
CBTC NEWSLETTER

Official Publication of the Coastal Bicycle Touring Club, Savannah GA

www.cbtc.org

2025 Board of Directors

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Annual Soup ride

Mother Nature interfered with the club's originally scheduled soup ride on Saturday, 18 January. And then Enzo descended on us, wrecking havoc. But, weather forecast in the immediate future is promising, so we're rescheduling the club's Soup Ride for Saturday 15 February. Read Kathy Schaefer's missive below for details.

February Ride Schedule

Club rides begin at 9am during the cool months, and once we "spring ahead" start times move up to 8:30am. It's now cool - 9am rollout

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 any board member and we'll try to make it happen. Oh, yes, we're now rolling out at 9am.

Date/Ride	Mileage	Directions	Ride Leader/Other info
Saturday, 1 February, 9am, Publix/Fancy Hall ride	32/40	Meet/park in the rear of Publix parking lot, 12880 Highway 144 (Ford Avenue), Richmond Hill. Post ride get together at the Sunshine Cafe adjacent to Publix	
Saturday, 8 February, 9am, Harris Neck ride	30/41	Meet/park at the Riceboro McDonald's, 35 Montague Street, just off I-95S at exit 67. Post ride get together at the Smoking' Pig, 13711 East Oglethorpe Highway.	
Saturday, 15 February, 9am, Islands ride & Soup ride	32/40	Meet/park at the north end of Forsyth Park, at the corner of Gaston and Bull Streets. Post ride soup get together at the Gallagher home, 215 Atkinson Avenue, Savannah. More details to follow as the date approaches.	Kim Turner, kimbooskie@gmail.com, 870-310-9868
Tuesday, 18 February, PCCR	75	The Pink Cup Cake Ride returns, starting at the Skidaway Island Methodist Church. 75 mile route to match John Jensen's trips around the sun. Gather afterwards at Omelette Cafe	John Jensen, 912-704-8660, jjensen@georgiasouthern.edu
Saturday, 22 February, 9am, Riceboro ride	32/35	Meet/park at the Midway-Riceboro Library, 9397 E. Oglethorpe Highway, Riceboro. Post ride eats at Smoking' Pig, 13711 E. Oglethorpe Highway.	Kathy Schaeffer, kwilyschaeffer@gmail.com, 912-661-2884

President's Message

January has certainly been a challenging time for cyclists. Three of the club's four rides scheduled in January were cancelled because of rain, wind, cold temperatures or a combination of factors. Even

John Jenson's annual Half Cupcake ride was delayed, although it has been rescheduled for Tuesday, February 4th. Some members, including (but perhaps not limited to) Bill Herbes, John Jensen, Jerry Lanser, Mike McCarty, Craig Shatto and Rich Wharff braved the cold weather even after formal rides were canceled. But once the snow fell, everyone was restricted from cycling on the open roads. (Editorial commentary: No, the roads weren't open - they were closed because they were slathered in ice and snow).

One piece of good news is that things will begin warming up on January 28. Also, the Soup Ride has been rescheduled for February 15. Many thanks to Amos and Claire Gallagher for offering up their home and for being so flexible!

I look forward to seeing to the return of the members who've been away due to surgeries or family illness. You are not alone in being out of shape.

Finally, I am in the process of identifying new lodging in the Tallahassee/ Crawfordville area, having learned that The Lodge at Wakulla Springs (an April ride) is nearly full. I will circulate new information (via email and the website) soon.

Kathy



Kathy Schaefer

2025 Dues

It's that time of year to remind people to renew their CBTC memberships. Individual membership dues are \$25, and family membership dues are \$30. A pittance - a real pittance.

For any existing members who joined the club on or after 1 September 2024, your 2025 dues are covered by the payment you made when you joined. For all other members, please remit your 2025 dues.

There are several methods to effect your 2025 dues. Payments can be made on-line through PayPal on the CBTC "Membership Application" page at <https://cbtc.org/membership-application/>. If you opt for the PayPal option, please include an additional \$1 to cover the PayPal transaction fee.

You can also renew by sending your 2025 membership fee to the CBTC Treasurer, Amos Gallagher. Mail to:

Amos Gallagher
215 Atkinson Avenue
Savannah GA 31404

Some people even renew by paying in cash at a sponsored club ride, normally provided to either Amos Gallagher or CBTC Secretary John Arney.

Whatever method you choose, you will continue to be an integral part of our nifty bike club serving the Coastal Empire and Low Country. From weekly sponsored rides, frequent "away" rides (see the article below for the forthcoming "away" ride), on to our annual picnic and Soup Ride, you will continue to enjoy the company and companionship of people who cycle for the physical, mental, and - yes - oftentimes spiritual benefits of spinning your wheels.



