ivy. The original bench had been purchased by the Hawkeye UNI-SERV unit to honor Roger's 23 years of service with them. The CVC Board voted to purchase a new bench with a concrete slab, and included plaques recognizing Roger's service to both Hawkeye UNI-SERV and CVC. THANK YOU, Roger, for your years of service to CVC! We wouldn't be the organization we are today with you!



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CVC SPONSORS

The background of the banner is a blurred photograph of several dancers in a studio, wearing light-colored leotards and ballet slippers. The logo for 'FUSION' is prominently displayed on the left, with the word 'FUSION' in a large, bold, dark blue font. The 'F' is stylized, with a dark blue circle behind it. Below 'FUSION' is the text 'DANCE & PERFORMING ARTS' in a smaller, dark blue font. Below that is the tagline 'ENCOURAGING CREATIVITY, INDIVIDUALITY & SELF-EXPRESSION' in a bold, dark blue font. At the bottom right of the banner, the address '148 Provision Parkway Waterloo, IA 50701' is written in a dark blue font.

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GRABAAWR

GREAT ANNUAL BICYCLE ADVENTURE ALONG THE WISCONSIN RIVER

CVC member Todd Holcomb participated in the 2023 GRABAAWR. The “The Great Annual Bicycling Adventure Along the Wisconsin River” is an annual 7-day, 500 mile ride from Eagle River to Prairie du Chien that follows the length of the Wisconsin River.

2023 Ride Schedule:

- June 10 - Arrival in Eagle River
- June 11 - Eagle River to Tomahawk
- June 12 - Tomahawk to Mosinee
- June 13 - Mosinee to Wisconsin Rapids
- June 14 - Wisconsin Rapids to Mauston
- June 15 - Mauston to Baraboo
- June 16 - Baraboo to Muscoda
- June 17 - Muscoda to Prairie du Chien

For more information, visit
www.bikewisconsin.com/grabaawr/grabaawr



PHOTO OF TODD HOLCOMB

DENVER WAFFLE RIDES

The FINAL official Denver Waffle Ride will be SUNDAY, OCTOBER 1.

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.

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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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Vice President:	Troy Buzynski	Troy@RideCVC.org	Webmaster:	Kimberly Breuer	Webmaster@RideCVC.org
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WWW.RIDECVC.ORG