



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

April 2015

Bike Club Meeting

Tubby's Tank House
2909 River Drive, Thunderbolt
Monday May 4, 2015
BOARD MEETING
5:45 P.M. TO 6:15 P.M.
7:00 P.M. Bike Club Meeting

2014 Board of Directors

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email to come

CBTC General Membership Meeting Minutes Monday, March 2, 2015

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

The president welcomed Ms Madge Stevens (Name spelling?) who attended tonight's meeting and is contemplating joining. She was invited to give a brief overview of her cycling experience and was welcomed with applause.

The president had the following announcements:

1. He mentioned that the Jim Kruse Ride on April 11 in Statesboro has been designated as a Club Ride. See website under Area Rides.
2. He called on Ride Director **John Gerardi** to provide the latest update on the **Amelia Island Ride**. The motel will probably make rooms available at the discounted price for people signing up soon. All but one of the reserved rooms have been taken.
3. The President announced that as of the first Saturday in April the starting time of all Club Rides will again be in Daylight Savings Time.
4. He mentioned that the MARS Theater Ride in Springfield on April 25 will be supported by the Club and will be listed under Area Rides on the website.
5. We are looking for a Ride Leader for a ride on March 21. Any volunteers?
6. The President then called on Social Director Rick Royer, who mentioned that The Oyster Roast on Sunday March 1 had been a great success. The Social Director then introduced **tonight's presenter Nathan Mikeska**, a GSU graduate and former member of the Armed Forces. Mr Mikeska is a local Certified Personal Trainer who has written several articles on fitness and nutrition.

Mr Mikeska started off with a demonstration of a heart rate monitor, a tool he considers if not essential than at least highly beneficial in the pursuit of healthy and safe bicycling. Optimal use of the heart monitor requires an Oxygen Output (VO₂) test, which is locally available at a low price. The heart rate monitor allows for an accurate count of calories used during exercising. A personal maximal heart rate is obtained by the device. During riding heart rate readings can be seen on a wrist watch like device, which is an important safety feature. E.g. riding too long above 80% of maximal heart rate is dangerous. He recommends a "dynamic warm-up" prior to rides, exemplified by e.g. jumping and stretching exercises.

(continued on page 2)

(continued from page 1)

He presented an overview of nutrition and its influence on exercising. He described the caloric values of carbohydrates, proteins, fat and alcohol. It is noted that the caloric value of alcohol was loudly cheered and applauded by this audience, which also thought that beer was the best nutritional after a ride, whereas the correct answer was a simple carbohydrate, like an apple or fruit bar.

Mr Mikeska provided many good pointers and recommendations toward bicycling health. The following are only a brief summary:

- ◆ Carry a simple carbohydrate (e.g. jelly beans; gator aide with sugar) to provide a quick lift to the blood sugar level when tired during riding).
- ◆ Drink lots of water on the day before and during a long ride.
- ◆ Eat three meals a day and 2 or 3 snacks.
- ◆ Use a healthy balance of carbohydrates, protein and healthy fats (e.g. nuts, avocados, chicken, eggs).

There was considerable audience participation and Mr Mikeska provided us with an educational and spirited presentation.

The meeting adjourned at 8:05 PM.

Respectfully submitted, Jack Knops, Secretary

MARK YOUR CALENDAR

**RIDE TO WINE
MAY 23RD, 2015 AT NOON
BUTTERDUCKS WINERY**

RIDES WILL LEAVE FROM GUYTON AND THEN WE'LL LUNCHEON AND ENJOY SOME LOCALLY-MADE WINE AT THE QUANT BUTTERDUCKS WINERY ON BLUE JAY ROAD. PLAN TO BRING A BAG LUNCH TO BE LEFT IN YOUR CAR DURING THE RIDE AND THEN WE'LL CARPOOL TO THE WINERY AS PARKING IS LIMITED.

WINERY TASTINGS ARE FREE FOR THE FIRST 3 WINES. DELUXE (6 WINES) AND GRAND TASTINGS (10 WINES) ARE AVAILABLE FOR < \$10 AND YOU GET TO KEEP YOUR TASTING GLASS.

PLEASE RSVP TO RICK ROYER (rickroyer2@gmail.com) SO THAT HE CAN PROVIDE A HEAD COUNT TO WINERY FOR PROPER STAFFING PURPOSES.

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

Coastal Bicycle Touring Club March 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 April 11	9:00 A.M.			No Club Ride. Many members will be participating in the Jim Kruse Century	
Sat April 18	9:00 A.M.	35/21 mi (B/C)	Knowles Island Ride	Ridgeland, SC.: Meet at Jasper's Porch. Take I-95 N to Ridgeland (SC Exit 21). Turn left on Rte 336, under I-95, then right at BP station to Jaspers Porch.	Darrel Snuggerud 912-598-2181
Sat April 25	9:00 A.M.		Mars Theater Ride	No Club Ride. Many members will be participating in the Mars Theater Ride in Springfield, GA.	
Sat May 2	9:00 A.M.				

