



# CEDAR VALLEY CYCLISTS

VOL. 17 ISSUE 5 • MAY 2024

## Dropping Back with Troy

Hey Gang!

May has arrived, and it's time to shift into the big ring. There is a lot to announce. Here's what's on the horizon.

### Wednesdays On Wheels (WOW) Rides Return:

Starting May 1, our WOW rides are back! As we kick off our WOW rides, let's remember some essential safety tips:

- Helmets and lights are required for all riders.
- High-visibility clothing is highly recommended.
- Obey all traffic signs and signals.
- Ride in a maximum of two lanes on the road—no third lane.
- Avoid overlapping wheels and maintain a predictable riding formation.
- Communicate with fellow riders and hold your line.

Join us every Wednesday for exhilarating rides and great socials after. It's the perfect mid-week boost!

### Denver Waffle Rides:

Join us the first Sunday morning of every month as we journey to Denver for a yummy waffle breakfast at the American Legion!

### Kickoff Ride on May 11:

Get ready to celebrate the start of the cycling season with our Kickoff Ride. We'll ride out to Janesville and back, with an extended route option for those seeking extra miles. Live music, free pizza, snacks, and beverages await you at the finish line!

### Bike to Work Week May 13-17:

Let's pedal our way to work during Bike to Work Week! It's a fantastic opportunity to ditch the car, reduce emissions, and embrace a healthier commute.

### Ride of Silence May 15:

As we reflect on the solemnity of the Ride of Silence, let's honor and remember cyclists who have been injured or killed while riding on public roads. It's a powerful reminder to prioritize safety and vigilance on every ride.

Finally, a huge shoutout to Jackie Wagner and Kirby Baumgard for spearheading our Annual Trail Clean Up event. Your dedication to keeping our community clean is truly appreciated. And to all the volunteers, thank you for your hard work—it makes a world of difference in preserving the beauty of our trails.

Here's to another great start to the cycling season!  
Troy Buzynski, CVC President



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# Join Cedar Valley Cyclists RAGBRAI Charter

Our charter includes air-conditioned tour-style bus transport from Waterloo and back from Burlington, bicycle & baggage hauling every day, reserved camping locations in overnight towns, hot showers, charging station for electronics and e-bikes, spacious canopies, chairs and cold beverages.



**RAGBRAI registration closes May 15**  
**\*\*Limited Space Remaining\*\***

Scan this QR Code for registration and CVC RAGBRAI charter details.

For more information contact:  
Deb Bartels, [deb@ridecvc.org](mailto:deb@ridecvc.org)  
Bob Recker, [bobr@ridecvc.org](mailto:bobr@ridecvc.org)



**We look forward to seeing you in July!**



**July 20th-27th, 2024**





## CVC: Beyond the Borders

### What is a Gents Race?

Glad you asked!

## Gents Race 14

<https://www.gentsrace.com/>

To directly quote the folks at Rapha that started the whole concept (and that we've blatantly stolen it from): I sold it to the racers as an unsupported, unsanctioned, unmarshalled, five-rider team time trial meets alley-cat, meets 'Cannonball Run'.

So there you have it. 5 teammates (friends), racing for nothing more than pride over the roads surrounding Slater, Iowa. 65 (or so) miles of gravel.

Winners get nothing but pride and high-fives.

Donations to enter, no money to win.

It will be fun.

**10 Cedar Valley Cyclists formed two teams of 5 and made their way to Slater, Iowa for the 14th annual Gents Ride with plans of victory in completing it in the allotted time. Hear what they had to say...**

**Team KatNip:** Nick Taiber, Michele Taiber, Cindy Angel, Kat Porter, Dave Ostrem

**Team Jumbo-CVCisma:** Alaga Topcagic, Andy Weidner, Suad Mahmutovic, Andy Frey, Tom Johnson



Team KatNip



Team Jumbo-CVCisma

A wonderful team KatNip for this 14th edition of the Gents Race. So thankful for all the willing and reluctant teammates! This was maybe the 8th time I was able to participate on a team and Gents did not disappoint! **Loose gnarly gravel, fierce winds, cold starting temps....and more winds than ever!**

Thankful to support such a good cause - The Hope Animal Rescue of Iowa.

