



CEDAR VALLEY CYCLISTS

VOL. 18 ISSUE 4 · JULY 2025

Hey Gang!

We hope everyone had a fantastic time on the Sturgis Falls Ride—thanks to all who participated! Your \$10 registration supported IHOPE, our local chapter of AMBUCS, which provides adapted tricycles to children and adults with mobility challenges. IHOPE stands for Iowans Helping Others Participate Everyday, and they provide adapted tricycles to those in need—what a great cause to ride for!

We had a great CVC Century Ride! Whether you chose the Metric or the full Century, it was a perfect opportunity to test your endurance and build those miles as we prepared for RAGBRAI. Fingers crossed for cooler weather this year!

Our Denver Waffle Rides continue to be a hit—great turnout and great food! Huge thanks to Julie Fischer and Todd Southworth for hosting and making these rides so enjoyable.

Our WOW rides are thriving with strong participation. It's inspiring to see so many of you showing up and putting in the miles—keep it up!

With the recent heat, please remember to take care of yourselves out there. Stay hydrated, eat regularly, and don't try to cut calories while riding. Your body needs fuel to perform and recover!

See you on the road,
Troy Buzynski
CVC President



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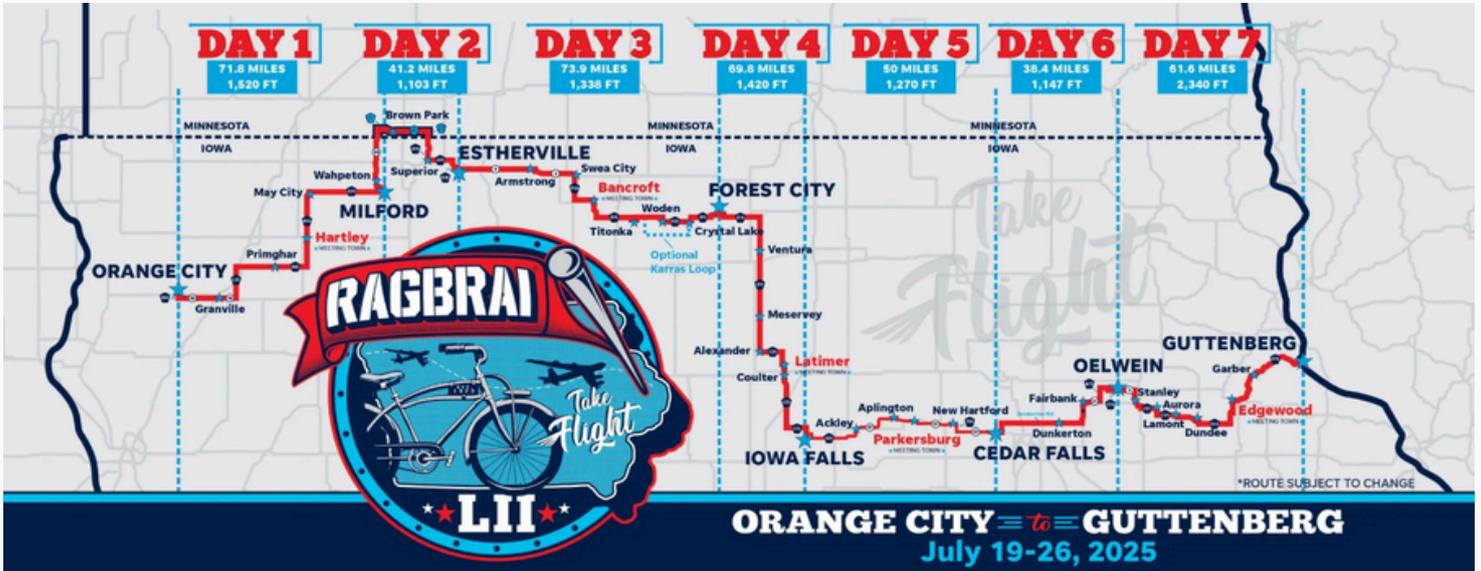
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RAGBRAI LII



RAGBRAI LII, 2025 IS HERE!!

The CVC RAGBRAI Team has everything ready to go, including a few improvements, but fundamentally continuing the concept that worked well last year in no small part due to a team of great volunteers and a charter group with a great sense of community by the time the week was over. That was the goal!

