



# CEDAR VALLEY CYCLISTS

VOL. 18 ISSUE 6 · OCTOBER 2025

Hey Gang!

As the season winds down, there's still plenty to look forward to—so don't hang up your helmet just yet!

### **Annual Members' Meeting – October 12th**

Mark your calendars! Our Annual CVC Members' Meeting is happening Sunday, October 12th. This is your chance to help shape the future of the club by voting for our next board members. We'll keep the energy high with free pizza and a complimentary drink for all CVC members and their household guests. Come hungry and ready to make your voice heard!

### **Spin Into Fall – Starting November 5th**

As the days get shorter and chillier, keep your legs moving indoors with CVC Spin Classes at the SportsPlex in Waterloo. Classes kick off November 5th—perfect timing to maintain your fitness and stay connected with fellow riders.

### **WOW Rides – Unofficially Still Rolling**

While our official Wednesday WOW rides have wrapped for the season, keep an eye out for spontaneous meetups posted by fellow members. Just because the calendar says “off-season” doesn't mean the wheels stop turning!

This will be my final newsletter as CVC President. It's been a fast-paced and fulfilling couple of years, and I'm incredibly proud of what we've accomplished together. I owe a huge thanks to our dedicated board members whose passion and presence have kept our club thriving. I'm confident the momentum will carry forward with the new leadership—and I'll be cheering from the saddle.

Thank you all for your support, your spirit, and for making this journey unforgettable.

Pedal on,  
Troy Buzynski  
CVC President



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## On the CVC Scene

### A GRINDING SUCCESS! CVC TIME TRIALS WRAP UP 48TH YEAR

The 48th season of the Cedar Valley Cyclists Time Trial series has officially wrapped! Over four action-packed Wednesdays—August 14, 21, 28, and September 4—riders of all ages and abilities came out to challenge the clock and themselves on the 10-mile course on 27th Street in Cedar Falls.

It was fantastic to see such a strong turnout each week at the corner of 27th Street and Union Road, with riders pushing their limits. Whether participants were vying for the fastest time, logging consistent efforts, or aiming for their personal best, there was no shortage of speed and good sportsmanship.



## On the CVC Scene

The series culminated with our eagerly anticipated End-of-Series Fall Time Trial Celebration, where we gathered for pizza and beverages to recognize everyone's accomplishments. Congratulations to all the riders who came out this year!

Awards and recognition were given for:

- Fastest Time
- Most-Improved Rider
- Most Attended
- Here for the Pizza
- ...and other notable efforts throughout the four weeks!

Thank you to everyone who registered for the series and for the volunteers who make it all possible!





# On the CVC Scene

## TWISTED CROSS KICKS OFF CYCLOCROSS SEASON IN STYLE

The mud has settled and the cowbells have quieted! The Twisted Cross cyclocross race, the first race of the season for the Iowa Cyclocross Singlespeed series, was a roaring success September 20 and 21 at Tondro Pray Bike Park in Cedar Falls.

It was an incredible weekend of fast, fun, and competitive racing. We saw everything from seasoned pros to brand-new racers tackle the challenging course, proving once again that cyclocross is one of the most exciting and beginner-friendly forms of cycling!

Congratulations to all the riders across the multiple categories and age groups who braved the turns and barriers!

- A special shout-out to all the young cyclists—who showed impressive grit and enthusiasm. The future of CVC racing is bright!
- Thank you again to SingleSpeed Brewing for sponsoring the Masters Races!



# On the CVC Scene

## Paws for a Cause: The Dog Race

One of the weekend's highlights was the always-popular Dog Race, a cross-style event for dogs and their owners. Not only was it a blast to watch, but it also raised much-needed support for a great local organization. Thanks to the generosity of all participants, the event brought in free-will donations of food and cash for the Cedar Bend Humane Society!





## On the CVC Scene

A massive thank you to everyone who made this event possible: the racers, the volunteers, the sponsors, and the spectators. Whether you pre-registered or signed up on race day (with many taking advantage of the second day for just \$10!), your energy and enthusiasm created an unforgettable atmosphere.

We look forward to seeing everyone out on the trails and at the next big CVC event!



## On the CVC Scene

### CVC OCTOBERFEST BREAST RIDE: A PINK-TASTIC DAY FOR A CAUSE!

The Cedar Valley Cyclists came out in full force on Saturday, September 27, 2025, for our annual ride to support breast cancer awareness and raise funds for a fantastic local organization.

Members, sporting their best pink attire, dirndl dresses, and lederhosen—made a great spectacle and an even greater impact.

Riders took to the Cedar Valley Nature Trail for a 21-mile round trip, making a stop at the Dew Drop Inn in Gilbertville.