CBTC Picnic, 2024

Wakulla Springs, Tallahassee, Florida

In the tradition of organized "away" rides, CBTC is organizing a bike and activity weekend in Wakulla Springs, Tallahassee, Florida, for April 10-13. Similar to past club away rides in Winter Garden, Florida, the Wakulla Springs area has several paved bike trails for those riding road bikes, as well as mountain and gravel bike trails, along with hiking and kayaking options.

Original planning included lodging option at The Lodge at Wakulla Springs, a small, quaint inn with 27 rooms and access to two trails. However, even though our outing is in mid-April, there are just 3 or 4 rooms available. So, we're exploring other options and will be providing updates, via the newsletter, on the club's website, and through e-mail notifications.

For those club members who are interested in the outing, you can glance at the many ride options outlined in the Wakulla County Bicycle Trails guide at:

https://wakullatdc.wpenginepowered.com/wp-content/uploads/WCT_CyclingGuide_Proof5.pdf

This or That

Beginning with this month’s newsletter, “This or That” will feature a club member’s hints, tips and advice on all topics related to cycling. We all have a particular routine we follow, and the purpose of This and That is to share those routines, from which other members might benefit by adopting some of those routines.

This initial article encapsulates the routines that Cathy Reiman follows, to include bike maintenance hints. Thank you Cathy for jump starting This and That.



To Wax or Not to Wax

If you want to keep your chain and drive train quiet and smooth with less wear consider waxing your chain. It's easy. There are many tutorials on the web and some step-by-step demonstrations on YouTube. Here's what you need and here's how I do it:

Ingredients:

- (4) empty gatorade bottles or yogurt containers
- (1) used crock pot from Goodwill
- Acetone (found in most hardware stores)
- Chain wax, I use Silca "Secret Chain Blend"

Methodology for waxing your chain:

1. Remove master link of chain, put the chain into four baths of acetone and shake to remove all the old grease.
2. Drop the chain into the hot wax in your crock pot, swish around for a few minutes to get the wax into the pivot points
3. Remove the hot chain with a wire or bent spoke and hang to dry for about fifteen minutes
4. Reinstall the chain



Since discovering chain waxing I have enjoyed ultra smooth and quiet rides on gravel and on the road. A big advantage to this system is rain and sand do not stick to your drive train.

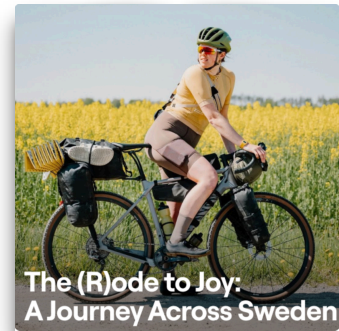
Re-wax the chain every 3-400 miles. You can jump straight to the waxing steps as you have already removed the oily lube in your initial acetone baths.

Happy trails!

A clean drivetrain is a thing of beauty!
Coastal Bicycle Touring Club

The (R)ode to Joy

The cycling GPS company Hammerhead was one of several sponsors for The (R)ode to Joy, a 1,000 kilometer gravel bike packing journey across Sweden. British friends Anna Blackwell and Matt Buckley completed this epic journey in the late summer of 2023. For Anna it was a nostalgic event, who is part Swedish, having grown up in Lund, Sweden, and having cycled on some of the same paths as a child that she and Matt traversed on the first days of the trip. The following story of their adventure was extracted from Hammerhead's e-mail of 8 January.

