



CEDAR VALLEY CYCLISTS

VOL. 17 ISSUE 9 · OCTOBER 2024

Hey Gang!

Thank You for a Great Time Trials Event!

A huge thank you to everyone who participated in the Time Trials, both volunteers and riders. We have a small but passionately dedicated group that comes out each year. Our culture is laid back and welcoming, not elitist, although we do see some very impressive times! We also have many first-timers who come out to see what they can do. Remember, the only person you are racing is your former self, so all abilities are welcome. We have a lot of fun and are not overly concerned with turnout, but if you would like to “Test your Iron,” come out next year!

Upcoming Member Meeting

Mark your calendars for our member meeting on October 13th. Those up for election are Andy Frey, Bob Osgood, Andy Weidner, and myself. We also expect to have two new board member nominations. We hope you all come out to participate. Each member will receive one free drink ticket and free pizza!

Exciting Tweed Ride Collaboration

We are thrilled to announce our upcoming Tweed Ride in collaboration with the Cedar Valley Association for Soft Trails (CVAST). Stay tuned for more details!

Breast Cancer Ride and Spin for a Cause

Join us on October 6th for our Breast Cancer Ride to raise money for the Beyond Pink Team, which supports local women with breast cancer. Additionally, we will have our Spin for a Cause event on November 2nd to raise money for IHOPE. IHOPE provides amtrykes—adaptive tricycles—to children and adults who cannot ride a two-wheeled bicycle due to physical and/or mental challenges. These are two great and fun opportunities to give back to the community!

We look forward to seeing you at these events and thank you for your continued support!

Troy Buzynski
CVC President



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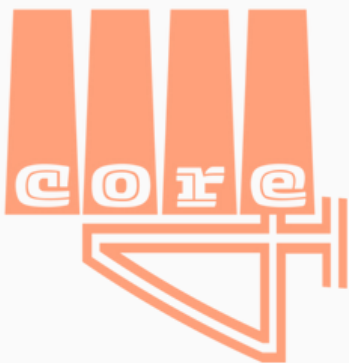
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CVC Beyond the Borders



core4 is Iowa City's premier cycling experience: a celebration of community, opportunity, recreation, and engagement.

Multiple surfaces on one bicycle in the same race. Gravel, dirt, single track and pavement and YOU determine the best bicycle to ride.

There are four distances: 100 miles, 60 miles, 40 miles or 20.

Several Cedar Valley cyclists participated, here is what they had to say::

"My goal for the Core4 40 mile route was to finish without wanting to throw my bike over a bridge. Mission accomplished! With lots of Cedar Valley friends, a fantastic course, stunning views, and an awesome post-race party, I'm already looking forward to next year." - **Morgan Osgood**



CVC Beyond the Borders

"Core4 100 mile single speed was definitely type 2 fun" - **Kris Adams**



"A number of Cedar Valley cyclists showed up to race. The weather conditions were better this year. I enjoyed riding with friends and making new friends during the race. Fellow riders were encouraging and supportive!" - **Leslie McCloy**





CVC Beyond the Borders

"The Core4 always delivers, but you have to earn it. There are moments of awe and why, but by the end, it is 100+ miles of fulfilling pleasure, every time. The contingent of Cedar Valley participants and other familiar faces makes the event even better. But the Iowa City location and Wilson's Orchard host site is the icing on the cake for rider and spectator." - **Nick Taiber**



**NO SURFACE
UNTOUCHED**

CVC Beyond the Borders



"With limited time availability the CVC and CVAST rides are my training opportunities during the week that helped me prepare for a hard race at Core4." - **Joe Zuniga**



"I'm glad I rode at core4 and being a tear down volunteer was just as much fun. It was very cool to learn a bit about how a big event like this is organized!" - **Elizabeth Andrews**



CVC Beyond the Borders



Kirby Baumgard strikes gold riding The Black Hills



Kirby and wife, Lisa

When I retired from John Deere in December 2020, I splurged and purchased a nice carbon Trek gravel bike with the intent of riding some gravel. Well, 2020 was the COVID year and I didn't receive my bike until November of 2021. I enjoyed riding the off-road trails in George Wyth and some gravel roads around Cedar Falls. I mentioned to my friend Vince Jenness that I would like to ride some gravel in South Dakota, and he suggested that we sign up for the Pine Island Gravel Odyssey in Spearfish. They have a 45-mile Pine Cone Frolic, a 65-mile Limber Excursion, a 100 mile and even a 210 mile Lodgepole Voyage. We signed up for the 2023 45-mile event. We made it a vacation bringing our wives and joining three other couples.

In 2023, we arrived in Spearfish a couple of days before the event and the weather was a beautiful 70 degrees. Unfortunately, the day of the race, it was 45 degrees at the start and as soon as the gun went off, it started to rain, and it rained the entire day. The first 16 miles you are on soupy gravel and it is all uphill. Then you have a short 10% grade hill into a cow pasture. So, we are following the cow path that is full of water running downhill. Fortunately, the gravel and the mud were wet enough that it did not stick to the tires. We continued to climb for another mile and then we had a short downhill to the aid station. At this point I put on all the clothes I had, and I was still freezing. The next three miles were back on gravel, and we continued to climb. Finally, around mile 26, we started the decent on rough, rocky gravel. Around mile 32 we turned onto pavement and rode down Spearfish Canyon. Normally this would be a scenic ride, but we were sometimes in the clouds and it was raining pretty hard.

