



# 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)

May 2016

## ***Bike Club Meeting***

Carey Hilliard's  
11111 Abercorn, Savannah  
**Monday May 2, 2015**  
BOARD MEETING  
5:45 P.M. TO 6:15 P.M.  
GENERAL MEETING  
7:00 P.M.

### **2016 Board of Directors**

President, Ken Robichaux  
[kenrobichaux@gmail.com](mailto:kenrobichaux@gmail.com)  
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Members at Large,  
Roy Mueller: [roy.mueller@gmail.com](mailto:roy.mueller@gmail.com)  
Jack Knops: [dunfknops@comcast.net](mailto:dunfknops@comcast.net)

### **2016 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)  
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Valerie Thurston-Pittman  
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Rick Royer  
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## **CBTC General Membership Meeting Minutes Monday April 4, 2016**

**President Ken Robichaux** opened the meeting at 7:00 PM.

### **Issues of Interest to all members covered in tonight's Board meeting:**

1. The club picnic will be on May 14th at Fort McAllister State Park.
2. Savannah Bicycle Campaign will be offering a TS101 course in April 30<sup>th</sup> 9AM-7PM This is a prerequisite for the NLCI (National Lead Certified Inspector) certification.
3. A revised safety checklist is at the end of this section.
4. The National Bike Challenge starts in May ([nationalbikechallenge.org](http://nationalbikechallenge.org)). Everyone is encouraged to post their ride mileage. An extra 20 points is added to each entry. You can use your previous login credentials. If you create a new account, please join the Coastal Bicycle Touring Club Team.
5. The social calendar for the balance of the year has been developed by Vice President Rick Royer and includes the following:

<b>Event</b>	<b>Cost/pp</b>	<b>Date</b>
Club Picnic Ride - Ft. McAllister	\$0	May 14
Baseball Game Outing – Grayson Std	\$15	Monday, June 6
Sav. City Market Progressive Dinner	\$83	June, date TBD
Savannah Jazz in the Park	Free	Sept, Date TBD
Butterduck Winery	\$8	Saturday, Oct 15
Haunted Pub Crawl	\$25	October, date TBD

6. The program topic for the May General Membership meeting will be "Riding among the Bluebonnets – Texas Hill Country" presented by Darrel Snuggerud.

### **Meeting Program Speakers:**

Rick Royer presented a number of videos concerning bicycle safety from The Bike League ([bikeleague.org](http://bikeleague.org)) and reviewed a presentation prepared by Georgia Bikes. Interesting statistics included:

- 60% of all riders are social or recreational, 13% used to earn a living
- The most frequent source of injury is being hit by a car (29%) followed by falling (17%), roadway not in good repair and rider inattention (both 13%). Crashes and dogs were under 10%.
- Roadway fatalities most often occur at non-intersections, about four times more than at intersections. Distracted drivers can kill.

The videos Rick presented included:

- Scanning
- Signaling
- Land Changing
- Intersection Positioning
- Bike Lanes
- Traffic Laws

(Continued on page 3)

**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 April 2016 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	Leader
May 7 Saturday 9:00 A.M.	40/35/23 mi (A/B/B-/C)	Jim's Ride: S. Effingham. Meet at Stoners Pizza Joint. From I-95, exit 109, N towards Rincon 0.6 miles. TL onto GA 30, drive 7.4 miles to Buckingham Plaza on right. There are no bathrooms so stop on the way if necessary.	Jack Knops 912-663-8444
May 14 Saturday 9:00	36/25/20 mi (B/B-/C)	Kilkenny Ride and Annual Club Picnic: Richmond Hill, GA. Take Hwy 17S or I-95S to Richmond Hill exit. Go east about 5 miles on GA-144/Ford Avenue, then turn left of GA-144 Spur and go 4 miles to Ft. McAllister State Park entrance, but park at the boat ramp on the left just before the park entrance. The club will be providing lunch for all at the picnic. Please RSVP to Rick Royer ( <a href="mailto:rick-royer2@gmail.com">rick-royer2@gmail.com</a> ) and let him know you're coming.	Roy Mueller 912-660-2837
May 21 Saturday 9:00 A.M.	31/26/18 mi (B/B-/C)	Liberty Trail Ride: Midway, GA. Meet at Holton's Seafood Restaurant. I-95S to exit 75, then turn right. Holton's will be on your immediate left.	John Baynard 912-856-8751
May 28 Saturday 9:00 A.M.	39/32/25/17 mi (B/B-/C)	Ellabell Ride: I-16W to exit 143. Turn left on Hwy 280 and go 2.2 miles. Turn right on Wilma Edwards Rd and go 1.5 miles to Hendrix Park on the left. Park in the center lot near the gymnasium	

*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.*

April Meeting Minutes (continued from Page 1)

There are many more videos at <http://bikeleague.org/ridesmartvideos>

Ken Robichaux wrapped up the bike safety presentation with an emphasis on communication between riders in the pace line.

**CBTC Safety Check List:**

1. Ride single file when a car or truck is behind or over hills and around corners when forward visibility is limited.
2. Stay no closer than one wheel length behind the bike in front of you.
3. Never ride more than two abreast. Yield to riders trying to pass.
4. Ride as far to the right as practicable, or in the "right wheel" lane if there is no bike lane available except when making a left turn, or when going straight at a right turn only lane.
5. Call out "Car Back" or "Car Up" to riders in front. It is important that verbal commands be repeated by each rider in the pace line. Never say "clear" at an intersection. It may not be clear for all riders in the pace line.
6. Call out intentions to riders immediately behind: "Slowing," "Stopping," "Turning." Use traffic hand signals when appropriate.
7. Point to road hazards and/or call out to riders behind: "Gravel," "Hole," "Tracks."
8. Call out to riders you are about to pass: "On Your Left," Never pass on the right.
9. Wear helmet at all times while on your bike. Do not wear ear phone type devices while riding.
10. Obey all traffic signs and signals.
11. Always ride defensively. Always be aware of other riders, vehicles and pedestrians near. Never assume you know what they are going to do.
12. Use common sense and courtesy toward motorists and other cyclists while on your bike.
13. If you stop for any reason, get completely off the road.

## **Upcoming Social Events**

### **CBTC Annual Ride and Picnic**

**Saturday May 14, 9:00**

**Ft. McAllister State Park**

**Join us for a lovely ride through Richmond Hill and then have some food and fellowship with your fellow riders and families at Ft. McAllister. The club has reserved a covered picnic area and will provide picnic foods. Families are invited and welcome. Please feel free to bring a side if you would like to show off your culinary aptitudes. I'm sure we'll all enjoy.**

## AREA RIDES OF INTEREST

### BRAG

June 4th-11th

<http://www.brag.org/#!/brag/c1tti>

### 15th Annual Athen-Savannah Double Century

May 6-7

Registration is open! Join us for the 15th Anniversary Athens-Savannah Double Century Ride, Friday, May 6th – Saturday, May 7th. This 2-day, 210-mile adventure through old Georgia from Athens to Savannah has become one of the signature events of the cycling year. Proceeds from AthSav rides support the Foundation for Excellence in Education – we have raised more than \$180,000 for public education in Clarke County, GA, since the rides began 15 years ago. Last year's AthSav was our biggest and best ride yet, and we are looking forward to another amazing year. Space is limited on this unique adventure, so get on board as early as you can.

<http://athensffe.org/events/2015-athsav-fundraiser/>

**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.

- 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.

## 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

### 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.