This year, we have two packed buses, and plan to have about 125 riders in camp each night, an increase over last year. The group hails from 23 states, with about half from Iowa. The ages range from 12 to 86, with an average age of 55.

We are looking forward to an overnight in Cedar Falls for the obvious reasons, particularly for our local members!

Prior to RAGBRAI, we featured our amenities on the CVC Century ride this year. We had the Hospitality Trailer (stocked with beverages) and the latest rendition of the Coffee/Charging Trailer on display and in use at Bob Recker's home as a rest point about midway on the ride. Bob invited everyone to do a walkaround of Kay's flower gardens while there.

Keep an eye on the CVC Facebook page for potential imagery as RAGBRAI LII becomes history.

Bob Recker
Deb Bartels
Andy Frey

RAGBRAI ROLLS TO CEDAR FALLS



Cedar Falls is committed to offering RAGBRAI riders a warm, friendly environment with exceptional service, unforgettable experiences, and a sense of community. Cedar Falls' mission is to ensure every rider enjoys a safe, fun, and exciting stop in the city.

Shuttle Information:

The main shuttle hub is on 2nd Street between Washington and Clay Streets.

- Holmes Park (off W 4th Street)
- Washington Park, Pfeiffer Park, with limited stops at Peet Jr High
- UNI (this shuttle makes two stops)
 - North Dome Lot off PE Center Drive and Hudson Road
 - Panther Parkway and W 27th Street

The main entertainment area is at 5th and Main Streets
The River Place Plaza at 2nd and State Streets

A large purple and blue poster for the Cedar Falls RAGBRAI event. At the top, it says 'CEDAR FALLS RAGBRAI' in large, bold letters. In the top right corner is the 'Ride the Wave Cedar Falls 2025' logo. The poster is divided into two columns of stage schedules. The left column is for the 'MAIN STAGE' and the right column is for the 'RIVER PLACE PLAZA STAGE'. At the bottom, there is a row of bicycle silhouettes and the date 'JULY 25' repeated four times.

Stage	Time	Artist
MAIN STAGE	1:30-3:00 PM	BACK POCKET
	3:30-5:00 PM	NERVOUS BREAKDOWN
	5:30-7:45 PM	THE DIPLOMATS
	8:30-10:30 PM	NOT QUITE BROTHERS
RIVER PLACE PLAZA STAGE	12:00-2:00 PM	AMP CAMP
	2:30-4:00 PM	KATIE AND THE HONKY TONKS
	4:30-6:00 PM	SIDESHOW BOB
	6:30-8:30 PM	DEAD PRESIDENTS

RAGBRAI ROLLS TO CEDAR FALLS



Welcome to Cedar Falls!

THURSDAY, JULY 24, 2025

ENTERTAINMENT

River Place Plaza Stage:
 12:2pm - Amp Camp
 2:30-4pm - Katie and the Honky Tonks
 4:30-6pm - Sideshow Bob
 8:30-8:30pm - Dead Presidents

BANDS ACTS AND TIMES

Main Stage Schedule:
 1:30-3pm - Back Pocket
 3:30-5pm - Nervous Breakdown
 5:30-7:45pm - The Diplomats
 8:15pm - Check Presentation
 8:30pm - Not Quite Brothers



Cedar Falls 2025

THANK YOU TO OUR OFFICIAL MAP SPONSORS:

- Bike Tech
- Cedar Valley Trails Partnership
- Collins Community Credit Union
- Conagra
- First Bank
- First Student
- Iowa Chill
- MercyOne
- Next Generation Wireless
- Planet Fitness
- River Place Plaza
- SCHEELS
- Talk To Me Technologies
- University of Northern Iowa
- Veridian Credit Union

FOOD & BEVERAGE VENDORS

- 1 Cedar Falls Community Theatre
- 2 Cup of Joe
- 3 Landmark
- 4 Wilbo
- 5 SingleSpeed
- 6 The Horny Toad
- 7 The Blue Room
- 8 Berk's
- 9 The OP
- 10 Reader's Cup
- 11 Montage
- 12 Second State/ Concept Kitchen
- 13 Hurts Donut
- 14 River Place Plaza
- 15 Pump Haus
- 16 Stuffed Olive/Roaxy
- 17 Patton Diner
- 18 George's Local
- 19 Whiskey Road
- 20 Tony's
- 21 Whiskey Road #2
- 22 Big Foot Betty's
- 23 Try Pie Bakery
- 24 LaCalle
- 25 Egg Roll Lady
- 26 The Outside Scoop
- 27 Immanuel Lutheran Church
- 28 LaCalle
- 29 Karam's Grill
- 30 Chick-Fil-A
- 31 Whip Delight
- 32 Fryer Tuck's
- 33 Tropical Sno
- 34 Sky High

