



# CEDAR VALLEY CYCLISTS

VOL. 18 ISSUE 2 • MAY 2025

Hey Gang!

May has rolled in, and if you're not back in the saddle yet—now's the time! The 2025 Ride Calendar is Live, and here's what's on deck:

## Wednesdays On Wheels (WOW) Rides Are Back!

Starting May 7, WOW rides return! We're rolling out more rides to accommodate every skill level. Come check it out! Remember to stick to the posted pace and keep the group together.

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 lines—no third line.
- Avoid overlapping wheels and maintain a predictable formation.
- Communicate with fellow riders and hold your line.

Join us every Wednesday and get over the hump—then stop in at the socials after!

Special thanks to Kevin Stewart for getting some preseason rides going! We know riders are eager to get out there and log some miles.

## Waffle and Omelette Rides

Join the first and third Sunday mornings of each month as we ride to Denver for a waffle breakfast at the American Legion—or to New Hartford for omelettes! Check the Ride Calendar for exact dates. Thanks to Julie Fisher and Todd Southworth for continuing to lead this ride!

## Kickoff Ride – May 10

Celebrate the start of the cycling season with our Kickoff Ride! We'll ride our familiar route to Janesville and back, with a trail ride option for those who prefer not to ride the road. Live music, free pizza, snacks, and beverages await our CVC members at the finish line!

## Ride of Silence – May 21

Join us in honoring cyclists who have been injured or killed on public roads. This solemn ride is a powerful reminder to prioritize safety and vigilance every time we ride.

Huge thanks to Kirby Baumgard and Jackie Wagner for leading our Annual Trail Clean-Up again this year. And thank you to all the volunteers! Your commitment helps preserve the natural beauty of our trails for everyone to enjoy.

Log miles. Make friends. Improve the community. Happy riding!

Troy Buzynski  
CVC President



## This issue:

Dropping Back with Troy  
PAGE 01

RAGBRAI 2025  
PAGE 02

Gathering Points  
PAGE 03

Beyond The Borders  
PAGE 05

Dates To Remember  
PAGE 08

Wednesdays on Wheels  
PAGE 09

On the CVC Scene  
PAGE 10

Freewheeling  
PAGE 13

Board of Directors  
PAGE 14

# RAGBRAI 2025

## 2025 RAGBRAI® Excitement is Building!

Our Charter buses are now full, however a recent medical cancellation opened 2 full Charter spots (baggage and bus transportation). We can accommodate camping/baggage only support thru the week if you find your own ride to Orange City. Contact Deb at the email below to secure a reservation.



**"It's Five O'Clock Somewhere...in Iowa"** is the theme we are adopting this year as a follow-up to the very informal daily meetings in camp we started last year. It was a good way to get feedback and make on-the-fly improvements in our total experience. This year we are planning a **Meet-and-Greet on Friday, 18 July at Single Speed Brewery in Waterloo**. All are welcome to join and help welcome our out of state visitors and our neighbors to RAGBRAI® LII.

For visitors needing hotel accommodations on Friday, July 18 or Saturday, July 26, the Courtyard by Marriott in Waterloo is offering a special rate to CVC members. See the links below for details.

[Courtyard by Marriott in Waterloo July 18](#)

[Courtyard by Marriott in Waterloo July 26](#)

The planning details and campground site definitions are in full force. It promises to be an exciting RAGBRAI, especially touching base here in Cedar Falls on Thursday, 24 July 2025.

**Please stay safe and have fun out there as you do your training miles!**

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# GATHERING POINTS

## CVC KICK OFF RIDE

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 10

Join us as we kick off the cycling season with a group ride to Janesville and back. 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.

Thanks to the generosity of Tom and Cindy Giberson sharing their space, the fun does not end with the ride. Enjoy live music and 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.



**Come out and celebrate the start of the cycling season with Cedar Valley Cyclists!**



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 21, 2025**

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

# SUPPORT OUR SPONSORS

Our engagement with our sponsors strengthens our community and sustains our partnership.



