

CBTC NEWSLETTER

Official Publication of the Coastal Bicycle Touring Club, Savannah GA

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

CBTC Monthly Meeting

Monday, 4 March 2019
Carrey Hilliard's
11111 Abercorn Street

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A special shout-out to Don and Sharry Gerosa for hosting this year's CBTC Soup Ride. Although the day was a little chilly and fairly windy, we had a good turn-out for the ride and the great soups, chili, and other wonderful food following the ride. Again, our appreciation to the Gerosa's for hosting this signature club event.

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

CBTC March 2019 Ride Schedule

Helmets are required on all rides, and rear view mirrors are highly encouraged. Please arrive at least 15 minutes prior to the scheduled departure. CBTC members and guests must sign the waiver prior to departure.

Date/ride	Mileage	Directions	Ride Leader
2 March 2019, Ellabell Ride	39/32/25/17 B/B-/C	Ellabell, GA. I-16 W to exit 143, TL on Highway 280 for 2.2 miles, then TR on Wilma Edwards Road for 1.5 miles to Hendrix Park on the left. Park in the center lot next to the gymnasium.	TBD
9 March 2019, Liberty Trail Ride	31/26/18 B/B-/C	Midway, GA. I-95S to exit 76, then TR to Smokin' Pig BBQ on your immediate left.	John Baynard, 912-856-8751
14-16 March 2019, Winter Garden, Florida		See the article on page 5 below for details	Mike Griffin griffohio@gmail.com 614-216-3462
23 March 2019, Hardeeville Hospital Ride	B+/B-/C	Hardeeville, SC. North on I-95 to exit 8 in SC, route 278 approximately 1/4 mile, left into hospital parking lot. Various turn around points depending on your preference. Lunch at the Pink Pig in Hardeeville after the ride.	John Arney 912-660-4088
30 March 2019, Kilkenny Ride, Richmond Hill, GA.	36/25 B/C	Richmond Hill, GA. Highway 17 south or I-95S to Richmond Hill exit. East about 5 miles on GA144/ Ford Avenue, TL on GA144 spur and go 4 miles to Ft. McAllister State park, park right outside park entrance gates.	TBD

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 a cancellation notice at least one and a half hours prior. An email will also be sent to club members by the ride director.

Bike Ed

This month's edition of Bike Ed reviews the history and evolution of the bicycle. While most riders take our bikes for granted, contemporary bikes are the result of over 600 years of innovation and evolution. Here is a timeline of bike development and inventions.

1418 - The First Human-Powered Land Vehicle - Giovanni Fontana builds the first human powered land vehicle which has four wheels and uses a rope connected by gears to the wheels.

1790 - Celerifere - Invented by Comte Mede de Sivrac, it has two equal-sized wheels and a seat, but no steering, brakes, or pedals. The rider powers forward using their feet for a walking or running start then glides on the celerifere. A rider powers forward using their feet for a walking/running push-off and then glides on the celerifere.

1817 - Steerable Laufmaschine - This machine goes by many names, including the running machine, velocipede, Draisine, and the swift-walker. The wooden steerable laufmaschine has a steerable front wheel and is the first appearance of the two-wheeler principle. Laufmaschine is German for "running machine" which this was, since the rider literally ran to power the contraption.

1858 - Pedals - The steerable laufmaschine has pedals added to it. It's unclear who was the first to add these. The credit either goes to Frenchman Pierre Michaux, his son Ernest Michaux, or Pierre Llament.

1863 - Boneshaker - Blacksmith Ernest Michaux invents the first commercially successful velocipede in 1863, which is now called the boneshaker. The boneshaker was made of stiff materials and straight angles which literally made it a "boneshaker" to ride on over common cobblestone roads.

1866 - Penny Farthing - British engineer, James Starley invents the penny farthing which is commonly known as the high wheeler. The penny farthing looks pretty silly compared to modern bicycles, and it was actually pretty difficult to ride. This difficulty limited the popularity of the high wheeler. Makers realized the bigger you make the front wheel, the farther you could travel with one pedal rotation, so wheels continued to become larger. These bikes cost an average worker six months worth of pay.

1868 - Rubberized Wheels - Clément Ader is granted the first patent for rubberized wheels. There was still room to improve on ride softness, so rubber tires with an empty core were also tried.

1876 - Caliper Brakes - English inventors Browett and Harrison patent an early version of the caliper brake.

1879 - Bicyclette - Henry J. Lawson patents the first rear wheel, chain-driven safety bicycle. Lawson's earlier models were all lever-driven.

1885 - Rover Safety Bicycle - John Kemp Starley invents the rover safety bicycle in England. This is the first model to look like what we now think of as a standard bicycle. This model combines a low seat, strong metal for a chain, and two wheels that are similar in size.

1888 - Inflatable Tires - John Boyd Dunlop patents pneumatic tires in Ireland. These came about when John's young son asked him to find a way to make his tricycle have a softer ride on their common cobblestone streets. Although Dunlop thought he had invented inflatable tires, they had (unbeknownst to him) already been invented by Robert Thomson in 1845.

1889 - The Pedal-Back Brake - These brakes were patented by Daniel-Stover and William Hance, and would later become known as safety brakes. They also would later become a standard feature on bicycles.

1896 - Coaster Brakes - These brakes allow the bike to move forward without requiring the pedals to move. Additionally, the rider can brake by pedaling backwards. These brakes continue to be popular in some areas to this day.

1897 - Duck Brakes - This type of brake uses a rod operated by a lever on the handlebar. The rider pulls the lever to pull rubber rollers against the front tire to slow down the vehicle.

