# CBTC NEWSLETTER

Official Publication of the Coastal Bicycle Touring Club, Savannah GA

www.cbtc.org

## CBTC Meeting

See details regarding the February general membership meetings, page 6.

## 2022 Board of Directors

President: Deb Wharff
deborahwharff@icloud.com
Vice President: Kathy Schaefer
kwillyschaefer@gmail.com
Treasurer: Christine Drillsam
christine.drillsam@fisglobal.com
Secretary: John Arney
johnaarney@gmail.com
Member at Large: Roy Reynolds
royreynolds59@hotmail.com
Member at Large: Eric Holmes
eric@howardsheppard.com
Ride Director:
Kim Turner
kimbooskie@gmail.com

## 2022 Committee Chairs

Advocacy & Outreach: Kathy Schaefer
kwillyschaefer@gmail.com
Merchandise: John Arney
johnarney@gmail.com
Communications/Marketing:
Rich Wharff r02581@icloud.com
Education and Safety:
David Jackson
davlidcjackson@yahoo.com

## *2022 Dues*

Last call reminder that it's time to re-new your club membership. Use the on-line PayPal option, or snail mail, all available at:

https://cbtc.org/membership-application/

Editor's note: If you joined the club between Sept-Dec. 2021 your 2022 dues are included.

Per club membership policy, March is the final month for yearly membership renewals. If memberships are not renewed by the end of March, individuals will be considered resigned.

# *March Ride Schedule*

**Ride leaders for each category will be assigned. Ride director: 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, 5 March, 9am, Rincon ride | 29/34 | Meet/park at Macomber Park, 1103 Lexington Avenue, Rincon. Post-ride lunch at El Real restaurant, Rincon. | Kathy Schaefer, 912-661-2884, kwillyschaefer@gmail.com |
| Saturday, 12 March, 9am, Skidaway Island ride | 26/35 | Meet/park in The Village parking lot, across from the BP gas station. Post-ride lunch at Your Pie in Sandfly. | Kim Turner, 214-725-2490, kimbooskie@gmail.com |
| Sunday 19 March, 9am, Kilkenny ride | 25/35 | Highway 17 or I-95 South to Richmond Hill exit. East about 5 miles on GA 144 (Ford Avenue). TL on GA 144 spur towards Ft. McAllister State Park. Park just outside the park entrance gate. Post-ride lunch at Fishtails. | Deborah Wharff, 410-905-1690, deborahwharff@icloud.com |
| Saturday 26 March, 9am, Ellabell ride | 17/25/32/39 | I-16 west 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. Post-ride lunch at Sandra's Seafood Restaurant, 4644 US 80, Ellabell, GA. This is the ride for those not participating in the following ride. | TBD |
| Saturday, 26 March, 8am, Tour de Low Country, Walterboro, SC | 32/62 | Take I-95 N to exit 53, park at 292 Robertson Blvd, Walterboro. | Roy Reynolds, 870-310-9868, royreynolds59@hotmail.com |

# *New Members*

## *Joined in February*

The club continues to attract new members. February saw Michael Horwitz and Dennis Cronin join the club. Michael saw the contingent of club riders starting out on The Islands route on Saturday, 12 February, and rode with us. He joined the club the following day. Dennis hails from Ludowicki,

Although not technically a "new" member, we note that Ken Ledoux renewed his club membership during February. For those who participated in last year's "Tour de Low Country" in Walterboro, SC, we recall how Ken was leading the pace line of about 15 riders when there was a huge crash. Ken suffered the worst injuries, yet late in the same day, drove himself home to Tybee Island. Ken's injuries from the crash, as well as some other medical issues, kept him off his bike for the remainder of 2021. Now he reports he's getting ready to get back in the saddle, and we're all happy to have him back.

The club welcomes the new members, and looks forward to riding with you on our various ride venues, and sharing in your ride experiences.

# *In Memory*

## *We remember two special people*

The club lost two very special people that were, in separate ways, closely connected to CBTC. Jack Knops passed away on 5 February at the age of 84. Betty Robarts passed away on 15 January at the age of 99.