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# Beyond The Borders



## EXPLORING THE MOUNTAIN WEST

WITH  
NICK TAIBER



I like mountain biking, but it takes a back seat to the road ride, my current flavor choice. But when traveling, single track trails are preferred to unpredictable roads. Apps like AllTrails and MTB Project put them in reach.

On a recent winter RV trip, Michele and I had a taste of Mesa, AZ, Arches, UT, and Salida, CO. It was a small sample in each state, but enough to build an appreciation of each area's character... natural features, vegetation, technical challenge levels, elevation and grade.

Here is an overview of each, explore if your heart leads you there...



### MESA, ARIZONA

Michele and I were in the Usery Mountain area, one of many mountain biking options in the Phoenix area. Grant me time, I will be back to explore. Usery is located in the Sonoran Desert, characterized by its iconic saguaro cacti, rugged mountains, and arid climate. Winter conditions were mild temperatures and dry.

Trails were rocky and technical, but it could suit any level because the apps are really good at identifying the greens, blues, and blacks. I am a blue guy, Michele prefers the green, but most are loops so we could reunite with ease. But I love the steep climbs and decents, it challenged my heart and a few blacks challenged my life. I am still here.





## Beyond The Borders

### **SALIDA, COLORADO**

My brother Jon lives in Salida now and it is quite the place. Run, bike, ski, fish in a single day... choose your adventure. Salida is nestled in the Arkansas River Valley, surrounded by the towering peaks of the Sawatch Range. The area is characterized by a mix of pine forests, open meadows, and high-desert terrain. The trails offer a mix of technical climbs, fast descents, rocky sections, and even flowy sections. The air is thin, but clean. Unlike Arche's slick rock, Salida and Mesa mix pack dirt, rock gardens, continuous climbs and flowy descents. And it has something for everyone. After, take a cold plunge in the Arkansas River.



### **ARCHES NATIONAL PARK, UTAH (ACTUALLY BLM LAND OUTSIDE THE PARK)**



This one was tough, I rode, Michele walked Rooney.

This was like a lunar landscape, smooth, bowled rocks (think they are called slick rocks) to narly, narrow passes. And we just pulled over for a hasty taste, I can only imagine what this world would be like with more advanced planning.



# Beyond The Borders

## ARCHES NATIONAL PARK, UTAH, CONT.

The rocks, sandy soil and mesas were mesmerizing, but you can only appreciate them for a moment, because the next turn could send you on an adventure. These trails seem to follow the terrain with little human construction - awesome in its own right. Trails are exposed, with steep drop-offs and challenging obstacles. Oh, you will lose your cell service too, which is amazing, we need to disconnect more, just don't crash. Or if you do, bring a fog horn.



These three locations offer distinct winter mountain biking experiences, each with its own unique challenges and rewards. Salida provides a mix of mountain and high-desert riding, Mesa offers technical desert terrain, and Arches delivers the iconic slickrock experience. Bikers will appreciate the technical aspects of each location, which require a combination of skill, fitness, and preparation to fully enjoy.



# DATES TO REMEMBER



**May**

**WOW Rides, every Wednesday**  
**Waffle and Omelette Rides, first & third Sunday**

**May 10**

**CVC Kick Off Ride**

**May 12- 16**

**Bike to Work Week**

**May 21**

**Ride of Silence**

**June 7**

**Annual Bridges Ride**

**June 28**

**Annual Sturgis Falls Ride**

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## Wednesdays On Wheels: WOW Rides

The warm weather is finally here and it's time to get the WOW Rides started again! I'm excited to announce that this year we are adding a fourth ride to the mix. Our goal for the WoW rides is to provide everyone with an opportunity to ride safely within a group at a comfortable pace. The rides will all start at Overman Park as we have in years past, and everyone can meet up afterwards for food and drinks at local businesses.

