



CBTC NEWSLETTER

Official Publication of the Coastal Bicycle Touring Club

CBTC, Post Office Box 14531, Savannah, GA 31416 www.cbtc.org

Check web site for the latest ride info: www.cbtc.org

August 2014

Bike Club Meeting

Tubby's Tank House
2909 River Drive, Thunderbolt
Monday, August 4, 2014
BOARD MEETING
5:45 P.M. TO 6:15 P.M.
7:00 P.M. Bike Club Meeting
AUGUST PROGRAM:
Kickin' Asphalt Bicycle Club
Hilton Head, SC
Presented by Joan Lemoine

2014 Board of Directors

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CBTC General Membership Meeting Minutes Monday, July 7, 2014

CBTC President Ken Robichaux called the meeting to order at 7:00 pm. There were 23 members present.

Ken introduced new members Jerome Erickson and Arthur & Debbie Kirshner.

Ken reminded everyone of the Silver Comet weekend from 8/21 to 8/23. Please reserve your room early at the Econo Lodge in Rock Mart and mention that you are with CBTC. Jack Knops has reserved 5 rooms under CBTC.

Ken advised that we need ride leaders for September. Please see John Gerardi to volunteer to lead a ride.

Ken commended Darrel and Carolyn for doing a great job organizing the club picnic. There were 50 present and everyone had a great time.

Mike McAllister gave a brief update on the CBTC web page that he has taken over for Darrel. The web page has been redesigned and now has a forum for member comments. More to come in the future; check out the page: www.cbtc.org and see the new look.

Carol Mulligan and Debbie Wilkowski gave a presentation on a Florida bike trip they took in April 2014. The trip was through I BIKE FLORIDA. The trip was for five days and took them from Gainesville to High Springs. They rode from 20 to 50 miles per day and stayed in hotels. There were approximately 18 participants.

Ken adjourned the meeting at 8:00 pm.

Submitted by John Arney.

Got something to discuss with other cyclists? Have a question about cycling, cycling routes, cycling trips, cycling gear? Have a question not related to cycling, but still would like the advise / opinion of your fellow cyclists? Want a place to post that is not Facebook? Join us on the CBTC forum at <http://cbtc.org/forum/>.

UPCOMING RIDES OF INTEREST

August 30-31, 2014

Ledesma Sports Medicine Historic Savannah Century

Join us for a classic cycling event, hosted in one of the most celebrated cities in the U.S.! Saturday's casual ride offers options of 31/51 miles and is the perfect 'warm up' for Sunday's main event. On Sunday, choose from 5 different routes that vary from the 25 mile trek to scenic Isle of Hope to the 100 miler that departs Savannah via the breathtaking Talmadge Memorial Bridge! All century riders who complete the full 100 will receive a "100 mile club" custom pint glass! CBTC is a big supporter of the Savannah Century and many of our members volunteer in various capacities over the weekend. Paula Johns, the ride organizer, is once again looking for volunteers.

From Paula:

As always, we appreciate the efforts of our volunteers, and this ride weekend could not take place without the MANY people who come together in various roles to make it work. Each year we receive more compliments about the kindness and hospitality of the volunteers than we do about any other aspect of the event weekend. THANK YOU! As an expression of our gratitude, volunteers always ride for free- both Saturday and Sunday. If your 'shift' doesn't prohibit your riding, we'd love for you to do so. We will, of course, provide you with an event t-shirt. Also, volunteers may purchase a custom cycling jersey for \$39. This year's design is, once again, the Talmadge Bridge, but in a different color scheme. We had so many emails from people who still wanted to purchase one after the ride last year, so we decided to offer that design once more. It will be retired after this year! :) Finally, we invite all volunteers to a pre-ride dinner at The Distillery, usually 10-14 days before the event. This dinner will be free of charge to volunteers.

We have three open spots for rest stops on Sunday, so we want to go ahead and put the word out to you guys in case you know of any group that would like to tackle them in exchange for a donation to said group/club. It's not hard work at all, and most people find it very interesting to meet the wide array of cyclists. We've had wonderful success working with Boy Scout groups, Girl Scout groups, church youth groups, etc., but if any of you have contacts of this type, we'll gladly speak with them first.

