



# CEDAR VALLEY CYCLISTS

VOL. 19 ISSUE 3 · APRIL 2026

Hey Everyone,  
May is here, which means it's time to ride! We have a great lineup of rides this month, hope to see you out there!

### **Wednesdays on Wheels (WoW) Rides are back!**

The WoW Rides will start again on May 6th! Come ride with us! We have speeds available to accommodate every rider.

As a reminder, some 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!

### **Waffle and Omelette Rides**

Join the first and third Sunday mornings of each month as we ride to Denver for a waffle breakfast at the American Legion—or to New Hartford for omelettes! Check the Ride Calendar for exact dates. Thanks to Julie Fisher and Todd Southworth for continuing to lead this ride!

### **Kickoff Ride – May 9**

Celebrate the start of the cycling season with our Kickoff Ride! We'll ride our familiar route to Janesville and back, with a trail ride option for those who prefer not to ride the road. Music, free pizza, snacks, and beverages await our CVC members at the finish line!

### **Ride of Silence – May 20**

Join us in honoring cyclists who have been injured or killed on public roads. This solemn ride is a powerful reminder to prioritize safety and vigilance every time we ride.

Huge thanks to Kirby Baumgard, Andy Frey, and Doug Van Dam for leading our Annual Trail Clean-Up this year. And thank you to all the volunteers! Your commitment helps preserve the natural beauty of our trails for everyone to enjoy.

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



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# On The CVC Scene

## Spring Cleaning Success: Sergeant Road Trail Cleanup

Our spring trail cleanup was a resounding success! Despite the brisk 40-degree temperatures and a spirited breeze, 18 hearty club members showed up ready to work. It was a true testament to the dedication of our club members to keeping our local trails safe and beautiful.

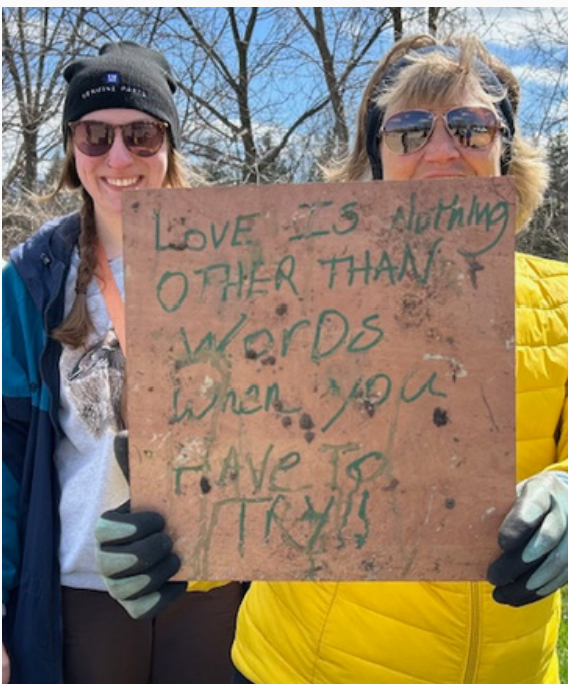
We focused our efforts on the Sergeant Road trail, covering the stretch from University Avenue all the way to the Hudson city limits. It was a productive day—the team managed to collect a massive 48 bags of trash, plus miscellaneous items including angle iron, tires, and posts.



### The "Finds" of the Day

Our cleanup crews always seem to find the most interesting treasures along the trail.

- The Philosophical Award: Lynor took home first prize with a thought-provoking sign find: "Love is nothing other than words when you have to try." We're still not quite sure what it means, but it certainly gave us something to ponder!
- The "Nature" Award: Andy Frey had a slightly more intense experience. While moving a stray object, he came across a snake that was, shall we say, not very happy to be disturbed. Safe to say, Andy moved on to the next section quickly!





