

Coastin'

Our next club meeting will be on Monday July 1, 2002 6:30 p.m. Alfred & Charlie's, 815 S. New Hope Rd, Gastonia.

Run Before You Eat, before each club meeting, at Lineberger Park on Garrison Blvd, all interested runners/ walkers, we will meet at 5:30 to run or walk the Greenway Trail. The trail is approximately 5 miles long.

Newsletter Updates: Contact John Price at 704-867-2669, at coastineditor@yahoo.com, or by mail at 681 Niblick Dr Gastonia NC 28054

Biker-Hiker Weekend (August 9 –11, 2002)

Call now to make your reservations!

Our annual Bryson City biker-hiker weekend is scheduled for August 9 –11. 10 rooms at the Ridge Top Motel have been reserved under the name of Gaston County Cyclists -Paula Weant, for Friday and Saturday nights. We have a special rate of \$55 plus tax for a double room. They are holding our block of rooms until July 14 so make your reservations early (828 488 6363). As usual we will be hiking Saturday morning, mountain biking/ swimming/ tubing Saturday afternoon, and mountain biking Sunday morning. Returning to Gastonia Sunday afternoon. Hope you all can join me for my most favorite weekend of the year !

your social director, Paula Weant ☺

Ride Schedule

Monday – start 6:00 p.m. – Forestview HS, S. Union Rd (25 miles) courses marked with “M” or “B”

Monday night rides have a “no drop” policy in which everyone is encouraged to make sure nobody is left riding alone!

Tuesday – start 6:00 p.m. – Warlick School, Ranlo, (32 miles), pace: 17-19 course marked with “T”

Wednesday – start 6:00 p.m. – Forestview HS, S. Union Rd (34 miles) course marked with “W”

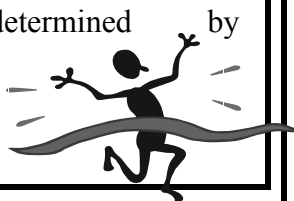
Thursday – start 6:00 p.m. - Warlick School, Ranlo (32 miles), pace: 17-19 course marked with “H”

Sunday – start 6:30 a.m. - Eckerd Drugs, Robinwood Crossing, corner of Union Rd & Robinwood Rd. Ride length will vary between 2 and 3 hours. Please call me (John Price) at 704-867-2669 Saturday evenings before 8:30 p.m. to get our definite plans for the following morning.

Saturdays & Sundays, **start 7:00 a.m.** – New Hope Baptist Church, a group regularly meets for friendly, no-drop rides.

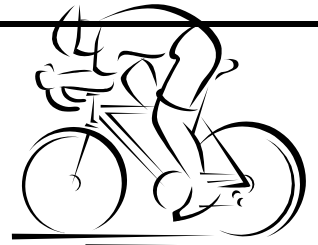
Run Schedule Mondays & Thursdays 6:00pm

Food Lion (next to Ashbrook High) South New Hope Rd, Gastonia, pace & distance to be determined by runners that show up.



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Results ~ Cycling

Lowes Motor Speedway Time Trial June 12, 2002
 (event sponsored by Speedway President Humpy Wheeler & the Tarheel Cyclists)

Wins for Dennis Hall, Sr., Nanci Lamarre, & Reese Wilson as Fastest in Category!

195 riders participated in this time trial on a warm, but windless evening. Congratulations to Reese Wilson on his third consecutive victory in category. Also nice going for Blair Craig, who rode without aerobars and had the fastest time for our bike club. And look for Tommy Jones to crack the 24 minute mark soon!

Rider	Time	Place in category	Overall Placing
Reese Wilson	23:23	1st	56th
Jim McCarthy	29:15	14 th	147 th
Tommy Jones	24:05	5 th	72 nd
Jay Beam	24:28	3 rd	81 st
Sam Jenkins	24:44	5 th	84 th
Jamie Newton	26:33	18 th	125 th
Dennis Hall, Sr.	23:40	1st	63rd
Blair Craig	23:16	5 th	51 st (no aerobars!)
Flo McCarthy	29:45	3 rd	19 th
Nanci Lamarre	35:35	1st	27th
Jack Lamarre	29:04	3 rd	145 th
<i>Pat McCallion*</i>	<i>19:36</i>	<i>1st,</i>	<i>1st overall</i>

**a cyborg, not actually eligible for GCC membership as we only accept humans*

White Lake ½ Ironman White Lake, NC 5/11/02

Barry Lee, 23rd out of 52 in age group

place	swim	bike	run	overall
139 th /349	179 th 40:22	179 th 2:46:59	126 th 1:50:02	139 th 5:17:23

Extreme Winds Halt Swim at Ironman Utah, One Athlete Dies

At Ironman Utah on Saturday, June 8th, anomalous winds brought the swim to an official halt just minutes after the start gun. Among the many swimmers pulled from the wind-whipped waters of Lake Utah, one had died.

The event was later reorganized to a duathlon consisting of a 65-mile bike and 13-mile run. Athletes started this event at 10:00 a.m. and in 15 second individual intervals, led first by the pro women and pro men, and then by the age group ranks in shorter, five-second staggers. Many participants, including our own Barry Lee, had made a lot of sacrifices to participate in the event. This would have been Barry's first attempt at an Ironman. Nice going, Barry, for making the best out of a disappointing situation.

