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# CBTC NEWSLETTER

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Official Publication of the Coastal Bicycle Touring Club, Savannah GA

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

## 2023 Board of Directors

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President: Deb Wharff  
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Vice President: Kathy Schaefer  
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Member at Large: Eric Holmes  
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Ride Director:  
Kim Turner  
[kimbooskie@gmail.com](mailto:kimbooskie@gmail.com)

## 2023 Committee Chairs

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Advocacy & Outreach: Kathy Schaefer  
[kwilyschaefer@gmail.com](mailto:kwilyschaefer@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)



## 2023 Dues

As we ring in the new year, please take a moment or two and renew your CBTC dues. Individual dues are \$25, and family dues are \$30. You can renew in a number of ways. The easiest is to go to the "Membership" page of our website and effect payment through PayPal. But you can also mail in your dues payment, or even pay directly to either John Arney (Secretary) or Christine Drillsam (Treasurer). Whatever your choice, your annual dues go a long way to support the continuance of our Savannah area bike club.

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

## January Ride Schedule

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, 7 January, 9am, Ellabell Ride	25/32/39	Meet/park at Hendrix Park, 3960 Wilma Edwards Road, Ellabell. Post ride eats at Sandra's Seafood Restaurant, 4644 US Highway 80, Ellabell	Cathy Reiman, 239-293-7118, <a href="mailto:creiman16@icloud.com">creiman16@icloud.com</a>
Saturday, 14 January, 9am, Liberty Trail ride	18/26/31	Meet/park at the Smokin' Pig BBQ restaurant, 13711 Oglethorpe Highway, Midway, GA. Post-ride eats/treats at the aforementioned Smokin' Pig	Amos Gallagher, 703-589-4972, <a href="mailto:amoosegallagher@gmail.com">amoosegallagher@gmail.com</a>
Saturday, 21 January, 9am, Skidaway Island ride	19/24/33	Meet/park in The Village parking lot, across from the BP station, left at second stop light on Skidaway Island. Normally two groups, one at moderate speeds/distance, the other a little faster and longer. Post ride eats and treats at Your Pie in Sandfly	Kathy Schaefer, 912-661-2884, <a href="mailto:kwillyschaefergmail.com">kwillyschaefergmail.com</a>
Saturday, 28 January, 9am, Kilkenny ride	26/35/42	Meet/park just outside the entrance to Ft. McAllister, at the end of GA144 spur. Post-ride venue is normally in Richmond Hill.	Deborah Wharff, 410-905-1690, <a href="mailto:deborahwharff@icloud.com">deborahwharff@icloud.com</a>

## 2022 Ride Statistics - Wow!

It's become customary to shine a light on the ride statistics put up by club members during the prior year. Now that we're in the year 2023, we glance back on 2022. And boy oh boy, numbers don't lie 2022 was truly a year of epic cycling. The data behind these numbers was extracted from STRAVA, a web based cycling (and running) site. It's important to note that not all club riders are on STRAVA,

while others may be on STRAVA but (like most social media) keep their information private. What that means is the extraordinary numbers put up last year are less than the actual numbers.

Name	Total miles	# Rides	Ride Time	Elevation
Rich Wharff	12,108	377	943 Hours, 11 minutes	67,920'
John Arney	8,972	391	570 Hours, 56 minutes	80,358'
David Jackson	8,375	390	531 Hours, 43 minutes	31,112'
Jean Toth	6,722	221	388 Hours, 3 minutes	53,422'
Adam Gutstein	6,412	195	472 Hours, 42 minutes	377,533'
Kim Turner	6,045	220	391 Hours, 59 minutes	56,578'
Kathy Schaefer	5,320	174	328 Hours, 14 minutes	49,777'
Susan Weiner	4,265	186	316 Hours, 50 minutes	5,643'
Dave Taylor	3,864	151	235 Hours, 29 minutes	29,754'
Jackie Black	3,701	143	261 Hours, 56 minutes	62,108'
Cathy Reiman*	"A bunch"	"A bunch"	"A bunch"	"A bunch"
Paul Olsen	3,193	151	193 Hours, 33 minutes	10,026'
Tim Jones	3,130	100	171 Hours, 47 minutes	27,272'
Eric Holmes	3,057	230	221 Hours, 8 minutes	49,964'
Deborah Wharff	3,003	97	188 Hours, 39 minutes	23,924'
Graham Sadler	2,121	64	120 Hours, 30 minutes	21,821'
Roy Reynolds	2,084	75	155 Hours, 1 minute	19,442'
Vicki Cox	1,805	61	130 Hours, 31 minutes	66,939'
Pam Pierce	1,315	61	101 Hours, 59 minutes	40,551'
Paul Bier	1,037	56	74 Hours, 32 minutes	14,515'
Amos Gallagher	685	26	40 Hours, 36 minutes	13,341'
Lin Woodard	43	1	2 Hours, 23 minutes	49'
Total	95,332	3,370	5,830 Hours, 702 minutes	1,102,047'

\* Does not record running ride totals, but does ride "a bunch". Editor note: Most likely 5,000 miles at minimum.

