



# 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)

July 2015

## ***Bike Club Meeting***

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

### **2015 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)

### **2015 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: John Gerardi

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

Publicity Director:

Mike & Debbie Griffith

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

## **CBTC General Membership Meeting Minutes Monday June 1, 2015**

**Vice-President Rick Royer** opened the General Meeting at 7:00 PM. Twenty-four members were in attendance. The following information was shared.

1. The vice-president announced that John Agar joined the club.
2. The vice-president/social director briefly reviewed the Wine Tasting Event at the Butterducks Winery, which had been a success in attendance and a pleasant surprise as far as the quality of the wine was concerned. The next Social Event is on July 18 when we will attend a Sand Gnats game. A box with a clear view of the action has been reserved. Only a few slots are still available. The treasurer and the social director are collecting money. The attendance price is \$9 per person.
3. He mentioned that the Board is looking into safety issues associated with chasing dogs. The findings of the committee will be shared with the members.
4. Advocacy Director **Vikki Graham** is often approached for volunteers to assist with various bicycling events, such as the Tybee Rodeo for Kids. She would like to compose a list of people interested in volunteering. She will also consult the web to find answers to the question: when to call for an ambulance when a cyclist falls?
5. Ride Director **John Gerardi** informed the members that the **ride schedule for June** is finalized. Please be aware of the **Annual Picnic on June 20**, which will feature a B and C ride starting at 9 AM from Lake Griffin. The picnic starts at 12:00 noon. See details in the Newsletter.
6. The Ride Director is planning a Silver Comet Weekend for the last week-end in September. The arrival day for most participants will be Thursday 9/24, followed by rides on Friday and Saturday, and (for some) on Sunday. Motel announcements to follow.
7. **Margie Robichaux** reported on member's standing in the **National Bicycle Challenge**. Currently we remain ranked 4th in Georgia. She explained again a useful strategy about a rule, which should be used to our benefit and is therefore once more repeated here. Whenever an entry is made of a ride an automatic 20 points are added to the reported mileage. It does not matter if the entry is for a three mile ride or a thirty mile ride. The rule is made to encourage commuters. Thus if a person rides five days a week three miles daily, his/her points total is  $(5 \times 20 =) 100 + (5 \times 3 =) 15 = 115$  points for 15 miles of riding and five entries. A person riding 2 times a week for 30 miles each, his/her point total is  $(2 \times 20 =) 40 + (2 \times 30 =) 60 = 100$  points for 60 miles of riding in two entries. The current club standings and points are: 1. Mike Griffith 1300; 2. John Arney 1252; 3. Ken Robichaux 1239; 4. Bill Webb 1167; 5. Chris Seale 1139; 6. Frank McIntosh 1102; 7. Margie Robichaux 998; 8. Deb Griffith 800; 9. Glen Shealy 764; 10. Justin Meissner 677.
8. Publicity Director **Deb Griffith** invited members to sign a get well card for a member recovering at home from a fall and offered the opportunity to make a financial contribution toward the cost of a new helmet. She reminded club members that business cards and bumper stickers are available. She alerted members to an interesting event at Bicycle Link, where the author of the book "A bicycle build for two billion" will speak about his adventures at 6:30 the next day. (continued on page 2)

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9. **Mike Griffith** provided an update on **Christmas Light Ride At Callaway Gardens**. This awesome display is ranked in the top ten events, nationally, for the season by National Geographic. The room rate is \$ 109,- which includes two free \$ 19,- tickets for the seven mile ride. The event will be held on Sunday November 15 and starts at 6:30 PM with a showtime of 6:00.

The vice president then introduced **Gary Turnbull, tonight's speaker**. He is a longtime member of the local Wheelmen. This bicycle club, with whom CBTC has long and good relations, focuses on racing. They sponsor 14 USA Cycling Federation sanctioned races per year and they offer the Federation approved racing teaching curriculum. The speaker mentioned the commonality that the Wheelmen have with CBTC, namely that we ride in groups and that explains tonight's topic, the **ins and outs of riding in groups**.

The speaker reminded us of the double meaning involved in a saying by Mark Twain (issued at the time when biking was in the beginning stages): "Learn to ride a bike and you will enjoy it the rest of your life". Riding in groups is an especially dangerous undertaking. He explained that a big compliment is made when somebody is called a "smooth rider", with which we mean that a person's riding style is consistent and predictable. This stands in contrast to the "squirrely rider", who is all over the place.

Consistency and predictability are hallmarks of safe group riding as well. Among practical "musts" of responsible group riding the speaker mentioned bike maintenance; carrying appropriate tools, a spare tube, water and snacks. While there is a need to warn about danger it is not helpful to shout loud warnings about every crack in the road. Most generally, the best tactic is to always try to keep both hands on the handlebar. Thus stretching during a ride or even eating or drinking should be reserved for when one is in last or near last position in the group. It is important to stay relaxed while riding to avoid aches and pains. And if there are persistent aches and pains, a bike fit is recommended.

