

# CBTC NEWSLETTER

Official Publication of the Coastal Bicycle Touring Club, Savannah GA

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

## CBTC Meeting

Members agreed to schedule at least two general memberships per year. The next meeting will be held 11 December prior to the "Holiday" social ride and dinner.

## 2022 Board of Directors

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

## 2022 Committee Chairs

Advocacy & Outreach: Kathy Schaefer  
[kwillyschaef@gmail.com](mailto:kwillyschaef@gmail.com)  
Merchandise: John Arney  
[johnarney@gmail.com](mailto:johnarney@gmail.com)  
Communications/Marketing:  
Rich Wharff [r02581@icloud.com](mailto:r02581@icloud.com)  
Education and Safety:  
David Jackson  
[davidcjackson@yahoo.com](mailto:davidcjackson@yahoo.com)



## Ride start times

Another reminder: We will revert to a 9am start time once we set the clocks "back" on 6 November. Please mark your calendars accordingly. The first club ride following Daylight Standard Time change, however, is the club's "away" ride in St. Marys, Georgia. The Three Rivers ride departs at 7:30am on 5 November from the Howard Gilman Memorial Waterfront Park, St. Marys.

## November Ride Schedule

Ride leaders for each category will be assigned. Ride director: 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. **By the way, we'll revert to 9am start beginning 19 November with the Islands ride.**

Date/Ride	Mileage	Directions	Ride Leader
Saturday, 5 November, 7:30am, Three Rivers ride	Various	Traditional "away" ride. Journey south on I-95 to the last Georgia exit, then meet/park at the river-front Howard Gilman Park, 418 Osborne Street, St. Marys. Enjoy post-ride home-made chili prepared by ride organizers/support staff.	N/A
Saturday, 12 November, 8:00am, Cruisin' in the Country, Claxton, GA	Various	Another traditional "away" ride. Meet/park at the Evans County Public Fishing Area Event Center, 4757 Area Line Road, Claxton, GA.	N/A
Sunday, 19 November, 9am, Islands Ride	23/34	Meet/park at Forsyth Park, near the corner of Bull and Gaston streets. Ride out of town and to Burnside and Isle of Hope Islands on clearly marked bike lanes.	David Jackson, 301-237-1892, <a href="mailto:davidcjackson1219@yahoo.com">davidcjackson1219@yahoo.com</a>
Saturday, 25 November, 9am, Hardeeville Ride	27/34/42	Meet/park at the Millstone Landing boat launch area, 55 Millstone Landing Road, Hardeeville, SC. Out-and-back ride along good quality back country roads with little-to-no traffic.	Kathy Schaefer, 912-661-2884, <a href="mailto:kwillyschaefer@gmail.com">kwillyschaefer@gmail.com</a>

## Member Focus

This column shines a light on individual club members. The intent is to introduce individual club members to the membership writ large, with a focus on each person's passion for cycling.

This month's Member Focus is on Jean Toth. Jean joined the club in May 2021, and has since been an active participant in club activities.....along with her husband, Glenn.

### Jean Toth



"I was an Air Force brat born while Dad was stationed in England. No memories until South Carolina grade school age. I did learn to ride a bike at that time and loved chasing the other kids within the base housing at Shaw Air Force Base (AFB). Next our family moved to Yokota AFB, Japan, for four years. This would have been 1962-1965. I have fond memories of riding my bike in the countryside exploring with my older brother. Can't believe now that our parents allowed us so much freedom especially since we couldn't speak the language.

Dad's next station was to Langley AFB In Hampton, Virginia, where I started 6th grade that fall and continued through High School graduation in 1971. Those years were lost years as far as bike riding. It wasn't particularly safe nor cool at that age. I did discover swimming however and greatly enjoyed competing.

The next move was to Niceville, Florida, where I lived at home and commuted to the community college Okaloosa Walton. This is where I met my future husband Glenn. Since Glenn was in the service he took night classes. And being on a very tight budget he typically looked for female study partners. Only "dating" he did was biking, hiking, snorkeling-anything he could do outdoors for free. That suited me just fine as I loved the adventures! Skip forward a few years, I finished school back in Virginia, worked my 1st professional accounting job, had drama with another guy.....but always thought of Glenn. When he finally was graduating college he announced that he wanted to ride his bike across the country. I thought that sounded like quite the adventure! He encouraged me to buy a bike, start training and join him. 1977 the year after the Bike Centennial was established, we started from Yorktown, Virginia, following the trail westward. Twenty-eight days later we arrived at my Aunt's house in Topeka, Kansas tired, low on funds, but joy in our hearts! We were married that December and lived the next 15 years in Northern California.

