



# CEDAR VALLEY CYCLISTS

VOL. 19 ISSUE 6 SEPTEMBER 2026

Hey Everyone,

September is here, which means summer is officially over. We've had an awesome year of riding so far, but it's finally time for some cooler weather, our season to come to an end, and our annual membership meeting!

## Annual Membership Meeting

This year's meeting will be October 4, 2026 at Doughy Joeys at 6PM. We'll be providing free pizza and a complimentary drink for paid members. It's also an opportunity to vote for this year's board members! We hope to see you there! Interested in serving on the CVC board? Contact me at [andyw@ridecvc.org](mailto:andyw@ridecvc.org) to get on the ballot.

I want to give a huge thank you to Troy Buzynski, who's board membership is expiring this year and will not be seeking re-election. Thank you for your support and dedication to CVC over the years!

## Rides and Events

September also brings the end to our annual time trial series. We had fantastic turnout this year, and we hope to see everyone make it out again next year! With the cooler weather, WoW rides will officially end on September 30. That still gives you a chance to finish the season strong with a fun ride. Don't forget to bring your lights, as it will be starting to get dark as the ride gets done.

Don't miss our upcoming Breast Cancer Ride on September 26! The ride starts and ends at Anton's Garden at 930AM, with a pit stop at Twisted Cross in Cedar Falls along the way. We hope to see everyone join and support the Beyond Pink Team!

Interested in watching or participating in some fun bike racing? CVC is a proud sponsor of Twisted Cross. This year's event will be at Tondro Pray Bike Park in Cedar Falls, September 26-27. It's fun, spectator friendly racing and even has a Dog Race and Kid's races.



## This issue:

Taking a Pull with Andy

PAGE 01

Ragbrai

PAGE 03

On The CVC Scene

PAGE 07

Beyond The Borders

PAGE 11

Dates To Remember

PAGE 15

Freewheeling

PAGE 17

Board of Directors

PAGE 18



## Taking a Pull with Andy, cont.

Love hockey and Cycling? Well, we have the night for you! October 2 will be Bike to the Rink Night at Young Arena. Enjoy a discount on tickets and bike parking the night of. Tickets are just \$10 if you use promo code "cycle"!

### Clothing and Jerseys

Don't forget to check out the CVC Casual Apparel store to get your CVC clothing before the holiday season! The store will close September 30 and can be accessed here: [Shop CVC Casual Apparel](#)

As we start to plan for the 2027 season, we think it's time to refresh our CVC cycling kits. This refresh cycle we are going to run a **Jersey Design Contest** for anyone interested in contributing! If your design is selected, you'll receive a free CVC Kit that you designed next season! For further information, please contact Cortney at [cortney@ridecvc.org](mailto:cortney@ridecvc.org) for further information.

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

Andy Weidner  
CVC President



## CVC ALL STAR AWARD

Goes to...

**AL KIRKPATRICK**

For the past several years, Al has stepped up to lead our 6:00 PM WOW Trail Ride. We're incredibly grateful for his dedication to our mission of promoting safe, social, and inclusive bicycling.

**Thank you, Al, for keeping our  
community rolling!**



Andy Weidner and Al Kirkpatrick



# Ragbrai



**UNI alum and Iowa Chill co-founder Scott Burak takes on RAGBRAI with the CVC Charter—here's his story from the road.**



**Scott Burak**

## **You GET to Ride Your Bike Across Iowa**

As a co-founder of the Iowa Chill social media brand, I spend a lot of time thinking about what makes Iowa special.

RAGBRAI might be one of the best ways to answer that question. You get to see Iowa for what it really is. The towns and cities, the people, and all the landscapes in between, experienced at about 12 miles per hour.

But after doing RAGBRAI with the Cedar Valley Cyclists charter for the second year in a row, I think I finally understand something else about the ride. Honestly, you GET to ride your bike across Iowa.

If you want to.

There are SAG wagons, volunteers, friends and plenty of ways to get yourself or your bike from one overnight town to the next when things don't go according to plan. But if you're doing the whole week, every night you still have to figure out how you're going to live in a completely new place.

Where is camp? Where is your stuff? Where are you sleeping? Where do you shower? Is your phone charged? How early do you need to be up? And is everything packed before the trucks leave?