OFFSITE VENDORS

- Lions Club at First Methodist - 718 Clay Street / Beef and Noodles Diner
- St. Patrick's Church - 705 Main Street / Fish Fry Diner
- Hy-Vee - 6301 University Avenue
- Gilmore's Pub & Table - 1912 - 5307 Caraway Lane
- Planet Fitness - Birdball Park
- Atlantic Bottling Company - Birdball Park
- Iowa Chill - Birdball Park
- Iowa Food System Coalition - Birdball Park

EXPO VENDORS

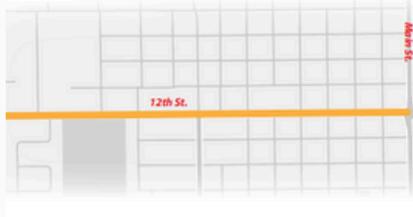
- Spoken Wheel Cycles
- Bike World
- Black Tire Bike Co.
- Bike Guy
- RAGBRAI Merchandise
- Primal
- Big Grove Brewery
- RAGBRAI Customer Service
- JustGoBike
- Livespeed & ORED Bikes
- BIKEDIVA
- HandleStash
- Bozz Prints
- Wenzel's Farm
- Eastern Iowa Honor Flight
- Cedar Valley Ascent
- 1st PHORM
- RAYGUN Clothing Store
- University of Northern Iowa
- Warburg College
- NextGen Wireless
- Prairie Lakes Church
- Iowa Chill - Chill Zone
- Grizzly Rose Co.
- Cedar Bend Humane Society
- Black River by Summit
- Electrolyte Boost

ROAD CLOSURES

Area	Type of Closure	Timeframe	Date
Greenhill Road (W 31st to W 27th)	Temporary Road Closure	6am - 4pm	24th
Main Street 12th to 1st	Road Closed & No Parking	5am - 12 pm	24th to 25th
6th Street, 5th St, 4th St, 3rd, 2nd	Road Closed & No Parking	5am - 12 pm	24th to 25th
State St	Road Closed & No Parking	11am - 12 pm	24th to 25th
Washington St	Road Closed & No Parking	11am - 12 pm	24th to 25th
Lincoln St	Road Closed & No Parking	11am - 11 am	24th to 25th
Independence Rd	Road Closed & No Parking	11am - 11 am	24th to 25th
Leversee Rd	Temporary Road Closure	5am - 11am	25th
Panther Parkway	No Parking	6am-4pm	24th
2nd- 5th St (State to Washington)	No Parking	5am - 12 pm	24th to 25th
W 2nd St. (Washington to Franklin)	No Parking	5am - 12 pm	24th to 25th
Franklin Street (W 3rd to W 2nd)	No Parking	5am - 12 pm	24th to 25th
W 3rd St. (Clay to Franklin)	No Parking	5am - 12 pm	24th to 25th
W 12th St. (Hudson to Main St.)	No Parking	5am - 8pm	24th
Greenhill Road (31st St to 27th St.)	Road Closed	6am - 4pm	24th
Irving St. (Utility Parkway to 11th St.)	Road Closed	5am - 12 pm	24th to 25th



— Road Closures and No Parking
— No Parking



CedarFallsRAGBRAI.org

@cedarfallsragbrai





On the CVC Scene

BRIDGES RIDE

Cedar Valley Cyclists once again partnered with the Cedar Valley Trails Partnership and the Cedar Valley Bicycle Collective to host the Bridges Ride on June 7. The long route (63 miles) started in Cedar Falls and traveled along the Cedar Valley Nature Trail all the way to LaPorte City and back. Shorter route options were available. Over 300 riders participated in this ride!

Riders enjoyed a party at the Gilbertville Depot with live music by Casey Klein and later the Hey Buddy Band. Free beverages and snacks were provided, with awesome barbeque available from Flip's!



