

# APRIL 2020 NEWSLETTER

Volume 13 // Issue 4



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## CLIP IN WITH CINDY



### HAPPY SPRING, TEAM CVC MEMBERS!

The arrival of Spring has been overshadowed by the COVID-19 crisis, but warm weather is on the way. I am sure many of you are following the advice to socially isolate right now, but don't let that keep you from riding your bike, even if it has to be on a trainer in your house! Most group rides, races and cycling events in Iowa have been postponed or canceled due to the coronavirus, so at this point CVC will follow the recommendations and not host rides or events for the near future. Things are changing daily, so be sure to watch Facebook and your email for announcements of when rides will resume. And keep your fingers crossed that we don't end up like Italy and Spain where recreational cycling outdoors has been banned.

The CVC spin class season ended on March 11 and I would like to thank everyone who attended these classes, with special kudos to our awesome spin instructors – Kimberly Breuer, Jake Hawk, Bob Osgood, and Eric Penning. We could always count on them for challenging spin classes – THANK YOU CVC spin instructors!! And thanks to Shelby Buhlman for handling registration and announcements every week!

On a personal note, I have been trying to get out on my bike as often as I can and am amazed at the number of people I see out walking, walking their dogs, or playing with their kids in the parks. I don't remember seeing this many people out, except for maybe in the summer! So maybe one positive aspect of this crisis is that people are reconnecting with nature. Kudos to everyone who is getting outside these days – there are just so many benefits of spending time out in nature.

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# TODAY IN CYCLING

## BEATING COVID-19 ON YOUR BIKE

Those of us who bicycle are passionate about making bicycling more accessible for all. Biking can quite literally be a lifeline during this time of stress—whether it's the way we commute, the way we relieve stress and decompress after being cooped up in our homes, the way we enjoy the outdoors and nature, or the way our kids get much-needed exercise when schools are closed. Bikes unite us, even as we are physically separated.

Others are seeing what we have known for so long: Bikes are a simple solution to many of the biggest challenges facing our communities and country. This incredible vehicle we love so much not only moves us to the places we want to go but towards more-connected communities, healthier lives, and reduced climate change. Knowing that we are having this kind of economic, environmental and social impact helps us all press on with more energy to go the extra mile in our communities, to still participate, to communicate with legislators or the city council, and to ride as much as possible.

We are all adjusting to the challenges that come with so many abrupt COVID-19 changes in our way of life, but we can't let this stop us from getting out and riding by ourselves, with our family or couple of friends, and doing whatever we can to help other people do the same. – Roger White

## ASK THE DOCTORS: BENEFITS OF BICYCLING

This past winter, "Ask The Doctors" column of the Waterloo COURIER had a article on the benefits of bicycling. Below are excerpts from the response by Drs. Elizabeth Ko & Eve Glazier.

"Cycling is a terrific activity with multiple health benefits. Exercise, in general, has been shown to help boost energy; improve mood; reduce the risk of a range of diseases, including heart disease and certain cancers; maintain a healthy weight; add strength, agility and flexibility; and aid in sleep. As you cycle..., you'll use an impressive range of muscle groups. These include the hamstrings and quadriceps, which are the two major muscles in the legs; the calf muscles; the gluteals, which are the trio of muscles that make up the buttocks; the core muscles of the abdomen; and to a lesser degree, the muscles of the upper body. Conquering those hills will get your heart and lungs working and help build strength and endurance.

"Cycling is an excellent resistance activity, which means it's good for bones and bone density. It's a low-impact activity, so it's kind to the joints. And the hundreds of tiny decisions needed to navigate a route and negotiate traffic help keep you mentally sharp. After 30 to 45 minutes on the bike, you'll have a nice endorphin glow with which to start your day. The two main things to consider are conditioning and safety."



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## STEPS YOU CAN TAKE TO HELP KEEP LOCAL BUSINESSES AFLOAT

### Buy Gift Cards

Get in touch with local businesses that you frequent and see how you can purchase gift cards from them. Not only does this gesture help to funnel revenue their way, but you still get to practice social distancing. This act also sends the message that you will be shopping with them again in the future once things return to normal.

### Order Takeout

Why not take a break from eating whatever is in the refrigerator, and order out? While many bars and restaurants may be closed to the public, some are still operating as takeout only. Services like Doordash and even Eat Street are still running during this time and will leave food on your doorstep to avoid direct human contact. Again, you are practicing social distancing, taking a break from probably digging back into leftovers, and offering some revenue to a local eatery who needs it.