Always **next year** to redeem our team!

- Kat Porter

# CVC: Beyond the Borders

In one word: **Brutal**. The Gents Race is always a fun challenge, with hard racing and unpredictable weather. This year was particularly difficult, with a crash taking us out right as we were getting started. I hope everyone recovers well so we **come back** even stronger next year.

- Andy Weidner



"Join our team for the Gents ride", they said. I said to Michele, "Hey, they want us on their team, count us in!" She asked, "What is the Gents' ride?" I said, "I don't know, it doesn't matter, we are in". For many days, Michele's cup filled with dread. And then the day happened, half of it that is. The **full-on derecho** from every direction may have shortened the ride, but it built character beyond imagination. **We shall do it again.**

- Nick Taiber

Veteran Gents riders were all commenting that this year was the **WINDIEST** Gents ever! With sustained winds around **35 mph** and **gusts ranging from 40-50 mph**, it was challenging to keep our bikes on the road. So when we ran into Andy W, Alaga and Tom at the halfway point and they suggested cutting the ride short, I was all in! The eight of us powered into the headwind for about five more miles, then enjoyed some beverages at the Nite Hawk. Kudos to my teammates Kat, Super Dave, Nick and Michele - **fun times!**

- Cindy Angel

The best part of Gents Race is **being together** with the CVC Group, ending it with **great laughs**, food and drinks. The bad parts are difficult to talk about and seeing one of your team mates hurt is heartbreaking.

- Alaga Topcagic

Some notable memories from my first Gents Race. While trying my best to stay upright in wicked wind, Super Dave looks over at me and says "**never agree to a race while at the bar**" followed by a laugh like only he can own! Next unforgettable moment- seeing Kat drift (let's be real- get blown) from the left side of the road to the right, nearly landing in the ditch, literally having to use her feet to pull her back to the other side. Imagine my relief at the halfway point when our CVCisma teammates were planning to call it quits! I was glad to know the 35 mile struggle was not mine alone. If Nick has his way, I will be **doing this race again!** This time with less dread!

- Michele Taiber





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# On The CVC Scene

## Cedar Valley Trail Cleanup

Thank you to all our members and others who assisted with the Cedar Valley Trail cleanup in Waterloo on Saturday 4/27. We were grateful for the support and for the nice weather! With everyone's efforts we collected over 20 bags of waste!

A special shout out to Bob Recker for without him and his ATV with trailer it would have been a very long day. And much appreciation to our co-chairs of the committee, Jackie Wagner and Kirby Baumgard, for assisting with coordinating the event. After, the clean up crew headed to The OP on University for pizza and beverages. So grateful for our trails and those who help keep them beautiful!

Read the WCF Courier coverage [here](#).





# Gathering Points

## CVC Kickoff Ride

Are you ready CVC members? It's time to pump up those tires, and gear up for the most anticipated event of the year—the **CVC Kickoff Ride Celebration! Saturday, May 11**

Join us as we kick off the cycling season with a group ride to Janesville and back, with an extended route option to Finchford for those craving extra miles. The ride leaves at 2:00 p.m. from 398 E Main Street in Cedar Falls. The route will be about 20-25 miles of paved roads. A trail ride option is available as well. Parking is available at Tondro Pray Bike Park (E Main St. & N Logan Ave., Cedar Falls).

Thanks to the generosity of Tom and Cindy Giberson sharing their space, the fun does not end with the ride. Enjoy live music, adding an extra dose of energy and fun to the festivities. And what's a celebration without delicious food and refreshing beverages? We've got you covered with free pizza, snacks, and an assortment of beverages including soda, water, and beer.

A special shoutout to our sponsors, The Brown Bottle for pizza and Second State for offering us a fantastic deal on beer. Plus, we'll have domestic beer available for all to enjoy.

**Don't miss out—come out and celebrate the start of the cycling season with Cedar Valley Cyclists!**

## Wow Rides Kick Off In May!

Want to help make the WOW rides a success? We are looking for volunteers to lead and sweep the rides! Please reach out to Andy Weidner [andyw@ridecvc.org](mailto:andyw@ridecvc.org) for more information.