Other group riding skills, especially in the pace line, were mentioned, e.g soft-pedaling to avoid changes in speed caused by stopping to pedal; shifting early and anticipating road characteristics by looking ahead; being aware of the riders ahead not the ones behind; maintaining your natural cadence (i.e. the number of pedal strokes per minute comfortable for you); maintaining the same distance from the rider ahead that is comfortable for you (even as much as five feet), tips for climbing and descending. Mr Turnbull was aware of the CBTC buttock slaps when changing lead, but felt that the "chicken wing" ( i.e. flip right elbow up and down a few times) is safer as the hand stays on the handlebars. The grateful audience asked relevant questions (strategy for chasing dogs e.g.) and was attentive until the end of this very educational and entertaining presentation.

**The meeting adjourned at 8:05 PM.**

Respectfully submitted,  
Jack Knops, Secretary

## 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 (\$50), arm warmers (\$22), and biking shorts (\$50). Also for sale are new club jerseys. See John Arney for samples, sizing, and ordering or email him at [johnaarney@gmail.com](mailto:johnaarney@gmail.com)

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

### 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 July 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.

*The Ride Schedule will be published on the CBTC web site this month and in the weekly email reminders.*

*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.

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### 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.



**BASEBALL, BASEBALL, BASEBALL**  
Join CBTC for an evening of baseball, hot dogs, peanuts and fireworks as the Savannah Sand Gnats take on the Charleston RiverDogs on Saturday July 18th. Game starts at 6:05 P.M. Box seats have been reserved and are only \$9/person. Reserve your seat today as there are only a few left. Contact Rick Royer for more information  
([rickroyer2@gmail.com](mailto:rickroyer2@gmail.com))

## A Note from our Advocacy Director, Vikki Graham:

Hi all... since I have taken over as advocacy chair for our club, there have been many events and happenings here in Savannah related to our beloved biking hobby, most of which our club members are unaware. As much as I love biking, so I love advocating for its promotion here in a town that has made great strides in the last few years. In the short time since I joined the club in 2002, I have seen our rides change from rides fraught with fear as drivers tried to scare us by driving intolerably close, or throwing objects at us, to rides where we now have people in pick up trucks driving up next to us and saying things like "I can see your blinking light from so far back... it's great", to people waving at us in friendly gestures and not just the one finger salute.

As most the members know, I feel very strongly about the continued promotion and education of biking to the non-biking population here, as well as nationally. I hope some of you share my passion.

I receive frequent emails from the national organization, League of American Bicyclists, and also from our own Savannah Bike Campaign. I am a member of both. These emails are informative about changes and challenges that are happening every day, as well as full of helpful advice to assist everyone in becoming more confident, safe riders. Here is an example of info I received just this week from LAB... sounds like we narrowly missed a bullet, thanks to the efforts of our comrades in Washington....

One of the most frequently asked questions we get these days is whether our work at the Congressional level is relevant and valuable to local cyclists. Tuesday evening in the House of Representatives we got an important part of the answer to that question.

Without any warning, there was a vote to eliminate funding for projects that make new transit systems safer and more accessible for bicyclists and pedestrians. This was pretty wonky stuff, and could easily have been missed. The word "bicycle" didn't actually appear in the language of the amendment – it would have eliminated "enrichments as defined in Appendix A to part 611 of Title 49...", effectively overriding the local planning process to prevent any funding for new start transit projects from being used for sidewalks, bike lanes, bike parking, etc., at train and bus stations.

Imagine that. Investing billions of dollars in building transit systems and then deliberately preventing any of the funds from being used to let people walk or ride their bikes to get to the system! Fortunately our Vice President of Government Relations, Caron Whitaker, was on top of the action in Congress, and working with Margo Pedroso, of the Safe Routes to School National Partnership, and key Congressional offices managed to flag the issue and rally members of Congress to defeat the amendment by just 2 votes – 212-214.

Perhaps this "enrichment" funding isn't the biggest source of funding for bike projects in the Federal transportation program – but this vote was critically important for four reasons:

1. We won!
2. It sends an important message that a majority in Congress support funding for bike investments and value local control and a good planning process. Hopefully, that sets us up well for future votes.
3. In this most partisan of Congresses, 32 members chose to vote against their party line and make this a "bike-partisan" vote of support for our issue. That's a big deal.
4. The vote proved the value of the Congressional Bike Caucus, as it was the caucus, which is lead by Reps. Earl Blumenauer (D-OR) and Vern Buchanan (R-FL), who reached out to their fellow caucus members when crunch-time came. So, if you've ever wondered whether it's worth asking their Members of Congress to join the Congressional Bike Caucus, the answer is a definitive "yes"!

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It is my sincere hope that some of you are interested in helping me promote a sport we love, encouraging people to adapt more healthful lifestyles, and educating our public about what we do, and why. Who knows?? We may just end up with a few new members, which we can always use.

I will be happy to email updates to any members that are interested in advocacy and promoting our passion to others. Please email me ([vhg46@aol.com](mailto:vhg46@aol.com)) if you would like to be on a mailing list and would be willing to help out as needed at some of these local events. I'm sure SBC would love to hear more from us. Hope to hear from many of you, and safe riding... Vikki ([vhg46@aol.com](mailto:vhg46@aol.com))

**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 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.

Here's a couple of pictures from the Butterducks Wine Social.

