

# CBTC NEWSLETTER

Official Publication of the Coastal Bicycle Touring Club, Savannah GA

[www.cbtc.org](http://www.cbtc.org)

## CBTC Monthly Meeting

Our monthly in-person meetings were scheduled to resume in September. Due to the spike in COVID-19 cases we have decided against meeting this month.

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## 2021 Committee Chairs

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## September club meeting update

We previously announced we would enjoy our monthly meetings in September, at our venue at Carrie Hilliard's on Abercorn. However, due to the spike in COVID-19 cases in the Coastal Empire and Low Country (and indeed, across the nation) we need to pause once again and not attempt to have a club meeting in a public facility. So with that in mind, we will forego our previously announced club meeting as we monitor the health situation in our area. Stay tuned as we will get back to our meetings as soon as conditions allow.

## September Ride Schedule

Ride leaders for each category will be assigned. Ride coordinator: Kim Turner [kimbooskie@gmail.com](mailto:kimbooskie@gmail.com)

Helmets are required on all rides. Rear view mirrors are highly encouraged. Please arrive at least fifteen minutes before scheduled roll-out. Guest riders must sign the club waiver prior to roll-out. Club members acknowledged the waiver when they joined or renewed membership in the club. Enjoy the rides and the company. And if you have an idea about a new ride, contact Kim and she'll work to make it happen.

Date/Ride	Mileage	Directions	Ride Leader
Saturday, 4 September, 8:30am, Skidaway Island Ride	19/24/33	Park in The Village parking lot, across the street from the BP station. Cue sheets will not be needed, each ride will have an experienced rider who knows the route.	Deb Wharff, 410-905-1690, <a href="mailto:debwharff@verizon.net">debwharff@verizon.net</a>
Saturday 11 September, 8:30am, Harris Neck Ride	19/28/38	Journey south on I-95 to exit 67, then turn left on Highway 17/25 and pull into the McDonald's and park in the access road behind the restaurant.	Kim Turner, 214-725-2490, <a href="mailto:kimbooskie@gmail.com">kimbooskie@gmail.com</a>
Saturday 18 September, 8:30am, Islands Ride	18/32/42	Start at Forsyth Park at the corner of Bull and Gaston. From there we ride south on Diamond Causeway on clearly marked bike lanes, then journey to Burnside Island, then east to Japalpenos' Restaurant in Sandfly for a rest. Continue to Isle of Hope before returning to Forsyth Park. Lunch at Sly's following the ride.	John Arney, 912-660-4088, <a href="mailto:johnaarney@gmail.com">johnaarney@gmail.com</a>
Saturday 25 September, 8:30am, Liberty Trail Ride	18/26/31	Take I-95 south to exit 76, then TR to meet/park at the Smoking' Pig restaurant, 13711 Oglethorpe Highway, Midway	Christine Drillsam, 414-531-1093, <a href="mailto:christine.drillsam@fisglobal.com">christine.drillsam@fisglobal.com</a>

## Great Cycle Challenge - September, riding to fight kids' cancer

In September, the Great Cycle Challenge (USA) "Riding to fight kids' cancer" will offer riders the opportunity to ride and donate to the effort to fight cancer in kids. Great Cycle Challenge started in 2015 and after just 6 years, the event has grown to become one of the biggest cycling events in the United States. People of all ages, abilities and from every state across the country set themselves a personal riding goal and challenge themselves to pedal to fight kids' cancer.



In 6 years, the community of riders from all 50 states has ridden a total of 25,602,464 miles, and together raised \$39,166,855 in support of research to develop better treatments and find a cure for childhood cancer.

As in the past several years, our club has a team entered in the challenge. We encourage club riders to participate. Simply go to the following URL and register - it's free and each participant can set their individual goals. An e-mail to club membership has also been sent, with links to registration instructions.

<https://greatcyclechallenge.com/TeamDashboard/Members>

## Springfield Criterium



Several club members attended the inaugural Springfield Criterium on 24 August. Criterium events are bike races on a closed course, and are otherwise known as "Crits". In the case of the Springfield Crit, it was held at Moncrief Square in downtown Springfield, and the course itself was a mile loop along Main Street past the iconic Mars Theater.



This event was the brainchild of Ashley Parker, a friend and co-rider of many club members. The event drew a large rider contingent and an equally large number of spectators. Restaurants along the route were open and serving, there were also several

food trucks, and of course music.

The Springfield Criterium was the result of an 18 month effort on the part of Ashley. His goal was to attract riders and spectators to Springfield and Effingham County, and he did just that. He plans on repeating the event in April 2022.

Great job Ashley!





auto-notify others if you experience a crash or sudden stop. Most fitness watches, as well as most smart phones, also have an auto-stop notification app that alerts others about your situation. Ditto for smart phones and watches, which also have incident notification apps as well as health monitoring apps.

Also, helmet technology has advanced quite a bit, and we would recommend a MIPS helmet. MIPS is a technology that mitigates the rotational effect on the head and neck during a fall. Essentially speaking, the helmet rotates to compensate for the crash, leaving the head and neck intact. Many MIPS helmets have an embedded crash-alert notification capability. MIPS helmets aren't exactly inexpensive, but your head is worth far more than the price of a MIPS helmet. Lastly, if you do experience a fall or your helmet is damaged in any way, we recommend it be carefully inspected for cracks or other structural problems. Generally speaking, helmets that are involved in crashes should be replaced if there is even the slightest damage.

So, the bottom line to this month's Bike Ed: We ride for fun, companionship and the camaraderie. But there is always the potential for problems, because we're on bikes and the rest of the world is in vehicles - big, fast and sometimes aggressive vehicles. We should not be intimidated by the rest of the world, but we certainly should be prepared to encounter it.

If you're in need of bikes, bike parts or bike maintenance, please try to frequent one of our area bike shops, who have been open during the COVID-19 pandemic and providing assistance to the bike community of the greater Savannah area. Just be prepared for a slow turn-around. The pandemic, as we all know, has disrupted the world's supply chain, to include bikes and bike parts. That means getting bikes, bike parts and bike repairs takes a long time. Most major U.S. bike companies warn that any bike ordered this year will likely not be available until early 2022 at best.

Notwithstanding, show your support for your local bike shops whenever and however you can, and don't forget to remind them that CBTC members receive a 10% discount on parts and service.

