

# MARCH 2020 NEWSLETTER

Volume 13 // Issue 3



## KEEP CONNECTED!



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[WWW.RIDECVC.ORG](http://WWW.RIDECVC.ORG)



## CLIP IN WITH CINDY

### GREETINGS, TEAM CVC MEMBERS!

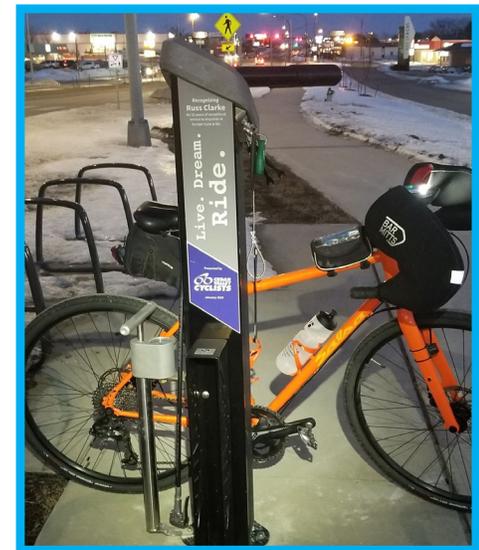
Spring is on the horizon! It was great to see so many cyclists out and about this past weekend with temperatures nearing 50 degrees. It is always so nice to have a break from the cold and snow in the middle of February! And with Daylight Saving Time beginning on March 8 we will have another hour of daylight in the evening to get out and enjoy the warmer weather.

While riding around, I noticed that the snow has melted off of some of the trails although there are still piles of snow at some of the intersections. CVC has been working with the city of Cedar Falls to get more trails plowed during the winter. We feel that it is critical to have a clear path connecting Waterloo and Cedar Falls, so we have placed the Greenhill trail at the top of our wish list for plowing. Kudos to Waterloo for plowing their section of the Greenhill trail, as well as several other trails in town.

When you are out riding, be sure to check out the new bike repair station located on University Avenue directly across from the former Europa Cycle and Ski location. The CVC Board, on behalf of all CVC members, recognized Russ Clarke for his 32 years of exceptional service at Europa by presenting him with this bike repair station at the February Board meeting. Thank you Russ for always supporting CVC and cycling in the Cedar Valley!

As a reminder, the CVC Board meets the second Sunday of every month, so if you have any items you would like added to the agenda, please contact me or any Board member. If you're interested in becoming a Board member, elections are held each October.

And don't forget to sign up for RAGBRAI! This is the perfect year to try at least a day or two since the route comes through Waterloo. Single day passes are available!



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# YOUR 2020 RIDE CALENDAR

**March 28** – YMCA Indoor Triathlon

**April 2 & 9** – Time Trials

**April 25** – Trail Cleanup & Potluck

**May 2** – CVC Kickoff Ride & Party (*rain date: May 9*)

**May 3** – Denver Waffle Rides Start

**May 6** – WOW Rides Start

**May 11-15** – Bike to Work Week

**May 17** – New Hartford Omelet Rides Start

**May 20** – The Ride of Silence

**June 11** – Ride for a Cause

**June 11** – Waterloo WOW Rides Start

**June 27** – Sturgis Falls Ride

**July 4** – Kirby's 4th of July Ride

**July 11** – Century Ride

**July 19 – July 25** – RAGBRAI

**August 1** – Irish Fest High Nelly Ride

**August 15** – King/Queen of the Mountain

**August 20 & 27** – Time Trials

**September 3 & 10** – Time Trials

**September 19** – Ride to Backbone

**October 7** – Breast Cancer Awareness Ride

**December 10** – Holiday Lights Ride

\* W.O.W. Rides – **weekly** – every Wednesday at 6:00 p.m. from 4<sup>th</sup> & Main in Cedar Falls

\* Waterloo on Wheels – second Thursday of the month at 6:00 p.m. from the Riverloop Expo

