



CEDAR VALLEY CYCLISTS

VOL. 19 ISSUE 1 · FEBRUARY 2026

Hey Everyone!

RAGBRAI

This year's route will pass through the Cedar Valley, and looks to be shortest route we've had, but has 16,000+ feet of climbing! CVC's charter still has open spots, sign up while they last! A huge thank you to Andy Frey, Deb Bartels, and Bob Recker for all their efforts in getting the charter together!

Board of Directors Annual Retreat

February marks the annual retreat for the CVC Board of Directors. This is a time for us to set our annual budget, review our policies, and determine our annual ride calendar. Check out the Ride Calendar on our website as we get it updated.

Enjoy the Warm Weather

I hope everyone enjoyed the teaser of spring weather! It was great riding in fresh air, it just didn't last long enough! While we wait for spring, join our Spin Classes- Wednesdays at 6PM at the Cedar Valley SportsPlex. There are 20 bikes available on a first-come, first-served basis and each class is free for CVC members!

The Bicycle Bus

Cedar Falls Schools is hosting a Bicycle Bus for Hansen Elementary students and needs volunteers! This is a supervised group ride with adult leaders to and from school. This is a great opportunity to support student safety, and to promote cycling. Visit our CVC Facebook page or contact Jeremy Swanson with CF schools at Jeremy.swanson@cfschools.org to learn more.

Politics

House Study Bill 637 was introduced and was originally pitched as a safety and regulation bill for "nonvehicular personal transportation". However, the bill would have made it illegal for e-bikes, scooters, wheelchairs, strollers, skateboards, and bicycles from utilizing roads with speed limits above 25 mph. Significantly impacting road cycling, commuting, working, racing, gravel riding, and even RAGBRAI.

Thankfully the bill didn't make it out of committee, but could resurface. Thank you to everyone who contacted their state representatives. If you're interested in cycling news in the state, or want to get more involved, visit [Bike Iowa](#) and the [Iowa Bike Coalition](#)

Happy Riding and thank you for your continued support of Cedar Valley Cyclists!

Andy Weidner
CVC President



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RAGBRAI LIII



DAY 0 - EXPO ONAWA	DAY 1 HARLAN	DAY 2 GUTHRIE CENTER	DAY 3 BOONE
DAY 4 MARSHALLTOWN	DAY 5 INDEPENDENCE	DAY 6 DYERSVILLE	DAY 7 DUBUQUE

Roll into RAGBRAI LIII with the Cedar Valley Cyclists (CVC)

We're bringing back everything you love:

- ✓ The Exclusive Feel: We're capping at two buses to stay "The Best Little Charter" on the route.
- ✓ The Daily Social: Our "5:00 Somewhere" meetups are the ultimate way to recharge.
- ✓ The Local Kickoff: Join us July 17th at SingleSpeed (Waterloo) to get the party started.

Don't wait—when the buses are full, they're full!

Secure your spot now:
RAGBRAI: <http://ragbrai.com/>
CVC: <http://cedarvalleycyclists.org/>

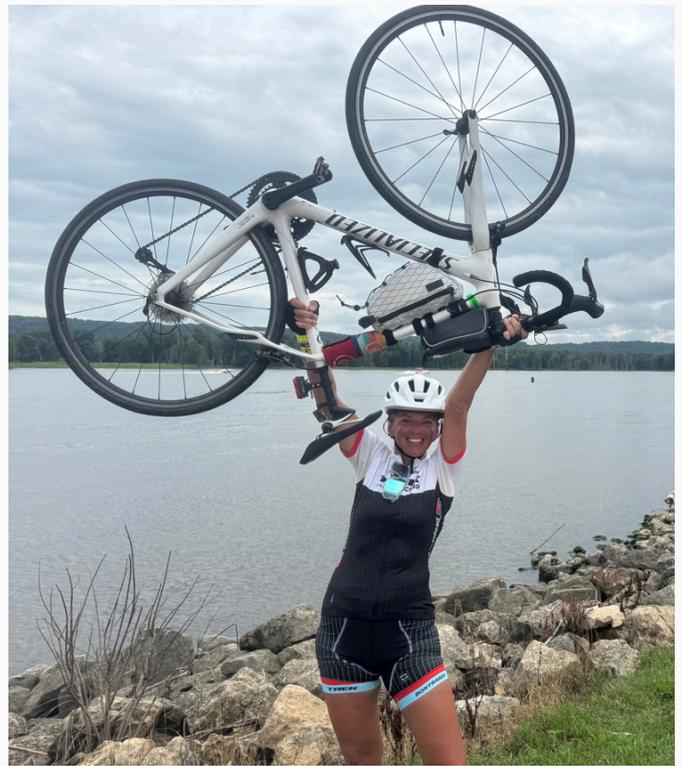


New Board Member

WELCOME TO OUR NEW BOARD MEMBER: CORTNEY DIERKS

I learned how to ride a bike coasting down 12th Street in Seaside, Oregon, where we lived until I was about 10 years old. We moved to Waterloo to be near family. Oregon is a beautiful place, especially for a feral child like me who loved to run and bike everywhere. If you ever visit, please take me along.

