

CBTC NEWSLETTER

Official Publication of the Coastal Bicycle Touring Club, Savannah GA

www.cbtc.org

CBTC Monthly Meeting

Necessity is the mother of invention: check out our latest creative monthly meeting information to the right

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CBTC Meeting Update

Our first in-person general meeting since COVID-19 struck will be held on Monday, November 1st, at 5:45pm at Bike Walk Savannah, 1301 Lincoln Street, Savannah. In addition to the meeting, we will have an educational session presented by Ken Pierce, the club's semi-official bike technician. The club will provide pizza, all you have to do is bring yourself and the beverage of choice. Mark your calendars, and stay tuned for additional information as the date approaches.

October Ride Schedule

Ride leaders for each category will be assigned. Ride coordinator: Kim Turner
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, 2 October, 8:30am, Right Turn Clyde ride, Savannah, GA.	29/34	Meet/park at the Kroger parking lot, 5720 Ogeechee Road, Savannah.	Kim Turner, 214-725-2470, kimbooskie@gmail.com
Saturday, 9 October, 8:30am, Hardeeville ride, Hardeeville, SC	21/34/42	Take I-95 north to exit 5, TL on Whyte Hardee Boulevard, then TL on Church Road, then TL on Purrsburgh road, TR to park at 55 Millston Landing road.	John Arney, 912-660-4088, johnaarney@gmail.com
Saturday 16 October, 8:30am, Rincon Ride, Rincon GA	28/38	Meet/park at Macomber Park, 1103 Lexington Avenue, Rincon, GA	TBD
Saturday 23 October, 8:30am, Islands ride, Savannah, GA	28/38	Meet/start at Forsyth Park, at the corner of Bull and Gaston.	Generally led by a person familiar with the route thus formal ride leaders not required
Sunday, 24 October, 8am, Intracoastal Waterway Ride, Cocoa, Florida	14/28/63/100/125	Meet/start at the Cocoa Civic Center, downtown Cocoa Village Florida	Several club members will participate in the beautiful ride that crosses three bridges and three different bodies of water.
Saturday, 30 October, 8:30am, Kilkenny ride, Richmond Hill, GA.	25/35	Meet/park just outside the entry gate to Ft. McAllister State park, Richmond Hill, GA.	TBD

Kids Bike Giveaway

Courtesy of Kim Turner

In conjunction with Blessings in a Book Bag, Bike Walk Savannah coordinates a kid bike giveaway each year just before Christmas. This year's the event will be held on December 11th at Savannah Gardens.



BWS is in need of gently used bicycles for children of all ages. (A little bit of rust is ok, but we can't do anything with seriously rusted bikes.). Please contact Kim Turner at 214-725-2490 or kimbooskie@gmail.com to coordinate your donation(s). We also could use volunteers to help clean and repair the bikes so they will be something a kid would love for many years.



Our volunteer hours are Thursday evenings from 6:30 to 8:30 and Sunday afternoons from 2-4, at BWS's headquarters at 1301 Lincoln. We may extend our volunteer hours as we near the actual giveaway. In the past years, we have donated 65-75 bikes to kids, but we always want to increase this number. Your help in making a kid's Christmas dream come true is appreciated by everyone involved!



Mayor Van Johnson at the 2020 Kids Bike Giveaway

Endless Summer Watermelon Ride

Courtesy of Kathy Schaefer

18 members of the CBTC traveled to Fernandina Beach the weekend of Sept. 11/12 for the 31st Annual Watermelon Ride, one of the CAAM Events rides!



The evening before the ride, most of the CBTC members met for dinner at Café Karibo. Thank you, David Taylor, for the restaurant suggestion!

Roughly half the group rode the 48 mile course while the other half tackled the 77 mile route. The temperature hovered in the low 80's, a comfortable temperature for this time of year. Perhaps the most memorable feature of the ride was the 13-15 mph headwind.

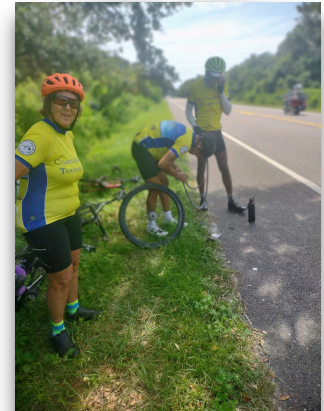


(According to roadbikerider.com, a 15 mph headwind can cause a 7.5 mph decrease in speed.).

The roads were great, the rest stops were well stocked (with watermelon, PB&J sandwiches, Gatorade powder, slushies) and the intersections were manned with police and volunteers. Pam Pierce completed her longest ride to date. John Arney and Ken Pierce

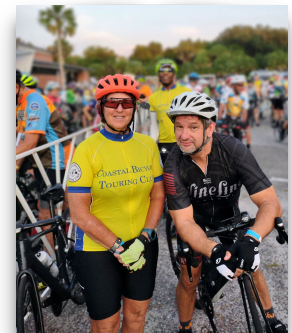


persevered despite three flat tires between the two of them. Kudos to Carol Barger for completing her first long organized ride since her injury. A special thank you to Dave Reynolds who drove from St. Marys to join the group for dinner, even though he was unable to ride.