CVC STURGIS FALLS RIDE

Over 100 riders were present for the 2025 Sturgis Falls ride! Riders could choose to ride all the way to Shell Rock and back to Cedar Falls, or to take a shorter route to Janesville and back. This year, the \$10 rider fee was donated to the I Hope Chapter of AMBUCS, which provides adaptive tricycles for children and adults who are unable to ride a two wheeled bike. We raised around \$1,000 that will be used to purchase bikes! <https://ihopeambucs.wixsite.com/ihope>

Special thanks go to the Cedar Falls Rec Center for allowing us to use their parking lot at the start of the ride, to the Cedar Falls Police Department for leading us out of town safely, and to Hall Bicycle Company for providing ride support, both at the start in Cedar Falls and in Shell Rock.





On the CVC Scene

CVC STURGIS FALLS RIDE



KIRBY'S ANNUAL 4TH OF JULY RIDE



SUPPORT OUR SPONSORS

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



Tuesday, Wednesday, Friday

10:00 AM – 5:30 PM

Thursday

10:00 AM – 7:30 PM

Saturday

10:00 AM – 3:00 PM

Sunday and Monday

Closed



15% discount
on parts and
accessories for
CVC members!

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11AM-10PM THUR THRU SAT

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Valley Cyclist
Members*

LIVE MUSIC SUNDAYS
ON THE PATIO FROM
2 TO 5 & TRIVIA NIGHT
EVERY THURSDAY AT
7:30

URBANPIE



FAST FIRED PIZZA



BUSINESS HOURS

6:30AM-9PM MON-THUR

6:30AM-10PM FRI

8AM-10PM SAT & SUN

**20% OFF FOR
CEDAR VALLEY
CYCLIST
MEMBERS**

COFFEE. ICE CREAM. SMOOTHIES.
PASTRIES. MATCHA. TEA.



DATES TO REMEMBER



August

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

August 2

Irish Fest High Nelly Ride

August 14, 21, 28

CVC Time Trails

September 4

Final CVC Time Trial

September 26-28

Twisted Cross

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325 Commercial St.



Beyond The Borders

SIDETRACKSWOMEN

<https://www.sidetrackswomen.co.nz/>

DEB BARTELS EXPLORES NEW ZEALAND



This travelogue actually starts in 2018 with a hiking trip to Patagonia, where I met Ruth who was from New Zealand. Fast forward to June of 2024, my Kiwi friend joined us in Prince Edward Island, a very small island province in Canada. We biked the Confederation Trail, which is a decommissioned railway line, approximately 170 mi from Tignish on the west end of the island to Elmira on the east end. The trail is rolled stone dust and very flat – with a gradient never more than 2%, and as straight as an arrow! The towns and sights we detoured to along the way made it truly enjoyable - Anne of Green Gables house in Cavendish, the Canadian Potato Museum, and PEI National Park, home of unique parabolic sand dunes. But I would compare cycling the trail to taking the interstate to get from point A to B, efficient but not necessarily scenic, and maybe even a little boring!





Beyond The Borders

I'd been home a month when Ruth, who doesn't own a bike and considers herself a non-cyclist, emailed me about a women's bike trip in New Zealand. So fast forward again to April 2025 and I'm on a very long flight to Christchurch, NZ for a 6-day cycling trip along the West Coast of South Island. I watched a few of the videos from this trail before going, and although the tour company insisted that everyone had to have an e-bike, I was confident I could ride the trail with a gravel bike. The very first day I learned that while it is a designated bike trail, it was far more like a mountain bike trail than anything I'd ever ridden. We were in very lush and dense bush, apparently called "temperate forest," or what I'd describe as rainforest.

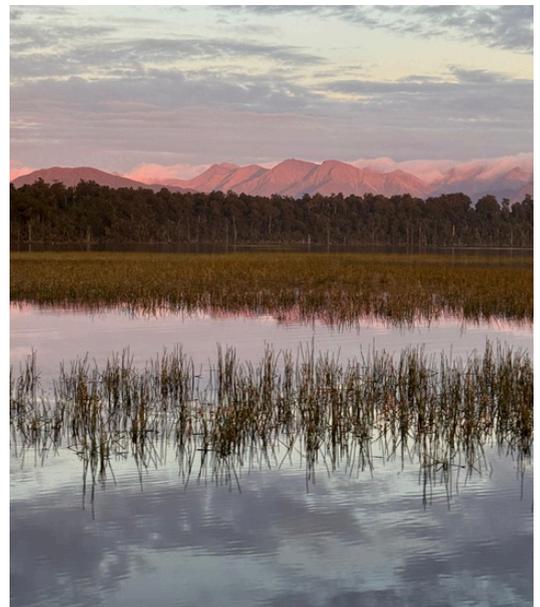


The trail was rough and rocky, constant up and down steep inclines, with hairpin turns and blind cutbacks. I lasted one day on the heavy full-suspension mountain bike, then switched to an e-bike so I wouldn't be left alone in the deep dark forest.