So, what does all this mean. First and foremost, the total distance equates to 3.8 trips around the world at the equator (which is 24,901 miles). Club members rode a total of just over 272 days to

obtain that distance, while climbing to an elevation equal to just under 57 ascents up Mt. Kilimanjaro, which is 19,341'. Not a bad year of cycling for a medium-sized riding club in Savannah.

## Member update

We ended 2022 with a total of 95 club members, an increase of 17 from the same time a year ago. During 2022, the club gained 27 new members, while losing 14. Club treasurer Christine Drillsam, a numbers wizard, did an analysis of the club membership, which revealed that the majority of club members have two or less years in the club. That is a telling statistic - it indicates that the club has attracted a substantial number of relatively new members over the past two years. That portends that the club will endure over time, so efforts to attract and retain new members has been successful and will certainly continue into the new year. To that end, please watch out for a club survey early in the new year. The survey's purpose is to gauge member interest in our club rides (e.g., how often do you ride, what pace/distance, etc.). Results from the survey will help determine club activities in 2023.

## Bike Ed

This month's Bike Ed column shines a light on a UK couple that recently set a Guinness record for riding a tandem bike around the world.

### Tandem bike record - circumnavigate the world

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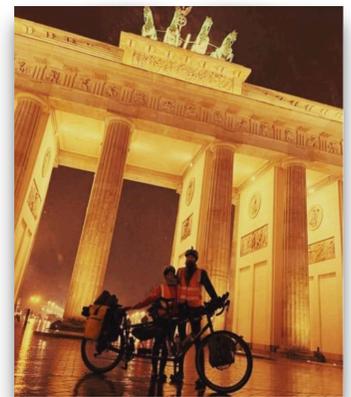
On December 1, Laura Massey-Pugh and Stevie Massey, both from the UK, cycled through a blizzard into Brandenburg Gate in Berlin approximately 180 days after setting off on a journey to become the fastest cyclists to circumnavigate the world on a tandem bicycle.

The husband and wife team, who began their grueling challenge on June 5, traveling for around 18,000 miles (28,968 kilometers) through 21 countries, were greeted by thrilled friends and family, who'd been anxiously awaiting their arrival in the rather brutal weather conditions.

Taking on a record-breaking tandem bicycle journey wasn't something the veterinary surgeon would have thought was on the cards for herself before she met Massey at a beer festival in 2015. While they were both keen cyclists, Massey-Pugh says she was more of a "day-to-day commuting cyclist," while Massey was an experienced long-distance rider who'd been using tandem bicycles since he was a youngster.

"He regaled me with his stories of long-distance bike rides, and riding from Land's End [mainland Britain's most southwesterly point] to John O'Groats [a Scottish village located on mainland Great Britain's northeastern tip] and back again," Massey-Pugh says of their first meeting.

During their second or third date, Massey took her out on a two-seater bicycle, and the experience "almost brought her to tears." "Little did she know that she would have become a super stoker," he





says, explaining that a 'stoker' is the person who stays at the rear of the tandem, while the person at the front is described as the 'captain.'

While the pair, who were married in 2018, have been on many solo bike rides together, they "really clicked on the tandem," although it took Massey-Pugh a little while to adapt to it at first.

They quickly discovered that while there was a current record for the fastest women and the fastest men to complete this challenge on a tandem bicycle, there was no record holder for a mixed male and female team. In order to achieve the record, they would have to meet a number of requirements from Guinness World Records, including cycling for a minimum of 18,000 miles in the same direction, pass through two antipodal points - locations on opposite sides of the planet - and start and finish at the same point.

"The trip of a lifetime part went out the window on day one," admits Massey, citing "injury, accident, sickness, delays, and visa issues" among their many setbacks. "It became solely about the challenge." In Malaysia, they were knocked off the tandem by a "motorbike going too fast," which brought about "a few scrapes and scratches and some quite badly bruised ribs." From Singapore, they flew to Perth, Australia, and cycled the length of the country to Brisbane, before flying to Dunedin, New Zealand. Next, they took a plane ride to Vancouver, Canada, and made their way across the country to Halifax, Nova Scotia.

Once they'd covered Canada, they flew back to Europe, arriving in Lisbon, Portugal in November, before cycling through Spain, France, Belgium and Holland and back into Germany, where they reached Berlin's Brandenburg Gate just in time to make "that magical number 180."