There were so many opportunities to explore! We were hiking, cycling, swimming, making new friends along the way. My next addiction started in 1983 when I was introduced to Triathlon. I wasn't a runner in those days. Honestly, I had no idea what I was getting into.






Another 1st place finish

That first race was a total disaster for me, think I was the last person the truck follows picking up the cones! But I was determined to start training and do it again the next year. Which I did do and fared far better. I have been competing in Triathlons ever since including 7 full Ironmans (including Kona Hawaii 3 times), 35-40 half Ironmans, and countless other shorter events.

Yes, when our son Chris was young, there wasn't much time to train, but I fit in what I could, raced less and shorter. One of our first rides with CBTC many years back, was to include Chris as our family was planning on BRAG. Thanks to all those folks back then that had patience with us! Chris has inherited the same love of the outdoors and adventure, still rides a bike amongst other things."

Editor's comment: Jean is the penultimate self-deprecating mega-athlete. Jean noted that in her second triathlon, she "fared far better".

"Better" is defined as finishing first in her age category, and in her most recent triathlon, not only finishing first in her age category, also finishing with a time LOWER than the next TWO younger age categories! Since age categories are in 5-year segments, Jean was faster overall than the winner of an age category 10 years younger!

Athlete		Overall Position	Country Position	Country	Category	Overall Time	Points	↓	
▼	● Jean Toth	7	4		F70-74	17:47:21	9931		
9931									
Event	Age Group	Finish	Gender Rank	Div Rank	Swim	Bike	Run	Finish	Points
> 2022 IRONMAN 70.3 Augusta	F70-74	6:04:27	198	1	00:29:09	3:04:51	2:16:47	6:04:27	3,500
> 2022 IRONMAN 70.3 Chattanooga	F70-74	6:02:16	248	1	00:35:34	3:01:41	2:12:28	6:02:16	3,500
> 2022 IRONMAN 70.3 Musselman Bike-Run	F70-74	5:40:38	181	2	00:00:00	3:20:38	2:13:59	5:40:38	2,931

Ironman on-line triathlon world-wide ranking

Jean mentioned that she competed in Kona, Hawaii. Kona is the location of the World Championship, where athletes "embark on a 140.6-mile journey that presents the ultimate test of body, mind and spirit. Through decades of stellar athlete performances, inspirational participants and emotional memories, the IRONMAN World Championship has etched a reputation as the pinnacle of the triathlon landscape and an iconic global sporting event." In other words, only the best triathletes in the world compete at Kona.

It's also worth noting that Jean is ranked 4th among female U.S. triathletes in her age group in the current year, and 7th in the entire world. That certainly meets the criteria of "better".

## Hunter Army Air Field - Visitor Pass Update

In a follow-up to last month's article concerning visitor passes on Hunter Army Air Field (HAAF), we have a minor - but important - note to pass on to any club member applying for or renewing a visitor pass to HAAF.

Follow the instructions below:



- Complete Army form 2737-E-R (Visitor Pass Request), which can be obtained at:

<https://home.army.mil/stewart/index.php/about/Garrison/DES/visitor-information>

- Send the completed form to Glenda Bennett, Executive Assistant to HAAF Garrison Commander. In the text of your e-mail, include information of your existing HAAF visitor pass. However, make sure you use the e-mail address shown below in RED text, which differs from the address in her e-mail signature information.

**glenda.m.bennett.civ@army.mil**

Glenda M. Bennett  
Executive Administrative Assistant  
U.S. Army Garrison Hunter Army Airfield  
685 Horace Emmet Wilson Boulevard, Bldg 1201  
Hunter Army Airfield, GA 31409  
Office: 912-315-3815 DSN: 729-3815  
[glenda.m.bennett.civ@us.army.mil](mailto:glenda.m.bennett.civ@us.army.mil)

- Glenda will take the information from the completed form, and compose a visitor authorization memo, which you can then take to HAAF Visitor Control, located just inside the Montgomery Street entrance. You will be asked to submit your driver's license, and after a short background check, you will then be issued a "Marne Pass", valid for one year. At this time, the pass will be a paper copy vs. the laminated visitor control card.

