



CEDAR VALLEY CYCLISTS

VOL. 19 ISSUE 2 · MARCH 2026

Hey Everyone!

The weather is getting better every week, and it's great to see everyone getting some outdoor miles in. CVC spin classes have officially ended for the season, marking the "end" of the indoor riding season.

As we all start heading back out on the road before our Wednesday on Wheels rides kick off in May, it's a good time to review some general riding safety tips:

1. Helmets and lights provide great visibility and safety while riding.
2. High-visibility clothing is highly recommended.
3. Obey all traffic signs and signals.
4. Riding two abreast reduces the amount of time it takes to pass and helps to promote safe passing behaviors from vehicles.
5. Be aware of your position and the other riders around you.
6. Communicate with fellow riders.
7. Be predictable!

April showers keeping you inside? Check out some local spin classes! While these aren't CVC-sponsored events, the Cedar Valley Sportsplex, Cedar Falls Rec Center, Joywheel Cycling Studio, the YMCA, and others offer classes throughout the week for a fee. These are great options to stay in shape before the Wednesday on Wheels season begins.

Annual Trail Cleanup

In celebration of Earth Day, Cedar Valley Cyclists and the Cedar Valley Trail Partnership are joining together again this year for our Annual Trail Cleanup. On April 18 at 9AM we will meet in the Veridian parking lot on Ansborough Avenue to clean up the Sergeant Road trail. All are welcome to join and help! Bring clothes suitable for the weather and tromping around the banks along the trail, including boots, gloves, and grabbers. This is a great opportunity to improve the local community and keep our trails clean. We'll wrap up around noon and head to the OP on University Avenue for a social.

Happy Riding and thank you for your continued support of Cedar Valley Cyclists!
Andy Weidner
CVC President



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RAGBRAI LIII

Join Cedar Valley Cyclists RAGBRAI® LIII Charter

Our charter includes air-conditioned tour-style bus transport from Waterloo to Onawa, and back to Waterloo from Dubuque, bicycle & baggage hauling every day, reserved camping locations in overnight towns, hot showers, charging station for electronics and e-bikes, spacious canopies, chairs and cold beverages.



Scan this QR Code for registration and CVC RAGBRAI® LIII charter details.

****Limited Space Remaining****

RAGBRAI Registration: <https://ragbrai.com/registration/>



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

Day 0

July 18, 2026
Expo

Day 1

July 19, 2026
58.5 Miles
3,465 FT

Day 2

July 20, 2026
53.9 Miles
3,554 FT

Day 3

July 21, 2026
59.5 Miles
1,503 FT

Day 4

July 22, 2026
62.2 Miles
1,563 FT

Day 5

July 23, 2026
81.4 Miles
2,713 FT

Day 6

July 24, 2026
42.2 Miles
1,441 FT

Day 7

July 25, 2026
33.7 Miles
1,788 FT

**We look forward to
seeing you July 18-25!**

For more information contact:
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 Bob Recker, bohr@ridecvc.org
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Spring Riding

Dust Off the Spokes: Getting Back on the Road This Spring

The Iowa winter has a way of making us forget the hum of tires on pavement, but as the snow melts along the Cedar Valley Nature Trail and the days stretch longer, it's finally time to swap the trainer for the open road.

Transitioning from winter hibernation to spring riding takes more than just pumping up the tires. To help our CVC community start the season strong (and safe), here are four essential tips for your April "restart."

1. The Spring "M-Check"

Before your first spring ride, give your bike a thorough inspection. If it's been sitting since October, a quick once-over isn't enough:

- **Tires:** Check for "dry rot" or small cracks in the sidewalls. Road tires naturally lose 5–15 PSI per week, so don't be surprised if they're completely flat.
- **Drivetrain:** Clean off any leftover salt or grime from last fall. A fresh coat of lube will make your first ride feel (and sound) like a dream.
- **Brakes:** Ensure your pads aren't glazed and that your levers feel firm.

Pro Tip: Not confident in your mechanical skills? Visit Hall or Bike Tech for a professional spring tune-up. It's cheaper than a mid-ride breakdown!

2. Respect the "Spring Shoulders"

Iowa roads take a beating in the winter. As you head out, keep a sharp eye on the pavement:

- **Pothole Patrol:** Frost heaves and heavy plows leave "tire-eaters" everywhere. Be especially careful on the road shoulders where gravel and salt tend to accumulate.
- **Be Visible:** Drivers aren't used to seeing us out there yet. Use a blinking daytime rear light and wear your brightest CVC gear to ensure you're seen.





Spring Riding

3. Check Your "Engine" (That's You!)

Even if you've been hitting the CVC Indoor Spin classes at the Sportsplex all winter, outdoor riding is a different beast.