Everything that the Confederation Trail wasn't, the West Coast Trail was – old logging tramways through the rainforest, Lake Kaniere in the foothills of the Southern Alps, swing bridges, Kawhaka Pass, old mining artifacts, stunning beauty along the entire trail, and cute coastal towns. We had the opportunity one night to



take a river cruise through the wetlands and were blessed with the most calm and beautiful evening, revealing stunning reflections in the water and a gorgeous sunset. It was magical!





Beyond The Borders

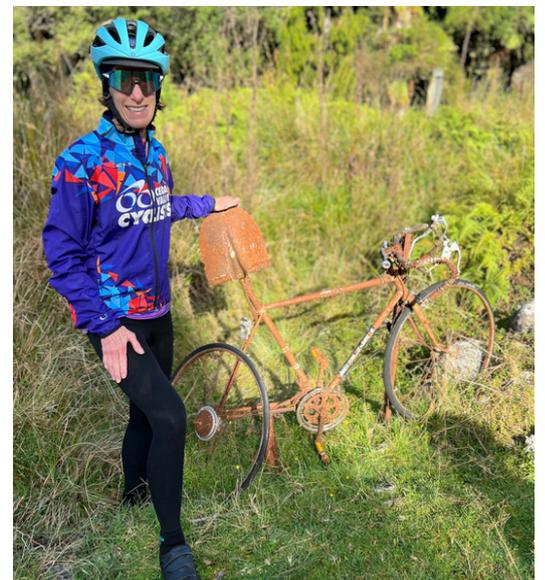
My favorite day was definitely the last, cycling the Kawatiri Coastal Trail between Westport and Charleston, where we cycled along rugged cliffs and pounding surf for miles. We ate lunch on the rocky shoreline of the Tasman Sea while watching surfers ride the crashing waves!

I spent another week in New Zealand traveling from Hokitika on the west side of South Island to Aoraki/Mt Cook National Park in the Southern Alps, which run the length of South Island, and finally onward to Queenstown on the shore of Lake Wakatipu.



The route was filled with stunning vistas – heading east from the West Coast toward the Divide, crossing the Southern Alps into golden tussocks surrounded by alpine peaks, and traveling along the Kawarau Gorge in Central Otago. You may recognize the name of Queenstown which is known as a mecca for outdoor activities, including whitewater rafting, skiing, paragliding, and bungee-jumping, with a claim to being the home of commercial bungee jumping. Needless to say, 14 days was not long enough to truly appreciate all that New Zealand has to offer. One thing is for certain – there are a lot of bike trails ranging from well-maintained paved trails to very adventurous mountain bike trails. I was told that the next time I'm in NZ, I need

to do the Coast to Coast Trail, which involves not just biking but also hiking and rafting. Maybe in my next life....



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?

I learned the hard way without training wheels. I have 4 older brothers that encouraged me and helped.

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 the farm with a ¼ mile lane so most of my biking was riding to and from the bus every day.

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

The gap was during high school and I picked it up back up in college when I used my bike for commuting. Fell in love with biking riding the trails in Minneapolis.

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

Could use more bike lanes for safer commuting.

What are your favorite biking past times?

RAGBRAI, CVC rides and the Pine Island Gravel Odessey in Spearfish, SD.

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

My gravel bike

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

I have a goal to ride across the US self-contained. I need to complete that soon while I still have the physical ability.

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

Curling, the last two years I have participated in the US Senior Nationals Curling tournament.

And finally, your favorite biking beverage?

Gin and tonic



Freewheeler
Kirby
Baumgartner

CVC Position
At Large

Day Job
Semi-retired
engineer

See Me
My
granddaughter
said I am a very
hard worker,
kind, loves family
and dedicated.

Hometown
Round Lake,
MN. Population
of 500

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.

RETAIL STORES

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**JULY 17TH
SEPT. 4TH**
"On Main"
209 Main Street
319.277.9720

TheOtherPlace.com

2025 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:	Andy Weidner	andyw@RideCVC.org
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