



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

August 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

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CBTC General Membership Meeting Minutes Monday July 6, 2015

President Ken Robichaux opened the General Meeting at 6:55 PM. Fifteen members were in attendance. The president shared the following information.

1. The **4th of July Social Ride** saw eight riders follow Advocacy Director Vikki Graham via Montgomery Cross, Skidaway Rd and Ferguson Ave into a less well-known, but beautiful area of Savannah near Pinpoint. The twenty mile ride was followed by a Pizza Plus lunch and a cooling swim in Vikki's pool. A good time was had by all.
2. Darrel Snuggerud will order "**1st Aid Tags**" which can be stuck in or on the helmet to provide crucial information to First Responders, especially when riding solo.
3. The Dog Committee, consisting of Roy Mueller, John Arney and Jack Knops, researched the net and formulated "**guidelines for coping with chasing dogs**". They will be published separately in the August Newsletter and then placed on our Website.
4. The Redundancy Committee, consisting of Jack Knops, Roy Mueller and John Gerardi attempted to stream line and simplify **club communications** between Board and members and among members. Publication date and frequency, copy delivery dates and the scope of the three club communications, i.e. the Ride Announcement, the Newsletter and the Website were reviewed. The report will be archived on the website.
5. The president then read the club standings in the **National Cycling Challenge**, provided by Margie Robichaux. The results will be published separately in the August Newsletter. We are still ranked fourth in the state of Georgia, behind the clubs of Camden County, Milledgeville and Albany. Bill Webb is still leading in our club!
6. The president announced that the Savannah Bicycling Campaign is sponsoring the **Traffic Safety 101** course, organized by the League of American Bicyclists. TS 101 is a required course for those who want to become League Certified Instructors. The club will pay the \$35 registration fee for members who want to take the course. The club currently has only three LCI's, Vikki Graham, Frank McIntosh and John Bennett.
7. The president then called on **Ride Director John Gerardi**. He announced that rides and ride leaders have been scheduled through August. He also announced a **change in the way we do the Saturday rides** during the months of July and August, after which the change will be evaluated. The B ride speed remains at 17-18 mph. The main change is that a B- ride will be added, which will have a speed of 15-16 mph. This will give riders who have gained strength from regular participation in the C ride a chance to ride in a group of riders with like strength. Another change concerns the C ride.

(continued on page 2)

(continued from page 1)

- The distance of the rides will be reduced where possible to about 20 miles and the speed will remain between 12 and 15 miles per hour. Since participation in the C rides is low, they will be scheduled every two weeks during these two months.
8. The ride leader also contemplated starting a **beginner's ride** on a weekday night. However, the presence at the meeting of the Executive Director of the Savannah Bike Campaign, John Bennett, brought to light that the SBC has already such a ride and that cooperation between our two organizations would benefit both. This will be actively pursued. (Action item).
 9. Finally, the Ride Director discussed the **Silver Comet Weekend**. The riding dates are Sept 18 and 19, with an optional ride on Sunday Sept 20. We would be staying again at the the EconoLodge in Rockmart, GA because of our good experiences there, their reasonable prices, and the central location. A double occupancy room is available for \$67.50/night, but mention CBTC affiliation. The Silver Comet Trail is an old railroad bed, 10-12 feet wide of near perfect cement, between NW Atlanta and Anniston, AL. We typically ride 25 miles east and back after lunch in Hiram, GA, on the first day and 25 miles west and back after lunch in Piedmont, AL, on the second riding day.
 10. Finally, the president called on **Social Director Rick Royer**. He mentioned that 24 members have signed up for the Club's social outing to a **Sand Gnats game**. This event will be on Saturday July 18th. The game starts at 6:05. The club has been assigned a box with a good view of the action. Tickets can still be had by e-mailing Rick (rickroyer2@gmail.com). Members who have already signed up should get their ticket at the ticket windows. If you want your tickets earlier simply identify yourself at the ticket office and the ticket will be given to you.

President Ken Robichaux then introduced **John Bennett, Executive Director of the Savannah Bicycle Campaign**, who provided an update and overview of the activities of the SBC.

The following is an incomplete overview of his comprehensive presentation.

