



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 2015

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CBTC General Membership Meeting Minutes

Monday, April 6, 2015

President **Ken Robichaux** opened the general meeting at 7:00 PM. Twenty seven (27) members were in attendance.

The president welcomed the **two program presenters**, **Rosie and Tim Enos** who are both employees of the Quality Bike Shop. Their topic today was "Some issues when buying a bike". The speakers had also recently made a 7000 miles trek through the United States up North to Canada, which could hopefully become the topic of another presentation.

The president recognized member **Bill Webb** who received a serious hand injury when a car swerved onto the (unswept) bicycle path on US 17 and brushed him. He is on the road now to full recovery, which was greeted with applause.

The **president** had the following **announcements**:

- 1.He mentioned the MARS THEATER Benefit ride on April 25, which has been designated a club ride in view of the fact that we ride so often in the Rincon area. The longest distance is 65 miles, with various smaller distances. However, we need a volunteer leader for a local club ride on that day.
- 2.He called on Ride Director **John Gerardi** to report on the Amelia Island Ride. This was a big hit with all 19 participants. Accommodations, eating spots and the rides themselves were all said to be superb by participants. Definitely a ride to be repeated on a regular basis.
- 3.Next month the National Bike Challenge will start. **Margie Robichaux** will keep track again of club miles ridden as she has done magnificently the previous two years.
- 4.Publicity Directors **Mike and Debbie Griffith** have CBTC car bumper stickers available for \$ 1.00 a piece. They have also CBTC business cards available, free for members.
- 5.The President then called on Social Director **Rick Royer**, who announced the Butterducks Winery Tour in the near future. A date still needs to be set and an e-mail will be sent. Participation costs are low, but must be paid up front. (P.S.: meanwhile a date has been set, namely Saturday May 23rd at noon).
- 6.New member Madge Havens then asked if anybody could recommend a safe cycling place near US Highway 17. Several suggestions were made, among them the idea to start with the relatively safe C ride on Saturdays.

The Social Director then introduced **the speakers, Rosie and Tim Enos**, who had brought one of the bikes - an on and off road model- that made the 7000 mile trek. But before they even could get into their topic the attention of some of the audience members was riveted on the seat of the bike and on the question of how comfortable it had been. Tim explained that he swore by
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Brooks and that the seat was a late, narrower, model, made of rubber, not the traditional leather. It easily survived the trip and caused no problems for the owner (“it was comfy straight out of the box”). He did not even use a chamois. Thus reassured the audience settled into listening mode and enjoyed a thoroughly entertaining exposition with great team work by the speakers.

The prospective buyer of a bike must first of all know what the bike will be used for. City travel? Exercising on the road? Mountain riding? A combination of the above? Drop bars are not always necessary or the best choice. Etc.

The next concern is the buyers budget. An important point was made by the speakers, namely to look at the bike as a ten year investment which puts the price in a better perspective.

When a decision is made about major use, the issue of fit becomes important. Here, professional help for the novice is crucial. The speakers explained what a professional measurer does and the adequate help about the fit a qualified bike shop usually provides. A professional measurement is not always necessary. Interesting details were provided by the speakers about the relationship between various pains, the differences in individual anatomy (long legs/short torso or v.v.) and the properties of the frame, e.g. “neck pain may be caused by being stretched out too far”. Several other tips about causes of pain were provided.

Questions were asked by the audience, among them about the reliability of buying from Craigslist. The main point here is that one needs to know what the quality and status of the components is, e.g. the differences in pricing of bikes comes down to components, and especially of the wheel set.

This was followed by questions about adequate adjustment of the derailleur, use of lubrication, chain wear and brake adjustment, etc. It was a most enjoyable and very informative evening brought by a young and enthusiastic team of young cyclists. They were rewarded with warm applause and an implicit invitation to return.

The meeting adjourned at 8:15 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 QUAIN T 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
May 2015 Ride Schedule**



The ride schedule will now solely be maintained on the CBTC web site.

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

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.
- ★All other area rides and century rides will now be located on the web site.

Next 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

MAY PROGRAM

YOUR BICYCLE, MAINTAINENCE AND OTHER QUESTIONS

PRESENTED BY JOHN GERARDI

Area Rides in the Near Future

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.

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.

Bike Shorts - \$50

In Men's and Women's styles

S, M, L, XL



Right



Back



Left

Arm Warmers - \$22

S, M, L



Wind breaker - \$50

In unisex sizes

S, M, L, XL



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 Bicylists, 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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