



CEDAR VALLEY CYCLISTS

JUNE 2019 NEWSLETTER

VOLUME 12 // ISSUE 6

KEEP CONNECTED!

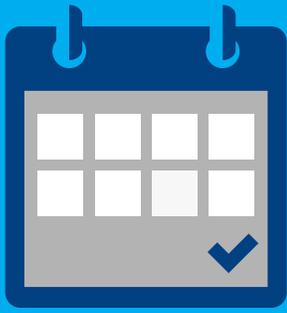


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MARK YOUR CALENDARS

THIS MONTH:

- | | |
|--------------------|--------------------------------------|
| June 1 | Ride for a Cause |
| June 22-23 | Falls 2 Falls Overnight Ride |
| June 29 | Sturgis Falls Ride |
| July 4 | Kirby's 4 th of July Ride |
| July 6-7 | Cedar Valley Pedal Fest |
| July 13 | CVC Century Ride |
| July 21-27 | RAGBRAI |
| August 3 | Irish Fest Ride |
| August 10 | King/Queen of the Mountain |
| August 24 | JJ's Brew Tour |
| August 22 and 29 | Fall Time Trials |
| September 5 and 12 | Fall Time Trials |
| September 21-22 | Backbone Overnight Ride |
| October 2 | Breast Cancer Ride |
| October 5 | Annual Decorah Ride |
| December 18 | Holiday Lights Ride |



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CLIP IN WITH CINDY



Greetings Team CVC Members!

The cycling season is off to a great start! Despite chilly weather, we had a great turnout for our Kickoff Ride and party afterwards at Tom and Cindy Giberson's place. They have been extremely generous for the past two years by hosting our Kickoff

party. **The CVC Board decided to award the All Star Award to them for the month of May – thanks again Tom and Cindy!**

Bike to Work week was a success with many of you winning prizes from our sponsors Andy's Bike Shop, Bike Tech, Europa Cycle and Ski, and Waterloo Bicycle Works. Thanks to our awesome sponsors and to all of you that biked to work and posted photos! On Wednesday of that week over 100 people participated in the Ride of Silence to commemorate cyclists killed and support those injured while riding on public roads. This event helps to raise awareness among motorists, the public and decision makers of the dangers cyclists face on the roads, especially from other traffic.

So what do we have to look forward to in June? Ride for a Cause will start the month off on June 1 at 9:30 am from Waterloo Bicycle Works. Our cause is the IHOPE Chapter of AMBUCS whose mission is to improve mobility and independence for people with disabilities through the AmTrykes program. The money we raise from this ride will help purchase more AmTrykes.

Next, we have the Falls 2 Falls Ride from Cedar Falls to Iowa Falls and back on June 22-23. There will be paved road and gravel road options (approximately 63 miles each way), and riders will be spending the night in hotels this year. And you won't want to miss the annual Sturgis Falls Ride on June 29.

Wednesday WOW rides will continue throughout the summer, with road rides (suggested minimum average pace of 14 mph) and trail rides. Europa Cycle and Ski will be providing ride support this year, and we will meet after each ride at one of our sponsors for food and beverages. Waterloo on Wheels rides are held on the second and fourth Thursdays of each month and start downtown Waterloo and travel different routes than the Wednesday rides. Please contact Dave King, WOW Director, to volunteer to sweep a ride or two. It is fun riding in the back for a change, so grab a friend and volunteer to help us out!

Still looking for more ride opportunities? Check out the Facebook page *Who's Riding Cedar Valley* where a variety of road rides, gravel rides and off-road rides are posted.



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"[Commuting by bicycle is] an absolutely essential part of my day. It's mind-clearing, invigorating. I get to go out and pedal through the countryside in the early morning hours, and see life come back and rejuvenate every day as the sun is coming out." – James L. Jones, former US Supreme Allied Commander Europe, Barack Obama's former national security advisor

ANNUAL TRAIL CLEAN UP REPORT:

A huge shout-out to everyone that came out to help, and thanks to the City of Waterloo Sanitation for providing a garbage truck and trash bags – we filled an entire garbage truck again this year! This is made possible because our members show up and work together.



2019 RIDE OF SILENCE

This year's Ride of Silence was Wednesday, May 15 with 104 registered riders. Gretchen Harken prepared a memorial display, including a "ghost bike" and crosses for fallen riders from the past 4 years (see photo). Thanks Gretchen! The ride was particularly significant this year because of the 10 bicycle fatalities in the entire state last year, 3 were from our Cedar Valley area - Pam Druvenga, Connie Inks, and Eugene Harding. The event became even more meaningful when I learned that Connie's niece and 2 grand-nieces attended our ceremony before the ride (though they didn't ride) and Eugene's mother learned about the event on social media and came to the display after the ride. Several of us had the opportunity to meet her and share her unimaginable grief.

Cedar Falls Police Department and Black Hawk County Motorcycle Deputies assisted with escort and at intersections to keep everyone safe again this year. Special thanks to the officers for the help. One observation that several riders made was

that the oncoming vehicles in the opposite lanes pulled over and stopped while the bikers rode past, similar to what occurs with a funeral procession. We wish that we did not have fatalities to remember and mourn, but until we achieve Zero Fatalities, it is helpful to know that our ceremony and ride have an impact. We hope that it is a reminder to everyone who sees us to drive alertly always, whether on your bike or in your vehicle and that distracted driving has no place on our streets and roads.

