



CEDAR VALLEY CYCLISTS

VOL. 19 ISSUE 4 · JUNE 2026

Hey Everyone,

June is here, which means our summer rides are in full swing! Be sure to check out our calendar to see all the events! Along with our weekly Wednesday on Wheels rides, we have the Bridges Ride on June 6, Halls Family Bike Ride on June 14, the Sturgis Falls ride on June 27, and Waffle/Omelet rides June 7 and June 21!

Thank you to everyone who came out for this year's Ride of Silence. Your presence helped make the evening meaningful and showed support for those who have lost loved ones on the road. It was a quiet but powerful reminder of why safety, awareness, and community matter. Special thanks to Andy Frey and Gert Harken for their continued leadership with this important event.

It was great seeing everyone at our annual kick off ride. We had some great weather, even if it was a bit windy! It's also exciting to see everyone show up for the Wednesday rides as well! A huge thank you to our WoW Director Cindy Angel for coordinating these.

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

CVC Kick Off Ride

There is nothing quite like the collective hum of dozens of tires hitting the pavement for the first official club ride of the year. May officially ushered in Bike Month, and our annual CVC Kick-Off Ride proved that Cedar Valley riders were more than ready to shake off the winter dust!

We had a great turnout of riders gather under picture-perfect Iowa skies. From seasoned veterans spinning in tight pacelines to fresh faces enjoying a casual cruise, the energy was high and the camaraderie was even higher. Riders split into various mileage groups, tracking across our beautiful local trail network and rolling roads before converging for some well-deserved post-ride socializing.

A massive thank you to everyone who showed up. If this is any indication of what's to come, 2026 is going to be an unforgettable year on two wheels!





On The CVC Scene

Ride of Silence

On the evening of May 20, Overman Park took on a deeply meaningful atmosphere as Cedar Valley Cyclists joined a global movement for the annual Ride of Silence. Moving together as a solemn procession, local cyclists rode through the streets of Cedar Falls in total silence.

The purpose of this international ride is two-fold: to honor and remember those who have been injured or killed while cycling on public roadways, and to advocate for safer, shared infrastructure. Rolling at a slow, respectful pace our silent pack served as a powerful, visual reminder to passing motorists that cyclists are vulnerable, valuable members of our community who deserve space and respect.

Let's carry that awareness forward into the summer season—ride safe, watch out for one another, and continue advocating for safe streets for everyone.



On The CVC Scene



Bring the whole family out for a free, slow-roll ride on the trails.

The route starts at Gateway Park and follows the trail around Big Woods Lake and back.

There will be a ride leader and sweeper to make sure everyone has a safe ride, plus maybe a treat at the finish!

Helmets are required. Please leave pets at home. Call Hall Bicycle with questions 319-260-2010

On May 14, Mayor Laudick joined members of Cedar Valley Cyclists, Cedar Valley Youth Cycling, the Cedar Valley Trails Partnership, and the Cedar Falls Bicycle and Pedestrian Commission for the official reading of the Bike Month proclamation.

It was a fantastic opportunity to celebrate the amazing cycling events and trails we enjoy right here in Cedar Falls. Following the proclamation, the group headed out for a celebratory ride together!





Ragbrai

CVC RAGBRAI excitement is building, and the charter is filling up nicely as July gets closer. Already, 75 of 96 seats on the outbound bus to Onawa are spoken for, with strong participation across full-charter, baggage/camping, and bus-only options. This year's riders can also look forward to a few welcome upgrades, including earlier coffee service, continued improvements to phone charging, and the same dependable shower and baggage systems that help make the charter a comfortable, flexible, and fun way to experience the ride.



Several exciting updates are also helping shape this year's charter experience for the July 18–25, ride week. Our departure site has moved from Central Middle School to Cedar Falls High School due to construction at Central, and riders are encouraged to review overnight town maps early, as route signage will remain limited.

We are also thrilled to welcome the Cedar Valley youth cycling team into the charter this year. They will be camping with us and helping support the ride, bringing great energy to the week while helping grow the next generation of local cyclists. Just as importantly, our charter continues to benefit from a unique part-time rider and rider-support culture, with volunteers and support crew who help keep things running smoothly while still enjoying parts of the RAGBRAI experience alongside the group.





Ragbrai

And each day, riders can look forward to our optional “Five O’Clock Somewhere” campground gathering—a fun way to relax, swap stories, and share important updates with friends old and new. As in past years as well, we will be partnering with team Deer Heart (the green bus) and their savvy 20 riders that can also offer a bus ride alternative on days you may decide to sag.