That was the part of RAGBRAI I badly underestimated my first year (2025). I originally signed up after mentioning in the rec center sauna that I was thinking about doing RAGBRAI and potentially hauling all my stuff myself. Brad recommended the CVC charter. Thank God.

I showed up on Day 0 of my first RAGBRAI in 2025, got off the bus with the rest of the charter and pulled out my brand-new compact hiking tent.

Actually, that's not entirely accurate.

# Ragbrai

## Iowa Chill Takes on Ragbrai, cont.

I pulled out the Amazon box containing my brand-new compact hiking tent. I hadn't really tent camped since before the pandemic, and suddenly I was surrounded by people assembling sophisticated RAGBRAI compounds. Air mattresses. Tarps. Chairs. Fans. Every camping accessory imaginable. I'm pretty sure one guy had a chandelier in his tent.

Meanwhile, at 6-foot-4, I was trying to figure out how to assemble a roughly seven-foot-long Night Cat tent that I barely fit inside. It was funny. It was humbling. And I learned quickly. I also grew to love that little tent. It kept me dry through the great Iowa Falls thunderstorm of 2025, then came back for another full week in 2026, including the storm in Guthrie Center that finally gave us some relief from the heat early in this year's ride.

That is basically how my CVC experience has worked.

You show up not knowing something, and there is probably someone around camp who learned the lesson five RAGBRAIs ago. Sometimes the lesson is about cycling. There is a tremendous amount of biking experience around the charter if you're willing to ask. The more seasoned riders generally aren't interested in telling you that you're riding your bike wrong. But if you're candid about wanting to learn, they'll happily explain cadence, gearing, climbing, recovery or whatever else you've been doing the hard way.

Sometimes the lesson is about camping.

Sometimes it is about buying a tiny tripod stool and a battery-powered fan.

Those were two recommendations I picked up from Jason and the Day 0 crew during my first year. When I recruited my friend Sheldon for year two, those became part of my advice to him.





# Ragbrai

## Iowa Chill Takes on Ragbrai, cont.

After the first two brutally hot days of 2026, Sheldon was a believer. That was probably when I realized something had changed. I wasn't the guy getting off the bus with an unopened tent anymore. I had things to pass along. Of course, some lessons are learned the hard way.

On the first night of my first RAGBRAI, I brought my phone into a kybo and was using it as a flashlight. I reached for the toilet paper. The phone fell directly into the tank.

Instant complete darkness.

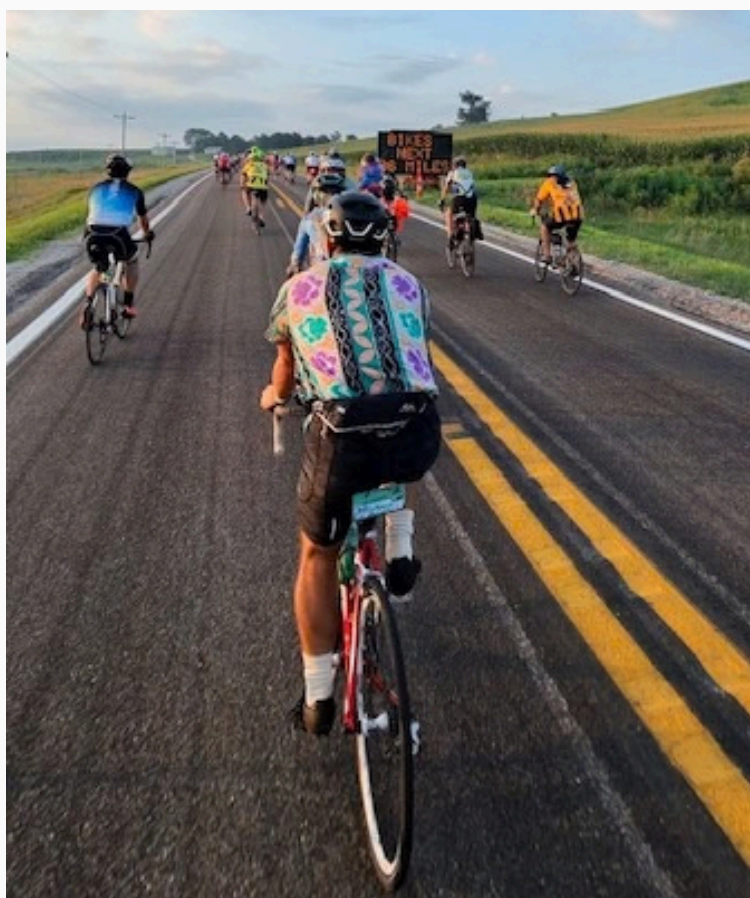
I had about two seconds to make a decision. Go back to my tent for a flashlight and risk someone else entering the kybo, or go fishing in the dark.

