



CEDAR VALLEY CYCLISTS

VOL. 18 ISSUE 7 · DECEMBER 2025

Hey Everyone!

It's an honor to announce my new role as President of Cedar Valley Cyclists. I'm thrilled to take a pull as president and grateful for the opportunity to serve the club that plays such an important part of the local cycling community. I would also like to give a massive thank you to Troy, our former president, who did a fantastic job leading CVC the past couple years!

As the new year rolls in, it's worth taking a few moments to reflect on everything that the club accomplished in 2025. Between our WoW rides, the Waffle Rides, the Omelet Rides, RAGBRAI, Spin Classes, Fall Time Trials, and special event rides like the Ride of Silence and 4th of July (and MANY more!), CVC hosted over 50 opportunities to keep those legs spinning!

We're also incredibly proud of the opportunity to give back to the community through charitable donations to organizations like the Cedar Valley Youth Cycling Team, as well as hosting fundraising rides for organizations like I HOPE and the Beyond Pink Team. I'd like to extend a massive thank you to all our members, riders, and especially our volunteers who were able to make 2025 so successful.

End of Year Membership Party Recap

October marked another great membership party at Doughy Joeys! A big thank you to everyone who attended and participated in the elections. This year, we re-elected 7 of our board members and would like to extend a warm welcome to a new board member – Cortney Dierks! Kirby will be moving to Emeritus status. I would also like to extend gratitude to our outgoing board members Mary, and Jackie. Thank you for your years of service to CVC!

Spin classes are underway!

Now that winter is officially here, stay active with our indoor Spin Classes at the SportsPlex in Waterloo! These rides occur every Wednesday night at 6pm, with bikes on a first-come first-serve basis. Be sure to check out the Cedar Valley Cyclists Facebook page for weekly updates, we hope to see you there!

Wishing everyone a safe, fun, and happy holiday season, and here's to a great year of cycling in 2026! Thank you for your continued support of Cedar Valley Cyclists!

Andy Weidner
CVC President



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RAGBRAI LIII

RAGBRAI LIII Is ON!
July 18–25, 2026

Who's rolling with the Cedar Valley Cyclists (CVC) charter?

Registration is OPEN—grab your spot now:
RAGBRAI: <http://ragbrai.com/>
CVC: <http://cedarvalleycyclists.org/>

URGENCY: Lowest RAGBRAI rate ends
December 31, 2025.

Don't miss the savings—lock it in today!



Why CVC?

- "The Best Little Charter on RAGBRAI"
- Daily "5:00 Somewhere...in Iowa" camp meetups for tips, laughs & next-day navigation
- Most of our crew is back (plus a few fresh faces!)
- Capacity is LIMITED—we're capping to fill two buses. First come, first served.

Kickoff fun:

Meet & Greet at SingleSpeed Brewery (Waterloo) on Fri, July 17, 2026

Unique roles:

- Crew-lead "intern" shadow opportunity (learn the ropes!)
- Willing to drive a support vehicle for a day or two? You can offset a big chunk of camping fees.

Legacy love:

Riding with family across generations? Tell us—we want to celebrate your story!

Ready, set... REGISTER!



On the CVC Scene

ANNUAL MEMBERSHIP MEETING

In October we gathered at Doughy Joey's for our annual Fall Membership Meeting. It was a fantastic turnout, with over 50 members joining us for an evening of community, reflection, and some excellent pizza.

The evening kicked off with a social hour, giving everyone a chance to catch up on miles logged and stories from the road before the formal meeting began.

Recognizing Our All-Stars

A highlight of the night was the presentation of the All-Star Award to Julie Fisher and Todd Southworth. They were recognized for their dedicated leadership of our popular breakfast rides:

- 1st Sunday: Denver Waffle Ride
- 3rd Sunday: New Hartford Omelet Ride

Thank you, Julie and Todd, for keeping us fueled and riding together!





On the CVC Scene

ANNUAL MEMBERSHIP MEETING

Giving Back to the Cedar Valley

Beyond the trails, CVC has stayed busy making a tangible impact in our community. This year, our fundraising rides and club initiatives supported several vital organizations:

- IHOPE
- The Beyond Pink Team
- Cedar Valley Dream Team

We are proud to be a club that rides with a purpose, supporting health, youth development, and local advocacy!





On the CVC Scene

HALLOWEEN RIDE: SPOOKY SPOKES

The Cedar Valley Cyclists swapped kits for costumes for our annual Halloween Lights Ride. The group rolled out for a 12-mile tour of the area’s best holiday displays, taking plenty of "spooky detours" to see the most impressive decorations.

Everyone stayed safe and visible with the required helmets and lights, creating a moving light show through the neighborhoods. We wrapped up the night by socializing Second State Brewing. Thanks to everyone who brought their holiday spirit to the streets!



On the CVC Scene





On the CVC Scene

ROLLING LARGE: GLOBAL FAT BIKE DAY

We couldn't have asked for a better way to celebrate Global Fat Bike Day! Riders met at Gateway Park to take advantage of the crisp, low-20s temps and firm trails. Thanks to the hard work of our grooming crew—who prepped the trails just in time—the conditions through George Wyth and Hartman were perfect for the big tires.

