



# CEDAR VALLEY CYCLISTS

VOL. 19 ISSUE 5 AUGUST 2026

Hey Everyone,

Another year of RAGBRAI in the books! The 53rd edition of the famous ride brought riders across the state for 390 miles over the course of 7 days. While this year might have been the shortest route ever, it was still an incredible journey with 16000 feet of climbing and a challenging "America 250" loop for 160 miles.

I hope everyone who participated this year had a fantastic week! It's been great seeing all the pictures start to roll in, and I can't wait to hear everyone's stories from the adventure.

August is shaping up to be another event-packed month of riding. Keep an eye on our [ride calendar](#) for this month's events. August starts off the month with High Nelly ride as part of Irish Fest, a Waffle Ride out to Denver, and our ever-fun CVC Time Trial Series. Starting August 13th, this weekly event gives you 4 chances to test your limits on an all-out, timed, 10 mile out and back course. Compete with your friends for bragging rights or see just how much your performance has improved! [Check out the event page for details and registration!](#)

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

Andy Weidner  
CVC President



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# Ragbrai

## RAGBRAI 2026 Charter Recap: By the Numbers & Beyond

Another RAGBRAI is in the books! From rolling out in Onawa to dipping our front wheels in Dubuque, the CVC Charter was alive with incredible energy, dedicated volunteers, and an unforgettable sense of community.

### A Growing & Diverse Camp Family

Our charter camp was home to around 90 campers this year! We were thrilled to welcome the Cedar Valley Youth Cyclists to camp for the very first time, and we look forward to having them back for many years to come. A special shoutout goes to our four interns provided by Josh Seebree, whose high energy, positivity, and great spirit brightened camp every day. We were also happy to host our long-term charter staple, the "Kirby Bus" group also known as Team Deerhart.







## Ragbrai

### Riding for a Cause

Returning 50 years after his first Ragbrai, one of our CVC charter cyclists, Duane Grady, rode the route on a classic 54-year-old bike with a cause in mind. His ride raised over \$13,000, enough for Heifer International to provide nearly three full "arks" of livestock to families in need. **Duane gave a warm shout-out to CVC for providing top-notch charter support and great company along the way!** [Learn more](#) about the cause and view the [news story](#).

A massive **THANK YOU** to everyone who chose to ride, volunteer, drive, or support the CVC Charter this year. It's the people who make this ride special year after year!







# Cedar Valley Youth Cycling

## Cedar Valley Youth Cycling Team Take On RAGBRAI

The CVYC team successfully wrapped their summer challenge series with the completion of RAGBRAI 53. The summer challenge consisted of five months of training starting with stationary bikes in March followed by four months of outdoor training gradually moving from short trail rides to long road rides that culminated in all six youth completing a 100-mile ride prior to RAGBRAI. Along this journey, the youth learned camping skills with three overnight cycling trips, bike maintenance and proper safe

riding etiquette. Three second year members of the team took their first steps in becoming team leaders and learned additional self-rescue skills and received Junior Mentor bike tool kits that would allow them to perform basic repairs (flat tires/broken chains/etc) on any team member's bike.



The team's second RAGBRAI was a huge success with the close partnership with the CVC RAGBRAI Charter. All the youth who started on Sunday successfully battled the heat and wind of the first few days to enjoy the amazing weather the rest of the week. Along the way, four youth completed the Karras Loop century (their second 100 bike ride is 10 days) and one completed the full 250KM American Loop.







# Cedar Valley Youth Cycling

## Cedar Valley Youth Cycling RAGBRAI Wrap Up

By the end of the summer, the average youth had ridden ~1600 miles, with several almost reaching 2000 miles. This season would not have been possible without funding and support from the community. Special thanks go to Cedar Valley Cyclists for both financial and RAGBRAI support, to the Cedar Valley Trail Partnership, Panther Construction, and several private donors who supplied camping gear and donated bikes to our Learn and Earn initiative.

The Fall Ride series has already begun and will include both new fitness challenges and taking part in the American 250 Relay in early October. This is a great time for new youth and those interested in mentoring to join the team for some rides and learn more about the program.







# Cedar Valley Youth Cycling

## Cedar Valley Youth Cycling is looking for Mentors!

CVYC mentors are committed to helping youth by offering guidance, providing assistance, and sharing life experiences. CVYC is looking for role models who want to help youth thrive in the Cedar Valley. Volunteers play a crucial role in helping teens to become healthy and confident adults. It's not just about putting in the miles, but also about helping the youth grow both on and off the bike. As a year-round youth cycling group, CVYC is always looking for those who want to lend a hand. There are many ways to get involved.



