

CBTC NEWSLETTER

Official Publication of the Coastal Bicycle Touring Club

CBTC, Post Office Box 14531, Savannah, GA 31416 www.cbtc.org

CBTC Monthly Meeting

Carey Hilliards's
11111 Abercorn Street
Monday, 6 August 2018
5:45pm Board Meeting
6:15pm Social Hour/Dinner
7:00pm Program

2018 Board of Directors

President, Ken Robichaux
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VP, Mike Griffith
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Treasurer, Joe Kreger
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2018 Committee Chairs

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Following is a recap of the remaining CBTC social events for 2018. For more details, go to: <http://cbtc.org/social/>

Saturday, 8 September, Savannah Queen Moonlight Cruise

Sunday, 7 October, Picnic in the Park, Forsyth Park

Sunday, 17 October, Midnight in the Garden Ride

Saturday, 17 November, Butter Duck Winery

Sunday, 9 December, Savannah Christmas Lights ride

There are open dates for anyone who would like to be ride leader. Contact John Gerardi to find out more. johngerardi@hotmail.com

CBTC August 2018 ride schedule

Helmets are required on all rides, and rear view mirrors are highly encouraged. Please arrive at least 30 minutes prior to the scheduled departure. Ride leader's instructions will be held prior to departure. All riders, CBTC members and guests, must sign the waiver prior to departure.

Date/time	Mileage	Ride	Leader
August 4, 9am, Ride to Fancy Hall	40/32/22 A/B/B-/C	Richmond Hill, GA, 12800 Highway 144. Take I95 south to Highway 144 exit, turn left and then about 5 miles to Publix on the right. Park in the back of the lot.	Don Gerosa 912-598-8156.
August 11, Springfield ride Note: starting point change	38/28 A/B/B-	Start next to Gaffney's Cheap Seats restaurant, 840 South Laurel Street, Springfield GA. Plenty of parking next to the restaurant.	Mike Griffith 614-216-3462
August 18, Harris Neck ride	41/30/21 A/B/B-/C	Riceboro, GA. 35 Montague Street. I95 south to exit 67, TL on Highway 17/25 south. Pull into McDonalds and park in the gravel parking lot behind the restaurant.	Kim Turner 214-725-2490
August 25, Right Turn Clyde	39/29/26 B/B-/C	Savannah, GA. Meet in front of Kroger at 5270 Ogeechee Road (US17), 2 miles NE of Route 204	John Arney 912-660-4088

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, the CBTC web site will be updated with cancellation at least an hour and a half prior to the start of the ride. An email will also be sent to club members by ride director John Gerardi.

Upcoming area rides

As the heat and humidity of summer slowly turns to cooler and drier conditions, we should note the various area rides available to CBTC members. Several of these area rides function in place of the normal Saturday club rides.

Savannah Century: The annual Savannah Century is scheduled for Sunday, 2 September 2018. There are route options of 25, 37, 56, 69 and 103 miles. Ride departs downtown Savannah at The Distillery then over the Talmadge Memorial Bridge (all routes except the 25 route), and except for the bridge segment, there is little-to-no elevation change. The 25 mile route is a scenic ride to the Isle of Hope and features a Southern hospitality rest stop. Registration via <https://ledesmasportsmedicinesavannahcentury.com/>

Claxton Cruisin' in the Country: The 2018 ride will take place Saturday, November 10. As of the the date of this newsletter, 2018 route information is not yet available, but in years past, there are five ride routes, ranging from approximately 25, 35, 50, 64 and 100 miles. Registration is open now and can be accessed through <http://claxtonevanschamber.com/crusineventoverview.html>

Jekyll Island ride: This “unofficial” ride started in 2017 and plans are to replicate it this year. Several CBTC riders participated in 2017, riding to Jekyll Island on 4 November and riding back to Savannah on 5 November. The ride starts from the Berwick Kroger parking lot, and essentially follows Highway 17 south. Discussion among some riders suggest a ride to Jekyll Island on a Friday, with relaxation and sight seeing on Saturday, followed by the ride back to Savannah on Sunday. News about this ride will be posted in subsequent newsletters.

STRAVA

STRAVA is a website devoted to bike riders (and runners), and serves as a forum for bike clubs, bike riding challenges and bike ride discussions. The basic STRAVA app is free to download for any mobile device. The Coastal Bicycle Riding Club has a STRAVA club page, to which there are currently 43 members. Rides, cumulative ride statistics and discussion groups are available to view, whether or not you have joined the CBTC site, at <https://www.strava.com/clubs/171175>

Here is a screenshot of the CBTC STRAVA page from 26 July:

Coastal Bicycle Touring Club Savannah, GA

Remove Coastal Bicycle Touring Club Edit Club

Savannah, Georgia

The CBTC (Coastal Bicycle Touring Club) consists of approximately 150 cyclists. Based in Savannah, GA, our club was founded following the first BRAG (Bicycle Ride Across Georgia) in 1981. 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 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 at all times.