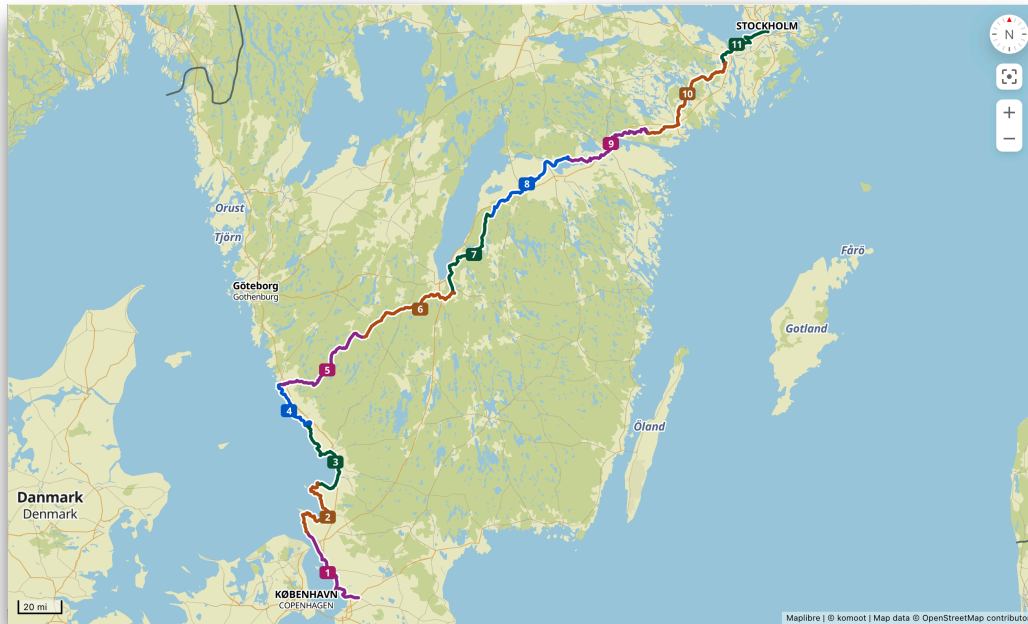


The two made their way to Sweden from the UK in the conventional way - by train, tunnel and ferry. Sweden: A land of lakes, trees, saunas, cinnamon buns and the freedom to roam. These are just some of the things that make this country an incredible place to explore by bike.

Starting their journey off in the cobbled city of Lund, Anna and Matt spent the next four days taking in the coastal sights and breeze along the Kattegattleden - a 390 kilometer-long bike path. Nights were spent in tents on the beach, accompanied by a fire, offering solace after long days in the saddle. On the 5th day, they turned inland from Varberg and began their trek to Stockholm - the final destination. With most of their journey ahead of them, Anna and Matt made sure to revel in the sheer beauty that Sweden's expansive forests and countryside offered them each day. These two riders rode 100 kilometers (62 miles) a day to finish on time.

(R)ode to Joy





(R)ode to Joy - the route

Selma to Montgomery Bike Ride

A quick note in case you may be interested: On 22 February, the Montgomery Bicycle Club will honor the 60th anniversary of the Selma to Montgomery voter rights march with a 53.1 mile, fully supported ride from Selma to Montgomery, Alabama. Riding the Selma to Montgomery National Historic Trail, riders from all over the nation will see the sights, envision the march, feel the tension, and cross the Edmund Pettus Bridge, in a day of full of sights and memories never to be forgotten.

Registration includes transport from Montgomery (the finish) to Selma for riders and their bikes, three fully stocked SAG stops (mile 8, 22 and 42), SAG and mechanic support along the way, as well as a post-ride meal in Montgomery.

You can register on-line at: <https://www.bikereg.com/Selma60Ride>



Pink Cup Cake Ride - Reschedule redux

A couple of times in previous articles, old man winter has been mentioned insofar as adverse impact on cycling is concerned.

Add to that club member Professor John Jensen - sometimes referred to simply as JJ, sometimes referred to in other ways - in his Pink Cup Cake Ride re-start. Conceived and begun in 2014, when just a couple of riders rode 124 miles, the Pink Cup Cake Ride was an annual birthday ride equivalent to twice his age. It grew as time went on, to approximately 40 riders. That was the case in the years leading up to COVID-19 era, when the ride was placed on hold status.

This year, JJ is reviving the PCCR, but in a nod to Father Time, this PCCR will be equal to his age - 75. The ride date has bumped around a bit, because of - well, Enzo, climatic effects and other conditions here on Mother Earth.

As of the issuance of this month's newsletter, the PCCR will take place on Tuesday, 18 February, starting at 7:45am. The route will be familiar - starting at the Skidaway Island Methodist Church and traversing 75 miles around Skidaway Island, to include long segments in The Landings. In year's past, participants actually received a pink cup cake for their efforts. This year, JJ reports that participants will receive half of a pink cup cake, owing to the Half-Pink-Cup-Cake ride distance. Something tells me to expect just that - half a pink cup cake. Oh well.

Following the ride, participants will gather at the Omelette Cafe near the Kroger, at the corner of Diamond Causeway and Ferguson, to enjoy some warm food, beverages, over which people will lie to each other about how great it was to ride 75 miles in honor of JJ's 75th trip around the sun.



JJ and the Pink Cup Cakes

You rock Dr. John!

I

Savannah area bike shops

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.



Montgomery Cross Road, Savannah



Pennsylvania Avenue, Savannah



Ford Avenue, Richmond Hill



Located on Wilmington Island - Johnny Mercer Boulevard