**Riding Mentor:** Riding mentors work with the youth teaching them bike safety, how to fuel efficiently, and providing motivation to keep riding on the hard days. There is no minimum commitment to being a riding mentor.

**Outdoor-Season Support:** Outdoor-season support mentors assist with rest stops during outdoor training. While support mentors might not be riding next to youth riders, positive encouragement during a snack break, and making sure everyone is hydrated goes a long way towards making the ride more pleasant.

**General:** Interested in helping, but not sure where you fit in? No worries, join as a general volunteer and we'll keep you updated on upcoming opportunities! Fresh ideas and new outlooks are always welcome.

SCAN TO LEARN HOW YOU CAN GET INVOLVED  
FALL SEASON: THROUGH OCTOBER 31







## On The CVC Scene

### 100 Riders, One Great Cause at the Sturgis Falls Ride!

What an incredible turnout for this year's Sturgis Ride! We had an impressive pack of 100 riders don their helmets and hit the pavement together, making it one of our most vibrant club rollouts of the season.

This ride wasn't just about enjoying the great weather and even better company—it was a ride with a purpose. Thanks to the generosity of everyone who participated, we raised around \$1000 for IHope, turning our shared passion for cycling into direct support for a wonderful cause.

The route provided the perfect backdrop for a steady, scenic cruise, giving our local cycling community a fantastic chance to catch up, log some great miles, and enjoy the best of our regional trails and roads. Seeing a ribbon of 100 cyclists stretching along the route was a truly awesome sight and a testament to the strength of our local riding community.

A massive thank you goes out to everyone who showed up, contributed to the cause, and brought such positive energy to the day. Your support reminds us why we love doing what we do.

Keep your chains lubed and your calendars open—we have plenty more miles to log together this season. See you at the next club ride!







# On The CVC Scene

## Sturgis Falls Ride, cont.







## On The CVC Scene

### CVC Century Ride Recap: 100 Miles of Smiles Across the Cedar Valley

July delivered perfect riding weather for this year's CVC Century Ride! Whether members were fine-tuning their legs for RAGBRAI or tackling their very first 100-mile landmark, the turnout and energy across the Cedar Valley were top-notch.

#### Highlights From the Road

- **The Routes:** Cyclists rolled out early to beat the afternoon heat, taking on scenic routes that featured rolling hills, quiet country roads, and great views across the valley.
- **RAGBRAI Prep:** For many riders, the July Century served as the ultimate test run before hitting the road for RAGBRAI. Gear checks, hydration strategies, and pacing were put to the test—and everyone passed with flying colors.
- **Support & Volunteer Squad:** A huge thank-you goes out to our incredible volunteers who posted road signs and SAG support teams.
- **Post-Ride Celebration:** Riders capped off their mileage with well-earned cold drinks, high-fives, and plenty of story-sharing about headwinds, tailwinds, and peak PRs.







# On The CVC Scene

CVC Century Ride, cont.







# Beyond The Borders

## The Grit and Glory of the Driftless: Waukon 100 Overview

A recap from Kris Adams



As one of the most rugged stops in the annual Iowa Gravel Series, the Waukon 100 takes riders far away from the standard flat cornfields and drops them directly into the breathtaking, unflattened terrain of Northeast Iowa's Driftless Region. Starting out of Waukon, the race tests cyclists with a choice between a grueling 100K loop packing roughly 4,300 feet of relentless climbing or a punchy, quad-burning 50K route. Renowned for its wild valley views, steep ridge lines, and exceptionally fast gravel, the event masterfully pairs brutal elevation challenges with a welcoming, grassroots community vibe—making it a favorite badge of honor for casual weekend grinders and elite racers alike.

Of course, the best way to understand the true magic (and muscle burn) of Allamakee County gravel is to hear from those who survived it. One of our very own club members, Kris Adams, shares his unique, firsthand perspectives from the dirt this year.