When we moved to Iowa, I got my first 10-speed bike to ride to all my friends' houses. RAGBRAI had always been at the top of my bucket list, so I signed up last year when my youngest graduated high school.



My two kids, Camden and Catherine, are both attending Iowa State for industrial technology and marketing. I taught at Hoover Middle School for 18 years in math and science, and now I'm a Teacher of the Deaf and Hard of Hearing serving six area districts. My position is very rewarding because I get to work with kids year after year, getting to know them and their families really well (and they even pay me for it).

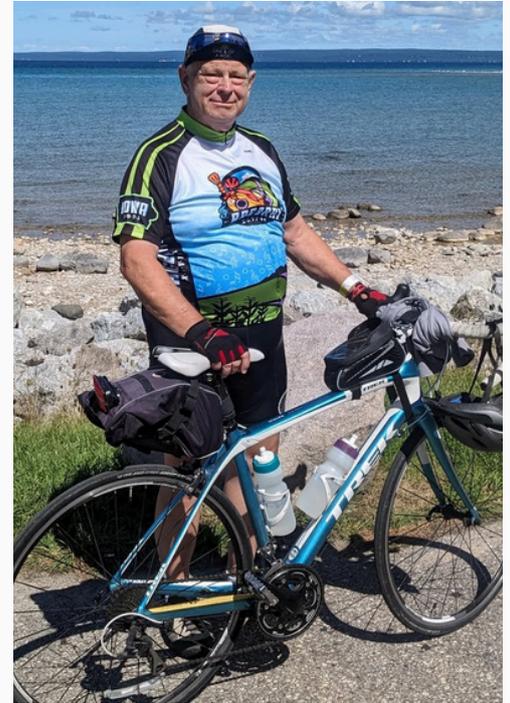
I'm overwhelmed with gratitude for the generosity and welcoming atmosphere of Cedar Valley Cyclists. I've learned so much and I'm excited to continue learning. I didn't know what I didn't know! I'm looking forward to getting more involved in volunteering more in the community, participating in RAGBRAI in 2026, and joining century rides.

Beyond the Borders

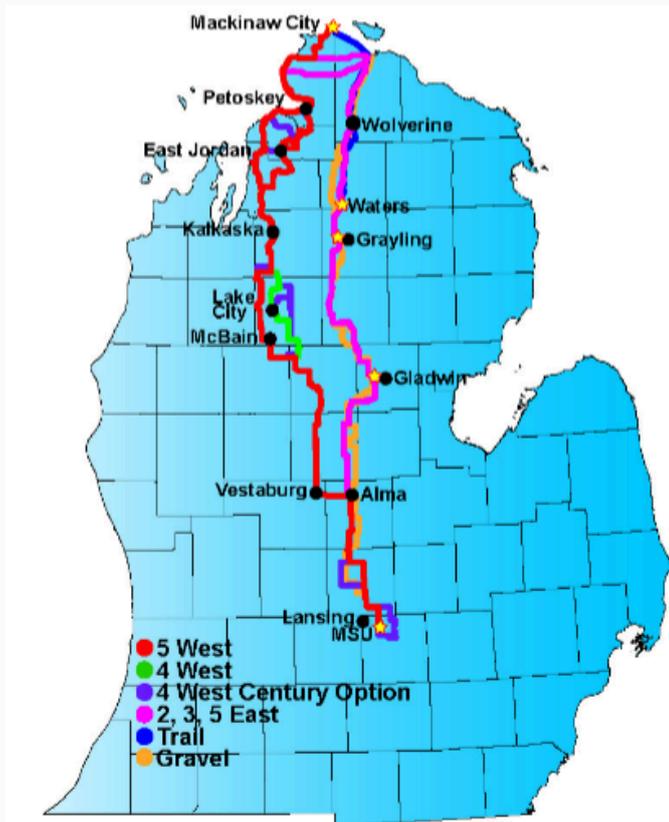


MICHIGAN'S EPIC LABOR DAY WEEKEND BICYCLE TOUR WITH CRAIG PUETZ <https://dalmac.org/>

Little did then-state Rep. Dick Allen know that an upstart ride in 1971 from Michigan's capitol to the Mackinac Bridge would evolve into one of the state's longest-running multi-day bike tours. DALMAC originated in 1971 when former state Rep. Dick Allen challenged his friends, colleagues, and constituents to "ride all the way to the bridge" to prove that bikes and cars could share Michigan roads safely.