I went fishing.

On my second attempt, I managed to retrieve it, essentially spearfishing with my bare hand into the blue ocean of a RAGBRAI kybo. Fortunately, the fine amenities of CVC camp included showers, handwashing stations, soap and sanitizer, all of which were aggressively deployed.

I needed the phone. Part of my reason for doing the ride was to create content along the way. The phone survived. And that experience eventually contributed one of my favorite pieces of Bob Recker wisdom at his famous "5:00 somewhere" camp addresses: "Secure your gear before you empty your rear."

Year two, my phone never entered a kybo. I bought a headlamp. Progress.



The riding itself didn't magically become easy the second time around. We started this year with some long, brutally hot and hilly days. Then came the headwind. Eventually, Iowa gave us some of the best riding weather you could ask for, and we got to fully enjoy what makes RAGBRAI special.

# Ragbrai

## Iowa Chill Takes on Ragbrai, cont.

But one of my favorite parts of year two happened off the bike. I returned to camp and picked up right where I had left off with the people I met on Day 0 the year before. I was a familiar face now. I found myself in more conversations, hearing more stories and getting to know more of the people who make the charter work.

Then Sheldon got to experience the same thing as the new guy. That's what I appreciate most about CVC. The trucks, showers, charging station, campsite locations, cold drinks and shade make RAGBRAI dramatically easier.

But the real benefit is the accumulated experience of the people underneath those canopies.

RAGBRAI is enormous. Every morning you leave with thousands of cyclists. Every afternoon you arrive in a completely different Iowa town. Then you find the CVC trucks, your tent and a bunch of familiar faces.

You're home again.  
For one night, anyway.  
The next morning you pack it all up and do it again.



I joined the CVC charter the first year because I needed help figuring out how to survive a week of RAGBRAI.

I came back the second year because I understood how much the people and the camping experience were part of RAGBRAI itself.

Now I'm apparently one of the people giving advice to the next first-timer.

My first piece of advice?  
Don't haul all your own stuff.

My second?  
Buy a headlamp.

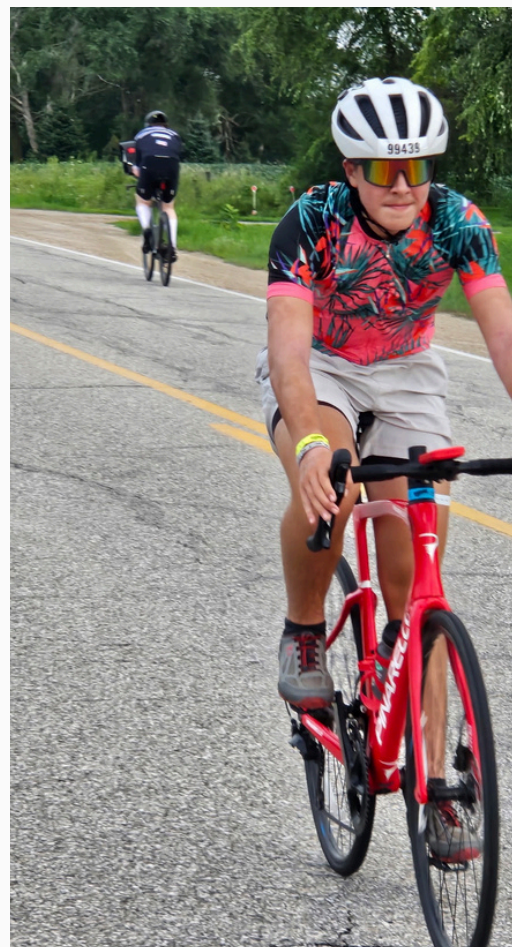




## On The CVC Scene

### Pushing the Pace: Recapping the CVC Time Trial Series

The annual Fall Time Trial Series brought riders of all ages, equipment setups, and experience levels out to 27th Street and Union Road for four weeks of friendly, high-output effort. Across the four weeks, riders tackled varying late-summer conditions—from still, humid evenings perfect for setting personal bests to windy outings that made the return leg a true test of grit.