CAAM is hosting another bike event that will be even closer to Savannah. The Three Rivers Ride will take place on Nov. 6th in St. Marys, GA. There are 30, 40, 62 and 100 mile options. Among other things, this ride is famous for its post-event chili. To sign up, click on:

<https://raceroster.com/events/2021/32850/three-rivers-ride>.



Bike Ed

For those who use STRAVA to record our ride metrics, this edition of Bike Ed outlines some of features of STRAVA, and some of the lesser-known aspects of how STRAVA manipulates your ride data.

STRAVA is a U.S. based internet service for tracking human exercise, which incorporates social network features. It is mostly used for cycling and running using GPS data. The service was founded in 2009 by Mark Gainey and Michael Horvath and is based in San Francisco, California.

STRAVA records data for a user's activities which can then be shared with the user's "followers" or shared publicly. If an activity is shared publicly, STRAVA automatically groups activities that occur at the same time and place, such as taking part in a group ride or a marathon. An activity's recorded information may include a route summary, elevation, speed, timing (e.g., total time and moving time), power exerted, and heart rate. Activities can be recorded using the mobile STRAVA app or

from GPS devices manufactured by third parties like Garmin or Wahoo. Activities can also be entered manually via the STRAVA website.

Cycling groups and clubs can create STRAVA club pages, and our STRAVA club page is no exception: <https://www.strava.com/clubs/171175>.

It's important to note that the basic STRAVA subscription is free. There is also a

"Premium" subscription that costs \$59.99

per year. Premium users receive extended capabilities, such as the ability to generate

cue sheets from any STRAVA activity, GPX download capability (download route data to a GPS device).

STRAVA incorporates social media features which allow users to post their exercises to "followers". Followers can then comment on posts and give "kudos" in the form of a "like button". Kudos appear on STRAVA as a thumbs-up icon, as shown in the graphic to the left. STRAVA also includes a "beacon" feature that allows users to share their location in real-time with anyone they choose to, and nominate others as a safety contact for their workout. Users can also enter virtual exercise events on the platform. Users can also connect their other social media accounts (e.g., Facebook, Twitter) to their STRAVA account.

For those who use GPS devices to record their activities, you should know that STRAVA extrapolates the data and computes overall activity metrics. This means that the data you see in STRAVA does not exactly match the data from your GPS device. For the data-obsessed among us, this becomes important over time. In particular, STRAVA extrapolates distance, generally resulting in a lower distance than actually ridden. Typically this reduced distance ranges between .2-.8 miles for any particular ride.

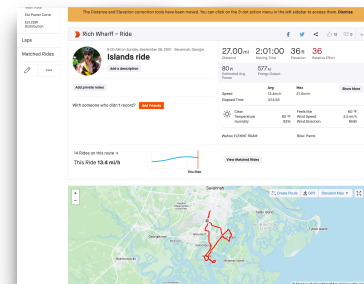
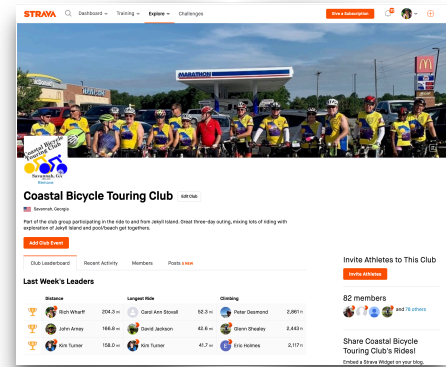
Edit Map Visibility

- Drop
- Split
- Create Route
- Correct Distance
- Correct Elevation
- Create Segment
- Export GPX
- Export Original
- Refresh Activity Achievements
- Flag
- Delete

Fortunately, STRAVA offers distance and elevation correction tools, which recomputes these two data fields to the distance and elevation actually ridden. To accomplish this, one needs to be on a computer (vice mobile device) to click on the activity's map in the user's data feed. This action spawn a page of the activity, to include distance and elevation correction capability, with a 3-dot action menu, as shown in the orange bar at the top of the graphic to the right. Clicking on "correct distance" or "correct elevation" forces STRAVA to accept the actual GPS data field rather than extrapolating that data. In

the case used in this article, the STRAVA distance was 27.0 miles, while the "corrected distance" was 27.2.

OK, 0.2 miles isn't very much, but if a rider rides five times a week, over a year of riding STRAVA's extrapolation reduces total distance by 52 miles. Who among us wouldn't like to get credit for 52 miles of riding?



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.