Craig Puetz



2026 is the 55th Dick Allen Lansing to MACKinaw Bicycle Tour! The DALMAC is Michigan's annual, fully supported, epic end-of-summer bicycle camping tour. Routes wind northward from Michigan State University on country roads and through quaint small towns, ending in historic and beautiful Mackinaw City.

Having grown up in this area, riding DALMAC has been on my bucket list for years. In 2025 I finally made the plunge and signed up.



Beyond the Borders

DALMAC is actually a collection of 7 different routes. I chose the 5-Day West route which covered 325 miles in 5 days, and went through my childhood home town early on the first day. I won't go into detail, but the first two days were flat and easy. The second day was far from flat and ended with a killer head wind. The final days were very scenic and the final day ended along the Lake Michigan shoreline and was absolutely gorgeous.



The ride was extremely well planned. Similar to RAGBRAI, baggage trucks were provided and we camped at night, usually at a high school. Different from RAGBRAI, morning and evening meals were provided by the tour. There were about 600 riders on the route I chose, and about 1200 total for the event.

One major difference on this ride was morning temperatures of about 40°F and daytime highs in the mid-70s. I was prepared but was still surprised and I don't normally get up early and head out with temperatures that low! We had one day of cool rain but overall the weather cooperated nicely (except for the Day 2 headwind).

If you are looking for a well organized ride through varied and scenic terrain I would certainly recommend checking this one.





Spin for the Win

DON'T LET YOUR FITNESS HIBERNATE: JOIN CVC INDOOR SPIN!

Whether you're training for RAGBRAI LIII or just want to see some friendly faces, here is why you should join CVC at the SportsPlex next Wednesday:

1. No Judgment, Just Pedaling

If you've been avoiding spin because you're afraid of a drill sergeant shouting at you, think again. Our classes are led by fellow club members who understand that everyone has a different "base level." You control your own resistance. Whether you want a high-intensity interval workout or just a steady cruise pace, you're in charge.

2. Beat the "Winter Blues"

Cycling is one of the best ways to boost endorphins. Combined with a great playlist and the camaraderie of your CVC friends, it's the perfect antidote to the winter "drabs." It's much easier to stay motivated when you have a group waiting for you than it is to stare at a wall on your trainer at home.

3. Safety and Skill-Building

Winter spin is the perfect time to work on your "pedal stroke efficiency" and core strength without having to worry about traffic or ice on the road. Plus, it's a great place to ask questions about gear, upcoming rides, or bike maintenance.

4. Post-Spin Socials

Remember, being a CVC member means you're part of the social fabric of the Cedar Valley. We grab a post-class beverage or a bite after every sweat session.



Indoor cycling can be a lot more fun than this!



New to spin? Come ten minutes early and we will help you get your bike fitted and show you the ropes. No special shoes required—standard sneakers work great!

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



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2 TO 5 & TRIVIA NIGHT
EVERY THURSDAY AT
7:30

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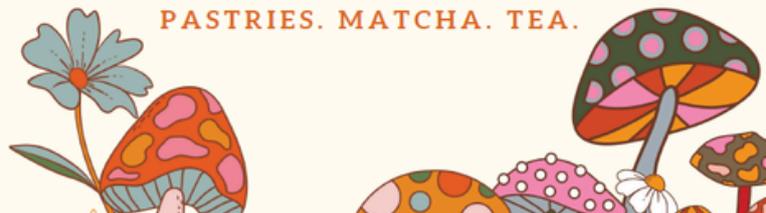
6:30AM-9PM MON-THUR

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



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?

While my memory may not be correct, I assume I learned the same way my children learned, with a parent running along beside holding the bike up by the seat. No training wheels.

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

Just cruising the neighborhood, maybe solo or with one or two other kids.

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

Responsibilities of home ownership interfered with my wanting to take time to bike, but I usually did a little biking, especially when I lived in Florida. The trails were flat!

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

I like more and new trails where I don't have to compete with cars.

What are your favorite biking past times?

I travel with my bike to surrounding states to try their (paved) trails

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

I only have one bike, so that would be easy for me. I have a Yamaha (yes, you read that correctly) pedal-assist e-bike. It has drop handlebars, which I like, and the tires are not too wide.

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

I read about some tours out West which I would like to consider.

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

While it took me a while to get here, I will admit to liking retirement.

And finally, your favorite biking beverage?

A beer, maybe a sour beer.



Freewheeler
Doug Van Dam

CVC Position
At Large

Day Job
Retired Actuary

Generation
Baby Boomer

See Me
CVC Events

Hometown
Grand Rapids,
Michigan

SUPPORT OUR SPONSORS

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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

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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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RAGBRAI CVC Charter Director: Bob Recker*

boobr@ridecvc.org *not a Board Member



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



www.ridecvc.org