

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, 1 July 2019
Carrey Hilliard's
11111 Abercorn Street

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President: Deb Wharff
debwharff@verizon.net
Vice President: Kim Turner
kimbooskie@gmail.com
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groovygreek05@yahoo.com
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johnaarney@gmail.com
Member at Large: Roy Reynolds
royreynolds59@hotmail.com
Ex officio: Ken Robichaux
kenrobichaux@gmail.com

2019 Committee Chairs

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kimbooskie@gmail.com
Education & Safety:
Ken Robichaux
kenrobichaux@gmail.com
Merchandise: John Arney
johnarney@gmail.com
Communications/Marketing:
Rich Wharff r02581@icloud.com
Ride Coordinator:
Chateau Mangaroo
chateaum@hotmail.com



Board of Directors's Message to the Club

First, we thank you for your commitment to our club and all that you have done to enhance the cycling experience and make our club fun. Second, we owe you an update on the results of the May survey. The Board of Directors has been using the survey results to ensure our Club addresses your needs and ideas. In response, we are recruiting new members, improving our rides, strengthening our advocacy for safe and healthy cycling, and building stronger partnerships with other cycling groups and clubs in the Coastal Empire region. To do this, we are establishing new committees and roles for managing our club. Most importantly, we cannot achieve these goals without a strong communication strategy, one that includes a refreshed website, an informative newsletter, personalized communications with new members and potential members, and reports on what's happening in our community with regard to cycling. So, let's get together at the July meeting and talk about ways each of us can get more involved in our club.

Ride leaders for each category (A, B, C) will be assigned.

Ride coordinator:
Chateau Mangaroo
chateaum@hotmail.com

July 2019 Ride Schedule

Helmets are required on all rides. Rear view mirrors are highly encouraged. Please arrive at least fifteen minutes before scheduled roll-out. All riders, members and guests, must sign the waiver prior to departure. Enjoy the rides and the comrnddarie. And if you have an idea about a new ride, contact Chateau and she'll work to make it happen.

Date/Ride	Mileage	Directions	Ride Leader
6 July, Liberty Trail Ride, Midway, GA	18/26/18	I-95 south to exit 76, then turn right, Park at Smokin' Pig, location of post-ride lunch	Darrel Snuggerud 912-598-2181
13 July, Hospital Ride, Hardeeville, SC	18/32/42	I-95 north to exit 8, route 278 east approximately 1/4 mile. Park in hospital parking lot. Lunch at the Pink Pig in Hardeeville	John Arney 912-660-4088
20 July, Springfield Ride, Springfield, GA	28/38	Georgia highway 21 north to 840 South Laurel Street, Springfield. Park next to Gaffney's Cheap Seats restaurant, location of post-ride lunch	Kim Turner, 214-725-2490
27 July, Kilkinney Ride, Richmond Hill, GA	25/36	Take Highway 17 south or I-95 south to Richmond Hill exit. Take Georgia highway 144 (Ford Avenue) to 144 spur (Ft. McAllister exit), 4 miles, park at boat ramp before park entrance. Lunch at Fish Tails.	Roy Reynolds, 870-310-9868

If a ride is cancelled due to weather or other considerations, the CBTC web site will be updated with a cancellation notice at least 1.5 hours prior. A club-wide e-mail will also be sent by the ride coordinator.

Ride categories: A, B, C

A - Pretty fast - not blazing fast - but pretty fast: 19+ mph, constant pace line, no drops, 1 mile pulls

B - Almost fast, getting better all the time but not quite pretty fast yet: 16-18 mph, constant pace

C - <16, at whatever pace the group wants to ride. Leisurely pace, no drops....just riding bikes.....

Ride categories and pace line speeds will be determined on ride days, based on participation. Each category will have a designated ride leader, so whatever your ride category, rest assured there is a club member who has your back.

