



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

May 2014

Bike Club Meeting

Tubby's Tank House
2909 River Drive, Thunderbolt
MONDAY, MAY 5, 2014
BOARD MEETING
5:45 P.M. TO 6:15 P.M.
6:15 P.M. Dinner
7:00 P.M. Bike Club Meeting
MAY PROGRAM:
Bike Maintenance
presented by John Gerardi &
Valerie Thurston-Pittman

2014 Board of Directors

President, Ken Robichaux
kenrobichaux@gmail.com
Vice President, Darrel Snuggerud
dsnuggerud@me.com
Treasurer, Joe Kreger
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Secretary, Jack Knops
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2014 Committee Chairs

Ride Director, John Gerardi
johngerardi@hotmail.com
Membership Director, Bob Smith
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Ken Robichaux
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Publicity Director,
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CBTC General Membership Meeting Minutes Monday, April 7, 2014

President **Ken Robichaux** opened the general meeting at 7:00. In spite of the heavy and persistent daylong rain 18 members were in attendance. He had the following announcements.

1. Board Member **Bob Smith** announced per letter that he resigned from the positions of Newsletter Editor and Ride Director. Both functions are time consuming and were handled with great skill by Bob. The president made an appeal to the members, emphasized that "this is your club" and hoped that volunteers to fill the positions would come forward soon.
2. He then called on Publicity Director **Margie Robichaux**, who made an appeal to members to participate in the National Biking Challenge. She explained the point earning system and the sign-up procedure in detail and offered help to members who experienced difficulty. She hoped that member participation would help us reach the goal of being the # 1 club in Georgia. She will send out detailed information to all club members.
3. The president then called on Social Director **Rick Royer**, who expressed his gratitude for finding a club that has made him feel welcome since his arrival from Arizona at his new job in Savannah in October. He mentioned the successful Oyster Roast at Bella Bonna's and called attention to the next upcoming social event, the **Kayak Trip on April 27**. There are only a few spots left and details about the gathering points will be provided via the weekly Ride Announcement from **Roy Mueller**.
4. President Ken Robichaux announced that Vice president Darrel Snuggerud had been able to secure the cook out spot at Griffin Lake on June 21st for the Annual Club Picnic. There will be two rides, for B and C groups, and the starting time for the rides is at 10 AM. Details to follow.
5. The president reminded us that the month long 20% discount of Road -ID articles will run out on April 9.

The meeting was then turned over to Vice president **Darrel Snuggerud**. An unexpected change in the program had become necessary. Darrel was able to obtain a 20 minute video, made by friends from Chicago, who had made a seven day tour called "**Biking along the Danube**". Darrel provided a brief layout of the geography of that part of Europe so that the audience could situate Austria and the general route which went from Passau (in formerly East Germany) to Vienna in Austria. The trip took place on special, motor traffic free bicycling paths and was organized by "Bike Tours Direct ". The cost is about \$ 1000,- and this includes seven nights in a hotel and the bike rental. This particular trip brought with it the extra challenge of coping with the aftereffects of "the worst flood in Austria" since recorded history. The video showed clearly flood high point lines reaching to the second floor of hotels and mud that in some places had barely been cleaned off the biking paths. But the flood did not distract from the overall enjoyment. The high points of the trip and the video were organized tours of the Cathedral in Linz, the Basilica in Enns, the famous ornate and opulent Abbey of Melk, a Summer Solstice Festival in Greinz complete, of course, with plentiful marching bands and the rich history of the Royal holdings and the musea in Vienna. The video was appropriately accompanied by oompahpah music and Viennese Waltzes and provided the participants with visits to cute villages, plenty of vista's of the Danube valley, ancient structures, culinary adventures, magnificent architecture, countless photo ops and the pleasure of hanging out with friends. It provided the appreciative audience with a good overview of what makes a biking vacation an unmitigated joy.

The meeting adjourned at 7:40 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

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

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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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 May 3	9:00 A.M.	37 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 at the exit. Holton's is an immediate left.	Ken Robichaux (B/B-) 912-656-7758 Jack Knops (C) 912-663-8444 31.7796 Lat -81.3834 long
Sat May 10	9:00 A.M.	36 miles (B/B-) 25 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 May 17	9:00 A.M.	41/31 miles (A/B/B-) 21 miles (C)	Harris Neck Ride	South Newport, GA: Take I-95 South to Exit 67 (26 miles South of 204 & I-95). Turn left on Hwy 17/25 South. 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
Sat May 24	9:00 A.M.	36 miles (B/B-) 25 miles (C)	Kilkenny Ride	Richmond Hill, GA: Take Hwy 17 South or I-95 South to Richmond Hill exit. Go East about 5 miles on GA-144/Ford Avenue, then turn left on GA-144 Spur and go 4 miles to Ft. McAllister State Park entrance, but park at boat ramp on left just before entrance to park	Roy Mueller 912-660-2387 31.8861 lat -81.2077 long
Sat May 31	9:00 A.M.	50/32 miles (A/B/B-) 17 miles (C)	Hardeeville-Tillman Ride	Hardeeville, SC: Go North on I-95 to Exit 8 (SC), Route 278 East. Go approximately 1/4 mile; left into hospital parking lot.	John Arney 912-660-4088 32.3139 lat -81.0538 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

- Tuesdays Wheelman Ride Meets at GA Tech on Jimmy DeLoach Pkwy at 6:00 pm - Circuit rides (sprints!)
- Saturday & Sundays Perry Rubber and Wheelman Rides 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.
- Sundays 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.

- June 8-14, 2014 *BRAG 2014 - Elberton to Darien, GA 2000 rider limit! www.brag.org
- June 17-21, 2014 Katy Trail Ride - Clinton MO 253 miles 300 rider limit! Register by Mar 1 www.mstateparks.com
- June 20-24, 2014 *Bike Virginia 2014 - Chesterfield to Williamsburg, VA 3000 rider limit! www.bikevirginia.org
- June 22-27, 2014 2014 Greenway Sojourner - Cumberland, MD to Weirton, WV 300 rider limit! www.railstotrails.org
- August 31, 2014 Ledesma Sports Medicine Savannah Century <http://www.ledesmasportsmedicinesavannahcentury.com/>

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.