Following the ride, the group gathered at Fisher Shelter to warm up. We enjoyed a roaring fire and a generous supply of beer courtesy of Second State Brewing.

Quick Trail Reminders

To keep our winter trails in top shape for the rest of the season, remember:

- Tire Pressure: Keep it at or below 5 psi to preserve the trail pack and improve your traction.
- Layer Up: Staying dry is just as important as staying warm!

It was an amazing day of winter cycling and community. Huge thanks to everyone who helped make the event a success!





On the CVC Scene

ROLLING LARGE: GLOBAL FAT BIKE DAY



Tech Talk

GEAR UP FOR THE COLD: WINTER MAINTENANCE TIPS

To keep your rides smooth and your gear lasting through the Iowa winter, a little extra care goes a long way. Here are the essentials for maintaining your bike when the temperatures drop and the snow flies:

1. Master Your PSI

As we noted during Global Fat Bike Day, low pressure is key.

- Target: Aim for 5 psi or lower on groomed snow.
- Why: This creates a wider footprint, preventing you from "trenching" (rutting) the trails and providing the floatation needed to stay on top of the pack.

2. The "Clean & Dry" Routine

Salt and slush are a bike's worst enemies.

- Wipe Down: After every ride, wipe down your frame, rims, and spokes to remove salt and moisture.
- Chain Care: Use a wet-weather lubricant. It's thicker and stays on better in slushy conditions.

Be sure to degrease and re-apply more frequently than you would in the summer.

3. Check Your Sealant

Cold weather can cause some tubeless sealants to thicken or "ball up," losing their effectiveness. If you're riding tubeless, double-check that your sealant is rated for sub-zero temperatures and top it off if it's been a few months.

4. Protect Your Electronics

Battery life drops significantly in the cold.

- Lights & Computers: Store your lights and GPS units inside your house, not in a cold garage.
- Pre-Ride: Charge your devices fully before heading out, as they will drain faster in the 20°F range.



Winter Trail Etiquette

Remember the "Rule of Thumb": If you are leaving a rut deeper than an inch, the snow is too soft to ride. Let the trails firm up so we can keep the grooming efforts of our volunteers looking great!

SUPPORT OUR SPONSORS

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



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10:00 AM – 5:30 PM

Thursday

10:00 AM – 7:30 PM

Saturday

10:00 AM – 3:00 PM

Sunday and Monday

Closed



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DATES TO REMEMBER



Spin Classes 6pm Wednesdays SportsPlex, Waterloo

Come Join the Fun!!

Instructors:
Bob Osgood
Angie White
Nick Taiber
Eric Penning



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?

Let's just say clothes were stained red and trees proved immovable but good for stopping motion.

Describe your riding as a kid (part of a bike gang? Point-to-point commuting?).

Biking was a way of life for Waverly youth, no organized gang activity, but trouble was always nearby.

What brought you into adult bicycling - for the health of it, socializing, adventure seeking?

It started with Simple-7 cruiser rides on Mississippi trails, but turned into commuting, recreating, and occasional fast riding. The Cedar Valley has an awesome cycling community, the activity and people all form highlights in my life.

What are your favorite biking events and organized activities?

I thoroughly enjoy the hammer ride - these cyclists welcomed me into a new world of FTPs, expensive gear and group riding joy. I love the big events that push personal comfort - triathlons and endurance rides. The Core4 is trending as an annual favorite.

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

I hope we keep building infrastructure to support comfortable, safe, efficient connections for all transit users. I love Cedar Falls' embrace of bike lanes (Main St.), roundabouts and trail connections.

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

Gravel bike for its versatility, comfort and good value.

Outside of family and bikes, what do you love most about life - music, food, running, ancient art forms?

I love visiting great communities (which incidentally, usually have great biking, food, music, and place-making traditions) and seeing architectural works.

And finally, your favorite biking beverage?

Victory Dance, but Busch Light is my diet beer of choice.



Freewheeler
Nick Taiber

CVC Position
At Large,
Calendar and
Spin Instructor

Day Job
asset
management, St.
Martin Land
Company

Important People
Michele, Julian,
Roman, Lauryn,
Cooper & best
dog ever:
Rooney

See Me
Hammer, WoW,
Run Club, YMCA
swimming

Hometown
Waverly, 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.

RETAIL STORES

| | |
|--|---|
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|---|---|

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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.

| | | |
|---------------------------|-----------------|--|
| President: | Andy Weidner | andyw@RideCVC.org |
| Secretary: | Gretchen Harken | gretchen@RideCVC.org |
| Treasurer: | Deb Bartels | deb@RideCVC.org |
| Past President: | Troy Buzynski | troy@RideCVC.org |
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| Emeritus: | Jim Young | jim@RideCVC.org |

RAGBRAI CVC Charter Director: Bob Recker*

boobr@ridecvc.org *not a Board Member



<https://www.facebook.com/groups/cvcyclists/>



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