Thanks again for all you've done in the past! The cycling world appreciates it! Hope to have you aboard for 2014.

If you're interested in volunteering or know of a group that would be interested in manning a rest stop, please email Paula at savannahcenturygj@yahoo.com

November 8, 2014

Cruisin' in the Country

Cruisin' in the Country is not a race, but rather a family friendly bicycle ride through some of the most scenic countryside Georgia has to offer. Cruisin' in the Country leads you along the lightly traveled rural roads of Evans, Bulloch, Candler and Tattnall Counties. Four different ride options are offered allowing each and every member of your family the opportunity to select the ride best suited for each individual skill level. Whatever route you chose, you will travel over roads with minimal traffic, and you will delight in the beauty of quiet rural countryside, rich in history, wildlife and agriculture. Your ride will be enhanced by the friendly, themed rest stops located every 10 to 12 miles along the routes. Each rest stop is stocked with water, PowerAde, fruit, assorted snacks and, of course, the special home made treats that our cyclists look forward to every year.

November 5-10, 2014

Festivelo XVII, Santee, South Carolina

Our USA Cycling sanctioned and fun event has the same leadership and volunteers as it did 17 years ago! This year we will ride and lodge in scenic Santee, South Carolina. Santee is known for gold and scenic southern views and you'll enjoy them on the mostly flat rides with distances between 20 and 110 miles of rural routes, cotton fields and friendly small towns. Our festive bike ride really has something for everyone — beginning riders, family groups, to the racers.

FestiVELO puts as much planning into the riding as we do into socializing each and every night. You'll meet new friends around the campfire or chatting at one of our themed dinner nights or rejuvenate with family watching a movie under the stars.

Check back to the Festivelo website(www.festivelo.org) often for updates, or [sign up for our newsletters](#).

Dates for FestiVELO 2014 are Veterans Day weekend Wednesday, November 5 to Monday, November 10. Ride on November 6, 7, 8 & 9 and there will be a free ride on Monday the 10th to honor the veterans. Please mark your calendars.

Ride Leaders Wanted!

There are open dates available for you to choose next month and beyond. Contact any board member to find out more about it.

Coastal Bicycle Touring Club August 2014 Ride Schedule



Helmets are required on all rides. No helmet = no ride!
Please arrive at least 30 minutes before the scheduled ride departure time. Ride leader's meeting will be held 15 minutes before departure time. Club members and Non-club members must sign the waiver form before every ride.

Date	Time	Distance (Class)	Ride Name	Location and Direction to Start Location	Ride Leader(s)
Sat Aug 2	9:00 A.M.	34 (B) 25 (C)	Ride Turn Clyde	Savannah, GA: Meet at the Kroger at the Berwick Shopping Center on Hwy 17.	Mike McCalister 912-713-6399
Sat Aug 9	9:00 A.M.	33 (B) 21(C)	Gillisonville Ride	Ridgeland, SC: Take I-95 north to exit 28 and follow SR 462 west until you reach US 278 (aprox 4 miles). Turn right onto US 278. The Gillison Baptist Church is 0.6 miles on your right.	John Bayner
Sat Aug 16	9:00 A.M.	33 miles (B/B-) 22 miles (C)	Ride to Fancy Halle	Richmond Hill, GA: Take I-95 S to exit 90 (Hwy 144). Turn left and go about 5 mile to the Publix on your right.	Roy Mueller 912-660-2387
Thur- Sun Aug 21-25	TBA	As you wish	Silver Comet Trail	Rockmart, GA: Meet at Econlodge (2022 Etowah Drive). Follow I-16 W to I-75 N to I-20 W, take exit 44 to GA-6 W which becomes US 278 W (Nathan Dean Pkwy). It will be on the left just after a Walmart on the right. These rides are out and back rides. Turn around when you like. Most will ride on Friday and Saturday. Sunday is optional.	Ken Robichaux 912-656-7758
Sat Aug 30	8:00 A.M.	51/31 miles (A/ B/B-/C)	Ellabelle Ride*	Ellabelle, GA: Take I-16 W to exit 143, turn left. Go about 2.2 miles, turn right on Wilma Edwards Road. Hendrix Park will be on the left about 1.3 miles down. Note: This is not a CBTC sponsored ride. You must pre-register for the ride or volunteer for the Savannah Century to participate.	None.
Sun Aug 31	8:00 A.M.	25/37/56/ 69/101	Savannah Century	Savannah, GA: Starts at The Distillery Restaurant (416 W. Liberty). All but the 25 mile route depart over the Talmadge Bridge. Note: This is not a CBTC sponsored ride. You must pre-register for the ride or volunteer for the Savannah Century to participate.	None.
Sat Sept 6	9:00 A.M.	35 (B/B-) 29 (C)	Rincon Ride	Rincon, GA: Meet at Kroger grocery store on northeast side of Hwy 21. From Savannah, take I-95 to exit 109, turn left and go 6 miles into Rincon. Kroger will be on the right.	Ed Jewell 912-826-3657