Thanks to the incredible generosity of the CVC community, we were able to raise an impressive \$1,288!

All proceeds from the requested \$25 donation go directly to the Beyond Pink TEAM to help local people living with breast cancer. A huge thank you to everyone who registered and donated—your contribution makes a real difference in our community!



Cedar Valley Cancer Committee



## On the CVC Scene

After the ride, the fun continued as cyclists socialized and celebrated the successful day at the Anton's Garden Oktoberfest event.

A special shout-out goes to all participants for a safe and successful ride. Your enthusiasm for decorating your bikes, wearing your pink socks, and bringing beads was fantastic.

We look forward to seeing everyone again next year for another great ride for a great cause!





## Cycling Community

### Trail-Endangering Legislation

HR 4924 – The Rails to Trails Landowner Rights Bill has been introduced in Congress and if passed, will destroy the viability of railbanking, undercutting the process at the foundation of the nation's decades-long movement to preserve unused railroad corridors and convert them to multi-use trails. It would do major damage to multi-use trails that were originally railroad corridors before they were abandoned. Railbanking is a voluntary agreement between a railroad company and a trail manager to preserve and maintain the rail corridor. Railbanking is a mid-step in the abandonment of a rail corridor. For more information pertaining to railbanking <https://www.railstotrails.org/trail-building-toolbox/railbanking/> and <https://www.railstotrails.org/resource-library/resources/railbanking-fact-sheet/> for more information on the bill itself: <https://www.congress.gov/bill/119th-congress/house-bill/4924>.

The proposed legislation would make future railbanking impossible and it endangers existing railbanked trails with provisions and requirements that make it unlikely the trail would persist. This bill impacts us as there are several Iowa trails that were railbanked, including: Cedar Valley Nature Trail, Raccoon River Valley Trail, High Trestle Trail, Wabash Trace Nature Trail, Sauk Rail Trail and Great Western Trail. Metro trails that previously were rail corridors include South Riverside Trail and Sergeant Road Trail. Loss of any of these trails would completely disrupt the Great American Rail Trail and the American Discovery Trail – 2 coast-to-coast trails that traverse Iowa and the Cedar Valley. Loss of the trails would be a blow for recreation, alternative transportation and economic activity.

**What can be done about this threat to our popular multi-use trails?** E-mail Representative Ashley Hinson to urge her to oppose this legislation [https://hinson.house.gov/zip\\_authentication?form=/contact](https://hinson.house.gov/zip_authentication?form=/contact) or contact the offices: 531 Commercial St, Ste 302, Waterloo, IA 50701, (319)266-6925 or 2458 Rayburn House Office Building, Washington, D.C. 20515, (202)225-2911. While Hinson is not on the Natural Resources Committee that has the bill right now, getting Hinson's opposition early will be needed when the bill is considered by the full House of Representatives.

### A Critical Call to Action: Support the League of American Bicyclists

The League of American Bicyclists is facing significant challenges in protecting cyclists and pedestrians, particularly with federal grant funding delays and the upcoming Transportation Bill which will shape national policy until 2031, requiring a unified show of support to Capitol Hill. Membership supports safeguarding lives and protects essential federal funding for bike infrastructure.

As a CVC member, you can help build this national movement by using the code MEMBERCLUB15 for \$15 off an individual or family membership, and you'll receive a free shirt, directly fueling the League's advocacy work.

Join Now: <https://bikeleague.org/memberdrive/>





# Beyond The Borders

## CVC HITS THE HIGH COUNTRY: BOARD MEMBERS CONQUER COLORADO SPRINGS!

As Told by Andy Frey

In August, four Cedar Valley enthusiastic cyclists headed west to Colorado Springs, Colorado. The group included Andy Frey, Kat Porter, Wayne Naber, and Mervin Carnahan, all members of the Cedar Valley Cyclists board (although this wasn't intentional!) We were joined there by one of Andy's Bayer Crop Science colleagues Tyler Kelso, who lives in Boulder and is an avid mountain biker and all things outdoors. The trip was memorable in several ways. First off, none of us had ridden in that area before so it was brand new territory. We traveled with our gravel bikes and rented mountain bikes in Colorado Springs as well.



