



CEDAR VALLEY CYCLISTS

VOL. 18 ISSUE 5 · SEPTEMBER 2025

Hey Gang!

We are approaching the end of the season. It's been a great year of riding so far, and we have a few important updates to share.

Annual Members' Meeting

Please mark your calendars for our annual CVC Members' Meeting on Sunday, October 12th! We're excited to gather at Doughy Joeys, and we'll be providing free pizza and a complimentary drink for everyone. This is an important event for the club, as we'll be voting for our new CVC board members. It's your opportunity to have a say in the future of the club, and we hope to see you all there.

A big thank you to the board members whose terms are expiring in 2025. We especially want to acknowledge Kirby Baumgard, Mary Steffensmeier, and Jackie Wagner for their dedicated service, as they will not be seeking re-election.

Recent and Upcoming Events

We recently wrapped up the Fall Time Trials, and we had a great turnout this year! If you've never participated before, we highly encourage you to give it a try next year. Remember, it's a personal challenge—you're only racing against yourself!

Our popular Wednesday WOW rides are continuing as the weather cools down, so keep getting those miles in and enjoy the season with fellow riders.

Finally, don't miss our upcoming Breast Cancer Ride on September 27th! We're partnering with Beyond Pink, a wonderful local organization that provides breast cancer support to the Cedar Valley. They will be on-site to accept donations, and it's a great way to ride for a fantastic cause and make a real difference in our community.

See you on the road,
Troy Buzynski
CVC President



This issue:

Dropping Back with Troy
PAGE 01

RAGBRAI LII
PAGE 02

Cycling Community
PAGE 07

On the CVC Scene
PAGE 08

Dates To Remember
PAGE 13

Board of Directors
PAGE 15



RAGBRAI LII RECAP

RAGBRAI LII, 2025 IS IN THE BOOKS AND CEDAR FALLS THREW A FANTASTIC CELEBRATION!

For each of us, just the word RAGBRAI pulls up imagery, sound bites, and vivid memories of this year and past years. For this writer, it was #13; for some of you, many more, and for a few it was your first. Welcome aboard to the Virgins, and stay with us for the Next One for the regulars. On the CVC Charter this year, we had 125 Happy Campers, at least according to those who responded to our follow-up survey. We were fortunate to have on our Charter Crew, LaVerne Middleswart, who was on RAGBRAI II. Yes, TWO. Even before it was called RAGBRAI. It was SAGBRAI on the second.

Over the past few years, we have had usually nice, dry-sometimes hot and dry-weather. I've said one of these years, we are going to get wet. This year we packed up in the rain, had heavy rain in the middle of the night in Iowa Falls, and had the joy of riding in the rain on Saturday morning. AND WE LIKED IT! Well, some of it.

The unique thing to me about RAGBRAI, is that everybody's version is unique to them-what you remember, what you want to forget, what makes you giggle, and occasionally remembering the pain in the moment. I've learned that is even more true of those who serve as our volunteer crew on the ride. There is always something funny, a problem to solve, and occasionally, a nice happy accident of help or impactful conversation. It's All Good!

If you haven't ridden RAGBRAI on the CVC Charter, we would be happy to welcome you next year-up to our limit of filling two buses which we did this year. There is a good spirit of community developed during the week, and as anyone who rode with us this year knows, it's always "Five O'clock Somewhere!" ...in Iowa.

Bob Recker, Deb Bartels, Andy Frey



RAGBRAI LII HIGHLIGHTS





RAGBRAI LII HIGHLIGHTS





RAGBRAI LII HIGHLIGHTS





RAGBRAI LII HIGHLIGHTS





Cycling Community

IOWA TRAILS and BIKE SUMMIT - OCTOBER 9 & 10

University of Northern Iowa, Cedar Falls



This year's conference will combine the Iowa Trails Summit and Iowa Bike Summit to bring together enthusiasts, advocates and professionals from across Iowa and beyond.