There is still room on our buses, so if you—or someone you know—would like to be part of the CVC RAGBRAI experience, we would love to welcome a few more riders to round out this year’s charter.

RAGBRAI LIII
An Iowa Classic
July 18-25, 2026
391.4 MILES 16,027 FT OF CLIMB

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

Important links:

[RAGBRAI® Charter Registration – Cedar Valley Cyclists](#)

We depart early Saturday morning, so we highly recommend you be in Waterloo or Cedar Falls the evening of 17 July 2026.

We have a special rate for our Charter participants at the local Courtyard by Marriott. Check out the links below, and call them if you have questions.

[July 17](#) and [July 25](#)





Beyond The Borders

The Driftless 100 - referred to as the Driftless 1000 due to its signature 1,000 feet of elevation gain for every 10 miles is a highly challenging gravel bike race held annually in the unglaciated Driftless Region of Northeast Iowa. The most recent edition took place on Saturday, April 25, 2026, starting and finishing in Elkader, Iowa.



<https://www.driftlessgravel.com/>

Course & Technical Overview

- **Distance Options:** Typically features a premier 100-mile grueling route alongside shorter 45-mile alternatives.
- **Elevation Profile:** Features constant, punishing rollers and short, steep semi-short climbs. The 100-mile course packs roughly 10,000 feet of total vertical climbing.
- **Terrain:** Composed of 90–95% highly compacted, fine limestone gravel mixed with minimal Level B dirt roads, blacktop, and multi-use bike trails.
- **Unique Finish:** All race distances conclude with a final half-mile sprint lap on the dirt track at the Clayton County Velodrome.

TWO CEDAR VALLEY CYCLISTS SHARE THEIR EXPERIENCES

IN THE SADDLE WITH MATT OSBLOOM

Driftless 45 was honestly a blast and I would highly recommend it to anyone looking for a fun gravel ride with a bit of a challenge. This was my first time in the driftless area so I was excited to ride somewhere new. I did everything you shouldn't for this race, I didn't look how long it took to get there and made assumptions. I arrived about 15 minutes before the race started, quickly checked in, changed, and arrived at the starting line with 1 minute to spare. We slowly rolled out of town and as soon as we hit the gravel we were off to the races!

The condition of the gravel was perfect. Smooth and fast. The course itself was great, following rivers, twisting and turning. Not a lot of straight, boxy lines that we are more used to in the Cedar Valley.



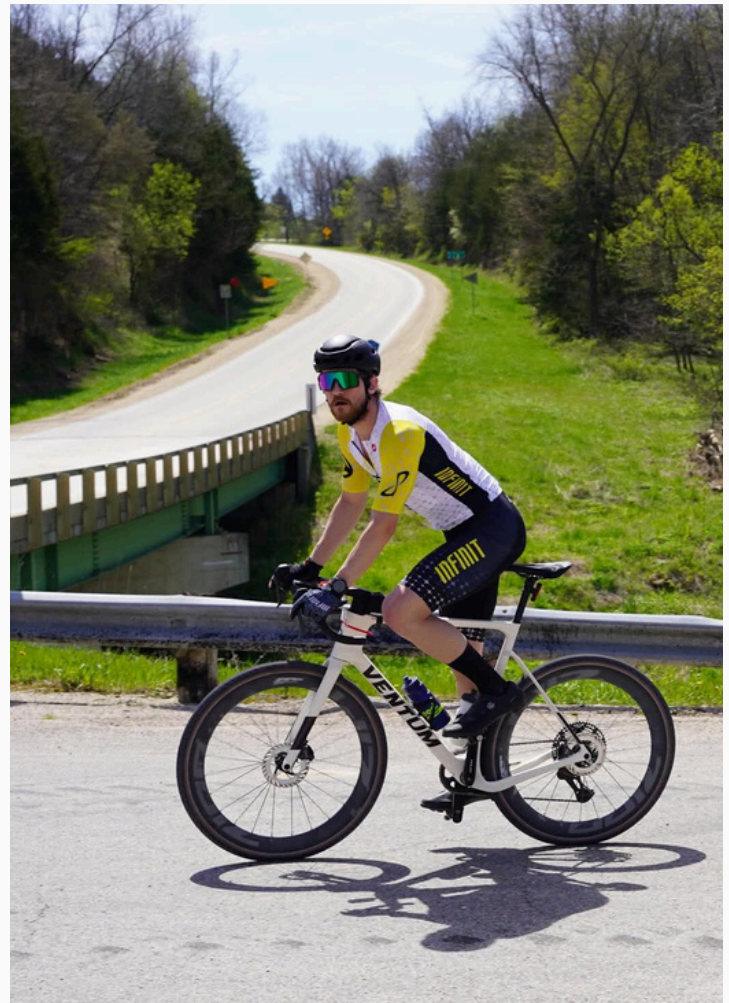


Beyond The Borders

IN THE SADDLE WITH MATT OSBLOOM, CONT.

