

CEDAR VALLEY CYCLISTS

VOL. 19 ISSUE 7· NOVEMBER 2026



Hey Everyone,

Another year is almost in the books! CVC hosted over 65 rides in 2026, and we're now more than 280 members strong. Thank you to all our ride leaders, volunteers, and riders!

Fall Membership Meeting Recap
Thanks to the 51 members who joined us at Doughy Joey's! Congratulations to our re-elected board members, thank you to Troy Buzynski for his years of service, and congrats to our All-Stars: Julie Fisher, Todd Southworth, and Al Kirkpatrick!

Upcoming Rides
Indoor Spin: Every Wednesday at 6PM at the Cedar Valley SportsPlex through March 24. Free for CVC members!

Global Fat Bike Ride – December 5: 10AM with CVAST at Gateway Park

Holiday Lights Ride – December 7: Light up your bike and meet at Overman Park at 6PM, weather permitting!

RAGBRAI 2027
RAGBRAI registration is now open! The route will be revealed January 23rd at the Route Announcement Party at the Val Air Ballroom in West Des Moines.

Jersey Design Contest
Design our 2027 CVC jersey and win a free one! Contact Cortney at cortney@ridecvc.org for details.

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

Andy Weidner
CVC President

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On The CVC Scene

Design the Next CVC Jersey: Calling All Creative Cyclists!

Got a vision for the next jersey we wear on the trails and roads? It's time to trade your handlebars for a drawing pad! We're officially opening the floor for design submissions for our next Cedar Valley Cyclists jersey, and we want to see your creativity on full display.

Whether you're a seasoned graphic designer or just have a killer concept scribbled on a napkin, show us what you've got!

Fire up those design apps, start sketching, and let's see what awesome ideas you come up with for the upcoming season!



The Design Guidelines & Rules

- **Required Text:** Your design must prominently include our club name: Cedar Valley Cyclists.
- **File Format:** Submit your masterpiece as a PDF or PNG.
- **Fine Print:** By submitting a design, you agree that CVC may use and tweak your artwork for jersey production and promotional material. Final production colors may shift slightly to match our manufacturer's print capabilities.

Deadlines & Voting

- **Submission Deadline**: January 15
- **Where to Send:** Email your entries to CortneyDierks@gmail.com.
- **The Selection Process**: Finalists will be selected and presented to the CVC Board for a vote at the end of January.
- **The Big Reveal:** The winning design will be officially crowned and announced in the February/March CVC Newsletter!

On The CVC Scene

Annual Membership Meeting

Thank you to everyone who joined us for this year's CVC Annual Membership Meeting! It was fantastic to see so many familiar faces and welcome new ones as we gathered to reflect on another standout year of riding, community advocacy, and trail camaraderie across the Cedar Valley.

Here is a quick look at what we covered:

- **Celebrating Our 2026 Season**: From our favorite weekly group rides and time trial challenges to successful trail cleanups and community events, we looked back on a busy year of keeping wheels turning and trail networks thriving. We also recognized two dedicated members with the All Star Award.
- **Financial & Club Operations Update:** We reviewed the club's current financial standings. Thanks to strong member support and volunteer dedication, CVC remains in a solid position heading into the coming year.
- **Board Elections & Leadership:** We officially conducted our annual board elections. A huge thank-you to our outgoing board member and past president, Troy Buzyinski for his tireless service! Your dedication has helped to keep CVC rolling forward.



CVC President Andy Weidner



Outgoing Past President and Board Member, Troy Buzynski and wife Suzy

On The CVC Scene

Annual Membership Meeting, cont.





CVC ALL STAR AWARD

For the past several years, Julie Fisher and Todd Southworth have stepped up to lead our Sunday Breakfast Rides. We're incredibly grateful for their dedication to our mission of promoting safe, social, and inclusive bicycling.

Thank you, Julie and Todd, for keeping our community rolling!



Todd Southworth and Julie Fisher

On The CVC Scene

Twisted Cross: Mud & High-Octane Action!

What a way to close out the season! Twisted Cross delivered everything we love about cyclocross: heart-pumping racing, crisp autumn weather, and an unbeatable community vibe.

Riders tackled the course with everything they had—navigating sharp turns, powering through tough and muddy sections, and taking on the barriers.

Congratulations to all podium finishers and every rider who pushed through the burns and laughs. A big THANK YOU to our amazing volunteers and cheering squads who set up the course, rang cowbells, and kept the energy high all weekend long. Special thanks to the Tiki Bar for their surprise visit and sharing of cold beer and snacks!