The conference will feature keynote speeches, panel discussions, workshops, and networking opportunities. These opportunities provide platforms for discussion and collaboration on a variety of topics such as trail development (acquisition, phasing, and construction), on street cycling accommodations and network planning, maintenance, volunteer management, policy, promotion, and marketing.

The Summits aim to inspire, educate, and empower attendees to continue to support Iowa as the World Capital of Trails and a more bicycle-friendly state.

[Tickets are available here.](#) Purchase tickets for either the Trail Summit or the Bicycle Summit, or purchase a discounted ticket to attend both.

Register today and join other trail and cycling enthusiasts for a rewarding conference.



The Cedar Falls Bicycle / Pedestrian Commission is an official city body that works with city staff and the Cedar Falls City Council to improve the experience of pedestrians and bicyclists in the community. The mission is to improve the quality of life, general health, safety, and welfare in Cedar Falls through the increased opportunity for safe walking, bicycling, and other active modes as viable means of transportation and physical and recreational activity.

The Commission is one of about 20 boards and commissions that are part of city government. The Commission meets monthly – typically the first Tuesday of the month at 5:15PM.

There are vacancies up-coming, so any Cedar Falls resident with a desire to improve bicycling or walking in Cedar Falls and who wishes to help serve the city should consider nominating themselves, a friend or colleague (be sure to ask before nominating someone else).

The nomination form is available on the City's website at [this link](#).

The Mayor appoints Commission members with approval by the City Council.

This is a great opportunity to establish safe cycling and walking and to contribute to the city you call home.



On the CVC Scene

THE CVC CENTURY RIDE: A COMMUNITY EFFORT

A fantastic crowd of 40 cyclists gathered at 6:30 a.m. on Saturday, July 12, for the annual Century Ride. The event was a great success, showcasing the collaborative spirit of Cedar Valley Cyclists and our cycling community.

Cyclists were supported throughout the day by a dedicated group of volunteers. The first aid station, located at approximately the 30-mile mark, was hosted by Bob Recker, who also took the opportunity to test some new equipment for RAGBRAI.

A big thanks to Jeramie Johnson, who organized the course signs. Many people pitched in to paint the signs after a Wednesday night WOW Ride. Jeramie also arranged the final aid station, which was graciously staffed by his sister and niece.



The event even drew the younger generation of riders, with the Cedar Valley Youth Cycling group completing an impressive 75 miles!





On the CVC Scene

THE CVC CENTURY RIDE: A COMMUNITY EFFORT

Behind the scenes, the ride was made possible by the hard work of several people: Nick Taiber for planning the route, Gert Harken and Troy Buzynski for handling registration, and Doug Van Dam for serving as the essential support driver.

The CVC Century Ride was a clear testament to what the cycling community can accomplish together. Thanks to everyone who participated and volunteered!





On the CVC Scene

CVC ANNUAL POKER RIDE

What a ride! The Annual Poker Ride 2025 on Wednesday, August 27th, was a huge success, thanks to perfect weather and an even better turnout of riders. The evening kicked off at Overman Park, with wheels down at 5:45 p.m.

Cyclists grabbed their first card before heading out to collect more at stops that included Amigo's in Cedar Falls, El Patron in Waterloo, and the Lava Lounge in Waterloo. The ride wrapped up at 3 Amigos in Waterloo for the final card draw and a well-deserved finale.

A big thank you to everyone who came out and made the ride a fun and memorable night!





On the CVC Scene

CVC ANNUAL POKER RIDE



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DATES TO REMEMBER



September

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

September 26-28

Twisted Cross

September 27

Breast Cancer Awareness Ride
SingleSpeed, Waterloo

October 12

Annual Membership Meeting
Doughy Joeys

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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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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.

President:	Troy Buzynski	troy@RideCVC.org
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RAGBRAI CVC Charter Director: Bob Recker*

bobr@ridecvc.org *not a Board Member



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