## On The CVC Scene

### Spring Cleaning Success: Sergeant Road Trail Cleanup, cont.

#### A Huge Thank You

We couldn't have pulled this off without the support of some key community partners. A special thank you to:

- Bob Recker: For the generous use of his Gator and trailer to haul all that debris.
- Veridian Credit Union: For providing the parking space for our staging area.
- The City of Waterloo: For coordinating the pickup and disposal of our haul.

We capped off the hard work with a well-deserved social at The Other Place on University, where we awarded prizes and swapped stories from the trail. As the saying goes, "A good time was had by all."

Thank you to everyone who came out to help—the trail is looking great thanks to you!



# The Ride List: May's Upcoming Miles

## CVC Kickoff Ride

Are you ready CVC members? It's time to pump up those tires, and gear up for the most anticipated event of the year—the **CVC Kickoff Ride Celebration! Saturday, May 9**

Join us as we kick off the cycling season with a group ride to Janesville and back, with an extended route option to Finchford for those craving extra miles. The ride leaves at 2:00 p.m. from 398 E Main Street in Cedar Falls. The route will be about 20-25 miles of paved roads. A trail ride option is available as well. Parking is available at Tondro Pray Bike Park (E Main St. & N Logan Ave., Cedar Falls).

Thanks to the generosity of Tom and Cindy Giberson sharing their space, the fun does not end with the ride. Enjoy post ride camaraderie and what's a celebration without delicious food and refreshing beverages? We've got you covered with free pizza, snacks, and an assortment of beverages including soda, water, and beer.

**Don't miss out— celebrate the start of the cycling season with Cedar Valley Cyclists!**

**Denver Waffle Rides Kick Off May 3**

**Wow Rides Kick Off May 6**

**New Hartford Omelet Rides Kick Off May 17**



The RIDE of SILENCE is a Worldwide Ride to remember the bicyclists who have died while cycling. We ride in silence out of respect and reverence. We ride slowly and silently to honor the memory of fallen riders.

**Overman park, 316 W 3rd Street, Cedar Falls**

**Wednesday, May 20, 2026**

5:45 PM Registration

6:20 PM Program

6:30 PM Ride 10-12 miles

Helmet & Lights Required

We ride to raise awareness that we all share the road.  
Crosses & Ghost Bike on display at Overman Park  
Wednesday – Friday

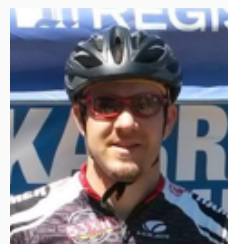
# Beyond The Borders

## Spokes to Skis: Trading Gears for Gliders

**CVC Board Members Find New Ways to Keep the Endurance Engine Strong During Winter.**

**Jeramie Johnson and Wayne Naber share their experiences at two renowned cross country ski races.**

It is no secret that cross country (XC) skiing is an activity that many avid cyclists choose to do outdoors during the winter months. Although it is not as popular in Iowa as it once was due to recent lackluster winters, more local people XC ski than you may realize.



Jeramie Johnson



Wayne Naber

The regions north of us - Minnesota and Wisconsin, see huge popularity - it is even a high school and college sport. Two members of Cedar Valley Cyclists have taken this sport rather serious over the past few winters. Wayne Naber and Jeramie Johnson have participated in two iconic cross country ski races over the past four seasons- the Vasaloppet USA and the American Birkebeiner ("Birkie").

The Vasaloppet USA (Mora, MN) started in 1973. The race is inspired by the original Vasaloppet (in Mora, Sweden), which is the oldest and largest XC



ski event in the world. The Swedish race began in 1922 and commemorates a historic journey in 1521 by King Gustav Vasa. The small town Mora, MN race quickly grew into one of the largest ski events in the U.S. thanks to support from city street crews and many local volunteers and teams they call "snow farmers". The snow farmers carry snow onto the main street of downtown Mora, where the race begins and ends. The crew builds snow bridges across streets with farm tractors and manure spreaders to haul and spread snow.