On The CVC Scene

Twisted Cross, cont.













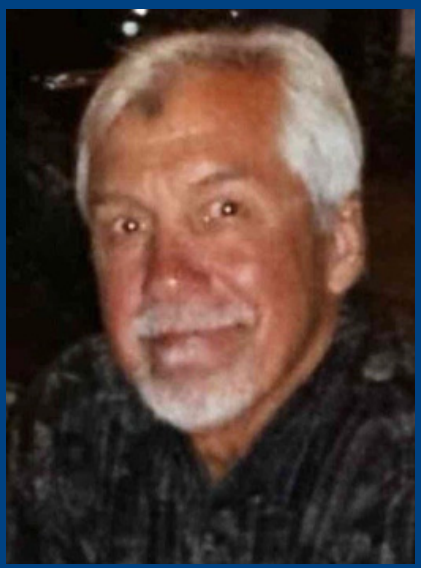
On The CVC Scene

Riding for a Reason: Breast Cancer Awareness Ride

A sea of pink rolled out together across the Cedar Valley to raise awareness, honor survivors, remember loved ones, and support the ongoing fight against breast cancer. Thank you to everyone who showed up, rocked their best pink gear, donated, and helped coordinate route safety. You demonstrated exactly what Cedar Valley Cyclists is all about—coming together to make a real difference both on and off the saddle.



It is with heavy hearts that we share news of the unexpected passing of Dave Serynek. A longtime supporter and dedicated member of our CVC family, Dave served on the CVC RAGBRAI Charter Crew for the past three years. In 2024, he teamed up with former CVC Treasurer and Board Member Roger White to form our Charter Advance Team, playing a vital role in keeping our riders rolling smoothly. Below, Roger shares a heartfelt tribute to his friend and teammate.



"Dave and I were RAGBRAI friends. Each year he ventured to Iowa, frequently with a friend or relative, to ride the Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI) along with 150-200 fellow riders with Cedar Valley Cyclists' Charter. We joined the roughly 20,000 other cyclists for the week of riding and experiencing rural and small town Iowa. Dave was a wonderful, loyal, and entertaining friend. He was always contributing in every way possible, from helping to unload trucks to stocking coolers with ice and beverages, to keeping the conversation positive and fulfilling.

I will miss Dave's generous heart, humor and easy going personality. Future RAGBRAI's will not be the same without Dave's presence. Ride on, Dave!"

On The CVC Scene

Halloween Spooktacular Ride: Ghouls on Wheels!

Creep it real, CVC! Our annual Halloween Lights Ride brought out the spookiest side of our cycling family for a festive twilight spin. The creativity on display was off the charts! After rolling through the crisp evening air, we gathered for some brews and festive cheer.

Thanks to everyone who came out to make the night so memorable!







On The CVC Scene

Halloween Spooktacular Ride cont.











Beyond The Borders

From the Golden Gate... to the Cedar Valley

CVC Cyclists Ride with the America 250 Relay

To commemorate the nation's upcoming semi-quincentennial, the American Discovery Trail Society organized the America 250 Relay—an extraordinary 6,800-mile coast-to-coast journey celebrating the spirit of America and the vast network of trails connecting it. The relay kicked off on the Fourth of July as participants crossed the Golden Gate Bridge in California, carrying three custom batons engraved with Life, Liberty, and The Pursuit of Happiness. Tucked inside each baton was a printed copy of the Declaration of Independence bound for Delaware.

Running from July through November along the full 6,800 length of the American Discovery Trail, the relay encourages local communities to join in as it crosses the country and Cedar Valley Cyclists turned out in full force when the route passed through Iowa!

Several CVC members loaded up their bikes and rode along for various legs of the journey. A group of riders escorted the relay team all the way from Marshalltown to Cedar Falls, while many others joined in to pedal the leg from Waterloo to Cedar Rapids. Although flooding unfortunately forced the cancellation of the planned walk between Cedar Falls and Waterloo, CVC members made the most of the historic occasion.

Check out the photos below featuring local CVC members participating in the festivities! To learn more about the route and the organization behind it, visit [discoverytrail.org.](discoverytrail.org)



CVC Cyclists Ride with the America 250 Relay, cont.







CVC Cyclists Ride with the America 250 Relay, cont.