Kris Adams







# Beyond The Borders

## Waukon 100 Overview, cont.

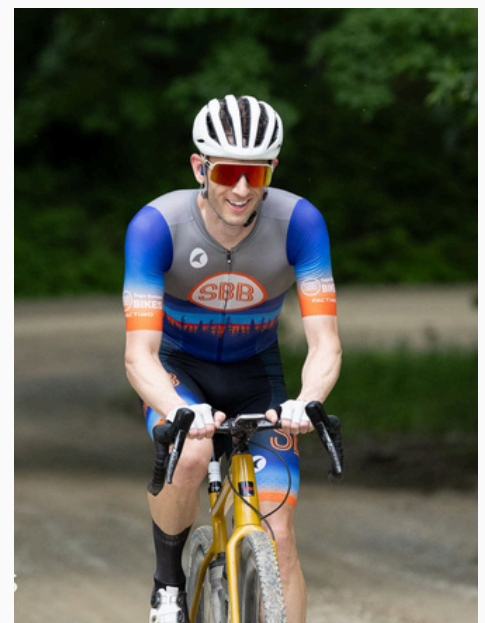
### A recap from Kris Adams

June 20th had Michael Maney and I traveling to the Driftless Area for Waukon One Hundred; a 60-mile gravel race with roughly 4200 feet of climbing. The rollout is relatively flat before it turns into a gradual seven-mile descent.

A couple riders from our lead group of about eleven had gotten a twenty second gap off the front by the bottom of that descent. A third rider put in a strong effort on the first real climb of the day to bridge the gap to form a strong three-man group off the front. The eight of us in the chase group were slowly catching up to them until the next big climb at mile nineteen. The front three attacked the climb and we lost sight of them.



I thought we would still catch them but unfortunately, that wasn't the case. The rest of the race was fairly uneventful for our chase group, other than hitting 48 mph on one of the descents. Our pace never let up, and we shed a few riders over the course of the day leaving us with a group of five on the final, four-mile-long creeper of a climb.







## Beyond The Borders

### Waukon 100 Overview, cont. A recap from Kris Adams

Maney and I had another teammate in this group with us who was feeling good enough to push the pace up that climb with two others. Maney and I kept a steady pace up the climb instead of following the attack, but even with that pace, I fell behind. At the top of the climb is a right turn followed by a mile of flat headwind. I put my head down to catch up to Maney, and we pushed hard to catch the others before the finish line. We never did catch them, but we had a good time trying. Instead, we crossed the line together, neither caring who beat who.

#### Stat Attack!

**Distance** - 60.71  
**Moving time** - 3:03:54  
**Elevation gain** - 4154  
**Average speed** - 19.8 mph  
**Top speed** - 48.5 mph  
**My NP** - 259 watts  
**Maney's NP** - 275 watts  
**My result** - 7/55 overall,  
3/10 age group  
**Maney's result** - 8/55 overall,  
4/10 age group





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# DATES TO REMEMBER



**August 13, 20, 27**

**CVC Time Trials**

**September 3**

**CVC Time Trial**

**September 6**

**Denver Waffle Ride**

**September 20**

**Hall's Family Ride  
New Harford Omelete Ride**

**September 25, 26, 27**

**Twisted Cross**

**September 26**

**Breast Cancer Awareness 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





# SUPPORT OUR SPONSORS

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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?**

I have a memory of an uncle (Miff) helping me learn to balance on the sidewalk in Osage. So I give him all the credit.

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

Because I lived in a small town, bicycles were a major source of transportation and if I remember correctly, I got my first three speed Schwinn at age 9 or 10.

Because bike riding was not all that "cool" in those days, that bike languished for many years until I painted it psychedelic colors and took it to med school.

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

Serious riding didn't begin until after returning to Iowa from Iceland (the US Navy) in 1973. We had a small group in New Hampton that would, once a week, ride to a nearby town and return for breakfast — all of 14 miles! The next year my youngest sister rode the second year of RAGBRAI and invited me to join for two days, so I upgraded my bike to a Peugeot U08. Thus began the more serious cycling.

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

As for the Cedar Valley, every new street needs a bike lane and, certainly continued thought needs to be made regarding more bike trails. We have become a destination for out-of-town cyclists and more trails and continued updating of trails will be essential in seeing that tourism progress.

## **What are your favorite biking past times?**

Important parts of cycling include good coffee stops (and microbreweries). Having a great stop mid-way through a ride is always fun.

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

Since road biking is the only thing I am currently doing, my bike choice would have to be that...road.

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

As for a dream...I would say I have had it — riding across the US with 40 of what became great friends. After 24 years, those memories are still fresh in my mind and when together with other friends who shared the experience, we can talk for hours.

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

My avocation aside from cycling has been music. Whether musical theater, choral music or time spent learning the Great American Song Book, I have loved the experience.

## **And finally, your favorite biking beverage?**

Outside of a cold beer after a ride, I would have to say that a good chocolate malt during a ride is very hard to beat.



Freewheeler  
Jim Young

Day Job  
Retired Family  
Doc

See Me  
CVC WoW  
Rides and  
Sunday  
Breakfast Rides

Hometown  
Osage, Iowa



# 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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