



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

June 2016

Bike Club Meeting

Grayson Stadium

Monday June 6, 2015

BOARD MEETING

5:45 P.M. TO 6:15 P.M.

Baseball Game to Follow

7:00 P.M.

2016 Board of Directors

President, Ken Robichaux

kenrobichaux@gmail.com

Vice President, Rick Royer

rickroyer2@gmail.com

Treasurer, Joe Kreger

joekreger@comcast.net

Secretary, Doug Powelson

doug.powelson@comcast.net

Members at Large,

Roy Mueller: roy.mueller@gmail.com

Jack Knops: dunfknops@comcast.net

2016 Committee Chairs

Ride Director: John Gerardi

johngerardi@hotmail.com

Membership Director:

Margie Robichaux

margie.bodybyvi@gmail.com

Newsletter Editor:

Valerie Thurston-Pittman

vrthurston@yahoo.com

Advocacy Director: Vikki Graham

vhg46@aol.com

Education & Safety Director:

Ken Robichaux

kenrobichaux@gmail.com

Social Committee Director:

Rick Royer

rickroyer2@gmail.com

Merchandise Director: John Arney

johnaarney@gmail.com

Web Master: John Gerardi

johngerardi@hotmail.com

Publicity Director:

Mike & Debbie Griffith

griffohio@gmail.com

CBTC General Membership Meeting Minutes

Monday May 2, 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. The next club meeting will be at Grayson Stadium on June 6th Savannah Bananas. The cost is \$15/pp. Checks should be sent to Rick Royer and made out to CBTC.
3. The LCI course will be held in Statesboro on May 20-22 and costs \$300
4. Kim announced the Bicycle Campaign will have a bike sale on May 7th (10am-2pm). There is also a Cyclo Femme ride on May 8th. May is National Bike Month.

Meeting Program Speaker:

Darrel Snuggerud presented a program with photos taken during a cycling trip to the Texas hill country in April. Holly Snuggerud, Don and Shari Gerosa joined other friends on this adventure. This is the time of year when Bluebonnets are in bloom. The rides were a challenge at times, going too fast or slow due to the hilly terrain. Well, except for Shari who lucked out with a motor assist on her Trek hybrid bike. Darrel put the trip together, planning the daily rides and arranging for the bike rentals, van and trailer to get to the ride start locations. Darrel indicated that using foam pipe insulation is very effective at preventing wear damage when the bike are lashed together on the trailer. The scenery was beautiful.

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 June 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
June 4 Saturday 9:00 A.M.	34/21 miles (B,B-/C)	Knowles Island Ride: Ridgeland, SC. I-95N to Exit 21 (Ridgeland). Left at bottom of ramp onto Main Street. Go 0.1 mile, make right at Shell Gas station, follow 0.1 mile to Jasper's Porch, park in back of lot.	Darrel Snuggerud 912-598-2181
June 11 Saturday 9:00	39/32/22 miles (AB/B-/C)	Ride to Fancy Hall: Richmond Hill, GA. I-95 S to exit Hwy 144. TL and then about 5 miles to Publix on the right.	Roy Mueller 912-660-2837
June 18 Saturday 9:00 A.M.	37/27/24/17 miles (B/B-/C)	Springfield Ride: From GA-21 turn onto Laurel St travel 1.7 miles to Franklin Street and turn right onto N. Pine. Parking will be behind the County Court House adjacent to the Court House annex also know as the tag office. The Springfield Fire Department at the corner of Madison and Pine street will let us use their restroom. It's about 1/4 mile from the start location.	Mike Griffith 614-216-3462
June 25 Saturday 9:00 A.M.	41/30/21 miles (A,B/B-/C)	Harris Neck Ride: South Newport, GA: I-95 S to exit 67 (26 miles south of 204 & I-95). TL on Hwy 17/25 South. Pull in to McDonalds and park in the gravel parking lot behind the restaurant.	Don Gerosa 912-598-8156

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.

AREA RIDES OF INTEREST

BRAG

June 4th-11th

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

Ledesma Sports Medicine Savannah Century

It's that time again! Join us for a road cycling classic- the Ledesma Sports Medicine Savannah Century in lovely and historic Savannah, Georgia! Same fabulous venue- the popular Distillery Ale House with the fabulous sweet potato fries and unique atmosphere! Routes offering options of 25, 37, 62 and 100 miles! Century route was new for 2015- check it out if you missed us last year! Pre-registered century riders once again receive a commemorative pint glass upon century completion. Early bird rates in effect through 5/31! Get in at the \$35 rate! Official 2016 jersey featured below. Pre-order yours with registration by 7/1. Register at www.active.com or at www.bikereg.com! Visit our site at www.savannahcentury.info to download a hard copy form. Follow us on Facebook to receive special updates!



September 3-4, 2016
Savannah, Georgia



A message from Paula Johns, organizer: Hi, CBTC folks- We have begun our preparations for the annual Savannah Century ride. This year's event takes place on September 4th. As usual, we are looking for volunteers, specifically to assist with registration/ packet pickup on Saturday afternoon (1-4 or 4-7) and Sunday morning (6:30-7:30). Volunteers ride for free, enjoy a volunteer dinner, and have the option of purchasing our event jersey at the discounted rate of \$30. If you are interested in assisting with the event, please contact me, Paula, at savannahcentury@yahoo.com. Thanks, all, and happy summer riding!

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



Phone (912) 692-1005
Fax (912) 401-0194

www.qualitybikeshop.com
1127 East Montgomery Cross Road • Savannah, Georgia 31406



BICYCLE LINK
www.BICYCLELINKSAV.com

John Skiljan

210W. Victory Dr.
Savannah, GA 31405

(912) 233-9401
john@bicyclelinksav.com

BIKE SALES • TUNING & REPAIRS • ACCESSORIES & CLOTHING




Star Bike
EST. 1972

Joey Green
Phone: 912.927.2430
Fax: 912.927.2462

Oakhurst Shopping Center
127 E. Montgomery Cross Roads, Savannah, Georgia 31406
www.starbikesavannah.com

BRANCH: BEARD JAMES RALEIGH DIAMONDBACK

Perry
RUBBER
BIKE SHOP

David Udinsky

240 Bull Street
Savannah, GA, 31401

912.236.9929

DAVIDPERRYRUBBERBIKESHOP.COM
www.PERRYRUBBERBIKESHOP.COM

SPORTS ADDICTION

YOUR SPORTS, FITNESS & CYCLING CENTER

BICYCLE SALES & SERVICE **Jim Buser** SPORTS EQUIPMENT & APPAREL

843-815-8281

70 Pennington Dr. • Village at Sheridan Park • Bluffton, SC 29910

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

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.