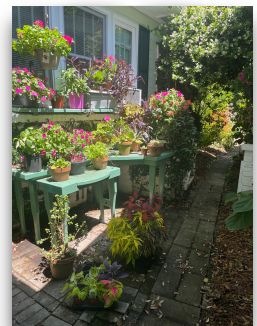
If you are a fist-time visitor pass requestor, follow the same process outlined above, and indicate on the application form you are requesting the pass to "Ride bikes on Perimeter Road".

## New member update



Self portrait - in bike attire

John Jensen is the club's newest member. JJ, as he's known by those close to him, was a long-term professor at Armstrong University, aka Georgia Southern Armstrong campus, in the Art Department. John dabbles in a wide range of activities, including riding his bike. Things like creating unique works of art in his studio, hand crafting furniture, floors, and other wood-working projects, and applying his very green thumb to his splendid yard. Oh yes, sometimes he also jumps into the Savannah river and swims five miles against the current and tide just for good measure. The club welcomes JJ.



Some of JJ's flora

## Bike Ed

This month's Bike Ed discusses techniques that can contribute to more enjoyable (and less fatigue) long rides. With the forthcoming long rides like the Inter Coastal Waterway Century, Three Rivers ride, and Cruisin' in the Country upon us, some of the following information may prove useful.

### Long riding made more enjoyable



The first tip to more enjoyable long rides is a simple one - mix things up. Riding the same route or routes over and over again oftentimes results in mental fatigue. Motivation matters, and if you're unmotivated when you start your ride, it will be a drag mentally and physically. Change your routine. Take a different route, and if you simply cannot change your route, reverse it. For those club members journeying to the above mentioned away rides, there is a sense of motivation simply because these rides offer something different from the routine. Mix it up. Change your habits.

### Cadence matters

During long, extended rides, try to maintain a constant cadence. Studies have shown that speeding up, slowing down, then speeding up again to maintain your place in the peloton has a severe drain on your energy reserves. Alternatively, maintaining a constant cadence tends to preserve your energy, allowing you to complete longer distances without being physically exhausted. If you have a cadence sensor as well as a power meter, try to keep an eye on your on-board GPS to maintain constant readings. The key is "steady" cranking. Another descriptor is "smooth". Keep your rotations smooth and steady and you'll complete your long rides feeling much better.



### Pre-ride stretching also matters

Most riders just get on their bikes and start riding, even on extended rides. Incorporating some simple pre-ride stretches prepares the body for such activity, and can prevent cramping during these rides. Given the amount of time we spend in the same position and performing the same motion over and over again, if we're going to do *anything* to make our bodies feel better (on and off the bike, BTW), it should be stretching—stretches for cyclists, specifically. There are six stretching routines that target the body, starting from the neck down to your ankles.

1. Thoracic mobility stretch: This movement exercises your mid-back (thoracic spine). Kneel down on both knees in front of a stable surface, place hands in a prayer position and raise both arms until the elbows are parallel to the ears. Maintain this movement for about 30-45 seconds to stretch this section of your body.



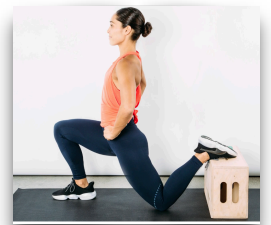
2. Neck/upper trap stretch: Sit on a chair or bench, maintain a 90 degree bend in the hips and knees. Tilt the head to the left then to the right. Riders often complain of numbness in the fingers, which most believe stems from leaning too aggressively on the handlebars, but which could also be caused by entrapment of the nerves in the neck. This exercise stretches the neck to help alleviate entrapment.



3. Lumbar mobilization stretch: This exercise targets the lumbar region, and is known in yoga circles as the up dog. Lie face down on the floor, bend the elbows to place your palms flat on the floor beside your ribs. Press firmly into palms and straighten arms, lifting torso, hips, and the tops of thighs up off the ground. Hold for a few breaths before lowering back down. Repeat for 30-45 seconds.



4. Hip flexor/quad stretch: Place a mat or cushion on the ground about a foot in front of a bench, low chair, or box. Place the left knee onto the support cushion and step the right foot forward so the leg forms a 90-degree knee angle. The left leg should bend so the foot balances on the chair, bench, or box behind you. To enhance the stretch, slowly push the front of the hips forward slightly. Repeat on the opposite side.



