



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

June 2014

Bike Club Meeting

Tubby's Tank House
2909 River Drive, Thunderbolt
Monday, July 7, 2014
BOARD MEETING
5:45 P.M. TO 6:15 P.M.
6:15 P.M. Dinner
7:00 P.M. Bike Club Meeting
JULY PROGRAM:
Bike Florida
Presented by Carol Mulligan

2014 Board of Directors

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CBTC General Membership Meeting Minutes Monday, June 2, 2014

President Ken Robichaux opened the general meeting at 6:58. Twenty members were in attendance.

The president had the following announcements:

1. The date of the **Annual Club Picnic** is June 21st, at Griffin Park, 8 miles NW of Guyton. The picnic is a cooperative effort with the Statesboro Bicycling Club. A B-level ride (35 miles) and a C-level ride (25 miles) will start at ten AM. The picnic will be catered and starts between 12:30 and 1:00 PM. RSVP to **Darrel Snuggerud** is highly appreciated for ordering food.
2. We are in need of an Advocacy Director. Please consider.
3. Twelve club members attended the Memorial Service for former club president Franz Froelicher. Club member Joe Ginett delivered a tribute.
4. Club Jerseys are available from John Arney. Price: \$ 60,- for short-sleeved and \$ 55,- for sleeveless.
5. The next meeting will be on July 7th. Speaker will be Carol Altman on "Bike Florida
6. The president also mentioned that the Silver Comet Trail Ride is planned for the week-end of August 21-23rd. Arrival in the EconoLodge in Rockmart, GA is typically on Thursday (8/21/14). Rides will be on Friday and Saturday and volunteers can ride on Sunday as well. The Friday and Saturday ride is on flat terrain on mainly shady former railroad beds and can be done at any pace or for any distance. The club plans the rides on these two days to be 50 miles, i.e. 25 miles east to Hiram and back to Rockmart on Friday and 25 west to Piedmont (AL) from Cedarville and back. There is plenty of time for socialization during lunch, cocktail hour and dinner. The club will reserve a block of five rooms, but individuals are to make their own reservations.
7. **Margie Robichaux** provided an update on the National Bicycling Challenge. The club has 26 people signed up. We are currently ranked 87th nationally. SBC is ahead of us but they have 33 riders. It is important to be aware that our members choose CBTC when signing up. If they do not, the SBC gets the credit.

The president then introduced tonight's speaker, **John Bennett**, club member and the Executive Director of the Savannah Bicycle Campaign. He reviewed the goals of the SBC, which are briefly summarized as the five E's. I.E. to provide Education to children and adults; to Encourage people to ride and Enforcement of bicycling laws, such as the three feet law; to have input in the Engineering of bicycling paths; and to be a forum for Evaluation and Planning. His subject today was "**Complete Streets**".

This concept refers to a 2010 (?) Federal Transportation Department mandate, which states that, when federal funds are used for the building, renovation or resurfacing of roads, the needs of all users of those roads must be taken into account. In practice this means that the states and counties must provide pedestrian and bicycling paths along roads that are built with federal funds.

John presented his talk with clear and often humorous slides of the difficulty pedestrians and cyclists have managing various traffic hotspots in Savannah, such as the dirt paths worn in the grass beside the road by pedestrians, or the bus stops where there is neither room to stop for the bus or the waiting passenger to stand.

Things are improving, however. Demographics show that the younger generation makes less use of cars; trees are planted on the side to provide shade to pedestrians rather than the median; insight is growing that bicycle lanes, such as the one on Price Street, have a traffic calming effect.

(Continued on page 2)

(continued from page 1)

Statistics about bicycling safety are being gathered and used. E.g. Studies show that 40% of all accidents are from being rear-ended, mostly on urban arterial roads. This has led to an emphasis on providing a buffer (e.g. rubber poles) between the bicycle lane and car lane. A very large majority of bikers (85%) would ride more if there were buffers, and 60% are worried about safety.

In Savannah, the SBC works with the City and the Metropolitan Planning Commission on traffic issues. The City is recognizing the economic impact bicycling can bring. The bicycle touring industry has taken note: three companies include Savannah on their itinerary. The audience was very interested in the subject, asked a number of questions and showed their appreciation for the knowledgeable and enthusiastic speaker.

The meeting adjourned at 7:35 PM.

Respectfully submitted, Jack Knops, Secretary

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.

