



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

September 2016

Bike Club Meeting

Carey Hilliard's

11111 Abercorn St

Tuesday September 13, 2016

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

Vice President, Mike Griffith

griffohio@gmail.com

Treasurer, Joe Kreger

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Secretary, Doug Powelson

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Members at Large,

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Jack Knops: dunfknops@comcast.net

2016 Committee Chairs

Ride Director: John Gerardi

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Social Committee Director:

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

General Meeting Minutes

August 1, 2016

President Ken Robichaux called the meeting to order at 6:58 PM. There were 21 members and guests in attendance.

Ken announced that Rick Royer was resigning from his position as Vice President. Mike Griffith was nominated for the position of Vice President and unanimously elected to the position. Congratulations Mike!

Ken asked if anyone knew the location of the CBTC banner. Darrel Snuggerud advised that it may be in his attic.

Rick Royer suggested the club volunteer in the River Street Stroll which is part of the Savannah week long Food and Wine Festival in November. The River Street Stroll takes place on Friday, November 11th and involves offering samples of wine and liquors to participants of the Festival. Volunteer hours are from 4:30 PM to 7:30 PM and duties involve unloading trucks, setting up the booths, etc. Rick added that the volunteers are able to take home leftover samples from the event.

John Gerardi and Mike Griffith gave a presentation on a proposed weekend ride in Florida. The event would take place in late October, possibly October 29th. It would be held in Inverness, Florida and would involve riding on a 47 mile long bike trail. Members could stay at the Central Motel in Inverness at a cost of approximately \$60 per night or less. Inverness is located approximately 270 miles from Savannah, which is equal to or less than the drive to Rock Mart, the location of the Silver Comet trail ride. More details on the event will follow.

Ken recognized CBTC member Justin Meissner, who is leaving the area in two weeks. Justin is a Lieutenant Colonel in the Army currently assigned to the Headquarters Command at Ft Stewart. His new assignment will be as an Inspector General at the Edgewood Arsenal in Aberdeen, MD. Everyone thanked Justin for his 19 years service in the Army and wished him well in his new assignment.

The meeting was adjourned at 7:35 PM

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 September 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
Sept 3 Saturday 9:00 A.M.	39/32/25/17 miles (B/B-C)	Ellabell, GA: (3960 Wilma Edwards Road) 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.	John Arney 912-660-4088
Sept 4 Sunday 7:30 A.M.	25, 37, 62 and 102 miles	Ledesma Sports Medicine Savannah Century	
Sept 10 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.	Ken Robichaux 912-656-7758
Sept 17 Saturday 9:00 A.M.	35/26/21 miles (A/B/B-C)	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 Rt 21 towards Springfield.	Joel Mitchell 912-704-3888
Sept 24 Saturday 9:00 A.M.	36/25 (B/C)	Richmond Hill, GA: (3894 Fort McAllister Road) 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.	Roy Mueller 912-660-2387

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

Withlacoocie Trail

Inverness, FL

Oct 28 & 29

Arrive in Inverness on Thursday. The rides are and out and back to the town of Inverness with a lunch stop en route. Ride the Withlacoocchee Trail south on Friday for a total of 57 miles. On Saturday we will ride the trail north for a total of 37 or 59 miles. The hotel has a breakfast area that we could use for socializing

Inverness has numerous places to eat and visit. This could easily be a non-riding spouse trip as well. The town has antique stores and many places to go and see. Please join fellow club members for our fall cycling adventure.

The hotel is the Central Motel 721 US 41 South, Inverness, FL 34450 800-554-7241. The quoted rate is \$57/night plus taxes. There is a block of 10 first floor rooms reserved under CBTC's name.

Thursday evening at 5PM, we'll plan for a social hour in their breakfast area. At our social hour we will decide a dinner location. If you have a favorite, you can campaign for it.

The Friday ride will start at 9:30AM from the hotel. Friday evening we'll have our pre-dinner social then dinner wherever the group decides.

Please let Mike Griffith know if you plan on making the trip via email:
griffohio@gmail.com or cell:614-216-3462

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.



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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.