



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, June 2, 2014

BOARD MEETING

5:45 P.M. TO 6:15 P.M.

6:15 P.M. Dinner

7:00 P.M. Bike Club Meeting

JUNE PROGRAM:

"Complete Streets"

presented by John Bennett

Exec. Dir. of Sav Bicycling Campaign

2014 Board of Directors

President, Ken Robichaux

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Vice President, Darrel Snuggerud

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CBTC General Membership Meeting Minutes Monday, May 7, 2014

President Ken Robichaux opened the general meeting at 6:55. Twenty one members were in attendance. He introduced **new members Mike and Scarla McAlister, and Larry Dolecki and Linda Meyer**. We may begin to publish a short bio of new members in the Newsletter. The President also introduced **Rick Royer's wife Lucy**, who joined her husband to complete their move from Arizona. Also present was **Carol** (last name?) who recently started work at Quality Bike and who is trying to become familiar with the bicycling community in Savannah.

The president had the following announcements:

1. He introduced **new board members John Gerardi**, who will be the new **Ride Director** and **Valerie Thurston-Pittman**, who will be the new **Newsletter Editor**.
2. Long-time Board member **Arte Rahn resigned** from his position as **Advocacy Director**. It will be difficult to replace Arte, who is very familiar with the local situation as well as developments in biking at the state and national level. The club is looking for a volunteer to take this position.
3. We want to inform the club that **Shari Laist**, a long-time club member and rider, is seriously ill.
4. **Franz Froelicher**, a former president of the club, has passed away. The family will host a Memorial Celebration of his life on Sunday May 25th, at 2 PM, Knights of Columbus, 3 West Liberty Street, downtown Savannah. The club is looking for a person who knows Franz, and who would be able to say a few words on behalf of the club.
5. We need ride leaders! The president mentioned that we have a number of rides at all levels and he asked members to call or e-mail **John Gerardi** to help out.
6. The new **club jerseys** are in and they are available at a price of \$55 for the sleeveless and \$60 for the short-sleeved version from merchandise director **John Arney**.
7. Publicity Director **Margie Robichaux** provided an update on the club's participation in the National Bicycling Challenge. Currently, 21 members have entered their rides, including Jim Carpinelli. Margie encouraged members to enter every ride, especially one- or two-milers, as every entry is automatically rewarded with 20 points. Currently Ed Jewell leads the pack, but competition is under way so to speak. Margie remains available to help any club member who experiences problems with the website. Just e-mail her.
8. President **Robichaux** informed us that the **club picnic date** is June 21 and will take place at Lake Griffin. There will be a catered lunch in cooperation with the Statesboro club.
He also mentioned that the Silver Comet is planned for the week-end of August 23rd. Arrival 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 on flat terrain on mainly shady former railroad beds can be done at any pace or for any distance. The club plans the rides on these two days to be 50
(continued on Page 2)

Meeting Minutes (continued)

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.

9. The meeting was then turned over to Vice president **Darrel Snuggerud**, who introduced tonight's speakers, **Valerie Thurston-Pittman** and **John Gerardi**. Valerie demonstrated techniques of chain cleaning, especially after rainy weather and she also showed a variety of bike cleaning tools. John had also brought examples of handy tools in bike repair, including a very fine aluminum stand and a variety of tools. He focussed on safety inspections, diagnosing noises and making repairs. He provided many practical tips ("do not take the freewheel apart; use a tin and/or magnetic tool when working with ball-bearings" etc). He gave a comprehensive overview of derailleur alignment and chain repair and showed the fundamentals of the hub, bottom bracket and wheel truing. Both speakers are engineers and it showed in their fearless approach to the mechanics of bicycling. It was much appreciated by a duly impressed audience.

The meeting adjourned at 7:55 PM.