Jack trying to reason with an unreasonable truck driver

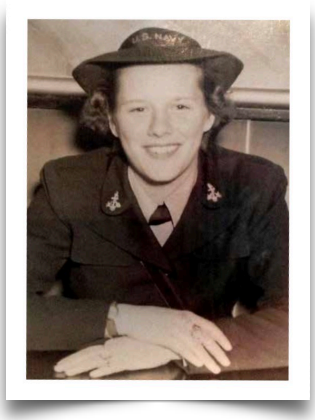
Jack Knops was a charter member of the Coastal Bicycle Touring Club. Betty Robarts was a featured speaker at our January 2019 monthly meeting whose life story touched all those in attendance.

Dr. Geradus Maria "Jack" Knops was a clinical psychologist who retired as Chief Psychologist from Georgia Regional Hospital, Savannah, in 2003. Jack had a keen intelligence, abundant curiosity, quick-witted sense of humor and a passionate commitment to fairness and equality. He was also an avid bicyclist, having grown up in the Netherlands, and until July 2021, even after his diagnosis of metastatic small cell carcinoma, was still riding his bike 23 miles through Savannah two out three times a week. Jack was intimately involved in a number of Savannah area efforts to improve quality-of-life, to include leadership roles with Preserving Savannah Neighborhood group, the Power Squadron sailing club, the DeRenne Project, in addition to his long standing membership and participation in CBTC

Jack (2nd from left) at the Deborah Wilkowski ghost bike event

activities. Jack's service was held on 19 February, and although he choose a closed casket service, we take warmth in knowing he choose to be buried in his CBTC riding kit.

Elizabeth Ann "Betty" Robarts was a national swim champion as a young woman, a nationally ranked high school champion at several distances. She was on track to compete in the Olympics while attending Butler College (now Butler University) in Minnesota. She left college in 1942 to "make a difference", and enlisted in the United States Navy Reserves, also known as the "Women Accepted for Volunteer Emergency Service", commonly referred to as WAVES.



While stationed in Dayton, Ohio, she helped fabricate the "Bombe", a complex machine used to decode the German "Enigma" cipher device. Betty and her fellow WAVES were sworn to security and secrecy. Indeed they were not informed of the true nature of their efforts until the project was declassified and made available to Betty, her cohorts and the general public in 1995. It was then revealed that the effort to read the encrypted German messages was estimated to have shortened the war by at least one year, saving countless hundreds of thousands lives. Betty loved to "tell her story", which she did so eloquently on the evening of 7 January 2019. She was considered a pioneer for women in the military, and her work on the Bombe was recognized in various publications, the Library of Congress, and the National Security Agency.

For all of us who knew these special people, we will hold your memory in our hearts. Rest in peace.

## *Afghan refugees arrive in Savannah*

The world watched as the U.S. military withdrew from a decade-long war against terrorists in Afghanistan. Images of Afghan families boarding C-17 aircraft, and even running along side and clinging to these huge aircraft, are burned into our national consciousness. Most of the Afghans fleeing their country were those who had cooperated with the U.S. military, or who were members of the Afghan government that collapsed and left the country in the control of the Taliban.

After being evacuated to Ramstein Air Base in Germany and to U.S. bases in Doha, the Afghan refugees were relocated to several military bases in the U.S., where they were processed for eventual integration into cities throughout the country. Savannah is one of those cities, where eventually, approximately 150 Afghans will finally be home.

One of the Afghan families who call Savannah home is a young family of six. The family was sponsored by the Mickve Israel congregation, in coordination with Inspiritus, an organization whose mission is to "guide individuals and families on a path from surviving to thriving". The club's own Cathy Reiman led the Mickve Israel effort to gather donations and settle the family into permanent housing, working with members of the congregation and with Inspiritus.

The family has four young children. One of the first items the kids received after arriving in Savannah was bikes and helmets, obtained through Bike Walk Savannah and through donations. The four youngsters were quick to get up on their new bikes and do what kids everywhere do - have fun riding a bike.

The photo to the right was graciously donated by Cathy Reiman.

Club members can contact Cathy if they are interested in helping this newly arrived family in any possible way. Cathy can be reached at 239-293-7118 or creiman16@icloud.com

For anyone interested in learning more about Inspiritus, you can go to their website at: https://weinspirit.org/

## *Bike Ed deja vu*

The club has had a large number of new members in the past two years, and it might be useful to some of those new members to review some of the earlier "Bike Ed" articles that appeared in the club's newsletter. Hopefully these articles will be informative for those members who joined in the past two years, and not boring for those members who never read this when they were first published (editorial attempt at humor).