Ride Classifications: A: 19+ mph, B: 17-18 mph, B-: 15-16 mph, C: 10-14 mph, S: 9-11 mph

Other Rides of Interest

- ★Wed A.M. Hunter AAF Bob Smith encourages others to join him for training rides at Hunter AAF every Wednesday morning. After vacationing, he will be riding again June 18th at 9:30 AM . Meeting point is at the parking lot inside the base, opposite the fitness center and just past the store when one enters the Montgomery Ave gate off of DeRenne Avenue. Bob said that both C and B-class rides can be accommodated, but contact Bob for further details or just meet him there. **Note: Bob Smith has not been able to ride lately. Hopefully he'll be back on the bike soon.**
- ★Wed A.M. Scott Stell Park Several club members ride about 35 miles on Wednesdays at 9:00 AM leaving from the L. Scott Stell Park off Bush road. Any riders are welcome but our current group speed is Class B/B-. If interested, contact Roy Mueller and he will add you to the short email list for updates concerning it.

Ride Classifications - A/B/B-/C/S

A Very Fast - 19+ MPH (Avg. 19+ MPH flat road speed)

Vigorous riding with excellent bike handling skills. Expect cooperative contribution to group within abilities. No sweep, possible regrouping. Riders are expected to navigate on own if dropped.

B Fast - 17-18 MPH (Avg. 17+ MPH flat road speed)

Brisk to vigorous riding with above average bike handling skills. Expect cooperative contribution to group within abilities. No sweep, possible regrouping. Riders are expected to navigate on own if dropped.

B- Moderate - 15-16 MPH (Avg. 15+ MPH flat road speed)

Moderate to brisk riding with good bike handling skills. Some cooperative pacelining skills required. No sweep, possible regrouping. Riders are expected to be self-sufficient and navigate on own if dropped.

C Intermediate - 10-14 MPH (Avg. 12 MPH flat road speed)

Moderate riding, sightseeing and destination-oriented. Regroups often. A sweep may be appointed. Riders should be capable of riding at least 30 miles.

S Slow - 9-11 MPH (Avg. 10 MPH flat road speed)

Leisurely riding with more attention to scenery. Ride is paced to slowest rider. Regroups often. A sweep is always appointed. Riders should be capable of riding at least 25 miles.

Rider Tips

Select a ride that is within your ability based on the ride distance and pace indicated on our monthly Ride Schedule (see page 3). Call the Ride Leader with any questions or concerns. Trying a pace one level lower than were you think you should be is recommended for new members in order to introduce you to our riders.

All **A**, **B**, and **B-** riders should be **self-sufficient**, i.e. carry a pump, tire irons, spare tube, patch kit, tools, money and health insurance card. They should use a cycling computer and be able to read a cue sheet.

All riders in the club must wear and ANSI, SNELL, and/or CPSC approved helmet throughout a ride. All rides should bring one or two water bottles with them on a ride.