## On The CVC Scene

### Pushing the Pace: Recapping the CVC Time Trial Series, cont.

Following the final night on the pedals, participants gathered for the traditional post-series Fall Time Trial Celebration. Over pizza, drinks, and plenty of post-ride banter, awards and recognitions were handed out for achievements including fastest overall times, most consistent efforts, most improved, and attendance.

A huge thank you to all the volunteers who timed, directed traffic, and cheered on riders each week to make this series a success!







## On The CVC Scene

### Sunday Breakfast Rides

There is no better motivation to rack up early morning miles than the promise of a warm, hearty breakfast waiting at the turnaround point. All summer and into early autumn, the tradition of CVC's Sunday Breakfast Rides has delivered the perfect mix of casual miles, crisp morning air, and great community.

### The Denver Waffle Ride (1st Sunday of the Month)

Rolling northeast across paved county roads, the 30-mile round trip to Denver serves up steady, scenic rolling hills before pulling into the American Legion. Riders build up a healthy calorie deficit on the way out, only to be met by an all-you-can-eat spread of fresh Belgian waffles, sausage, fruit, juice, and hot coffee courtesy of the Legion.

### The New Hartford Omelet Ride (3rd Sunday of the Month)

Heading west out of Cedar Falls, the ride to New Hartford takes cyclists along low-traffic rural stretches to meet up with the New Hartford Lions Club. The Lions roll out custom, made-to-order omelets alongside all you can eat pancakes, making the 30+ mile journey worth every pedal stroke!

Led by Julie Fisher and Todd Southworth, these monthly outings have become a staple for riders looking to log steady weekend miles with a rewarding social stop.  
**Thank you Julie and Todd!!**







# On The CVC Scene

## Sunday Breakfast Rides, cont.







# Beyond The Borders

## Crossing the Great American West on Two Wheels

As experienced by Doug Van Dam

I have a daughter living in Littleton, just south of Denver, CO, and I used that as a starting point bicycling in Colorado and beyond. If you get a bicycle map from the Colorado Department of Transportation, it will show you paths along highways. While it is true that they have many highways with wide, paved, shoulders which accommodate bicycling, that is not my thing. This report is limited to paths, of which there are also many, and most of them paved.



Doug Van Dam and Abigail Livingood

If you have driven to Colorado, you have probably driven under the Archway Museum in Kearney, NE. I stopped at the museum and explored the bike trails that leave from the museum. I took the trail east, which was 10 miles round trip. It was a very scenic trail which paralleled a creek and then crossed the Platte River. You could also choose to go west 20 miles round trip into Kearney.

In Littleton, I took a trail along the South Platte to downtown Denver to prove that it could be done. It took about 30 miles round trip, but you could extend it by going along Cherry Creek though downtown and east, or go further south from Littleton. It is



a nice, paved path used by bikes and walkers. I took a day trip from Littleton and biked the Dillon Reservoir trail starting in Frisco, but was partially closed, preventing me from doing the full loop. The Dillon Reservoir trail doesn't have a lot of elevation change, so I thought that would be a good test of biking at altitude without committing to a big uphill. I didn't find the reservoir to be particularly scenic, but I added a short trail up to Keystone which was very scenic. The reservoir is huge, so I did get in 30 miles of biking.



## Beyond The Borders

### Crossing the Great American West on Two Wheels, cont.

What might be the best trail I biked was the trail from Glenwood Springs to Aspen. Glenwood Springs is great, and after leaving Denver I got there in time for an afternoon rafting trip on the Colorado River. Early the next morning, I took the trail along the Raging Fork River to Aspen. The trail is 40 miles one way. It is a rail-trail so no steep parts, but constantly up hill. I didn't want to attempt an 80-mile ride. My options were to catch the local bus, where you can put your bike on the front, from Glenwood Springs to Aspen and ride down, or drive half way up and do a 40 mile round trip, which is what I did. I liked seeing the trail from both directions. Even though the first 20 miles to Aspen was mostly a constant uphill, I didn't find it too challenging. If you are interested in the bus option, I believe the fare is only \$5, and free for seniors.



The next day I biked a trail along the Colorado River, which I also liked. I got to stop and take some pictures of the rapids I had rafted two days earlier.