\* Omelet Rides – **monthly** – third Sunday of the month at 8:30 a.m. from 1<sup>st</sup> and Clay Street in Cedar Falls

\* Waffle Rides – **monthly** – first Sunday of the month at 8:30 a.m. from 1<sup>st</sup> and Clay Street in Cedar Falls

\* Time Trials – April 2 & 9, Aug 20 & 27, Sept 3 & 10 starting at 6 p.m. from 27<sup>th</sup> Street in Cedar Falls



## WEDNESDAY NIGHT SPIN CLASS

All classes are held at the Black Hawk County YMCA at 6:00 for \$5 per class. Membership to the YMCA is **NOT** required to attend.

There are a limited number of spots and these classes do fill up.

**CLICK HERE TO REGISTER**



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# RAGBRAI® XLVIII UPDATE

## RAGBRAI® XLVIII SIGN UP IS EXTENDED

The new RAGBRAI® Team just notified us that registration with the RideCVC Group (#3891 at the RAGBRAI® site) will be available through the month of April. In case you have missed it, RAGBRAI® will be July 19–25 passing through the Cedar Valley and overnighting in Waterloo on Wednesday, July 22. This extension means potential riders can still register with Cedar Valley Cyclists' affiliated charter and obtain RAGBRAI® wristband and registration through our local cycle club. If you are still considering participating with RAGBRAI® this year, you have as much as 8 more weeks to complete your registration. The main CVC charter is closed as of March 1, but RideCVC is now the option. Just follow the steps below and use the links to complete the process.

In addition to obtaining the RAGBRAI® wristband, the CVC Charter includes transport from Waterloo to LeMars and back from Clinton using air-conditioned, tour-style charter buses, transport of bikes and gear both ways, baggage hauling between overnight towns, camping all week at premium reserved campgrounds, a canopy with chairs and beverage coolers, a charging station for electronics, portable toilets at every campsite and other amenities. There are also daily and partial service options available. More information regarding the CVC Charter can be found at [www.cedarvalleycyclists.org/ragbrai](http://www.cedarvalleycyclists.org/ragbrai).

### STEPS TO REGISTER:

1. [Become a member of Cedar Valley Cyclists](#)
2. [Register on the RAGBRAI website with RideCVC group \(#3891\)](#)
3. [Fill out the Cedar Valley Cyclists' Charter application](#)
4. **Make your payment**, either through PayPal or send a check or money order payable to Cedar Valley Cyclists

#### Mail to:

Cedar Valley Cyclists  
PO BOX 2463  
Waterloo, IA 50704



## We support Cedar Valley Cyclists.



**Matt Trueg**  
Financial Advisor  
211 East San Marnan Drive  
Waterloo, IA 50702  
319-236-8546

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MKT-5894I-A

The logo for Doughy Joe's features a cartoon character with a green cap and a blue shirt, holding a large pizza. The text 'DOUGHY JOE'S' is written in large, bold, yellow letters with a red outline, and 'PEETZA-JOYNT' is written below it in smaller, red letters with a white outline.

126 Brandilynn Blvd  
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**doughyjoey.com**  
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*Pizza - Subs - Salads  
Soups - Pasta - Beer*

# RAGBRAI® XLVIII UPDATE

## RAGBRAI® VOLUNTEERS NEEDED FOR OVERNIGHT

RAGBRAI® will be spending the night of Wednesday, July 22 in Waterloo. The overnight is a huge undertaking requiring legions of volunteers in order to show the 15,000 or so riders and visitors a great time. The focus areas that will be seeking volunteers include:

- Housing
- Campgrounds
- Sanitation & Showers
- Publicity
- Hospitality
- Web & Social Media
- Information Center
- Food & Vendors
- Electrical
- Beverage Garden
- Entertainment
- Public Safety
- Law Enforcement
- Medical
- Communications
- Transportation
- Ride Right
- Volunteers

If you are not riding this year (or even if you will be riding), it is not too early to indicate which area you are interested in helping. Send a note to the link below and indicate your interest to be a part of this grand adventure.