The American Birkebeiner (Cable/Hayward, WI) also started in 1973. This race is inspired by the original Birkebeiner Rennet, a ski event that's been held in Norway since 1932. It honors the Norwegian Birkebeiner journey in 1206, when two warrior soldiers skied an infant prince to safety during the Norwegian civil war. The Birkie is now North America's largest XC ski race and quickly grew into

one of the largest ski races in the world. This would not have been made possible without the overwhelming amount of small town local and community financial support and volunteers. The race starts near the tiny town of Cable and finishes in Downtown Hayward. Dump truck loads of snow are brought in to create an epic finish, where thousands of fatigued skiers are greeted by hundreds of cheering spectators to uplift them for that final push. Wayne and Jeramie both agree that it is quite the experience, and the biggest worry before you cross the finish line in front of hundreds of people, is to NOT fall down in front of them as you ski down the wooden snow bridge that is temporarily installed over Highway 63!



## Beyond The Borders

In both events, Jeramie opts for the longer marathons 48- 51 km, while Wayne competes in the 24 to 34km categories. Although both men practice the Skating and Classical Techniques of XC skiing, Jeramie prefers to skate in his events and Wayne prefers the traditional classic technique. Both courses are challenging with many hills to climb, sharp downhill turns that you can easily wipe out on, not to mention the congestion of so many skiers on the course which can contribute to falls or accidents. The Birkie course is an increased level of difficulty, with numerous steep and long hills, sustained climbs, and fast descents, requiring both strength and technical skill. Jeramie stated that "it's easier to pedal my heavy fat tire bike up those hills, than it is to ski up them" and that "skiing up a hill just sucks the life right out of you!"





# Beyond The Borders

Both men had a great season this year. Jeramie improved his marathon times significantly during both events. His Vasaloppet time was 3hrs 7 min., and his Birkie time was 3hrs 33min. Wayne knocked off his longest event 34K "Dala" this year at the Vasaloppet USA, and significantly improved his 29K "Kortelopet" time at this year's Birkie.

These two continue to prove that age is only a number! They say their goal is not to be on the podium and place at these events, it is to improve themselves and get better every year. "We can't compete against these experienced skiers from up north, who grew up skiing at a young age, or who skied throughout school or in college. We are just happy to get out and say that we survived it again, and hope that it gets a little easier every year!"



Beyond the physical training demands required for one of these events, choosing the right ski, ski base structure, and having the proper wax on the bottom can make a significant difference over the course of a long race which plays a major role on how fast you will go. Both Wayne and Jeramie have an assortment of skis to choose from and several different wax options on hand. There is so much science in ski prep that it is very common for a skier to lose sleep over it in the days leading up to an event, especially if you do it yourself. "We don't have the fancy ski shops nearby like they have up north that we can take our skis to and get properly serviced, so we've had to learn to do most of it ourselves", they say.



## Beyond The Borders

During the season, Wayne and Jeramie travel north towards Rochester or Minneapolis on the weekends to train at one of Minnesota's many parks and trail systems where they make snow. When we do get enough natural snow in the Cedar Valley, a popular place to ski is the Irv Warren Golf Course or the paved Riverside trail along the Cedar River. There are also a few places around Iowa that still groom for XC skiing, but better trail systems and bigger hills that they need for training are only found up north.

Jeramie would like to give a shout out to local XC ski legends Roger DeGroot and Jerry Green for their help in teaching him the skating technique just 4 years ago. These two men have skied more major events than we can count on our fingers and toes. Other CVC members: Cortney Dierks, Mary Steffensmeier, Merv Carnahan, Kevin Stewart, Russ Clark, Mary Beuter, and Ron Sienknecht can be found out enjoying our locally groomed trails on skis throughout the season as well. We encourage all who are interested to give it a try!



# SUPPORT OUR SPONSORS

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



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# DATES TO REMEMBER



**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



# 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**

<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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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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