My next two rides were my also favorite ride through Grand Teton National Park in Wyoming, and the George S. Mickelson Trail in Hill City, South Dakota. The Teton ride was an easy 23 miles round trip from the Moose Visitor Center to String Lake. It is all in the valley, so it is only a short uphill to start and the rest is flat. The Tetons are on your left on the way north and on your right on the way south. Unbelievably scenic. Look for the glacier from Glacier View. Once you see that one, you will begin to notice several more. I added some hiking around Jenny Lake, which you bike past, at the end the day. There are other bicycle routes, aka Pathways, in the park and you can choose to bike up from Jackson, WY, but that part of the trail is along the highway and probably not that exciting.





## Beyond The Borders

### Crossing the Great American West on Two Wheels, cont.

The George S Mickleson is a 109-mile gravel trail which is very well maintained. I based myself in Hill City, where I chose to use a shuttle service to get me to Deadwood. I actually had the shuttle service drop me at the Englewood trailhead south of Deadwood, so my biking was 40 miles into Hill City. While the path is well maintained, plan on it being slower than a paved path. Still, I would do this again. It is also a rail to trail path, so the elevation changes are not steep, but going uphill on a gravel path I averaged 6 mph, and going downhill was not particularly fast either. This trail goes both up and down, with long stretches of each. I think I started with 6 miles up and then 15 miles down.



Overall, it was a very fun trip and one that allowed me to get in a lot of miles on my bike. If I do it again, I will explore new places to bike in Utah, and I would look forward to a return visit to the places I described.



# SUPPORT OUR SPONSORS

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



15% Discount  
on parts and  
accessories for  
CVC members!

Tuesday, Wednesday,  
Thursday, Friday  
10:00 AM - 5:30 PM

Saturday  
10:00 AM - 3:00 PM

Sunday and Monday  
Closed

4302 University Avenue Suite E, Cedar Falls  
319-260-2610



300 W 4TH STREET, WATERLOO  
[WWW.DOUGHYJOEYS.COM](http://WWW.DOUGHYJOEYS.COM)  
319-883-3100

## BUSINESS HOURS:

11AM-9PM - SUN THRU WED  
11AM-10PM THUR THRU SAT

*20% off for Cedar  
Valley Cyclist  
Members*

LIVE MUSIC SUNDAYS  
ON THE PATIO FROM  
2 TO 5 & TRIVIA NIGHT  
EVERY THURSDAY AT  
7:30

URBANPIE



FAST FIRED PIZZA



## BUSINESS HOURS

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



**September 25, 26, 27**

**Twisted Cross**

**September 26**

**Breast Cancer Awareness Ride**

**October 2**

**Bike to the Rink Night**

**October 4**

**Annual Membership Meeting,  
Denver Waffle Ride**

**October 28**

**Halloween Lights 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

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



## 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**

**HansenDairy.com**





**FUSION**  
DANCE & PERFORMING ARTS

**ENCOURAGING CREATIVITY,  
INDIVIDUALITY & SELF-EXPRESSION**



148 Provision Parkway  
Waterloo, IA 50701



**203 State Street  
Cedar Falls**

**319-240-0692**

**[www.SecondStateBrewing.com](http://www.SecondStateBrewing.com)**



# 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 tried training wheels, but the "training" failed. After hours of pedaling as fast as I could and multiple wipe outs, I finally managed to stay upright.

**Describe your riding as a kid (part of a bike gang? Point-to-point commuting?**

**Thrill-seeker - mbx, mountain, curb hopping?)....**

As a kid, I rode around and around our block with other kids in the neighborhood, and I occasionally commuted to elementary school a few blocks away. In the town where I grew up, no destination was more than a mile away, so I biked everywhere, sometimes with friends, sometimes solo.

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

I rarely rode a bicycle in my 20s because my time was consumed by starting a career and a family. However, I always wanted to do RAGBRAI and finally did it in 1991. Since then, bicycling has been a major part of my fitness and social life.

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

I would like to see more aggressive trail maintenance to make trails safer (e.g., tile under trails with algae/slime patches) and replacement of asphalt trails with concrete. More broadly, I would like to see the Cedar Valley trail system connected to the central Iowa trail system (e.g., Lake Red Rock, Chichaqua, High Tressel, and Des Moines area trails).

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

I enjoy organized rides like Bridges, Pig Tails, and CVC-sponsored rides. Lately, I'm loving riding with other Spokeswomen on trails and area roads, followed by food and refreshments at local restaurants.