CVC Beyond the Borders

In 2023, I crossed the finish line in 5 hours and 59 seconds good enough for 7th place out of 61 participants. Only 28 actually finished. It was by far the hardest thing I have ever done but you still get that feeling of accomplishment. After recovering in the hot tub, I decided to sign up for the 2024 race. There is no way it could be as bad as the 2023 race.

The 2024 race was on June 8, and it was a beautiful day starting at about 50 degrees and it warmed up to 65. Pretty much the same route so I knew what to expect. The course is really challenging as the first 16 miles are all uphill with no flat areas to even recover. I was overdressed for the race since the year before I froze. At the aid station I removed my coat and one layer and that was much better. I was really looking forward to turning onto Spearfish Canyon Road and enjoying the downhill ride into Spearfish. As soon as I turned, I realized that I had a pretty good headwind. Since it is a race, I pushed myself as hard as I could. I crossed the finish line in 3 hours and 55 minutes, good enough for 15th place (out of 39) and cutting 65 minutes off my 2023 time.



2024 Pine Island Race start. Our team of 5, Cory Noss, Hadlie Noss, Dave Overhue, Greg Dohrman and Kirby Baumgard



Kirby crossing the 2024 finish line

The ride is well organized, and the scenery is beautiful. If you are into gravel riding, I would highly recommend this event. Plus, the area is full of history and is a great place for a short vacation. Check out the 2025 event here:

<https://www.pineislandgravel.com>

DATES TO REMEMBER



October 6

**Breast Cancer Awareness Ride
SingleSpeed, Waterloo**

October 13

**Annual Membership Meeting
Doughy Joeys**

November 2

**Spin for a Cause
Cedar Valley Sportsplex**

November 3

**Tweed Ride
Cedar Falls**

November 16

**Cranksgiving
SingleSpeed, Cedar Falls**

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On the CVC Scene



CVC was a proud sponsor of Twisted Cross 2024. The event held September 28 and 29 at Tondro Pray Bike Park in Cedar Falls offered several categories for men, women, juniors and dogs! Great weather, enthusiastic spectators and tough competitors made for a fun and successful weekend!





On the CVC Scene



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?

No training wheels for me! I remember my Dad hanging onto the seat and then off I went by myself.

Describe your riding as a kid (part of a bike gang? Point-to-point commuting? Thrill-seeker - mbx, mountain, curb hopping?)....

I grew up as the only girl in a neighborhood of boys so we were always riding up and down dirt piles on construction sites where new homes were being built. It's kind of surprising that I don't like to ride dirt now, but I like to stick to pavement and gravel.



Every person has a biking gap in their life. Describe your gap, how did you re-discover your love for cycling?

I don't remember cycling much in my 20's after college, but bought a new hybrid shortly after I turned 30. I would ride the same 16-mile loop from my house through George Wyth and back, day after day after day! Then one year a friend invited me to ride RAGBRAI, which I did twice on that heavy hybrid before buying a real road bike.

What are your big wishes for biking infrastructure in the Cedar Valley (trail connectors, bike lanes, bike washes)?

We have a great trail network but many trails are bumpy and in need of repaving, my wish would be for all the trails to be paved with smooth concrete and be at least 10 feet wide! I would also like to see a paved trail from Cedar Falls to Waverly.

What are your favorite biking past times?

Some of my favorite times were the 10 years I rode RAGBRAI with the Tall Dog Bike Club. I made so many new friends, whenever we get together the funny stories just flow!

If the United States had a one-bike policy, what bike would you choose?

I would choose my Trek Domane road bike, but would have a separate wheel set with gravel tires so that I could continue to ride my two favorite types of terrain. Then I would run for whatever office that has authority to overturn this dumb policy!!!

What is your biking dream (your Everest moment or beach cruising moment)?

This is a tough one as there are so many cool places left to ride! I might need an ebike, but I would love to ride in Italy and some other European countries. In the US I think riding through Napa Valley in California would be cool, and also along the coast in Oregon and Washington.

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

I am a nature lover and animal lover, so when I am not biking, I enjoy landscaping and gardening in my yard. I currently have two cats and hope to get a dog someday too!

And finally, your favorite biking beverage?

A cold IPA is always great after a ride, but I will give an honorable mention to that yummy cold brewed Fat Cup coffee on ice that I drank all weekend at Twisted Cross!



Freewheeler
Cindy Angel

CVC Position
Media
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Day Job
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Research

Generation
Forever Young!

See Me
Riding outside
12 months of the
year, mostly on
pavement or
gravel, but also
on snow or dirt!

Hometown
Waterloo, Iowa

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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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