Check the CBTC website for any last minute ride updates.

Ride Leader Tips

Before the day of the ride, make sure you have sufficient cue sheets and one or two waiver (sign-in) forms. The Ride Director can provide these if you can't access the club's website.

If you are unfamiliar with the ride, it would be a good idea to ride the course with a cue sheet to be sure that it is accurate and you know the route. Marking the road with yellow paint at important turn is also a good idea.

If a rider call you with questions, make sure that your ride is within his or her ability, based on the ride distance and pace. Trying a lower distance or pace should be recommended for new members in order to introduce them to our rides.

Ride leaders should announce the following rules for safe riding before the start of a ride:

- Use hand signals to communicate turns, slowing, stopping and road surface hazards
- Slow and stop at all stop signs and traffic lights
- Keep a safe distance between you and the rider in front of you

- Ride no more than two abreast on quiet roads and only where it is safe to do so
 - Ride single file on all busy roads
 - Ride alert with your head up and eyes up the road
- The group may stop for mechanical problems (if there is a designated sweep who can assist, then the ride can proceed). If a rider wishes to leave the route, tell the Ride Leader.
- Go over the ride course, pointing out any areas of potential danger.

Revised Ride Classifications

Please take a minute to review our revised **Ride Classifications** and **Rider Tips** on the left-hand column of the page. They were updated to make them agree more closely with the classifications used nationally by other bike clubs. They haven't been reviewed since being adopted by CBTC in December 2007.

The gist of the changes is that the **A** ride has gotten upgraded to **Very Fast** with the **B** ride taking over the **Fast** classification. We've now added a new **B-** classification, called **Moderate**.

All three of these classifications expect the riders to be "self-sufficient", that is, capable of riding the route alone if dropped. It also means that these riders should be capable of changing a flat tire and carry a pump (or CO2 cartridges), tire irons, spare tubes, patch kit and tools. They should use a cycling computer and be able to read a cue sheet.

The **C** ride classification has not been changed; it still is called **Intermediate**. However, the C riders are not being asked to be "self-sufficient" since it is expected that they will learn these skills prior to moving up the B- rides.

The **Social S** ride has been made slower than the C ride, since it is paced to the slowest rider now.

The Coastal Bicycle Touring Club CBTC web site: www.cbtc.org

Established on June 29, 1981, the Coastal Bicycle Touring Club (CBTC) consists of approximately 150 cyclists. Our club is the direct result of the first GASBE/BRAG ride in 1980. Our club consists of road touring, hybrid recumbent and tandem cyclists. Our goal is to provide an opportunity for all cyclists to join us and share in our enthusiasm for health, camaraderie, the love of the outdoors and a desire to learn more about ourselves and our sport. We also believe that our bicycle club should be an advocate for the sport in our communities while exhibiting and promoting safe cycling all the time.

CBTC is affiliated with the League of American Bicyclists, Georgia Bikes, Savannah Bicycle Campaign (SBC) and Safe Kids Coalition of Savannah.

CBTC dues pays for weekly e-mail updates, monthly newsletter, Club picnic and the Club Insurance. Please support our club.

Rides & Club Meetings

Club rides are offered every Saturday with varying distances, speeds and locations.

Club meetings are held the first Monday of the each month at Tubby's Restaurant in Thunderbolt. Dinner at 6:15 P.M. and meeting at 7:00.

Be sure to visit these shops. Take a look at the new bikes or just stop by to say hello. They'll be glad to see you. CBTC members get a 10% discount on parts and accessories (sorry, not on bicycles or repairs!). Check 'em out.

MIKE MAYNOR



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National Bike Challenge:

If you haven't been logging your miles as part of Coastal Bicycle Touring Club, please sign up today and start logging them in!!!

July is coming to a close, so be sure to log in all your miles before the end of the month!

As of July 30th, CBTC is 6th in the state of Georgia with 35 riders. If you know someone not logging their miles, ask them to sign up as part of our team! For every day ridden is 20 points and 1 point for every mile ridden. So get out there and ride!