



# CBTC NEWSLETTER

Official Publication of the Coastal Bicycle Touring Club

CBTC, Post Office Box 14531, Savannah, GA 31416 [www.cbtc.org](http://www.cbtc.org)

Check web site for the latest ride info: [www.cbtc.org](http://www.cbtc.org)

February 2015

## *Bike Club Meeting*

Tubby's Tank House  
2909 River Drive, Thunderbolt  
Monday February 2, 2015  
BOARD MEETING  
5:45 P.M. TO 6:15 P.M.  
7:00 P.M. Bike Club Meeting  
"Nutrition for healthy bike riding  
and heart rate monitors"

### 2014 Board of Directors

President, Ken Robichaux

[kenrobichaux@gmail.com](mailto:kenrobichaux@gmail.com)

Vice President, Rick Royer

[rickroyer2@gmail.com](mailto:rickroyer2@gmail.com)

Treasurer, Joe Kreger

[joekreger@comcast.net](mailto:joekreger@comcast.net)

Secretary, Jack Knops

[dunfnops@comcast.net](mailto:dunfnops@comcast.net)

Member at Large, Roy Mueller

[roy.mueller@gmail.com](mailto:roy.mueller@gmail.com)

### 2014 Committee Chairs

Ride Director: John Gerardi

[johngerardi@hotmail.com](mailto:johngerardi@hotmail.com)

Membership Director

Margie Robichaux

[margie.bodybyvi@gmail.com](mailto:margie.bodybyvi@gmail.com)

Newsletter Editor

Valerie Thurston-Pittman

[vrthurston@yahoo.com](mailto:vrthurston@yahoo.com)

Advocacy Director,

Vikki Graham

[vhg46@aol.com](mailto:vhg46@aol.com)

Education & Safety Director

Ken Robichaux

[kenrobichaux@gmail.com](mailto:kenrobichaux@gmail.com)

Social Committee Director

Rick Royer

[rickroyer2@gmail.com](mailto:rickroyer2@gmail.com)

Merchandise Director

John Arney

[johnaarney@gmail.com](mailto:johnaarney@gmail.com)

Web Master

Darrel Snuggerud

[darrelsnuggerud@bellsouth.net](mailto:darrelsnuggerud@bellsouth.net)

## **CBTC General Membership Meeting Minutes Monday, January 5 2015**

**President Ken Robichaux** opened the general meeting at 7:00 PM. Twenty two members were in attendance.

The president wished a Happy New Year to all members. He had the following announcements:

1. The president announced that **Margie Robichaux** agreed to take over as **Membership Director**. She will also remain as contact person for the National Bicycling Campaign registry, as she has done for the last two years.
2. The collection of **dues sheets**, which requires a member's signature, was not included in the December issue of the Newsletter. Dues sheets will be handed out during the meeting and will also be published in the next Newsletter.
3. The Board continues to monitor "coal rolling", but no new incidents have been reported.
4. Ride Director John Gerardi announce that the **Amelia Island Ride** will be on March 20 and 21. Ten rooms have been reserved in the Atlantic Beach Best Western at \$ 70 per double room per night. Reservations must be made prior to Thursday, March 18th. For ride details see website and Newsletter.
5. The Ride Director also called attention to the Soup's On Ride on February 7th. Don and Sharolyn Gerosa have made their home available for a Soup Meal, following the ride on Skidaway Island. NOTE: Participants must call Don Gerosa to obtain a pass and information about bringing food items. See website and Newsletter.
6. The president called on Social Director Rick Royer who announced that the **Oyster Roast on Sunday March 1st**, will be catered by Russo's Seafood. The price per plate, including tip, is \$ 26,- per person. Details to follow on website and Newsletter.
7. Merchandise Director John Arney then showed off the new **improved and expanded Club cycling wear**. Examples of material used in jerseys, shorts and arm warmers, and examples of wind breaker jackets were passed around. The new supplier delivers jerseys and shorts made of a softer material, and at substantially lower prices. In addition, we will now also have wind jackets and cycle shorts with our logo on it. Sales already started during the meeting.
8. The President asked secretary Jack Knops to announce the results of voting for **Member of the Year**. The winner with a majority of the vote was **Roy Mueller**. The Trophy and Certificate will be handed out officially during the meeting of February 2nd. The secretary pointed out that several relatively new, but active members received votes. (continued on next page)

(continued from page 1)

9. The president then announced that we have nominations to fill the two open positions on the Board. The nominations were: **Rick Royer for Vice President and Roy Mueller for Member-at-Large**. Both were chosen by acclamation with no members opposed. These two nominations complete the Board.
10. The president then asked if there were any nominations for the unfilled Committee Chairs. Former president **Vikki Graham** volunteered to be the **Advocacy Director**. This leaves only the Publicity Director Chair unfilled.
11. A member from the audience suggested, tongue-in-cheek, that three year old **Sierra Robichaux** be nominated as mascot.