(One date to note: If you know you're volunteering and you would like to pre-order a jersey, we must have all orders in to the manufacturer by July 7th, so please get with us before that date. We're offering two cuts this year- Race and Sport- with sizes ranging from XS - 3X. We also offer men's and women's cuts.)

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.

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 May 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) Geocode for Start Location
Fri July 4th	10:00 A.M.	25 miles (C)	July 4th Ride (Jewell of a Ride)	Savannah, GA: Meet at the north end of Forsyth Park where Bull Street meets Gaston Street. This ride is a social ride. The route may also be altered a bit due to LaRoche Ave being closed	Ed Jewell 912-826-3657 32.2635 lat -81.2203 long
Sat July 5th	9:00 A.M.	40 miles (B/B-) 28 miles (C)	Coffee Bean Ride	Savannah, GA: Meet downtown at Gallery Expresso at the corner of Bull and Perry Streets	John Arney 912-660-4088 32.0751 lat -81.0933 long
Sat July 12th	9:00 A.M.	31 miles (B/B-) 26 miles (C)	Liberty Trail Ride	Midway, GA: Meet at Holton's Seafood Restaurant parking lot. Take I-95 S to exit 76 and go right the exit. Holton's is an immediate left.	Ken Robichaux 912-656-7758 Jack Knops 912-663-8444 31.7796 lat -81.3834 long
Sat July 19th	9:00 A.M.	39/32 miles (A/B/B-) 27 miles (C)	Ellabelle Ride	Ellabelle, GA: Meet at Hendrix Park. From Savannah, take I-16 W to exit 143. Turn left on Hwy 280 for 2.2 miles, then go right on Wilma Edwards Road for 1.5 miles to Hendrix Park on the left. Park in the back at the covered pavilion.	Don Gerosa 912-598-8156 32.1693 lat -81.5131 long
Sat July 26th	9:00 A.M.	41/31 miles (A/B/B-) 21 miles (C)	Harris Neck Ride	South Newport, GA: Take I-95 S to exit 67 (26 miles S of 204 and 95) Turn left on Hwy 17/25 S. PULL into McDonalds on left and park on the gravel parking lot behind the restaurant.	Darrel Snuggerud 912-598-2181 31.6527 lat -81.3943 long

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

- ★ Tues Wheelman Ride Meets at GA Tech on Jimmy DeLoach Pkwy at 6:00 pm – Circuit rides (sprints!)
- ★ 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.
- ★ Wed A.M. Scott Stell Park Several members ride about 35 miles on Wednesdays at 9:00 AM leaving from the 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.
- ★ Wed P.M. Bicycle Link 20-30 miles depending on the light. Meets at Bicycle Link at 210 W. Victory Drive. Rides leaves at 6:10.
- ★ Sat & Sun Perry Rubber Starts at Bull and Liberty Streets in downtown Savannah (starts at 8:00 A.M.) The Saturday ride meets at Perry Rubber and the Sunday Ride meets at Gallery Expresso. Ride distances are 30-, 40-, and 47-miles. These are A, B and B- rides.
- ★ Sun Sun City Ride Meets at Publix parking lot, Bluffton Pkwy and Buckwalter ST. in SC. Various routes, 40 miles, departs at 9:00 A.M.. These are A, B and B- rides.

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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Classifieds

For Sale: Set of Kreidler 3 inch rollers (for training at home). Purchased less than 2 months ago for \$450, used less than 10 times. The item is in brand new condition - the only reason I'm selling is because I purchased another trainer which meets my needs better. \$300
If interested, contact Tim at tim.spackman@gmail.com or 912-547-5011

Special July 4th Wheelman Ride to Jekyll Island: Join the Wheelman for a friendly ride to Jekyll Island (90 miles of fun in the sun to reach the beach and waterpark). All are welcome to join the ride and invite family and friends to join us on the island. There will be two groups: 18 mph and 22 mph. The group will leave Lowes on Pooler Parkway at 7 A.M. sharp (please arrive by 6:30). Riders will sign a waiver and there will be a SAG vehicle riding ahead to two rest stops. Riders are responsible for fluids and fuel. A 32-passenger bus has been arranged to leave Jekyll Island in the afternoon and returning to the Lowes. If you would like more information about the ride, contact Gary Turnbull at garyturnbull@airways-sq.com or 912-856-2681.