

Insider
For July 29, 2009
By Kim Burger

The 14th Annual Cedar Valley Trails Festival is just around the corner, August 5-9, and we've got some fun new plans for this year! First off, we are welcoming the Senior Cruise back to Cedar Falls this year. On Wednesday the 5th, seniors and those who find it too physically challenging to explore the trails on their own are invited to enjoy a hot lunch and narrated tour in the comfort of a van for just \$5. Tours depart from the Cedar Falls Community Center located at 525 Main Street, starting at 10:30 am. Preregistration is required, and may be made at the Community Center by calling 319-277-1900.

The official start of this year's festival will take place on Thursday, August 6th at 5:30 pm with the opening ceremony held at the Hearst Center for the Arts. Jim O'Loughlin will provide a special presentation "*Loose Women*", *Wheelmen*, and *the Golden Age of Bicycling*, followed by Opening Ceremonies and a Trail Walk.

The recent addition of the Dog Walk has proven to be very popular and will take place again this year on Friday, August 7th, beginning at 4pm at the Cedar Falls Paw Park, located on South Main Street. Don't have a dog? No problem...the Cedar Bend Humane Society will be on hand with loaners...adoptable dogs that you may want to consider providing a new home for! Walkers must be 14 years of age or accompanied by an adult to take part.

Also taking place on Friday at 6pm is the second annual installation of the Bridge to Bridge Ride. The exciting new trails along the downtown Waterloo riverfront will be explored on this ride followed by the music of Superfly Samuria at Main Street Waterloo's Friday'Loo This event is located in Lincoln Park, East 4th Street & Lafayette.

Saturday, August 8th, will be a busy day with four events. 7pm is the start time for our inaugural Cedar Valley Trails Festival 5K Run sponsored by the Cedar Valley Sports and Entertainment Commission. Dave Lipinski of Trekman Racing is managing this new event which will begin at Gateway Park. A registration fee of \$18 before August 4th, or \$20 on the day of the race is required and that gets you a t-shirt while supplies last.

A Bicycle Rodeo designed to teach cycling safety skills under the guidance of local parks and law enforcement officials takes place from 9am to 11am at Black Hawk Park, 2410 West Lone Tree Road. A limited number of free bicycle helmets will be available for attendees in need.

Moving back to Gateway Park, the Tour de Valley Ride begins at 10am. This ride is sponsored and managed by Scheel's All Sports and consists of a 7-or-23 mile ride through the Cedar Valley Trails. All registrants will be entered into a drawing for a new bicycle compliments of Scheels!

We'll end the day with the famous Light Up the Night Ride sponsored by Europa Cycle and Ski. Pre-ride music performed by the Blue Band and provided by the Hearst Center for the Arts begins at 7pm at Gateway Park. The 9-mile candlelit ride will begin at dusk. Be sure to thank the Cedar Falls Junior Chamber (Jaycees) for their work in placing and lighting the more than 5,000 candles required for this event! Bicycle lights (even if you have to duct tape a flashlight to your handlebars) and helmets are a must.

Sunday wraps up the festival with the Hartman Eco-Triathlon and Poker Ride. The Eco-Tri is a USAT sanctioned adventure triathlon that begins at 7am in George Wyth State Park with a 5.5K kayaking segment to the Hartman Reserve Nature Center followed by a 17K off-road mountain bike ride and finishing with a 5K trail run. Preregistration is required, and can be accomplished by visiting www.hartmanreserve.org or calling 319-277-2187.

The final event of the weekend is the Poker Ride, sponsored by Bike Tech, starting at 11am at Mulligan's. Riders will visit various points of interest along the trails collecting cards to compete and win a game of poker for prizes. Special drawings for those under the age of 21 will be provided, so bring the family! The fee is \$10 (\$5 with your 2009 Trails Festival t-shirt). Everyone will gather back at Mulligan's where prizes will be rewarded!

It's going to be a great weekend celebrating the trails so come out and join the fun. Additional details can be found at www.cedartrailspartnership.org or by calling 319-268-4266.