Bike Ed

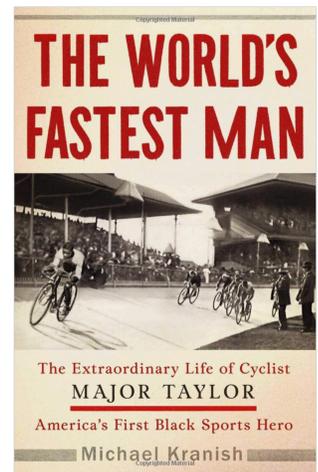
This month we're going to take a break from discussions about the technical aspects of bike riding. Instead, we're going to review some current best selling books on bike riding, some of which may pique your interest and lead you to reading them.

The World's Fastest Man

The Extraordinary Life of Cyclist Major Taylor, America's First Black Hero

In the 1890s, the nation's promise of equality had failed spectacularly. While slavery had ended with the Civil War, the Jim Crow laws still separated blacks from whites, and the excesses of the Gilded Age created an elite upper class. Amidst this world arrived Major Taylor, a young black man who wanted to compete in the nation's most popular and mostly white man's sport, cycling. Birdie Munger, a white cyclist who once was the world's fastest man, declared that he could help turn the young black athlete into a champion.

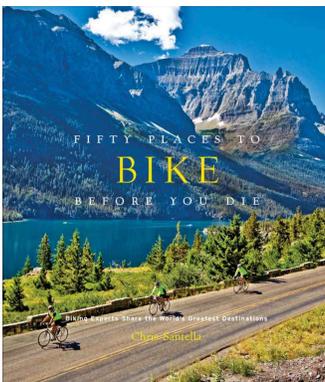
Twelve years before boxer Jack Johnson and fifty years before baseball player Jackie Robinson, Taylor faced racism at nearly every turn—especially by whites who feared he would disprove their stereotypes of blacks. In *The World's Fastest Man*, years in the writing, investigative journalist Michael Kranish reveals new information about Major Taylor based on a rare interview with his daughter and other never-before-uncovered details from Taylor's life. Kranish shows how Taylor indeed became a world champion, traveled the world, was the toast of Paris, and was one of the most chronicled black men of his day.



From a moment in time just before the arrival of the automobile when bicycles were king, the populace was booming with immigrants, and enormous societal changes were about to take place, *The World's Fastest Man* shines a light on a dramatic moment in American history—the gateway to the twentieth century.

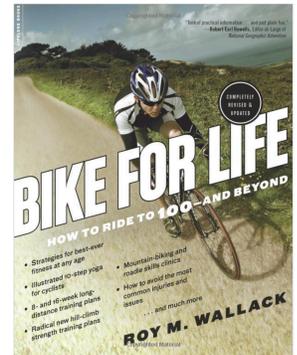
Fifty Places to Bike Before You Die

Fifty Places to Bike Before You Die is the ninth addition to the bestselling Fifty Places series by Chris Santella. Biking has grown increasingly popular in recent years, as both a leisure and an extreme exercise activity, and Santella covers trips for cyclists of every level. *Fifty Places to Bike* covers environments as varied as the Dalmatian Coast in Croatia, the Indochina Trail in Vietnam, and the urban jungle of New York City. With a healthy mix of international and national locations, the 50 chapters capture the breathtaking vistas cyclists will enjoy around the world. As always, the places are brought to life with more than 40 stunning color photographs.



Bike for Life - How to Ride to 100 and Beyond

Ride a century when you turn a century: that was the promise *Bike for Life* offered when it was first published. A decade later, this blueprint for using cycling to achieve exceptional longevity, fitness, and overall well-being has helped tens of thousands of cyclists to ride longer and stronger. Now, nationally-known fitness journalist and lifelong endurance road and mountain biker Roy M. Wallack builds upon his comprehensive *Bike for Life* plan with even more practical tips and strategies to keep you riding to 100—and beyond.



New member introductions

The club has recently focused on membership and club ride participation, undertaking a number of initiatives to increase both membership and community awareness of the club's unique ability to offer bike riding experiences and social interaction. We're extremely proud to introduce our newest club members, all of whom bring exuberance and excitement - not to mention excellent ride skills - to the club. Welcome!