The President then turned over the meeting to members **Mike and Debbie Griffith**, who presented a comprehensive **demonstration of cold weather gear**. The Griffiths lived in Ohio for many years, prior to their move to the south, so they had plenty of experience with cold weather. They had brought quite an array of head gear, arm, hand and feet warmers and other items. The demonstration prompted many questions from the audience and members also volunteered some of their experiences. The Griffiths are familiar with the pros and cons of much merchandise from various merchants, such as REI, Nashbar, Campmore. They will be happy to share that knowledge with members. Perhaps the most salient take-home point was their emphasis on the many benefits of Merino wool items, which they prefer as their first choice when there is a choice. Mike even wears thin Merino wool socks in summer time: the soft quality of the wool helps to prevent “hotfoot”. The informal nature of the presentation and the presenters knowledge allowed for a good deal of interaction and was a fitting conclusion for the evening.

The meeting adjourned at 7:50 PM.

Respectfully submitted, Jack Knops, Secretary

## Mark Your Calendar

### February 7: Soup's On Ride

★Enjoy a lovely tour of Skidaway Island and some delicious home made soups to warm you up afterwards with the annual Soup's On Ride. The Gerosa's will kindly open their home for club members to warm up post-ride. Please call Don at (912) 598-8156 to let him know what you're planning to bring (soup, salad or desert) and so that he can arrange for gate passes at the main gate of The Landings. This is a great ride for new or infrequent riders looking to enjoy the scenery and company.

### March 20-22: Ride Amelia Island and the Atlantic Coast

★On Saturday, the ride will start from the hotel. It will continue to the St. Johns River Ferry in Mayport and cross over to Little Talbot Island, Big Talbot Island and then on to Amelia Island. Both islands are exclusively Florida State parks with bicycle lanes along A1A. Much of the route has dedicated bicycle lanes. The C riders will be riding out 18 miles to GG's Café for lunch and then back. The B riders will travel a slightly longer route for 44 total miles.

★On Sunday, riders will travel by car 15 miles south on A1A to Mickler Road. From there, riders will pedal south 15 miles on A1A to Caps on the Water for lunch and return. Again B riders will be taking a slightly longer route. Much of the ride will be through Guana Tolomata Matanza National Park.

★Hotel information: Best Western Mayport Inn and Suites, 2389 Mayport Road (A1A), Atlantic Beach, FL (904) 435-3500. A discounted rate of \$70/night (plus taxes and fees) has been arranged. Mention you are with Coastal Bicycle Touring Club when you call to make your reservation to get the discounted rate. This rate is guaranteed until March 14.

★For more information, contact the Ride Director, John Gerardi (912) 661-8705.

**Ride Leaders Wanted!**

There are open dates available for you to choose next month and beyond. Contact John Gerardi to find out more about it. [johngerardi@hotmail.com](mailto:johngerardi@hotmail.com)

## Coastal Bicycle Touring Club February 2015 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 Feb 7	10:00 A.M.	30 mi (B) 20 (S)	Soup's On Ride	Skidaway Island: Meet at Don and Sharolyn Gerosa's home at 1 Marsh Haven Lane. Please bring a soup, salad or desert to share after the ride. Please call Don at 912-598-8156 and let him know what you are bringing. He will arrange to have a gate pass waiting for you at the main gate to the Landings. Note that the 20 mile ride is a slower speed social ride. This will be especially enjoyable for new or infrequent riders as well as those looking to enjoy the scenery and the company of club members	John Gerardi 912-661-8705
Sat Feb 14	10:00 A.M.	35/28 mi (B/C)	Right Turn Clyde	Savannah, GA: Meet at the Kroger at the Berwick Shopping Center on Highway 17 (Ogeechee Road)	Bill Skinner 912-825-5217
Sat Feb 21	10:00 A.M.	39/32/27 mi (A/B/C)	Ellabell Ride	Ellabelle, GA: Meet at Hendrix Park. I-16 W to exit 143. Turn L on Hwy 280 and go for 2.2 miles, then turn right on Wilma Edwards Road and go 1.5 miles to Hendrix Park on the left. Park in the center lot next to the gymnasium.	Valerie Thurston-Pittman 912-596-4056
Sat Feb 28	10:00 A.M.	42 mi (B+) 32 Mi (B) 18 mi (C)	Coastal Caroline Ride	Hardeeville, SC: Take I-95 N to SC exit (8), Rte 278 and go right approx 1/4 mile. Turn left into the hospital parking lot. This will be a joint ride with the Kickin' Asphalt Club. We will try to split the group into an A/B group and a C group. There are various turnaround points depending on your preference. Lunch will be at The Okatie Ale House in Bluffton.	John Baynard 912-598-8687
Sat Mar 7	10:00 A.M.	40 mi (A/B/B-) 23 mi (C)	Jim's Ride	S. Effingham, GA: Meet at Monte's Pizza (used to be Larry's Giant Subs). From I-95 N, exit 109 and go left towards Rincon for 0.6 miles. Turn left on GA 30 and go 7.4 miles to Buckingham Plaza on the right.	Jack Knops 912-663-8444