1897 - Mid-Drive Electric Bicycle Design - Hosea W. Libbey files a patent for this design in which the mid-drive spins only at the RPMs of the wheel. This is a precursor to the modern e-bike with a mid-drive motor.

1898 - Pedal-Powered Battery Regenerator - Gordon J. Scott files a patent for an electric velocipede. This is a peculiar design in which the pedals spin a generator, which in turn drives a small motor.

1898 - Freewheel - Ernst Sachs invents the freewheel. 1898 is the first year the freewheel is commercialized. This invention allows the rider to keep pedals stationary while the bicycle still moves forward, but uses a different mechanism to do this than the coaster brake.

1938 - Electric Hub Motor - Thomas M. McDonald files a patent for an electric hub motor. This may be the earliest of its kind for a front-wheel mounted version. The patent filing details this bicycle aims to allow the bicycle to be operated by only power, with the option of pedals.

1979 - Mountain Bike - Californian Joe Breeze is credited for creating the mountain bike. The prototypes for these are developed by many early designers including Joe Breeze, Otis Guy, Gary Fisher, and Craig Mitchell. These are the first tough frames built for downhill racing.

1984 - Cogs - It becomes popular for cogs to be added to the rear gear cluster, increasing the number of speeds from 15 to 18, 21 and 24.

2002 - 10-Cog Rear Cluster - Italian bicycle component manufacturer Campagnolo develops a 10-cog rear cluster, allowing for 30-speed bicycles.

2009 - Electronic Gears - International manufacturer Shimano develops electronic gears that allow for faster shifting. Today this system is marketed as the Shimano DI-2. Several CBTC riders have DI-2 equipped bikes.

2012 - ADAPTRAC - Adaptrac invents a system allowing the rider to individually adjust tire pressure while riding. Through a system of carbon dioxide cartridges, this allows riders to maintain optimum traction when riding conditions change.

2014 - Lithium Nickel Manganese Cobalt Oxide Batteries - Otherwise known as NMC batteries, this is a newer type of lithium battery that starts becoming popular with electric bicycles around 2013-2014. NMC delivers higher power in a smaller package than previous models.

Upcoming Spring Rides

Several CBTC members plan to participate in the following rides this spring.

Winter Garden, Florida

A fairly large contingent of CBTC riders will journey to Winter Garden, Florida March 14-16 and ride the West Orange Trail and the South Lake Trail. Organized by Mike and Deb Griffith, the group will be based at the Historic Edgewater Hotel <https://www.historicedgewater.com/>

While there are no vacancies available March 14-16 at the Edgewater, there are ample accommodations close by should any CBTC member want to participate. We plan to ride daily, for whatever distances we choose, and look to this outing as a way to ride together in a different setting, while enjoying each other's company in an area that abounds with things to do. If anyone is interested in participating, please contact Mike Griffith griffohio@gmail.com 614-216-3462

West Orange Trail: <http://www.orangecountyfl.net/CultureParks/Parks.aspx?m=dtlvw&d=44#.Wzt3eOSWzcs>

Trail map: http://www.orangecountyfl.net/Portals/0/Library/Culture-Recreation/ParksModule/docs/WOTPocketBrochure1_15Out.pdf

South Lake Trail: <https://www.alltrails.com/trail/us/florida/south-lake-trail>

Winter Garden is a great location for our non rider members.

Here's the Things To Do Site: <https://www.visitflorida.com/en-us/cities/winter-garden.html>

Tour de Lowcountry, Walterboro, SC

Another spring event that will see significant CBTC participation is the Tour de Lowcountry, one of the many events in the Colleton County Rice Festival, in Walterboro, SC

<http://ricefestival.org>

This year marks the 44th year of the Rice Festival, which features arts and crafts, food, fireworks, music, as well as participation events (e.g., The Tour de Lowcountry, and the Rice Run). The Tour de Lowcountry is Saturday, March 30, starting at 8am, and has a metric century (62 miles) and a 32 mile course, both of which are clearly marked, with cue sheets and SAG support. Ride sign-up/registration is through Active:

<https://www.active.com/walterboro-sc/cycling/tour-de-lowcountry-2019?int=>

Jim Kruse Century, Statesboro, GA

This event has drawn CBTC participation for several years, and the 2019 event, on Saturday April 13, is no different. The Jim Kruse offers four ride lengths (25, 50, 65 and 100), all rides are mapped, marked and well SAG'd. Event headquarters is Mill Creek Park, Statesboro, GA, where coffee and breakfast snacks will be available prior to ride start. Pre-registered riders receive a T-shirt (if you are registered by 29 March), ride packet, map, emergency vehicle support and post-ride catered lunch.

Like the Tour de Lowcountry, registration for the Jim Kruse is through Active:

<https://www.active.com/statesboro-ga/cycling/25th-annual-jim-kruse-century-2019>

Ride to Jekyll Island

Plans are being finalized for a group ride from Savannah to Jekyll Island and back. We're riding down to Jekyll Island on Friday, 31 May, then spending the next day relaxing and enjoying Jekyll and St. Simon's Islands before riding back to Savannah on Sunday, 2 June. As of the publication date of this month's newsletter, we are finalizing logistics arrangements, such as lodging locations and SAG support. The concept of a two-day ride evolved when we learned there would be no 2019 Athens-to-Savannah (AthSav) ride, and we felt a Jekyll Island ride would garner the most participation. Full and complete details will be contained in the April newsletter.

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