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

If I could have only one of the bikes I currently own, it would be my Trek Silque 7.0 road bike. If I were choosing a brand-new bike, it would be a Trek Domane Carbon.

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

My biking dream is to do an organized, supported ride across the United States. I also look forward to doing a bike tour in another country someday.

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

I love walking my dog, walking local trails alone or with friends, rocking in a rocking chair, listening to audiobooks, and watching drama and comedy series on various streaming services.

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

My favorite beverage while biking, besides water, is Kwik Star chocolate milk. After a ride, I like an ice-cold Michelob Ultra.



Freewheeler  
Lisa Brodersen

Day Job  
Professor,  
Allen College-  
UnityPoint  
Health

See Me  
On the trails, the  
YMCA, local  
pubs and  
restaurants

Hometown  
Monroe, 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.

|                           |                 |                                                                |
|---------------------------|-----------------|----------------------------------------------------------------|
| <b>President:</b>         | Andy Weidner    | <a href="mailto:andyw@RideCVC.org">andyw@RideCVC.org</a>       |
| <b>Secretary:</b>         | Gretchen Harken | <a href="mailto:gretchen@RideCVC.org">gretchen@RideCVC.org</a> |
| <b>Treasurer:</b>         | Deb Bartels     | <a href="mailto:deb@RideCVC.org">deb@RideCVC.org</a>           |
| <b>Past President:</b>    | Troy Buzynski   | <a href="mailto:troy@RideCVC.org">troy@RideCVC.org</a>         |
| <b>Membership:</b>        | Kathleen Porter | <a href="mailto:kathleen@RideCVC.org">kathleen@RideCVC.org</a> |
| <b>Newsletter Editor:</b> | Michele Taiber  | <a href="mailto:michele@RideCVC.org">michele@RideCVC.org</a>   |
| <b>Quartermaster:</b>     | Mervin Carnahan | <a href="mailto:mervin@RideCVC.org">mervin@RideCVC.org</a>     |
| <b>Quartermaster:</b>     | Wayne Naber     | <a href="mailto:wayne@RideCVC.org">wayne@RideCVC.org</a>       |
| <b>Spin Class:</b>        | Bob Osgood      | <a href="mailto:bobo@RideCVC.org">bobo@RideCVC.org</a>         |
| <b>Time Trials:</b>       | Troy Buzynski   | <a href="mailto:troy@RideCVC.org">troy@RideCVC.org</a>         |
| <b>Webmaster:</b>         | Andy Weidner    | <a href="mailto:andyw@RideCVC.org">andyw@RideCVC.org</a>       |
| <b>Media Coordinator:</b> | Cindy Angel     | <a href="mailto:cindy@RideCVC.org">cindy@RideCVC.org</a>       |
| <b>WOW Director:</b>      | Cindy Angel     | <a href="mailto:cindy@RideCVC.org">cindy@RideCVC.org</a>       |
| <b>At Large/Ragbrai:</b>  | Andy Frey       | <a href="mailto:andy@RideCVC.org">andy@RideCVC.org</a>         |
| <b>At Large/Calendar:</b> | Nick Taiber     | <a href="mailto:nick@RideCVC.org">nick@RideCVC.org</a>         |
| <b>At Large:</b>          | Doug Van Dam    | <a href="mailto:doug@RideCVC.org">doug@RideCVC.org</a>         |
| <b>At Large:</b>          | Cortney Dierks  | <a href="mailto:cortney@RideCVC.org">cortney@RideCVC.org</a>   |
| <b>At Large:</b>          | Jeramie Johnson | <a href="mailto:jeramie@RideCVC.org">jeramie@RideCVC.org</a>   |
| <b>Emeritus:</b>          | Kirby Baumgard  | <a href="mailto:kirby@RideCVC.org">kirby@RideCVC.org</a>       |
| <b>Emeritus:</b>          | Bob Sloan       | <a href="mailto:bob@RideCVC.org">bob@RideCVC.org</a>           |
| <b>Emeritus:</b>          | Jim Young       | <a href="mailto:jim@RideCVC.org">jim@RideCVC.org</a>           |

**RAGBRAI CVC Charter Director: Bob Recker\***

[bobr@ridecvc.org](mailto:bobr@ridecvc.org) \*not a Board Member



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



[www.ridecvc.org](http://www.ridecvc.org)