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

If there is a ride cancellation due to inclement weather or previously unforeseen events, the CBTC web site will be updated with cancellation notice at least an hour and a half before the start of the ride. An email will also be sent to the club members.

### Other Rides of Interest

★ Wed A.M. L. 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.

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## 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.

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## 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](http://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.

## Come Eat With Us

**What: Oyster Roast Dinner**

**When: Sunday, March 1 at 1 P.M.**

**Where: Knights of Columbus, 7619 Waters Avenue, Savannah**

**Why: Because oysters are delicious and they're even better when you can share them with all your cycling buddies.**

Let's get together to eat some of the ocean's best. Russo's seafood will be providing steamed oysters, chicken, corn, coleslaw, and sweet tea (as well as every to eat with and clean up with). The cost will be \$26/person (including 18% gratuity).

Please RSVP to Rick Royer ([rickroyer2@gmail.com](mailto:rickroyer2@gmail.com)) by Sunday February 22nd.

## New Merchandise For Sale

CBTC is now offering three new items for sale with the CBTC logo.

New items for sale are a wind-breaker jacket, arm warmers, and biking shorts.

See John Arney for samples, sizing, and ordering or email him at [johnaarney@gmail.com](mailto:johnaarney@gmail.com)



Arm Warmers - \$22  
S, M, L



Wind breaker - \$50  
In unisex sizes  
S, M, L, XL



Biking Shorts - \$50  
In Men's and Women's Styles

S, M, L, XL



Right



Back



Left

**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**



Phone (912) 692-1005  
Fax (912) 401-0194

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### Membership Drive

**It's that time of year to renew your membership. Please fill out the form below and mail it with your yearly dues to our membership director: Margie Robichaux at the address given. Alternately, you may give your information and dues to any board member during a Saturday ride or monthly meeting and they will pass it along to Margie.**

**The fine print: if you have not renewed your membership by the end of the first quarter (March 31), you will be removed from the electronic distribution .**

# COASTAL BICYCLE TOURING CLUB MEMBERSHIP APPLICATION

**MAIL TO:** CBTC Membership Director, C/O Margie Robichaux, 19 Sugar Cane Drive, Savannah, GA 31419

**DUES:** Make checks payable to "CBTC"

**PRINT CLEARLY:**

Current Members	
Dues are due January 1 <sup>st</sup> . <b>Complete a new application each year</b> and include payment as follows:	
<b>New</b> _____	Individual Member \$20
<b>Renewal</b> _____	Family Member \$25

New Members		
Dues are prorated for the month in which you join:		
	Individual	Family
Jan/Feb/Mar/Apr	\$20	\$25
May/Jun/Jul/Aug	\$15	\$20
Sep/Oct/Nov/Dec	\$10	\$15

**Name(s):** Include all names if Family membership: \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**Please Read:** In consideration of my/our membership, I/we agree not to hold the Coastal Bicycle Touring Club (CBTC) nor any of its members, liable for any injury or damage, however caused, which may result from my/our participation in any club sponsored event.

**Signature:** \_\_\_\_\_ **Date of payment:** \_\_\_\_\_

**Note:** This application can be folded, sealed with tape and mailed without an envelop since it is pre-addressed on the reverse side. However, please be sure to also tape the sides so that your payment check can not fall out

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**CBTC Membership Director  
C/O Margie Robichaux  
19 Sugar Cane Drive  
Savannah, GA 31419**

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