



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

July 2016

Bike Club Meeting

Carey Hilliard's
11111 Abercorn Street
Monday July 11, 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

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Vice President, Rick Royer

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Rick Royer

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Merchandise Director: John Arney

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Web Master: John Gerardi

johngerardi@hotmail.com

Publicity Director:

Mike & Debbie Griffith

griffohio@gmail.com

HAPPY FOURTH OF JULY!

Wow! Can you believe half the year has gone by already. It's July already. Crepe Myrtles are blooming and the heat of summer is definitely upon us.

Please take extra precautions while riding.

- Make sure you have plenty of water or can stop and refill your bottles on your route(s).
- If you're riding for any prolonged period, make sure you bring along nutrition and electrolyte supplements.
- Wear broad spectrum sunscreen with SPF 15 or greater
- Avoid riding during the heat of the day (noon - 3 P.M.).
- Make sure you have a cell phone with you.
- Make sure someone you trust knows your route and expected return time.

The planned social at Grayson Stadium for the inaugural weekend of the Savannah Bananas baseball game combined with the club meeting was rained out. The social has been rescheduled for Thursday July 21st. For those that pre-purchased tickets, they will be honored.

The usual first Monday Board Meeting and General meeting will be taking place on the second Monday this month. The meeting will be back at our new location - Carey Hilliard's at 11111 Abercorn Street near Savannah Toyota and across from Lowe's and Home Depot. The general meeting will begin at 7:00 P.M.

Hope to see you on the road. Safe and Happy Riding!

-Valerie Thurston-Pittman

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 July 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
July 2 Saturday 9:00 A.M.	31/26/18 miles (B/B-/C)	Liberty Trail Ride — Midway, GA: Meet at Holton's Seafood Restaurant. I-95 S to exit 76, then TR, Holton's on your immediate left.	John Bayner 912-856-8751
July 9 Saturday 9:00	35/26/21 miles (A/B/B-/C)	Rincon Ride — Rincon, GA: Meet at Kroger's grocery store on northeast side of Hwy 21. From Savannah, follow I-95 N to Exit 109, then go about 6 miles northwest on Rte 21 towards Springfield.	John Arney 912-660-4088
July 16 Saturday 9:00 A.M.	36/25 miles (B/C)	Kilkenny Ride — Richmond Hill, GA: Take Hwy 17 South or I-95 South to Richmond Hill exit. Go East about 5 miles on Ga-144/Ford Avenue, then turn left on Ga-144 Spur and go 4 miles to Ft. McAllister State Park entrance, but park at boat ramp on left just before entrance to park.	Kim Turner 214-725-2490
July 23 Saturday 9:00 A.M.	39/32/25/17 miles (B/B-/C)	Ellabell Ride — Ellabell, GA: I-16 W to exit 143. TL on Hwy 280 for 2.2 miles, then TR on Wilma Edwards Rd for 1.5 miles to Hendrix Park on left. Park in the center lot next to the gymnasium.	Joel Mitchel 912-704-3888
July 30 Saturday 9:00 A.M.	39 miles (B/B-) 24 miles (C)	Right Turn Clyde — Savannah, GA. Meet in front of Kroger at 5270 Ogeechee Road (US 17), 2 miles northeast of Route 204 (Abercorn Extension)	Ken Robichaux 912-656-7758

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. 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

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!).

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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 Carey Hilliard's on Abercorn. Dinner at 6:15 P.M. and meeting at 7:00.