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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

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BUSINESS HOURS
6:30AM-9PM MON-THUR
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20% OFF FOR CEDAR VALLEY CYCLIST MEMBERS

COFFEE. ICE CREAM. SMOOTHIES.
PASTRIES. MATCHA. TEA.

DATES TO REMEMBER



November/December	Indoor Spin- 6pm, Wednesdays Cedar Valley SportsPlex
December 5	Global Fat Bike Ride
December 7	Holiday Lights Ride



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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.



Freewheeler
Karl Bengston

Day Job
I.T. / Credit Manager, Standard Golf Company

See Me
Hall Bicycle (part timer), Local coffee shops on Saturday mornings or just out and about on my bike.

Hometown
Born at Balboa Naval Hospital but Waterloo is my hometown.

Did you learn on training wheels or the hard way?
The hard way just like everything in life. You gotta work at it if you want it.

Describe your riding as a kid (part of a bike gang? Point-to-point commuting? Thrill-seeker - mbx, mountain, curb hopping?)....
I rode everywhere. To my friends' houses, just to hang out with friends or go to sports practices and my newspaper route. We didn't get driven everywhere when we were kids. We had a hand built BMX track in the neighborhood on an empty lot. It was pretty shoddy but it worked. I was always jumping something and doing wheelies.... Curbs, dirt jumps, stairs, rickety wood planks held up by cinder blocks. Crashed really bad in the 5th grade coming down the "Pocket" hill. (Old Becks/Lark location) onto Flower. Had plywood on a cinder block. The plywood broke and the rear wheel caught the block. Was knocked completely out. Here is a pic of the aftermath a few days later.



Every person has a biking gap in their life. Describe your gap, how did you re-discover your love for cycling?
Before we were married, Michelle and I moved to Minnesota and I didn't ride during that time. We started riding some after we moved back to Waterloo but not a lot. I really got back into it when I started at Standard Golf and some friends got me to start riding again.

What are your big wishes for biking infrastructure in the Cedar Valley (trail connectors, bike lanes, bike washes)?
Our trail system is great here in the Cedar Valley. Some minor safety improvements for intersections and where water continuously runs across the trail creating slimy spots. Finishing Shaulis to the CVNT.... A connector to the trail between Waverly Rail Trail and Readlyn Grump Trail would be cool or a connector to the Creamery Trail in Dysart to Vinton would be nice.

Freewheeling, cont.

What are your favorite biking past times?
I don't get to many WOW rides as my Wednesdays are usually locked in for riding with my son Brady, down in the dirt on mountain bikes when the trails allow. After spending a season riding gravel up in Waverly, I started hosting gravel rides on Mondays this year. That has been a ton of fun with a great regular group. I still go up to Waverly on occasion and ride their Monday rides also. I also enjoy the many group rides like WOW, Pint Nights and the Ben Petty gravel rides.

If the United States had a one-bike policy, what bike would you choose?
I would probably have to choose my gravel bike. It is kind of the Swiss Army Knife of bikes. Wider tires on it will run gravel and limited mountain terrain. Skinny tires and can ride road rides fairly well also.

What is your biking dream (your Everest moment or beach cruising moment)?
I have been fortunate enough to ride in many places already. I was blessed to get a couple days of riding in Dubai U.A.E. one day on the Al Qudra Cycle Track and one day cruising along the beach and through the city around the Burj Khalifa. I have also ridden in Sedona and Moab along with other places. My Everest moment would probably have to be trying to go up Pikes Peak in Colorado.

Outside of family and bikes, what do you love most about life?
As Matthew McConaughey would say, L-I-V-I-N. Hangin with the dogs, watching television (mostly sports), the occasional book or magazine. Bowling in the winter months. I like to enjoy an occasional cigar or pipe. Every day is a different challenge to be overcome. You win some you lose some but family and good friends make it all worthwhile.

And finally, your favorite biking beverage?
On the bike, water and Mortal Hydration mix. Red Bulls, Monsters or full sugar Coca Cola at the convenience store stops and a good NA Beer during bar stops or after the ride is always great.



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.

President:	**Andy Weidner**	andyw@RideCVC.org
Secretary:	**Gretchen Harken**	gretchen@RideCVC.org
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Emeritus:	**Bob Sloan**	bob@RideCVC.org
Emeritus:	**Jim Young**	jim@RideCVC.org

RAGBRAI CVC Charter Director: Bob Recker* bobr@ridecvc.org *not a Board Member