### Reschedule Your Appointments Instead of Cancelling

Again, we have no idea how long this situation will last, but postponing an appointment lets that small business know that they still have customers who are ready to jump back into their regular routines once this situation ends. It also allows local companies to see that they have a loyal customer base and that there is a light at the end of the tunnel for all involved.

### Select Local Businesses for Your Needs in Quarantine

In most parts of the country, individuals are being urged to stay inside. As a result, many of us are realizing that we need to restock supplies while self-quarantining. So, if you need to replenish items like activities or games for children, educational resources, books, cleaning supplies, and even non-perishable foods, see if you can order these items from a small business in your area that has an e-commerce store. If no one locally is offering these items, still look for small businesses online that do.

### Buy Their Branded Merchandise

Now's a great time to buy some t-shirts, hats, tote bags, pins, mugs, or any other swag local businesses may offer. Check out their online store—if they have one—and see what you can buy. A great tactic to add on is take a photo of yourself with the merchandise once it is sent to you and post the photo with a tag of the business on social media. Not only will it raise their spirits, but it will also notify others of who they are and what they do.

*Taken from an article by Chanell Turner - March 24, 2020  
The Atlanta Small Business Network*

# CEDAR VALLEY TRAIL CLEAN UP

**NEW:** Ongoing through April – join in!

The safety of our volunteers and community is our top priority, and we are committed to doing our part to limit the spread of COVID-19.

The annual trail clean up represents an important community and civic engagement activity for the club, so rather than cancelling or meeting as a large group to clean the trails, CVC is asking that you and your household go out on your own and clean up your favorite section of trail.

Post your photos in the Facebook event or email them to a CVC board member and encourage others to do the same! Let's continue to keep the Cedar Valley clean and make a difference.



**April Time Trials have been cancelled.**

*Time Trials will resume August 20 & 27 and September 3 & 10.*



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# MAY IS BIKE MONTH



With so many reasons to ride, what's yours?

#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH

## NATIONAL BIKE MONTH STARTS WITH YOU!

Hey Cedar Valley Cyclists – here's an opportunity to again be community leaders. May is National Bike Month with a new twist! This year the CVC board agreed to partner with the Cedar Falls Bike/Pedestrian Advisory Committee to encourage people to bike or walk to work, to an errand, to a restaurant... at least once during the month. That's an easy challenge for all of you! You are expert bikers, love to move, and can manage this goal once during May. Plus, you get to post a photo on the CVC Bike/Walk to Work Facebook event of you with your bike, or walking shoes, in front of your business or destination site.

You can also help CVC as we ask local businesses/employers to encourage their employees to try biking/walking to work. Who can you contact? Start with your own employer. Remember, employers like employees with good ideas!

### Here are some benefits for the employer:

- Good public relations/free advertising when people post selfies of their workplace on the CVC FB event
- Good for employee wellness and productivity (Human Resources departments should love this idea!)
- Easy for the employer to participate by sending an email invitation to employees to try biking/walking to work or another location
- No cost to the employer, unless they want to provide incentives, such as workplace recognition in a newsletter or a breakfast
- Provides a more sustainable, alternative transportation mode
- Generates employees with energy!

### And what do you as a biker/walker get out of it?

- Exercise built into the workday
- Your photo posted on the CVC FB page for all to see and admire
- A chance to wake up before you get to work
- Less traffic, no parking hassles
- Less stress, more energy for the day!

We will soon have a short information sheet that you can take/email to your employer with the request that they encourage employees to bike/walk to work during May. We'll also have some hot tips for bike commuting on the CVC Bike/Walk to Work Facebook event from several famous CVC bike to work mentors.

Email Jack Yates ([jack@ridecvc.org](mailto:jack@ridecvc.org)) and let him know who you will contact and that you commit to try biking/walking to work [at least] one day in May. For more information, visit [bikeleague.org](http://bikeleague.org). This national organization works year-round to promote bike safety and driver awareness of bicyclists. – Jack Yates

# RAGBRAI® XLVIII UPDATE

## RAGBRAI® XLVIII STILL IN QUESTION

As of the writing of this article, RAGBRAI® 2020 is still going forward; however, there have been conversations about “what if” and the consensus seems to be that a decision whether to conduct the ride or not will be made and announced by mid-April. If there is any interruption of the ride this year, it will be a postponement until 2021. We know that registration is still open until the end of May. Beyond that, there are no details to share.

Cedar Valley Cyclists will communicate directly with all our registrants whenever we have any specific news to relay. Until then, it is officially Spring now and time to get the bike tuned up and ready for riding.



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**We would love to have you as a sponsor!**  
**Reach out to [Sponsorship@RideCVC.org](mailto:Sponsorship@RideCVC.org) with any questions.**

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