He organized the overview of the SBC mission around "the five E's", i.e. areas where SBC spends most of their efforts. Encouragement - with a focus to promote more people to ride bikes. Education - to teach and organize occasions for children and adults to ride bikes responsibly and safely. Enforcement - working with the police to enforce the three foot rule, and etc. Engineering- providing opportunities to learn to fix bikes and bringing dangerous road spots to the attention of authorities. Evaluation and Training- The SBC conducts surveys to assess bicyclers' habits and needs. Twice a week (Thursday evening and Sunday afternoon) SBC provides opportunities to learn Bicycle Repair.

The speaker was most pleased to announce that the SBC now has a home at 1301 Lincoln Street on the corner of Lincoln and Henry. The location serves as an office and is also used to provide space for teaching and meetings.

Among recent initiatives the speaker listed the bicycle repair program, known as New Standard Cycles, which fixes up donated bikes and provides them to the needy; involvement with the city to implement the "Complete Streets" concept; initiatives that involve the community, such as monthly rides for beginners; a "Smart Cycling Class"; the City Rental Bike program; promoting the city's potential for bicycling tourism.

In response to audience questions we learned that a staff of one a half person, primarily supported by grants, delivers all this activity. In the speaker's best estimate construction of the Truman Linear Park Trail will begin within two years.

The audience was much involved with the many issues that were raised and was grateful for the comprehensive overview of SBC' involvement at the state level and the local level. Several members expressed the opinion, among each other, that the SBC has been vital to the development of cycling in Savannah and that the accomplishments in it's six years of existence, first under Frank McIntosh and now under John Bennett, have been enormous.

The meeting adjourned at 7:45 PM.

Respectfully submitted,
Jack Knops, Secretary

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 August 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	Mileage	Ride	Ride Leader
August 1 - Saturday 9:00 A.M.	35 miles (A/B/B-) 26 miles (B-)	Rincon Ride: Meet at the Kroger on the northeast side of Hwy 21 in Rincon. From Savannah, take I-95N to exit 109, turn left and go approximately 6 miles NW on Hwy 21 towards Springfield.	Joel Mitchell 912-704-3888
August 8 - Saturday 9:00 A.M.	38 miles (A/B/B-)	Springfield Ride: Meet at the sport courts behind the court house. From Savannah, take I-95 N to exit 109, turn left. Proceed approximately 14 miles and turn right on Laurel St. Proceed about 1.5 miles to Franklin Street and turn right. The sport courts will be ahead on your right.	Mike Griffith 614-216-3462
August 15 - Saturday 9:00 A.M.	40 miles (B/B-) 28 miles (B-)	Coffee Bean Ride: Meet downtown at Gallery Espresso at the corner of Bull and Perry Streets.	John Arney 912-660-4088
August 22 - Saturday 9:00 A.M.	31/26 miles (B/B-) 20 miles (C)	Liberty Trail Ride: Midway, GA. Meet at Holton's Seafood Restaurant. Take I-95 S to exit 76, then turn left. Holton's will be on your immediate left.	John Baynard 912-598-8687
August 29 - Saturday 9:00 A.M.	40 miles (A/B/B-) 23 miles (B-)	Jim's Ride: S. Effingham, GA. Meet at the pizza place in Buckingham Plaza on Hwy 30. Take I-9 N to exit 109 and turn left. Proceed 0.6 miles and turn left on Hwy 30. Proceed 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 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.

HOW TO REGISTER YOUR BIKE

Vikki Graham, our Advocacy Director, reports the following:

The Savannah Chatham Metro Police Department can be accessed via <http://scmpd.org/bicycle/Download> the registration form on http://scmpd.org/wp-content/uploads/2014/08/Bike-Registration_201211130847401673.pdf and take it to your local precinct to be registered. The registration will be entered into an online database. You will get a decal to put on your bike.

Savannah Century September 5-6, 2015!

Ride weekend is quickly approaching! Join us for a classic cycling event in one of the most celebrated cities of the U.S.! In case you haven't heard, we've made some changes to the century route that will get riders off of busier roads mid-route! We also consolidated the 56 and 69 mile routes into one option- a 64 mile "metric" option. Also, for all pre-registered riders who complete the century, we'll have a custom printed "100 mile club" pint glass waiting for you at the finish! These were a popular addition to last year's event. If you didn't take one home, get yours this year!