Come out and join us f

Add Club Event

Club Leaderboard Recent Activity Members Posts

Last Week's Leaders

	Distance	Longest Ride	Climbing
🏆	Bill Webb 290.7 mi	🏆 Ian Gibson 98.6 mi	🏆 Ian Gibson 9,199 ft
🏆	Rich Wharff 232.4 mi	🏆 Joseph Hammons 93.2 mi	🏆 Joseph Hammons 4,823 ft
🏆	John Arney 174.5 mi	🏆 Pablo Juarbe... 82.1 mi	🏆 Mike Griffith 1,982 ft

Bike Ed

A new addition to the CBTC newsletter is Bike Ed, devoted to all things relating to bikes. In this second edition, we'll cover bike terminology and definitions, terms that any bike rider should be familiar with, especially when riding in groups like we do.

A

Aero bars: Extension of the handlebars, usually allowing the rider to rest their elbows and reduce their aerodynamic drag. Often found on tri-athlete bicycles

All around: A cyclist who excels in climbing, time trials and who may also be a decent sprinter.

Attack: To quickly accelerate while riding in a pack, or in smaller numbers, to create a gap between yourself and other riders.

B

Bar end shifter: A shift lever mounted as a bar-end plug. Used on drop bar road bikes and on recumbent bikes

Bottom bracket: The bearing assembly which allows the crank to rotate relative to the frame.

C

Cadence: The rate at which a cyclist pedals, in revolutions per minute.

Cassette: The rear cog cluster on a derailleur bikes, that fits on a freehub.

Chainrings: The front part of the drivetrain where the chain engages. May be composed of one to three gears.

D

Derailleur: A device used to change gears. Most road bikes have a front and rear derailleur.

Drafting: To ride closely behind another rider to take maximum advantage of their slipstream, reducing wind resistance and effort to ride at the same speed.

E

Echelon: A line of riders seeking maximum drafting in a cross wind, resulting in a diagonal line across the road.

Endurance bicycle: A type of road bicycle designed for long distance riding, with a more upright geometry, longer wheelbase and higher handlebar position.

F

Fork: The part of the frames that holds the front wheel. Can be equipped with a suspension on mountain bikes

Frameset: The bicycle frame plus the front fork

H

Headset: The bearing system in the head tube within which the handlebars rotate.

Hybrid: A bicycle that is a compromise between a road bike and a mountain bike. Often chosen for its comfort.

M

MAMIL: Abbreviation for middle-aged men in lycra, a popular phrase used to describe men who discover road biking later in life. This really should be MAPIL, to describe “people” who are middle aged and who wear lycra and enjoy biking.

MTB: Mountain biking or a mountain bike.

O

On your wheel: The condition of being very close to the rear of the rider ahead of you. Used to inform the rider you have positioned yourself in their slipstream for optimum drafting.

P

Paceline: A group of riders riding at high speed by drafting one another. Riders will take turns at the front to break the wind, then rotate to the back of the line. Larger group rides will often form double pace lines with two columns of riders.

Peleton: The large main group in a road bicycle race.

Pull: To take the lead on a paceline.

R

Recumbent: A bicycle where the rider is placed in a laid-back position, feet first and sitting in a seat instead of a saddle. All world land speed records are held by recumbent bicycles, but they are not allowed in races.

Road rash: Severe skin abrasions caused from sliding on the asphalt in a crash.

S

Saddle: The seat of a bicycle.

Shifter: A component used by the rider to control the gearing mechanisms and select the desired gear ratio.

Stem: The component that attaches the handlebars to the steer tube of the bicycle. They come in two major types, quill and threadless. The angle and length plays a major part in how the bike fits the rider.

T

Tandem: A bicycle built for two, where the riders are positioned in-line.

U-W

Urban bicycle: Alternatively known as a city bike, designed to be ridden on the road at slower speeds, mostly configured with hydraulic disc brakes allowing riding during wet conditions.

Velodrome: A cycling track for races.

Wipe out: A crash, often used as a verb (the rider wiped out pretty bad on the wet corner)

If you are in need of bikes, bike equipment or repairs, visit any of these shops and receive 10% discount of parts and accessories.



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