



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

April 2018

Bike Club Meeting

Carey Hilliard's

11111 Abercorn St

Monday 2 April

5:45PM Board Meeting

6:15PM Social Hour/Dinner

7:00PM Program

2018 Board of Directors

President, Ken Robichaux

kenrobichaux@gmail.com

Vice President, Mike Griffith

griffohio@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

2017 Committee Chairs

Ride Director: John Gerardi

johngerardi@hotmail.com

Membership Director:

Margie Robichaux

margie.bodybyvi@gmail.com

Newsletter Editor:

Joel Mitchell

JoelMitch.ga@gmail.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

Check the ride calendar; a few things on it have changed since the last newsletter.

At the March meeting we received the unwelcome news that Roy Mueller's house had sold and he'll soon be leaving us. We all wish him well and happy cycling out in Colorado. Hopefully we'll talk him into coming back for the occasional Saturday ride, though riding in the thin air and climbing the mountain roads he'll definitely have an unfair advantage over all of us.

Please RSVP to Rick Royer your intentions for the upcoming club picnic.

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 April 2018 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
April 7 Saturday		No local ride, many members will be on the Iverness FL trip 4/5-4/7	
April 14 Saturday		No local ride, many members will be participating in the Jim Kruse Century in Statesboro.	
April 21 Saturday		No group ride, many members will be at the metric century in Springfield	
April 28 Saturday 0900	39/32/25/17 miles (B/B-/C)	Ellabell Ride (Map Link) llabell, 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.	Kim Turner 214-725-2490
May 5 Saturday 0930	36/25 (B/C)	Club Picnic and Kilkinney Ride (Map Link) 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. The picnic will be at a pavilion inside the park. Parking inside the park is \$5 per car.	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.

2018 Soups on Ride



AREA RIDES OF INTEREST

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 Kroger/Hwy 17 Berwick (park by Brewers). 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.

Jim Kruse Century, Statesboro GA. April 14th. CBTC will undoubtedly have a strong presence as in previous years.
<http://southerncyclists.com/>

Inverness, FL ride. April 5, 6 & 7th. Arrive Thursday, ride Friday & Saturday. Ride the Withlacoochee Trail north on Friday for a total of 38-57 miles. On Saturday we will ride the trail south for a total of 40 or 60 miles. Organized by Mike Griffin, contact him for more info or see the club page for more trip details.
<http://cbtc.org/ride-calendar/>

2018 Athens-Savannah Double Century, May 11-12. Departs Athens GA, first night is in Louisville GA then day 2 ends in Savannah. If you enter coupon code HAPPYHOLIDAYS you can get 25% off, not sure when that code will expire. There are several options for lodging; traditionally the CBTC group stays at Howard Johnsons/Athens and Louisville Motor Lodge/Louisville. So far 4 or 5 members have committed to making the ride again.
<https://www.athenstosavannah.com/the-ride>

Savannah Century, Sept 2. <http://savannahcentury.info/>

Social Events

CBTC Picnic Ride, Ft. McAllister State Park
\$5 parking fee, Saturday May 5th

Oyster Roast & Fireworks, Savannah Westin
\$18 Friday June 1st

<http://www.westinsavannah.com/First-Friday>

Savannah Bananas Baseball Game
\$15 Thursday July 5th

<https://thesavannahbananas.com/schedule/promotional-schedule/>

Savannah Queen Moonlight Cruise
\$24 Saturday September 8th

<http://savannahriverboat.com/sunset-and-moonlight/>

Picnic in the Park at Forsyth Park
Free, Sunday October 7th

<http://www.savannahga.gov/index.aspx?NID=987>

Midnight in the Garden Ride
\$15, Sunday October 21

<https://www.eventbrite.com/e/midnight-garden-ride-2017-tickets-36516915076>

Butterduck Winery
\$8, Saturday November 17th

<http://www.butterduckwinery.com/events.html>

CBTC Christmas Ride
Free, December 9th

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.