Here are the groups we will have this year:

**5:45PM Start Time Road Ride**  
18-19+ mph average

**5:50PM Start Time Road Ride**  
16-17 mph average  
No drop, Leader Support

**6:00PM Start Time Road Ride**  
14-15 mph average  
No drop, Leader Support

**6:00PM Start Time Hard Surface Trail Ride**  
11-12 mph average  
No drop, Leader Support



Before we hit the pavement, just a reminder that safety is our priority with these rides. Keep these safety tips in mind:

- Helmets and lights are required for all rides.
- Obey all traffic signs and signals.
- Communicate with fellow riders.
- Stay together as a group.
- Hold your line and ride predictably.
- Travel two-wide at most.
- High-visibility clothing is highly recommended.
- Carry essentials: ID, phone, carbohydrates, basic tools, tubes, etc.

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.



# On the CVC Scene

## CVC ANNUAL TRAIL CLEANUP

The annual CVC Sergeant Road Trail cleanup was held on April 26. Twenty two members showed up to clean the trail from University Avenue all the way to Hudson. We divided the trail into six sections and assigned 2 - 4 people per section. About 60 bags of garbage were collected as well as some tires, safety cones, a fence and a working wheel barrel. Thanks to everyone who came out to help. Especially Bob Recker for the use of his Gator and trailer, Veridian Credit Union using their parking lot and the Waterloo Waste Management for picking up the trash. A social was held at the University OP afterwards.

**A special thank you goes out to Kirby Baumgard and Jackie Wagner, Co-organizers**







# On the CVC Scene

## CVC ANNUAL TRAIL CLEANUP







## On the CVC Scene

**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.**

### **Become a CVC Supporter!**

The mission of CVC is to promote safe, social and inclusive bicycling activities for people of all ages and abilities. You can help us fulfill our mission by becoming a CVC Supporter!

CVC is replacing our three-tier sponsorship program (Gold, Silver, and Bronze) with a flat \$150 CVC Supporter program. Supporters receive an ad in each of our newsletters that go out to 400+ members. We encourage our members to not only stop for food and beverages after rides at supporting establishments, but to also patronize other businesses that are CVC Supporters. You can become a Supporter at this link

<https://cedarvalleycyclists.org/become-a-member/>

With our Supporter's help, we are able to donate money annually to Cedar Falls Tourism & Visitors, Cedar Valley Trails Partnership, Dream Team, Friends of the Gilbertville Depot, I-HOPE, and many more. We host a Kickoff Ride each spring with food, beverages, and live entertainment provided. In the fall we host an annual Member Meeting, also with food and beverages provided. We host Wednesday rides during the warmer months, spin classes during the winter, and several large Saturday rides.





# Freewheeling

**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.

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

The hard way. My 1st bike a 26" single speed. Which was way too big. Dad gave me a push and off I went.

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

I grew up on a farm south of Dyersville by hwy. 136. My riding consisted mainly of up and back a 1/4 mile lane.

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

I got into riding motorcycles until I lost my brother in a motorcycle accident. Then I lost total interest and got into cycling as much as possible.

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

Better trail maintenance.

**What are your favorite biking past times?**

Group rides, PAW rides.

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

Gravel bike. Most versatile without sacrificing a lot of speed.

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

I really enjoy destination rides, like BRAG or similar events. A group of four of us participated in the skinny tire festival in Moab, Utah which was great.

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

Getting together with friends, traveling, xc skiing and golfing.

**And finally, your favorite biking beverage?**

Craft beers. Peanut butter stout my favorite.



Freewheeler  
Wayne Naber

CVC Position  
Quartermaster

Day Job  
Retired

See Me  
Tuesday night rides,  
Wednesday CVC rides.  
Also mainly hard trails around the area.

Hometown  
Dyersville, Iowa



# SUPPORT OUR SPONSORS

Our engagement with our sponsors strengthens our community and sustains our partnership.



## 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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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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**RAGBRAI CVC Charter Director: Bob Recker\***

[bobr@ridecvc.org](mailto:bobr@ridecvc.org) \*not a Board Member



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