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 Local Rides of Interest

★Wed A.M. Several club members ride about 35 miles on Wednesdays at 10:00 AM (during winter) leaving from Berwick parking lot next to Fuddrucker's. Any riders are welcome but our current group speed is 17-18mph (Class B/B-). If interested, contact John Arney or Roy Mueller and they will add you to the short email list for updates concerning the ride.

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.

Area Rides and Century Rides in the Near Future

April 4, 2015

Metter Kiwanis Club's Another Bloomin' Bike Ride

The Metter Kiwanis Club invites bikes to their 2015 Another Bloomin' Bike Ride in Metter on Saturday, April 4, 2015. The ride this year will begin at 7:30 A.M. in front of the Candle Court House. Registration will begin at 7:00 A.M. in front of the Court House if you do not pre-register. You can download extra registration forms and copies of the maps for the 10 mile, 25 mile, and 62 mile rides from the website: www.metterkiwansi-club.com. Any question call Tony Thompson at (912) 682-5501 or Howard Porter at (912) 531-3784.

April 11, 2015

21st Annual Jim Kruse Century Ride

Fees: \$35/rider in advance, \$40/rider at the door.

Pedal the mileage of your choice (25, 50, 66, or 100) through the mildly rolling countryside of scenic Bulloch County. Fully supported with ample rest stops and sag wagons, the Jim Kruse is great is you're just starting to ride as well as for those attempting to do a sub-4 hour century. The newly paved roads are marked, and you get maps so way-finding is easy. Lunch at the end includes BBQ chicken, rice pilaf, slaw and something sweet. The ride leaves and returns from Mill Creek Park in Statesboro, just a short drive from Savannah. We're trying to raise money for the Silver Lining Alzheimer's Care Group and we'd love a crowd. Register at Active.com or visit [here](#) to print a mailable registration.

April 17-19, 2015

BRAG Spring Tune Up, Madison, GA

<http://www.brag.org/spring-tune-up.html>

April 25, 2015

Mars Theater Bike Ride, Springfield, GA

8:00 A.M. 18, 37 or 62 mile course.

Registration will be 7:00 - 8:00am in the Mars Theatre parking lot, adjacent to City Hall in downtown Springfield. Registration will be \$30 and children under 12 ride for free (no need to register). Your registration package will include a t-shirt, water bottle and detailed route cards to take with you on your ride. SAG support will be available until 1pm. There will also be a free Family Fun Ride around downtown Springfield. There will be no charge for the Family Ride and maps will be available at registration. Additional shirts and water bottles will be for sale on registration day. Prices TBA. A portion of the proceeds will be donated to support the Historic Mars Theatre in Springfield, GA.

April 25, 2015

Issaqueena's Last Ride, Walhalla, SC

9:00 A.M. 32, 61, 80, and 100 mile options

Issaqueena's Last Ride is a challenging, mountain ride through the beautiful Blue Ridge Mountains of South Carolina. The three longer rides are highlighted by the climb to Wigginton Overlook where one is rewarded with expansive views of Lake Jocassee and the surrounding Carolina Piedmont. The 32 mile ride stays in the foothills with shorter climbs. All routes feature scenic rural roads with little traffic. Registration include pre-ride coffee and baked goods, post-ride meal, T-shirt, cue sheets, SAG and fully stocked rest stops.

<http://ilrsc.com/>

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. Also for sale are new club jerseys.

See John Arney for samples, sizing, and ordering

or email him at johnaarney@gmail.com

All previous in-stock merchandise is also on sale at discounted prices.



Wind breaker - \$50

In unisex sizes
S, M, L, XL



Arm Warmers - \$22

S, M, L



Bike Shorts - \$50

In Men's and Women's styles

S, M, L, XL

3rd Annual Matt's Moon River Cruise May 2, 2015 from 2-5 P.M.

Moon River Brewing Company will host the third annual [Matt's Moon River Cruise](#) on Saturday, May 2 from 2-5 P.M. The event is named in memory of Matt Kohler, who was hit from behind by a driver on July 26, 2012 while riding his bike on U.S. Highway 80 in Bloomingdale. The goal is to raise awareness of Georgia's 3-foot Passing Law and reinforce the importance of drivers safely sharing our streets and roads with people on bikes. The event will be held in the Moon River Beer Garden and will feature a recreational bike ride and social media scavenger hunt leaving Ellis Square at 1 P.M. Matt's mother, Debbie, has become a very powerful voice on this issue. She spoke at the 10th Annual Georgia Rides to the Capitol event earlier this year, sharing the dais with the governor and other state officials and mayors. She will join us on May 2 at the event.

The ride is free, but entry to the party at Moon River is \$20. Ticket price includes a t-shirt, a beer, and light refreshments. All proceeds go to support the advocacy efforts of the Savannah Bicycle Campaign and Georgia Bikes! Tickets may be purchased online here: <http://bicyclecampaign.org/shop/matts-moon-river-cruise-2015/>

If you have friends or organization members, who would like to attend but cannot afford the \$20 ticket price, we have plenty of volunteer opportunities. [Volunteers](#) will receive an event t-shirt and an SBC volunteer t-shirt.

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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