## Bike Walk Savannah Holiday Bike Event

Our partner organization Bike Walk Savannah conducted their annual Holiday bike giveaway event on Sunday, 18 December at the Savannah Gardens Apartment complex. The event, held in conjunction with Blessings in a Book Bag, makes bikes available to kids in Savannah, many of whom would otherwise not receive any gifts during the holiday season.



As has always been the case, the event drew city leaders, community advocates, and most importantly, a whole bunch of Savannah kids. Bike Walk Savannah transformed donated bikes into road and sidewalk worthy presents. On the morning of 18 December, the bikes were transported to the Savannah Gardens apartment complex early in the morning, unloaded and placed throughout the area. The event was festive and heartwarming.

And it warrants a big shout-out to club members John Arney, Jackie Black and Kim Turner, all of whom are Bike Walk Volunteers, and all of whom contributed to this most worthy event.



## Uplifting cycling story

We glanced back at 2022 with a summary of club ride statistics. We're not alone. National Public Radio (NPR) has just launched an uplifting and inspirational series entitled "I'm Really Into", celebrating activities and endeavors that bring us joy. The first article in this new series was written by Bill Chappell, a reporter on NPR's digital news team. You may enjoy it, and you may resonate with some of the descriptions he mentions in his piece on the joy of cycling. Credits to NPR on-line edition of 24 December 2022.



### **“Just like life, riding my bike doesn’t always make sense. That’s why I like it”**

“I make the most and the least sense when I'm riding my bike. It's one of the rare things in life that lets you escape from the world, while also connecting you to it. I love to spin my way through forests, around lakes, and into little communities I never knew existed.

Along the way, my brain disengages from stress. Life quiets down to simple rhythms. Problems seem to evaporate. Throw in a good podcast or music, and I'll be gone for hours. On a nice long ride, you start finding new layers of yourself, new bursts of energy. That's when I feel like my body is actually incinerating little stresses and toxins I've accumulated. Riding a bike is especially good for people like me, who have long-running knee problems. I'm missing a fairly important ligament in my



left knee – a surgeon took it out on my 1st birthday, along with a tumor that had grown under my kneecap. That meant I learned to walk in a full leg cast. One leg grew a little shorter than the other, making me self-conscious about the special shoes I wore. But on a bike, I was just like anyone else. And my doctor told me from an early age that riding a bike would build up muscles to help hold my knee together.

I've been able to do everything I've wanted to. But a clamor of "what-ifs" were often in the back of my mind, worried about a serious injury. Possibly to my detriment, I learned to turn the volume down on that noise, to block out what could go wrong. It's a good strategy for life – focus on what you want to happen, not what you don't – but it's also something I think about when I ponder why I do the things I've done. And yes, this is where we get into the less-sensible stuff.

I acknowledge doing some crazy things on my bike. Passing a Camaro – in the left lane – on a steep hill in the dark. Riding through 8 inches of fresh snow on a 20-mile hill trail. Racing cars around traffic circles.

Sprinting downhill, then coasting across a wide creek, legs straight out, hoping I have enough speed to carry me across the water. My love for cycling started in high school, when I used money from a summer job to buy a Nishiki Century. Then I spent the next summer with my dad, riding a loaner Raleigh. I mainly worked at night. My dad worked in the day, so I rode for hours and hours. By the time I returned to my

hometown in South Carolina, I could easily ride out to the airport and back, buzzing up long highway hills and looping around the far side of the city to add miles. Without realizing it, I had become a cyclist. Within a few years, I was splayed in the back of a friend's bike shop, rebuilding a planetary gear hub for a rusty Raleigh DL-1 I picked up for \$5. To learn more about bikes, I spent hours reading cycling guru Sheldon Brown, then Grant Petersen and Jan Heine. I watched the Tour de France, that spectacle of suffering. Like many others, I'm a fan of Jens Voigt, the German racer who famously told his own legs during a long, excruciating ride, "Shut up, legs!"



Bill's bike after riding to work in a snowstorm

So far, my legs are holding out OK. I've put thousands of miles into my pea-green Surly Cross-Check and my titanium Merlin Extralight. I've routinely spurned happy hours in favor of a ride (yes, I was single for a looong time). And I embraced this circular logic: You ride to increase fitness – so you can ride more.

I'm glad cycling has helped me stay healthy. But I love that it's given me a place to depressurize. Leaning over my handlebars, I've come to terms with setbacks and made plans for the future. It's where I realized I should propose to my wife. It's where I mourned my mother, after she died of ALS. And now it's where I think about my own kids.

The physics of bicycles may still be a mystery, but lots of things in life don't make sense. And they don't always have to. You've just got to keep moving."



One of Bill's favorite roads to cycle in Washington State

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.