Thanks to all who helped and to all who participated with the ride this year.





As I wrote last month, RAGBRAI® activity has slowed down considerably. There remain only two open seats on the buses out to Council Bluffs (several more remain on the return buses). The process of assigning wristband numbers happened May 1 and everyone should receive an email with the number. Campground scouting is completed we think, though Centerville is tentative yet. The series of pre-ride emails to the participants will start later in June. It is still possible to join the CVC charter if you wish. You must already have your RAGBRAI wristband registration or else purchase daily passes. Weeklong wristbands will only be available if someone cancels and the buses are essentially filled. There would be room for new riders to join if they only need the baggage handling/camping parts of the charter or for those wanting to return on the bus from Keokuk. Email RAGBRAI@RideCVC.org for information or to get answers to any questions. – Roger White

DENVER WAFFLE RIDES

SUNDAY, JUNE 2 IS OUR NEXT MONTHLY DENVER WAFFLE RIDE. The starting point will again be the old Behrens-Rapp Gas Station at West 1st and Clay Street, downtown Cedar Falls. Plan to arrive by 8:20 a.m. – we will be rolling by 8:30 on the paved county roads to Denver.

The American Legion will have their “all-you-can-eat” waffle breakfast for \$6 complete with waffles, sausage, fruit, coffee, and juice. Return will be on the same route for a 30-mile round trip ride. This ride will be weather permitting, so if you have a question, contact Roger at 319-240-8279 or check the CVC Facebook page.



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JUNE 22-23

The ride is from Cedar Falls to Iowa Falls and back the next day. Riders will be staying in hotels (Super 8 and AmericInn) and are responsible for reserving their own rooms.

There is a gravel ride in addition to the road ride. Both rides will leave June 22 from Central School parking lot at 9:00 a.m. and are roughly 63 miles each way. Europa will provide sag service both days. Jen King will provide a halfway stop at Highway 14 between Dike and Wellsburg. Road riders will have to check in here both days.

REGISTER TODAY





TOUR DE STURGIS FALLS RIDE "HAPPY TRAILS"



JUNE 29, 2019

8:30 a.m. | registration starts at 7:30 a.m.

\$10 per rider | 25 and 50 mile routes

Cedar Falls Rec Center – 110 East 13th Street

Registration begins at 7:30 a.m. and the ride starts at 8:30 from the Cedar Falls Recreation Center at 110 E. 13th Street, Cedar Falls. There will be two ride options: a 25-mile route to Janesville and a 50-mile route to Shell Rock. There will be maps for both rides and the 25-mile route will have signs showing the way. We will be escorted out of Cedar Falls by the Cedar Falls Police Department. There will be free bottled water and bananas at the Kwik Stars in Janesville and Shell Rock. Europa will have a ride support vehicle along with a mechanic there at the start and helping along the way.

Thanks to Europa Cycle and Ski and CVC there will be \$1000 dollars of gift cards (to Europa) given away. Riders will have a chance to win 3 \$100, 6 \$50 and 20 \$20 dollar cards.

Last year we had 120 riders and we hope you will join us! Questions to Mervin@RideCVC or 319-239-8133.



Come join the High Nelly Bike Rally Saturday, August 3 at 10 a.m.

The High Nelly Bike Rally celebrates the High Nelly vintage bicycle with your choice of a road ride or a trail ride along the scenic Waterloo Cedar River bike trails. Participants are encouraged to ride vintage bicycles and wear kilts and Irish outfits. Prizes are given for best vintage bike (or vintage look) and for best outfit. Prizes are awarded at a wonderful party at the end of the ride.

Your entry in the High Nelly Bike Rally includes the ride, swag bag, High Nelly t-shirt, chances to win prizes, and a free beer at the post-ride party. A ticket for the entire weekend at the Iowa Irish Fest is available at a discount with your High Nelly entry.

REGISTER HERE

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WATERLOO CONSIDERS A BICYCLE ORDINANCE UPDATE

From news reports, the Waterloo City Council is considering an updated Bicycle Ordinance. I have not yet had an opportunity to review the entire text, but the news reports stated that the ordinance has a “3-foot passing” requirement under 30 MPH and “5-foot passing” requirement for speeds over 30 MPH.

These are not adequate nor safe passing clearances. The state-wide bicycling community has been urging the Iowa Legislature to pass “full lane passing” because that is the only standard that guarantees the safety of the rider and protects the motor vehicle driver from causing a crash. In addition, it is the only standard that is enforceable. Motor vehicle drivers, who are sitting on the opposite side of the vehicle away from the cyclist being passed, overestimate distances and think they are yielding the 3 or 5 feet, but in fact they do not. Research has demonstrated this. In addition, both the vehicle and the bicycle are moving in the same direction and sometimes cyclists have to make quick swerves to avoid hazards in the road (holes, cracks, debris, sewer grates, gravel, etc.). When that happens, the 3 or 5 feet clearance disappears and the cyclist is in danger. Plus, there is no way to enforce the 3 or 5 feet distances unless the cyclist is struck by the motor vehicle. Current Iowa law states that vehicles should not drive “unreasonably close to” a cyclist and that is as useful as the 3 or 5 feet in the proposed ordinance because it’s only enforceable if the cyclist is struck.

– Roger White

2019 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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