5. Piriformis stretch: Find a stable, elevated surface like a step or box. Place the left leg turned out onto the step or box so the shin is parallel to it, and slide right leg straight back behind you. Keeping your right leg straight and your back aligned, gently lean your trunk over the left leg. Keeping the trunk straight is the key—if your spine rounds, you won't isolate the piriformis. Use your fingertips for support as needed.



6. Gastroc/Soleus stretch: Stand with one foot slightly in front of the other; the front leg should be bent while the back leg is straight. (You can also do this facing a wall and use the wall for support). You should feel a stretch at the middle to top of the calf. Then, slide the back foot about six inches forward and slowly push your hips back as if you were sitting back on an imaginary high chair. You should feel a stretch lower on the calf towards the Achilles. Repeat on the opposite side.



## Bike Walk Savannah

Our partner organization Bike Walk Savannah recently announced the Coastal Region Metropolitan Planning Organization "2050 Metropolitan Transportation Plan" for the Savannah region. The plan is designed to meet the area's mobility needs through the next 20+ years.

### Public involvement in the plan is crucial

Input from the public is crucial to develop a plan that will meet future transportation and mobility needs. That input is in the form of an on-line survey that takes approximately 10 minutes to complete, and is offered English, Spanish, Chinese and Vietnamese. The survey is at:

[https://www.thempc.org/Core/Mtp2050?mc\\_cid=5d502c1731&mc\\_eid=8982e3e237#gsc.tab=0](https://www.thempc.org/Core/Mtp2050?mc_cid=5d502c1731&mc_eid=8982e3e237#gsc.tab=0)

A variety of public meetings will also take place to solicit feedback and give people the opportunity to speak directly with the Metropolitan Planning Organization.

- September 12, 6pm (in person) First African Baptist Church, 23 Montgomery Street
- September 13, 11am (virtual) <https://us06web.zoom.us/j/86713926236>
- September 19, 6pm (virtual) <https://us06web.zoom.us/j/84940194921>
- September 20, 5pm (in person) Effingham County Complex, 804 S. Laurel Street, Springfield
- September 20, 5:30pm (in person) Richmond Hill City Hall, 40 Richard Davis Drive, Richmond Hill

## The Landings Security Article

One of the more popular Saturday club rides is the Skidaway Island ride. The same route is also ridden on Tuesdays, although the Tuesday ride is not an official club event. Irrespective of that, the route takes in large segments of The Landings, the largest private, gated community on Skidaway Island. Several club members who are Landings residents have worked with the director of Security of The Landings Association to increase cyclist awareness and safety. The following article concerning bike law and bike safety appeared in the Association's Journal in October. The article was intended to inform The Landings residents about bike safety and bike law.

### The Landings Journal October 2022 Security Update

"Summer is winding down, and fall is just around the corner. It's a great time to cycle around the beautiful island to take in the sights without the heat and humidity of the warmer months. As you dust off your gear, be sure to keep safety top of mind. The League of American Bicyclists website ([bikeleague.org/ridesmartvideos](http://bikeleague.org/ridesmartvideos)) offers various videos and in-depth safety reminders. Another great resource is the Bicyclist Pocket Guide published by Georgia Bikes ([georgiabikes.org/resources/bicyclist-pocket-guide](http://georgiabikes.org/resources/bicyclist-pocket-guide)). It provides some good statistics and information about Georgia bike laws. After some recent observations in our community, I had the following notable takeaways regarding cycling in The Landings:



- Some cyclists (and golf cart drivers) continue failing to stop at stop signs.
- Some cyclists under age 16 are not wearing helmets. Personally, I support helmets at any age.
- Cyclists must ride in the same direction as traffic on roadways.

In the past, drivers had no affirmative duty to change lanes when overtaking a cyclist. However, lawmakers amended the law (O.C.G.A. §40-6-56) as of July 1, 2021. The new statute states that when

passing a cyclist, a driver must move over into the adjacent lane if it is safe and legal to do so. If unable to change lanes, the driver must slow down to a speed limit that is either 10 MPH below the posted speed limit or to 25 MPH, whichever is higher. Once the driver has reduced speed, they must maintain at least three feet of room between their vehicle and the cyclist when passing. Georgia lawmakers gave teeth to this new requirement by punishing noncompliance as a misdemeanor carrying up to a \$250 fine.

The three-foot law also should be observed on our community paths for cyclists and pedestrians. In practical terms, this would require golf carts to be at least halfway off the path (two wheels off the path). If the three foot distance cannot be obtained, the golf cart should simply stop and allow the pedestrian or cyclists to safely pass.”



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