The hills however are no joke and added one heck of a challenge at times. I somehow ended up with one of the lead groups and we worked together for the majority of the race. Some of the descents on this course were pretty crazy and many of the climbs seemed to go on forever.

The course had us do a little bit of everything from gravel to trails and a few really fun gravel trails. Once we came down the final big descent it was just a few miles of smooth, fast and mostly flat gravel home. The last mile or so back into town was along a really scenic gravel trail that followed the river, ending with a quick lap around the gravel track.



Overall the race was a blast. We had perfect weather and a super fun course. I ended up placing 3rd overall which was pretty cool and an unexpected result as well.

This one will for sure be on my radar for next year! After the race they had some really good tacos and Toppling Goliath slinging drinks. If anyone is thinking of doing this next year it's for sure one to look into!





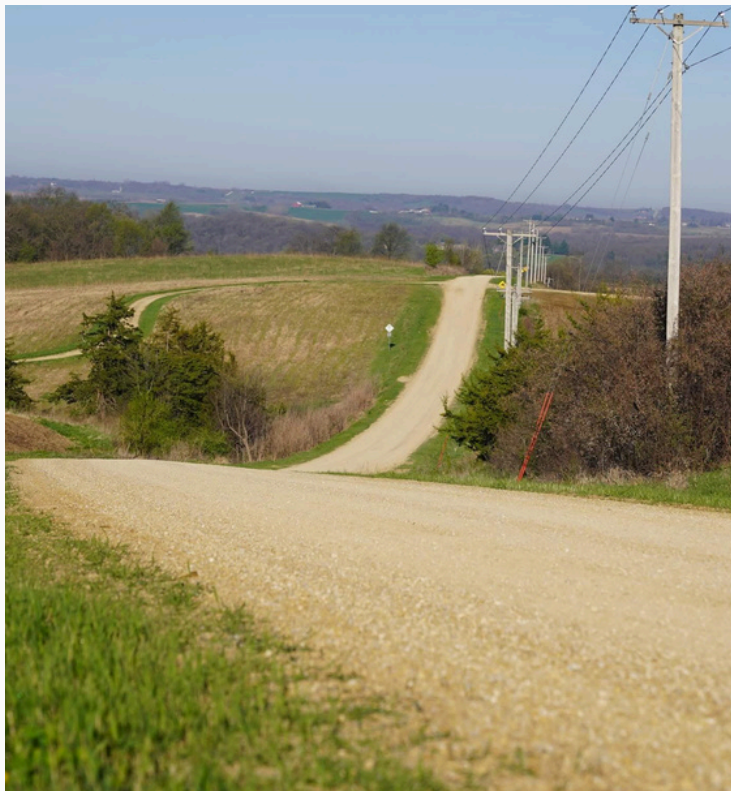
Beyond The Borders



SHIFTING GEARS WITH ANDY FREY

I participated in my third Driftless event in the last four years on April 25. After purchasing my first gravel bike—my beloved Lauf—in 2022, I decided that 2023 was the year to start experiencing Iowa gravel racing. The Driftless race in Elkader, Iowa, made perfect sense. I grew up in Fayette, right on the edge of the Driftless area, and spent a lot of time in Elkader during my youth, as one of my aunts and two of my cousins lived there. If you haven't tried a 2Mitt burger downtown, it's a can't-miss.

Back to the race. It never gets any easier. No matter how much you train for the hills, you can't replicate in the Cedar Valley what you face in the Driftless areas of Elkader, Volga, Garber, and the surrounding small towns along the Volga and Turkey rivers. Riders from several states across the upper Midwest converged on Elkader to take on the hills.



The race begins with a several-mile stretch out of town and along the river on a fairly flat section, but that quickly changes once you hit the hills, which continue to push you to your limits for the remainder of the race. I chose the 45-mile option, and that was more than enough—a great test of mental fortitude. My goal was to make all the climbs without having to walk, but the second-to-last massive climb proved to be just a bit too much. It was faster to walk the bike up than to try to turn the pedals over.



