



CLIP IN WITH CINDY

GREETINGS, CVC MEMBERS!

This is the last month that you can Clip in With Cindy, as my term as CVC president is coming to an end. Please check out my other article in this newsletter as I reflect back on the past FIVE years!

On October 4 we held a fundraising bike ride benefitting the Beyond Pink Team, the only local breast cancer coalition in the Cedar Valley. We had a great turnout for the ride, followed by a potluck dinner at the Amvets in Cedar Falls. We raised over \$1,000 for the Beyond Pink Team. THANK YOU everyone who contributed!

CVC's annual Member Meeting was held at Doughy Joey's on October 8th. Many of you showed up to enjoy free pizza and reminisce about all the great rides we had this year. Thanks to everyone who joined us! And congratulations go to Julie Fisher and Todd Southworth as they were awarded the All-Star Award for leading the Waffle Rides for us this year!

Two events remain on the CVC calendar for this year. The first one is Spin for a Cause – I HOPE on November 4 with proceeds benefiting the I HOPE Chapter of National Ambucs. And don't forget to mark your calendars for December 5, our annual Holiday Lights Ride. Keep an eye on our Facebook page for more details about these events!

Please welcome our newest CVC Board members Kirby Baumgard, Wayne Naber, Mary Steffensmeier, Michele Taiber and Nick Taiber! And we have to say farewell to Kimberly Breuer, Russ Clarke, Bob Sloan and Angie White as they complete their terms on the Board – thanks for all of your contributions over the years!

– Cindy Angel, CVC President



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MARK YOUR CALENDARS

November 4 – Spin for a Cause

November – March – Indoor Spin

December 2 – Global Fat Bike Ride

December 5 – Holiday Lights Ride



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REFLECTIONS ON MY FIVE YEARS AS CVC PRESIDENT

As I reflect back on my time as CVC President, I can't believe that it was FIVE years ago that I was elected president! Time really does fly when you are having fun! Several people have asked me what I will do now, and if it will be strange not being president. I will serve on the Board as Immediate Past-President, and will still be helping with rides and events. Cycling is my passion and I cannot imagine not being involved with an organization as fantastic as CVC!

We have accomplished so much in the past five years! I am probably most proud of how our WOW rides continue to grow and attract riders with a wide range of cycling abilities. Our fundraising rides for I Hope and the Beyond Pink Team have raised thousands of dollars for these very worthy causes. We have also donated to the Dream Team, Black Hawk County Conservation, Cedar Valley Trail Partnership, and many other organizations. And everyone always looks forward to our annual Kickoff ride, Sturgis Falls ride, Century ride and Holiday Lights ride!

CVC celebrated our 50th year as a cycling club this year at our annual Kickoff ride where CVC awarded ten lucky people with \$500 gift cards to our local bike shops. CVC started as Rainbow Cyclists, so a Rainbow Reunion was held in August where many people were able to catch up with friends from the Rainbow days!

I have the distinction of being the president during the "COVID years." During that time, the Board switched to monthly Zoom meetings and carried on as normally as we could. Remember when the "experts" were saying not to ride in groups because COVID germs could fly back five feet and infect us?!?! Some of us were rebels and rode together anyway, and we lived to tell the stories, thankfully!

Several Board members made my job easier over the years. Past President Eric Penning was always there to answer questions, as were Roger White and Gert Harken with their vast knowledge of all things CVC! I knew I could count on treasurers Roger White and Deb Bartels for all the financial aspects of the club. Kimberly Breuer created absolutely top-notch newsletters every month, as well as created Facebook events for our rides and designed all sorts of cool stuff at a moment's notice! Angie White could be counted on for absolutely ANYTHING from organizing jersey orders to spin class to the Breast Cancer Awareness Ride to calendar updates to RAGBRAI leadership to getting the new CVC tents ordered! Andy Weidner is a relatively new member who stepped up and did a stellar job as WOW Director this year.

Thanks also go to Bob Osgood (spin class), Andy Frey (RAGBRAI co-director), Kathleen Porter and Troy Buzynski (membership), Jackie Wagner (sponsorship and insurance), Russ Clarke (time trials), Mervin Carnahan and Kevin Lichty (Quartermasters), Shelby Buhlman (Century Ride director), and to Bob Sloan and Jim Young for their years of knowledge about CVC. Thank you also to all the volunteers that help make our rides and events successful!

With that, I leave you in the very capable hands of our new CVC President Troy Buzynski and Vice-President Andy Weidner! – *Cindy Angel*



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BREAST CANCER AWARENESS BICYCLE RIDE

to support the Beyond Pink TEAM!

We are grateful for your support of the
Beyond Pink TEAM!

Because of your donation, we are able to
Take action, **E**ducate, **A**dvocate, and **M**ake a
difference for people living with breast cancer.

Wishing you happiness and
good health this holiday season.

*Your event with the Cedar Valley Cyclists
provided a great donation to the Beyond Pink
fund. This fund provides financial assistance
to breast cancer survivors while in treatment.
Thank you - Marty - BPT mbr.*





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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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