Through July 31st we are issuing a challenge to "share" our event on social media. All you have to do is share our Facebook event page on Facebook with other cyclists. Ask them to join the event and give your name. On August 1st, we'll enter all names (those who share the event and those who join) into a virtual drawing for a complimentary ride on both Saturday and Sunday. If you already have registered, no worries. We'll refund you! Also, on August 1st, we'll do a virtual drawing from amongst all pre-registered riders to receive a \$50 gift certificate to The Distillery Alehouse, our delicious venue for Sunday's events. Sooooo...find us on Facebook, share our event, and you may win! Register at www.active.com or at www.bikereg.com. Find more info at www.savannahcentury.info.

There are also volunteer opportunities for those that have some extra time to spare. CBTC is a supporter of the ride and volunteers usually ride for free on Saturday and Sunday. Contact Paula or Gentry Johns at

National Bike Challenge

Margie Robichaux, chair of CBTC's National Bike Challenge, reports that we are fourth in the state, behind clubs from Camden County, Milledgeville and Albany.

The clubs total points standings, as of July 5th are:

Club	Points	# of Riders
1. Camden County Cycling Club	54,213	92
2. BCM Bicycling Club of Millidgeville	51,255	77
3. Pecan City Pedalers of Albany	39,215	50
4. Coastal Bicycle Touring Club	29,340	45
5. Buford Cycling Club / Performance Bicycle Buford	18,274	27
6. Savannah Bicycle Campaign	16,869	48
7. Bike Athens	14,538	32

The first ten individual standings of CBTC are:

Rider	Points
1. William Webb	3180
2. Chris Seale	2471
3. Ken Robichaux	2462
4. John Arney	2374
5. Mike Griffith	2129
6. Frank McIntosh	2059
7. Margie Robichaux	1987
8. Cera Robichaux	1810
9. Glen Shealy	1723
10. Justin Meissner	1447

Recent Report of Fall - May 30, 2015

The CBTC decided several years ago to keep track of and report on falls occurring during club rides, the primary purpose to learn from them. Not all falls are fit to be published. The report avoids names and is published only with permission of the persons involved and only in the CBTC Newsletter.

This fall occurred during the A/B ride on May 30, 2015 and is based on eyewitness reports, in this case, primarily on the report of the rider immediately behind the victim, with subsequent input from other participants.

The fall occurred during the Ellabelle Ride on Lawrence Church Road, after approximately 10 miles of riding. The group consisted of 11 riders all experienced and able to ride at speed without overexertion. The group was split in two, five up front, six a little behind the front five. The speed of the group was about 18 mph. The victim was in the lead when a good sized dog (but smaller than a German Shepherd) charged from a residence on the right side of the road. The victim did not see the dog in time, if at all, to react. The dog was very probably not barking. A warning may have been shouted, but reports by respondents are not unanimous. The dog ran beside the victim and then suddenly crossed the road in front of her and she then hit the dog square. She tumbled, head-over-heels fashion, and hit the pavement. It is not clear whether she hit head first or was able to brace herself against the fall with her left arm and shoulder. Witnesses say that her forehead hit the pavement, just below the rim of the helmet, but that the helmet provided some protection as the front rim of the helmet was damaged.

The victim's injuries were extensive. There was a superficial, bleeding head wound and extensive scraping wounds on the left arm, shoulder, leg and a bit on her face. More seriously, and recognized as such immediately by our members, was the observation that the victim was confused and had no memory of what had happened. An ambulance was called, but first aid was initially provided, expertly, by an off-duty-but-on-call paramedic who was directed to the scene in response to our 911 call. He arrived soon. Miraculously, no other riders fell, possibly because the second rider swerved toward the middle of the road, creating braking space for the others who were able to come to a stop.

Our members rose to the occasion. One provided expert comfort and psychological support to the victim. Another made the difficult decision that an ambulance needed to be called. A third, astutely, provided valuable information about home-owner policy issues to the shaken dog- and home-owner. A fourth called the victim's family and informed them of her transport to the hospital. A fifth rode back as fast as he could to the parking lot to get his truck. The group also took care of bike transportation and returning the victim's car to her family.

The general feeling of all riders interviewed was that the accident could not have been prevented. Nonetheless there are a few lessons to be learned here as suggested by some of the riders:

1. In some cases of a fall, the decision about calling an ambulance can not be left up to the victim. The club needs education from an EMS type person when to make the call.
2. When an accident is the result of a dog/bike collision, and there is damage or serious injury, the police need to be called and an official police report needs to be made.

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.

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.