Betsie, Brayden, Kamryn, Andy Frey

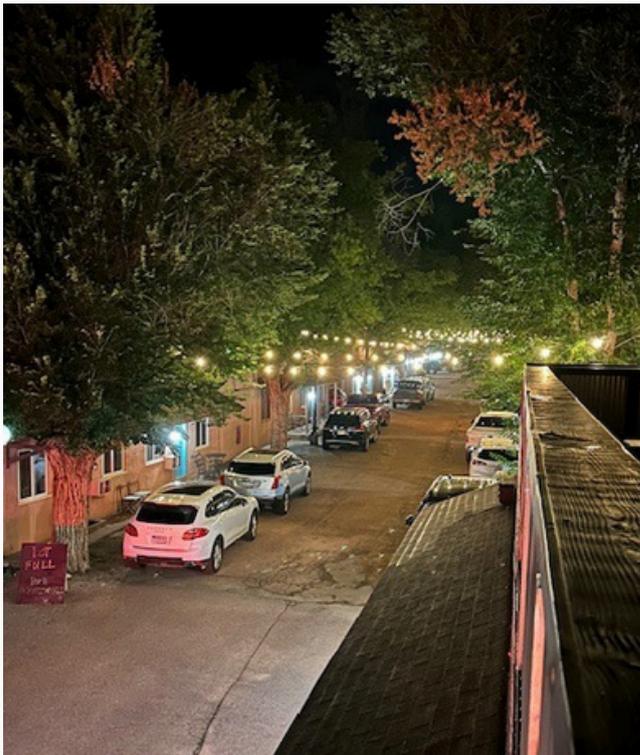
**Why did we decide on Colorado Springs?** At the Ragbrai route release party in January 2024, Andy met an amazing woman with an equally amazing story named Torie Giffin, who has ridden Ragbrai numerous times bringing a team of riders with her from Colorado. As an avid rider and local promoter of all things bicycling, she was at the Ragbrai expo promoting her business in Colorado Springs. She is the proprietor of Buffalo Lodge Bicycle Resort, a historic property originally established as a motor inn nearly a century ago. Eight years ago, she acquired the lodge and transformed it into its current form—a bicycle-themed hotel located near Garden of the Gods, with scenic views of Pike's Peak. This area of the city consists of numerous old motor inns that date back to the days of the gold rush in the late 1800s and early 1900s.





# Beyond The Borders

She donated a weekend stay at her resort to the Iowa Bicycle Coalition silent auction in 2024 and I (Andy) bid on and won the package. Furthermore, at the Ragbrai release party in 2025 I spoke with Torie once again, realizing there was a high probability Cedar Falls would be an overnight stay this year. When that materialized, I offered up our home for their overnight stay and she gladly accepted. On July 23, 16 Team Buffalo Lodge Bicycle Resort riders joined our family for one night. In return, she offered bonus time and an upgrade at her resort. The 5 of us took up residence in the 7-person, 3-bedroom resort suite for 4 nights!





## Beyond The Borders

The timing of trip was chosen to align with the timing of a gravel race in Colorado Springs sponsored by a local bike shop and hosted at Buffalo Lodge. The Rampart Rager hill climbing championship rolled out of the her parking lot at 8:00 am on Saturday morning, August 23. The race offers a 50, 70, or 100k option with neutral rollout through the Garden of the Gods before hitting the gravel to climb Rampart Road. The 50k race which our group participated in, was a 3800 ft climb, then a return downhill on same route. The Lodge hosted riders for food, drink, and prizes after the race. Unfortunately, I (Andy) had bad luck as my electronic shifting battery went dead in the first mile, and I could not complete in the race instead turning around returning to the lodge. Wayne, Kat, and Tyler all did well though!





## Beyond The Borders

In addition to racing and enjoying the wonderful hospitality at the Lodge, we spent our days exploring the city and riding numerous trails, as well as experiencing many breweries in the Manitou Springs and Colorado Springs area. We mountain biked at Red Rock Canyon open space, an expansive set of trails just down the road from the Lodge. On Friday, we explored Austin Bluffs and Ute Valley mountain bike parks. Additional areas experienced were Bear Creek Regional Park; and Wayne and I completed a long mountain bike trek following the river on the Pikes Peak Greenbelt.

We barely scratched the surface of what the city has to offer, and now having a connection to Torie and the Buffalo Lodge, I definitely expect to make visits in the future. The area provides a diverse riding and exploring experience that will make all riders comfortable! Great Location! Amazing Staff! Fantastic Travel Partners! Great Beer!



# SUPPORT OUR SPONSORS

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



**Tuesday, Wednesday, Friday**

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# DATES TO REMEMBER



**October**

**Waffle and Omelette Rides, first & third Sunday  
Watch for "Unofficial" WOW rides.**

**October 12**

**Annual Membership Meeting  
Doughy Joeys, Waterloo**

**November 5**

**CVC Spin Classes Kick Off  
SportsPlex, Waterloo**



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## 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**

<b>3015 Kimball Ave. Waterloo, Iowa (319) 234-3309</b>	<b>123 E. 18th St. Cedar Falls, Iowa (319) 266-3044</b>
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# 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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