



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

September 2014

Bike Club Meeting

Tubby's Tank House
2909 River Drive, Thunderbolt
Tuesday September 2, 2014
BOARD MEETING
5:45 P.M. TO 6:15 P.M.
7:00 P.M. Bike Club Meeting
SEPTEMBER PROGRAM:
Our new web site and other
interesting rides
Presented by Mike McAlister

2014 Board of Directors

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CBTC General Membership Meeting Minutes Monday, August 4, 2014

President Ken Robichaux opened the general meeting at 6:55. Twenty members were in attendance and there were three guests. The president welcomed and introduced three members from the Kicking Asphalt Bicycling Club from Hilton Head: Ron Knight, a founding member of KABC and a former CBTC member. Joan Lemoine, the current president of KABC and today's speaker and Lindsey Morris, Ride Director of KABC.

The president had the following announcements:

1. Two new members joined this month: John Duncan and Jessica Starbuck, both from Richmond Hill.
2. He reminded the members of the Silver Comet ride from August 21 till August 24.
3. Ride leaders are needed as of September 15. Please e-mail John Gerardi when able to help out.
4. We still need an advocacy director.
5. Member Dick Kent alerted the club to a disturbing new and dangerous public annoyance. We will not mention the name or the supplier of this device in our Newsletter. This device allows motorists, in particular truck drivers, to blast a black cloud of burned diesel smoke from their exhaust, which then envelopes bikers, pedestrians etc and impedes their vision. The club will gather information and is considering to alert the supplier of the device to danger, environmental concerns etc. We also consider to alert the League of American Bicyclists.
6. The president also spoke on behalf of **Margie Robichaux**, Publicity Director, about the status of the National Bike Challenge. We are currently in 7th position in the state, but we have only 35 participants. An appeal was made to log in the miles and get others to participate. Ed Jewell is the club leader and Justin Meisner is second, followed by Chris Seale, Frank MacIntosh and John Arney.
7. The next meeting will be on September 8, the week after Labor Day.

Member **Arthur Kirshner** asked about the possibility to start the Saturday ride an hour earlier during the summer. The problem with starting earlier is that then the rides end too early for lunch. Lunch is an essential feature of CBTC rides. Another problem is that some rides are an hour away causing members to have to get up too early. It was suggested to start some rides earlier, i.e. the ones that are close to Savannah. The Ride Director will be asked to investigate this.

The president asked Social Director, **Rick Royer**, to speak about upcoming events. Rick is investigating the possibility of having a wine-tasting ride, which would start from the Butterduck Winery in Guyton and end there with a wine tasting party thereafter. The event will be coordinated with the Ride Director and is planned for September/October.

The president then introduced **tonight's speaker, Joan Lemoine**, the current president of the Kicking Asphalt Club from Hilton Head. She was accompanied by **Ron Knight**, former president and founding member of KABC (and direct cause of the split-off), and **Lindsey Morris**, their Social Director.

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(continued from Page 1)

With the helpful comments of her two companions, Joan explained the structure and activities of the KABC. The club is an 8 year old split-off from the CBTC and there is a good deal of likeness between our clubs. The following are some noteworthy items that Ms Lemoine and her companions presented.

- Members like rides that have something to go with it. A ride will travel to a destination where an expert gives a brief talk. e.g. a naturalist walks with the bikers and talks about birds. A ride might go to the Beaufort Waterfront Festival. A ride might go to Paris Island where an expert talks about the history of the Island. A very popular event is the "Ride of Silence", which commemorates bicyclists killed in action.
- Their club asks new members to assess their ride-level on the A/B and C and below scale. The A/B riders ride on one Saturday and the C riders on the next. A/B and C do not ride together, usually. They do not leave anybody behind. they have weekly rides; 2 overnights e.g Silver Comet and Amelia Island recently, one in the spring and one in the fall.
- the club does not meet every month as we do. They meet 3 to 4 times a year. Their officers/task divisions are similar to ours.
- They make an effort to provide educational and social services to the community. Hilton Head Island asks people to come on their bikes to big events like the Heritage Golf Event. The KABC helped out by providing "bike corrals" where bikes are parked conveniently. They are involved in programs where the goal is to obtain funding for kids programs.
- They stressed the importance of having an accessible website.

The audience was much involved with questions and sometimes cheeky comments which contributed to a very cordial atmosphere and a late ending to a very enjoyable evening. This goodwill was expressed in a mutual desire to have more joint rides and a suggestion was made for the two or possibly three clubs (Sun City Bike Club) to get together and work out something.

The president thanked the speaker and her two assistants cordially.

The meeting adjourned at 7:55 PM.

Respectfully submitted, Jack Knops, Secretary

UPCOMING RIDES OF INTEREST

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](#).

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 September 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 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
Sat Sept 13	9:00 A.M.	37 (B/B-) 28(C)	Darien Ride	Darien, GA: Meet at the parking lot between City Hall and the County Courthouse on the left side of Route 17, a block before the bridge out of Darien.	Will Fell 912-682-0693
Sat Sept 20	10:00 A.M.	36 (B) 20 (C)	St. Helena Island	St. Helena Island, SC This is a joint ride with our friends in the Kickin' Asphalt club. Look for ride directions in the weekly email.	John Arney 912-660-4088 Mary Jo Bird
Sat Sept 27	9:00 A.M.	37 (B/B-) 26 (C)	Butterducks Winery	Guyton, GA: Take I-95 N to exit 109, turn left and go 0.6 mi and turn left on Hwy 30. Go approximately 6 miles and turn right in Midland Road. Proceed another 5 miles to the stop sign at Blue Jay Road, turn left. Butterducks winery will be ~0.5 mi on the right. Please bring a sack lunch to enjoy on the newly covered patio at the winery. The winery will be open for purchase of wine and tastings. Also, please drive responsibly!	Valerie Thurston-Pittman 912-596-4056

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.

Got something to discuss with other cyclists? Have a question about cycling, cycling routes, multi-day cycling trips, cycling gear? Have a question not related to cycling, but will 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/>

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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Register Your Bike

Take the time to register your bicycle with SCMPD. Go to scmpd.org/bicycle. Download the form, fill it out and either email it back or to take it to your local precinct.

Also, don't forget to always lock your bike, including the front wheel when leaving it in a public place.

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!!!

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!