**VOLUNTEER**

## ERIC PENNING TAKES CVC WORLDWIDE

We love to see where you and your Cedar Valley Cyclist gear travel! Send in your photos with CVC pride! We'll get Eric a CVC shirt ;)



# CYCLING NEWS & LEGISLATION

## 2020 BICYCLE POLICY AND LEGISLATION

We are concerned about the safety of bicyclists in Iowa. The Iowa Bicycle Coalition is striving to improve laws to protect bicyclists. These policy and funding bills are monitored by the Iowa Bicycle Coalition and the Advocacy Strategies team at the Capitol. You can take action on any or all of these issues by clicking the links below.

Current bills are grouped below by subject because multiple bills may address the same topic. Learn more on each topic at:

- Safe Passing of Bicycles: [www.iowabicyclecoalition.org/passing](http://www.iowabicyclecoalition.org/passing)
- Bicycle Visibility: [www.iowabicyclecoalition.org/visibility](http://www.iowabicyclecoalition.org/visibility)
- E-Bikes: [www.iowabicyclecoalition.org/ebikes](http://www.iowabicyclecoalition.org/ebikes)
- Handsfree Cellphones: [www.iowabicyclecoalition.org/handsfree](http://www.iowabicyclecoalition.org/handsfree)
- Natural Resources & Outdoor Recreation Trust: [www.iowabicyclecoaliton.org/trust](http://www.iowabicyclecoaliton.org/trust)

HF2409 & SF2354 // **E-Bikes** // <https://actnow.io/HgEVzTH> and [www.iowabicyclecoalition.org/ebikes](http://www.iowabicyclecoalition.org/ebikes)

HF2119 // **Hands-Free Phone Mandate** // <https://actnow.io/U5ytCnR> and [www.iowabicyclecoalition.org/handsfree](http://www.iowabicyclecoalition.org/handsfree)

SF76 // **Hands-Free Phone Mandate** // <https://actnow.io/U5ytCnR> and [www.iowabicyclecoalition.org/handsfree](http://www.iowabicyclecoalition.org/handsfree)

HSB657 & SSB3116 // **Natural Resources Trust Fund** // <https://actnow.io/gSHQj1m> and [www.iowabicyclecoalition.org/trust](http://www.iowabicyclecoalition.org/trust)

HF2189 // **Passing Penalties** // <https://actnow.io/7jI9giK> and [www.iowabicyclecoalition.org/passing](http://www.iowabicyclecoalition.org/passing)



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# INTERESTED IN BECOMING A SPONSOR?

There are a large number of benefits to being a CVC sponsor, some of which include mention and tags in social media posts, a linked CVC website listing, and an ad in this monthly newsletter that is distributed 11 times a year to over 400 households.

**We would love to have you as a sponsor!**  
**Reach out to Sponsorship@RideCVC.org with any questions.**

# YOUR 2020 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>	Cindy Angel	Cindy@RideCVC.org	<b>Webmaster:</b>	Randy C. Klug*	Webmaster@RideCVC.org
<b>Vice President:</b>	Bob Osgood	BobO@RideCVC.org	<b>W.O.W. Ride Director:</b>	David King	DavidK@RideCVC.org
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<b>Membership:</b>	Troy Buzynski	Troy@RideCVC.org	<b>At Large:</b>	Jack Yates	Jack@RideCVC.org
<b>Newsletter Editor:</b>	Kimberly Breuer	Kimberly@RideCVC.org	<b>RAGBRAI® CVC CHARTER COMMITTEE:</b>		
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<b>Quartermaster:</b>	Jim Young*	Jim@RideCVC.org	<b>Coordinator:</b>	Angie White	RAGBRAI@RideCVC.org
<b>Special Events:</b>	Deb Bartels	Deb@RideCVC.org			
<b>Sponsorship:</b>	Jake Hawk	Jake@RideCVC.org			
<b>Time Trials:</b>	Russ Clarke	Russ@RideCVC.org			

*\*Indicates Emeritus Status*