- **Start Small:** Don't aim for a 50-mile "gran fondo" on day one. Start with 10–15 miles at a "Zone 2" pace to let your joints and sit-bones get re-acclimated to the saddle.
- **Layer Up:** A 50°F afternoon in Cedar Falls can feel like 35°F with the wind chill once you're moving. Arm warmers and a wind vest are your best friends this month.

4. Join the Pack

Motivation is easier with friends! Don't forget that our official WOW (Wednesday On Wheels) rides will be gearing up soon.

- **Membership Renewal:** Be sure to renew your CVC membership to stay connected for the 2026 season.

We can't wait to see you back on the trails and roads of the Cedar Valley. See you out there!



The "First Ride" Gear Checklist

Don't get stranded! Check these 5 essentials before you clip in.

- **The "ABC" Quick Check:**
 - Air: Use a floor pump to hit your target PSI (don't just "thumb" it).
 - Brakes: Squeeze both levers to ensure they stop the wheel smoothly.
 - Chain: Give it a fresh drop of lube if it's been sitting since October.
- **Flat Fix Kit:** Check your spare tube! Rubber can degrade or get "pinched" in your saddlebag over winter. Ensure your CO2 cartridges are full or your mini-pump still cycles air.
- **Daytime Running Lights:** Spring in the Cedar Valley can be overcast. A blinking rear light (and front light) significantly increases your visibility to drivers who haven't seen cyclists on the road in months.
- **Multi-Tool:** Vibrations from winter-worn Iowa roads can loosen bolts. Make sure your hex keys are handy for mid-ride saddle or handlebar adjustments.
- **The "I.C.E." Card:** Ensure your Emergency Contact info is updated and tucked into your saddlebag or jersey pocket.

Iowa Legislation



Legislative Watch: Protecting Our Right to the Road

While many of us were busy on our indoor trainers this winter, a significant piece of legislation was moving through the Iowa Statehouse that could have fundamentally changed how—and where—we ride.

The Bill: House File 2110

Earlier this session, a bill was introduced that proposed a staggering restriction: prohibiting bicycles from operating on any roadway with a speed limit of 25 mph or greater. If you take a moment to think about your favorite CVC routes—whether it's heading out toward Dike, Janesville, or even just crossing through parts of Cedar Falls and Waterloo—nearly every stretch of pavement we use exceeds that 25 mph limit. In effect, this bill would have relegated cycling almost exclusively to side streets and separated trails, essentially stripping cyclists of their status as "vehicles" with a right to the road.



Iowa Legislation

The Good News (For Now)

Thanks to the rapid response of the Iowa Bicycle Coalition and thousands of concerned cyclists across the state (including our board and many of our members), the bill did not pass the initial subcommittee hurdles and is considered "dead" for the current legislative session. Subcommittee members cited the "extreme nature" of the proposal and the negative impact it would have on Iowa's growing bicycle tourism economy and the safety of commuters who rely on our roads.

Why It Matters for CVC Members

While HF 2110 is off the table for 2026, its introduction serves as a vital "wake-up call." Legislative ideas like this rarely disappear forever; they often reappear in different forms in future sessions.

As the Cedar Valley's voice for cycling, it is important that we:

- **Stay Informed:** Pay attention to Legislative Alerts from the Iowa Bicycle Coalition.
- **Be Good Ambassadors:** The best way to combat anti-cycling sentiment is to follow the rules of the road. Use hand signals, obey stop signs, and ride predictably.
- **Support Advocacy:** The CVC Board stays connected to the larger statewide effort to protect our right to ride.

We will continue to monitor any new developments in Des Moines that affect our handlebars and our safety. For now, enjoy the roads—you've earned the right to be there!

"Did You Know?" Under current Iowa law, bicycles are considered vehicles and have the same rights and duties as the driver of any other vehicle. This includes the right to the full lane when necessary for safety!



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



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Sunday and Monday

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CEDAR VALLEY
CYCLIST
MEMBERS**

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PASTRIES. MATCHA. TEA.



DATES TO REMEMBER



April 18

Annual Trail Cleanup

May 3

Denver Waffle Rides Begin

May 6

WOW Rides Begin

May 9

CVC Kick Off Ride

May 11-17

Bike To Work Week

May 17

New Hartford Omelet Rides Begin

May 20

CVC Ride of Silence

5:45PM Start Time Road Ride
18-19+ mph average

5:50PM Start Time Road Ride
16-17 mph average
No drop, Leader Support

6:00PM Start Time Road Ride
14-15 mph average
No drop, Leader Support

6:00PM Start Time Hard Surface Trail Ride
11-12 mph average
No drop, Leader Support



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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

3015 Kimball Ave. Waterloo, Iowa (319) 234-3309	123 E. 18th St. Cedar Falls, Iowa (319) 266-3044
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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*

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



www.ridecvc.org