Beyond The Borders

SHIFTING GEARS WITH ANDY FREY, CONT.

My goal this year was to average 14 mph, but I didn't quite get there, finishing at 13.6 mph. I have a target to meet next year. It was great to ride with a few others from the Cedar Valley and to enjoy a nice meetup with all the finishers at the city park shelter afterward for food, drinks, and awards. Congratulations as well to the Cedar Valley riders who made the podium! Let's see even more local representation next year.



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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LIVE MUSIC SUNDAYS
ON THE PATIO FROM
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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



June 14

Hall's Family Ride

June 21

New Hartford Omelet Ride

June 27

Sturgis Falls Ride

July 4

Kirby's 4th of July Ride

July 5

Denver Waffle Ride

July 11

CVC Century Ride

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

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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?

Like most Baby Boomers, I learned to ride on a hand-me-down bike that was way too big for me. It was a Saturday, a gravel drive, a couple of shoves from mom or dad and I was off and on my own for the rest.

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

It was the late 60s and early 70s so there were no BMX bikes, but there were kids everywhere it seemed. We rode our Schwinn Stingrays with banana seats, "sissy" bars and baseball gloves through the "ape hanger" or "butterfly" style handlebars everywhere - we must have looked like a biker gang to some I guess! Curb hopping? More like ditch jumping with homemade ramps to extend our height and range to clear driveways and other large objects including our friends and their bikes; you know jumping like Evil Knievel. We also raced our bikes and older siblings "geared" bikes at crazy speeds around the nearby school building and drag styled up and down the street to see who was the fastest and then the "fastest for the longest". We also took the same bikes and rode on gravel and dirt trails back into the "woods" to zoom and jump Knievel style at an old abandoned strip mine's mounds and hills that were nearby - So yes, we were singletracking and gravel riding and bike packing before it was a thing! Lol All that said, we were thrill seekers I guess, and still lived to tell about it!

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

Several gaps in cycling come to mind. The first, probably like most, is the first time you get your car and you're working a job and going to high school. I first rediscovered out of need for transportation to work and travel when I went to live in Australia after high school graduation. There I worked several jobs for 3 months riding to and from work and then took off on a 3000+ self contained tour of the East and South of Australia. The second gap came after returning from Australia, some college and some time in the Marine Corps. I rediscovered cycling for a short period again while my kids were young and big enough to ride in the Burley - I was riding the young bike trails of George Wyth (GW) and the fishing and deer trails of GW and Hartman Reserve long before they had the names you all now use. My kids loved bouncing around on some of those in the Burley while me and my oldest son would occasionally ride them "singletrack" style or blazing style. In the last gap, my kids' activities and other life commitments got in the way leaving my Trek 820 to sit unused for a long time.



Freewheeler
Kevin Stewart

Day Job
Retired

See Me
Sometimes:
Monday Gravel
Sometimes: Tues
Mallet
Mainly: CVC
WoW Rides
and metro area
gravel and
paved roads
and trails

Hometown
Burlington, Iowa

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.

Kevin Stewart, continued

It wasn't until I was told I wasn't to run anymore by my podiatrist about 15 years later that I found my way back to biking. The real credit, however, goes to my wife Diane who talked me into riding RAGBRAI with her in 2014. I never looked back and through the ups and downs of life and health I have ridden thousands of miles including one season of 30 Centuries and a Ride Across Britain.

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

I wish, especially in the so called bike friendly communities here in Iowa and elsewhere, (those with extensive bike trail networks), that they would "seriously" prioritize physical safety. For example communities should have protective cycling tracks from both pedestrians and motor vehicles, paint dedicated bike lanes/paths with red asphalt/concrete to distinguish them from the black used for vehicular traffic and or walk areas on a trail system and last but not least a budget for the continued upkeep and maintenance of their communities bike route/trail system.

What are your favorite biking past times?

I enjoy road riding for exercise and entertainment the most, but now that I have a gravel bike I have pleasantly been enjoying a mixture of road and gravel. I especially enjoy endurance riding with distance and terrain challenges.

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

At the moment I would select my 2024 Trek Checkpoint SL7 - It is great on the road, gravel and can handle singletrack in comfort. Oh and electronic shifting is dope!

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

In this dream I would go on a "bikeabout" by roaming on my bike through and across every continent.

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

Getting together with friends after a ride, photography, genealogy, watching historical documentaries, reading historical nonfiction, traveling, walking and hikes, anything outdoors!

And finally, your favorite biking beverage?

LMNT / A wheat beer for after

2026 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



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