**CEDAR VALLEY CYCLISTS**



• [RIDECVC.ORG](http://RIDECVC.ORG) •

**JOIN US FOR A Ride**

**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.



The RIDE of SILENCE is a Worldwide Ride to remember the bicyclists who have died while cycling. We ride in silence out of respect and reverence. We ride slowly and silently to honor the memory of fallen riders.

**Overman park, 316 W 3rd Street, Cedar Falls  
Wednesday, May 15, 2024**

6:00 PM Registration

6:20 PM Program

6:30 PM Ride 10-12 miles

Helmet & Lights Required

We ride to raise awareness that we all share the road.  
Crosses & Ghost Bike on display at Overman Park  
Wednesday – Friday



# Freewheeling with Nick

**Freewheeling describes a relaxed or casual state, or when we let off the pedal.**

In this segment, I have a freewheeling conversation with board members so everyone can get to know the person beyond their kilowatt output, drafting tendencies and social habits. Happy reading, Nick Taiber

## Did you learn on training wheels or the hard way?

My 1st pedal vehicle was a J.D. tractor toy. I rode a bike when I was 4. In our garage we had 20", 24", & 26" tire girls' bikes. I was the oldest & got the big bike when I was 8. I remember never being able to sit on the seat and pedal!

## What brought you into adult bicycling?

I started biking when I stopped playing slow-pitch softball and bowling. I met new people and joined Rainbow Cyclists in 1988. These people are still "best" friends today.

## What are your favorite biking events and organized activities?

I like biking events that have no time schedule. I am a slow rider but I always get where I'm going. It's always fun to have a themed event ride with costumes! I rode my 1st RAGBRAI in 1989. Today I continue to go on RAGBRAI as a bus driver.

## What are your big wishes for biking infrastructure in the Cedar Valley?

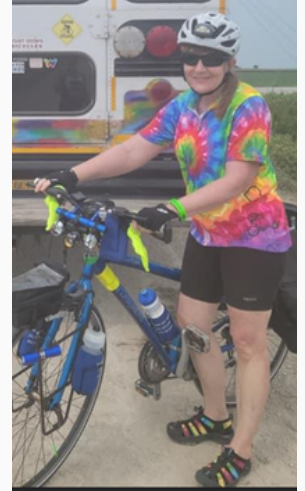
Safety is 1st wherever you ride. I'm looking forward to seeing the Cedar Valley Nature Trail paved to Cedar Rapids.

## Outside of family and bikes, what do you love most about life?

I enjoy sewing and genealogy. I saw the Beatles when I was 13 and still enjoy their tunes.

## And finally, your favorite biking beverage?

Root Beer



Freewheeler  
Gretchen "Gert"  
Harken

CVC Position  
Secretary

Day Job  
Retired

Family  
4 children,  
10 grandkids

Generation  
Baby Boomer

See Me  
WOW Trail Rides

Hometown  
10 years in  
Aplington  
37 years in  
Waterloo  
25 years in  
Cedar Falls

# DATES TO REMEMBER



May 1

WOW Rides Begin

May 11

CVC Kick Off Ride

May 13-17

Bike To Work Week

May 15

CVC Ride of Silence



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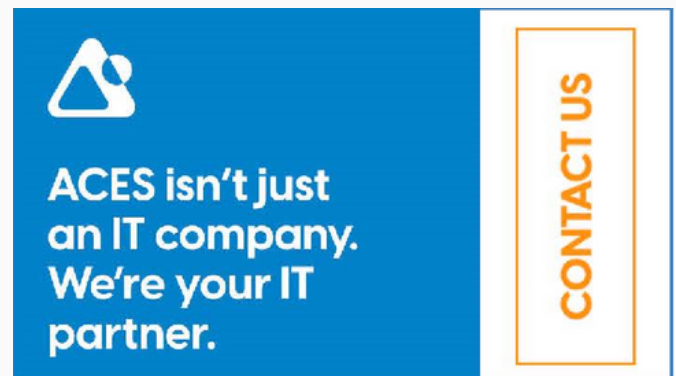
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The Mission of Cedar Valley Cyclists is to promote safe, social, and inclusive bicycling activities for people of all ages and abilities, while advocating for increased awareness and support for bicycling.

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