This Bike Ed article first appeard in the November 2019 club newsletter, and it dealt with bike components that contribute to resistance, or stated in different terms, components that make riding a bike more difficult.

This month we're going to discuss some techniques to make riding easier. Let's face it, none of us are getting any younger, and pretty much all of us want to continue riding our bikes for as long as we're able to do so. So any technique or bike component that furthers that objective is welcomed.

Let's start with tires, since it's tires that make contact with the pavement, creating a natural friction that can impact riding efficiency. Tire weight, width and air pressure all contribute to tire-to-road friction. Bicycle Rolling Resistance is a web-site dedicated to providing empirical data into the rolling resistance characteristics of bicycle tires. Tires are tested on a rolling resistance test machine with a 77cm drum and a DC electric motor. The drum is covered with diamond plate to simulate an average road surface. Measurements are taken with an Arduino microcontroller equipped with

custom software and hardware. The machine calculates the average power required to keep the drum at a set speed for a period of 30 seconds. This device is shown to the right.

All commercially available bike tires are tested and rated based on tire width, weight and PSI levels, with the exact watts required to maintain constant speed. I personally used this data to select and install Vittoria Rubino Pro tires. The tires are 23mm wide, weigh 238 grams, and I ride at 110psi. To maintain constant speed, these tires require 13.4 watts of power. These tires replaced Schwalbe Lugano, which required 21.9 watts of power. That's a saving of 8.5 watts. Stated in different terms, I can ride at the same speed on the new tires while exerting 8.5 less watts, hopefully banking those watts for future rides.

The same organization also tests tires for puncture resistance, for both tread and sidewall resistance. Needless to say, tires that are built to resist punctures (e.g., Continental Gator Skin) are heavier and require more power to maintain constant speeds.

If you're looking for tires, you might consider reviewing the Bicycle Rolling Resistance website at the following: https://www.bicyclerollingresistance.com/road-bike-reviews

All moving parts on a bike contribute to power loss, particularly those in the drivetrain. The main source of resistance is the chain. Even a new, well-oiled chain will lose about 3% of the power that is put into the pedals. If the chain is dry or old (stretched) power loss is greater, up to 5%. Bottom bracket health and composition also contribute to power loss. A low quality (steel bearings) and dirty bottom bracket requires twice the power than a high quality (ceramic bearing) and clean bottom bracket. Rear derailleur pulleys are another component that can drain power. Some pulleys have simple bushings rather than bearings, and cause a 2% power loss. A more complete discussion on this topic can be found at: https://ridefar.info/bike/cycling-speed/mechanical-resistance/

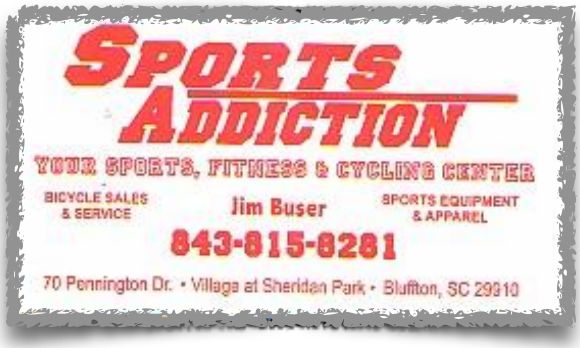
## *February general membership meeting*

The club held a general membership meeting on 7 February, at the National Spay Alliance. Following are some highlights from that meeting:

- Alderman Nick Palumbo, who represents Savannah's 4th District, presented plans for Savannah's "Tide to Town" trail system, When complete, the system will connect the entire Savannah area with lighted, paved trails that will enable safe foot and wheel-borne transportation throughout the city and environs.
- Away rides: There was discussion about away rides. Among those suggested were the Tour de Low Country in Walterboro, SC on 26 March, the Tour de Forts in St. Augustine, FL on 1 May, and perhaps an outing on the Silver Comet Trail and/or another trip to Winter Garden, FL to ride the East Orange Trail.
- Meeting frequency: There was agreement to hold general membership meetings on a quarterly basis, with the club's summer picnic and Christmas get-together to be two of those four meetings.
- There are eight new members in 2022 to date, with a total membership of 83.

- Club treasurer report: Current balance is $2,392 with outlays $477 (insurance) and $105 (fees/ dues) and $820 receipts (jersey sales, dues).

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.