Respectfully submitted, Jack Knops, Secretary

UPCOMING RIDES OF INTEREST

June 8-14, 2014

35th BICYCLE RIDE ACROSS GA (BRAG)

The 35th edition of BRAG will start in Washington, GA and proceed East to Thomson, Waynesboro, Metter and Jesup before ending on the coast in Darien, GA. Riders travel at their own pace along a set route. At the end of each day's ride, we tent camp at a local high school or college. Limited indoor camping will be available at all overnight sites, usually in the gym. Some riders will choose to stay at local motels. During the afternoon and evening, there will be activities and entertainment. The towns we'll be visiting are going all out to make sure we have a great time. Regular registration begins in late January at www.brag.org.

June 20-25, 2014

BIKE VIRGINIA 2014

Cyclists from across the US will be heading to Virginia this year to ride from Chesterfield to Williamsburg, VA. There's nothing else quite like the tour experience. Be surrounded by people who understand the joy of riding. Where else can you ride 410 miles for 6 days straight on hand-selected and supported routes. You can ride, rest, relax and refuel day after day. And see one of the top 14 travel destinations in the world in 2014! You do not have to be an elite athlete to enjoy the tour. We have riders of all ages from 8 to 88 every year. You'll see every kind of bike known. So there's no special equipment or clothing needed. Com with a smile and have a good time. You'll be amazed at how enjoyable bike touring can be. The pace is totally up to you. Register early as there is a limit of 3000 riders. Go to www.bikevirginia.org

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!

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.

The National Bike Challenge unites thousands of current bicyclists and encourages countless new riders. It is a free and easy way to challenge yourself, your colleagues and your community to ride more while competing on a local, state and national level. The Challenge runs May 1 to September 30, 2014. Sign up today and make every mile count! ! www.bikeleague.org/content/national-bike-challenge

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
Sat June 7	9:00 A.M.	35 miles (A/B/B-) 29 miles (C)	Rincon Ride	Rincon, GA: Meet at Kroger's grocery store on northeast side of Hwy 21. From Savannah, follow I-95 to Exit 109, then go about 6 miles northwest on Rte 21 towards Springfield. Kroger will be on the right.	Ed Jewell 912-826-3657 32.2635 lat -81.2203 long
Sat June 14	9:00 A.M.	40 miles (A/B/B-) 23 miles (C)	South Effingham - Guyton Ride (Jim's Ride)	So. Effingham GA: Meets at Larry's Giant Subs. From Interstate 95, exit 109. Go North towards Rincon 0.6mi. Turn left onto GA30, drive 7.4 miles to Buckingham Plaza on right. Park next to Larry's Giant Subs	Darrel Snuggerud 912-598-2181 32.1877 lat -81.3178 long
Sat June 21	9:00 A.M.	35 miles (A/B/B-) 22 miles (C)	Griffen Lake Ride and CBTC Annual Picnic	Guyton, GA: Starts at Griffen Lake. From Savannah, follow Rte 80 through Bloomingdale, then turn right on Rte 17. After passing the intersection of Rtes 17 and 119 in Guyton, continue for another 7.7 miles. Griffen Lake Rd is on the left with a sign for the lake on the right side of the highway. The lake in 0.8 miles on the left.	Valerie Thurston-Pittman 912-596-4056 31.6527 lat -81.3943 long
Sat June 28	9:00 A.M.	27/27 miles (C)	Skidaway Island Ride	Skidaway Island, GA: Meet at the Skidaway Island Baptist Church parking lot at 2 West Ridge Road. Take Diamond Causeway (204) south the the third left on McWhorter Drive after going over the Skidaway Island bridge. then first left on West Ridge. Church will be on the left, on the corner.	David Fuchs 912-598-5376 Bob Smith 912-713-3625
Fri July 4	10:00 A.M.	25 miles (C/S)	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 designed for new or slower riders.	Ed Jewell 912-826-3657 32.0702 lat -81.0953 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 Espresso. 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.



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Newsletter Editor's Note:

Do you want to see something special in the newsletter? Got something you want to sell or advertise? Please send me a note and I will make sure to include it in the newsletter.

**-Valerie Thurston-Pittman
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