Gabi Hauck

Gabi joined the club in early June, and she brings an athletic skill set that allows her to - for example - essentially pull the entire club pace line from Savannah to Jekyll Island during June's trip to and from Jekyll. Gabi originally came to this country from Germany on a tennis scholarship, so it wouldn't be wise to challenge her to a tennis match. Gabi has ridden a number of Bike Ride Across Georgia (BRAG) events, as well as a wide range of other distance rides. Gabi is one of Savannah's first responders - a firefighter who works 24 and sometimes 48-hour shifts. Since a lot of club members recognize riders by their bikes, you should know Gabi rides a (mostly) red and white Boyd. Welcome Gabi!



Tomas Tovar



Tomas also joined the club in June, and like Gabi, brings a wealth of excitement and a love-of-life attitude to the club. Tomas, originally from the beautiful country of Venezuela, has ridden the Savannah Century as well as a leisurely jaunt down to Jekyll Island. When his schedule allows, Tomas rides with club members on some of the area rides as well as the official club rides. You'll recognize Tomas when you see a fast moving (mostly) red Giant in the pace line. Thank you for joining and welcome Tomas!

Einar Anderson

Einar also joined the club in June, and like Gabi and Tomas, is a very accomplished rider. You'll recognize Einar by his distinctive yellow bike, with red bar tape. Einar's lineage is Norwegian, and Einar (pronounced eye nar) is a very prominent Norwegian name. Einar is a resident of The Landings, so we're hopeful he'll lead our Skidaway Island rides in the future. A footnote: since Einar is Norwegian by heritage, he craves colder climates, so during the heat of Savannah's summer, we won't see him as he migrates northward seeking cooler weather. See you in September Einar - welcome!



Howard Levy



Howard joined the club in late June. He hails from Atlanta, although he is in the process of slowly transitioning to the Savannah area, where he'll be hanging his helmet (when not riding) on Tybee Island. We're fortunate to have Howard join us on our rides, particularly since he's a doctor and it's always comforting to have a doctor - just in case. Welcome to the CBTC, Howard!

James Dasher

Like Harold, James joined the club in late June. We're fortunate to have James as a club member, as he provides an important link to the Bike Effingham group. This is the group of riders who organize and support the fantastic Memorial Day ride, an event that a number of club members participated in this year. Bike Effingham's mission statement is "to create a better cycling community in Effingham County through advocacy, education, volunteering and fun!"

<https://www.facebook.com/bikeEffingham/>



Jekyll Island ride - postscript

Seven club members participated in this year's ride down to and back from Jekyll Island. The group started out for Jekyll Island on Friday, May 31, departing from the Berwick Shopping Center, the same starting point for Right Turn Clyde and the informal Wednesday rides. Captain Awesome, aka Geoff Carson, experienced two very loud blowouts before the group got south of Richmond Hill, barely 10 miles into the ride. But our world-class SAG support (two vehicles) saved the day. Thanks to Gabi Hauck who essentially pulled down to Jekyll Island, we arrived mid-afternoon, intact and intent on fun. The group spent Saturday, 1 June, exploring Jekyll Island on our bikes, and returned on Sunday, 2 June. Again, we experienced bike issues, like John Arney not being



able to shift his DI2-equipped bike, Geoff and Bev Carson having a massive blow-out on their tandem bike, and Rich Wharff riding one-legged since his left cleat would not seat into the pedal. Nevertheless, we completed the trip - and had a blast doing so. It was a great way to combine our love of riding with our equal to-or greater love of companionship, good food and the serenity of Jekyll Island. Consider joining in next year on this remarkable ride experience.



Matt's Moon River Cruise



A number of club riders attended this year's Matt's Moon River Cruise, which was rescheduled for 15 June after inclement weather washed out the original date. The event is sponsored by Bike Walk Savannah, and honors the memory of Matt Kohler, who was hit from behind by a vehicle on 26 July 2012 while riding his bike on Highway 80 in Bloomingdale. At the time he was married for about three months and had just graduated from Georgia Southern. Matt's widow Kori reached out to

Moon River brewing company, who offered to brew a beer in his honor. Moon River then took a step further and helped create the yearly event we know now as Matt's Moon River Cruise, which includes a casual ride, food, music, and of course Moon River beer. All proceeds go to Bike Walk Savannah, which helps educate the community on bike safety and advocates for bike trails and bike paths in and around Savannah. What could be better than to join in on this Savannah bike advocate endeavor?



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

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