Utah Duathlon (modified from Ironman)

Barry Lee, Overall: 5:55:23, 108th out of 200 in age category, 777th out of 1407 total entrants
 65 mile bike: 3:46:16; 13 mile run: 2:06:45

Results ~ Cycling (continued)

Blood Sweat and Gears June 22, 2002 Watauga County, NC 103 miles

This event, in just its fourth year, attracted a record 565 riders. Described as Just Enough Pain, God's Country Century Challenge, this ride starts and finishes in Valle Crucis. Because it is a fund-raiser for the Watauga County Red Cross, it is exceptionally well-supported, and traverses many beautiful mountain roads, including about 20 miles on the Blue Ridge Parkway.

Chris Harkey*	1 st	4:47	*another cyborg, see note from time trial results on previous page
Blair Craig	21 st	5:13	1st time participant
Bill Gintert	35 th	5:24	
Jim Weant	61 st	5:40	1st time participant
Ronald Hutchins	86 th	5:52	
John Price	139 th	6:14	
Margot Rott	148 th	6:19	
Troy Bush	158 th	6:22	(good job for Troy, completing his first long ride since coming back from surgery earlier this year)

Charlotte Mountain Bike Series

Margot Rott: 5/22 @ Catawba Riverfront Park - 4th place in Women's Sport/Expert Class
5/29 @ Renaissance - 3rd Place, same class.

Town Mtn Hill Climb Asheville, June 1, 2002

Reports by Blair Craig

Saturday, Chad Leigh and myself left the house at 6:00 am for the Town Mountain Hill Climb. It was pretty tough for me anyway, I managed to finish 4th. This year there was a \$1000 dollar bonus for anyone that could break the record time of 17:13. The record was set in 1993. The record was broken 4 times Saturday. The eventually winner was Scott Montinger (SP) of Mercury. His time was almost a minute faster than the previous record. After the hill climb we headed to Tennessee for the Roan Groan Road Race. But first we decided to go check out the race loop (editor's note: on their bikes) for the French Broad Classic. It's a 16 mile loop that is repeated several times depending on your category. It's a great loop with a little more climbing than I would have cared to do the day before racing up Roan Mtn.

Roan Groan Road Race, June 2, 2002

The weather was great at the start of the Roan race, around 75 and clear skies, which is a pleasant change from the 40 degree and raining races that have become the norm this season. Anyway the race got under way and it didn't take very long to realize my legs were pretty cooked from the effort the day before. There was a breakaway 5 miles into the race and I had a team mate in it (Richie) so it looked like I wouldn't have to do any work at the front, at least until the real climbing started.

Richie was able to stay away and finished 2nd and I held on for 6th. All in all the weekend went pretty well.

5th Annual Assault on Linville, Saturday June 8, 2002

Thanks go to Chuck Richardson, and Jim & Paula Weant for organizing and supporting this 93 mile bike ride to Linville again this year. The weather was incredibly perfect for June, with temperatures in the high 70's, low humidity, and a light breeze from the NE.

The following riders participated: Jack Moore, Chuck Richardson, Jim Weant, Paula Weant, Melissa Magee, Ralph Rutledge, Margot Rott, Troy Bush, John Price, Junior Nations, Hal Angel, Charlene Angel, Bill Gintert, Blair Craig, Michele Jarbeau, Rodney Sawyer, Chad Leigh. (editor's note: Please accept my apologies as I've forgotten about three names as I'm writing this from memory several weeks later.)

Upcoming Running Events ... courtesy of Paula Weant

July 6 – Firecracker 5K Run – Kannapolis, NC – 704 782 0932 ext. 17
July 11 – The Bear, Linville, NC <http://users.boone.net/lamarreca/gmmbear.htm>
July 13 – Habitat Cabarrus 5K – Concord, NC – 704 786 4001
July 13 – Athletic Quilt Street Light 5K – Morganton, NC – 828 879 2073
July 20 – Run for the Greenway 5K – Salisbury, NC – 704 638 5289
July 27 – Bele Chere 5K – Asheville, NC – 828 253 8781
July 27 – Run For Your Life 4 mile run – Charlotte, NC – www.runcharlotte.com
Aug 3 – Accelerate to Educate 5K – Boone, NC – 828 266 1062
Aug 10 – Great Waldensian Footrace 5K & 10K – Valdese, NC – 828 879 2116

If You See It On ~~Television~~ the Internet, Then It Must Be True ...

Here's a note being passed around via e-mail, on the subject of drinking water. These statistics may not all be true, but they should motivate you to drink more water!

Water

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Don't Forget the Sunscreen!

This reminder comes from Jeanette West, now that the hot weather is upon us. Sunscreen is important and also there are now cycling clothes available that have an SPF rating. There's also a wash-on product that brings clothing up to ~30 SPF called Rit Sun Guard. Better safe than sorry!

Upcoming Cycling Events

Time Trials Lowe's Motor Speedway (July 25, August 20, September 25)

Event sponsored by the Tarheel Cyclists and Humpy Wheeler of Lowe's Motor Speedway.

Gates open at 5pm, registration closes at 6:15 p.m. or before if participation reaches limit of 175 riders. Event starts at 6:30 pm., riders start at 30 second intervals. **Warning! Because of the huge turn-out for this series, the number entered for future events will be limited.** Pre-registration on-line is recommended ~ obtain information by checking the website, www.tarheelcyclists.org, regularly beginning about 10 days before the event you wish to enter. If you don't pre-register on-line, check the THC website to see if you can register at the event. 10 miles long. \$5 members, \$8 non-members, plus on-line registration fee. For more info. see www.tarheelcyclists.org or call John Talani 704-504-1875.

Rock Hill Bicycle Club 2002 Time Trial Series

TT will be held the first Wed of each month. Warm Up is from 6 to 6:30 with the first rider off at 6:30. Total miles will be around 20. The start area is at the convenience store at the Crossroads 322 & 324. Please park on the far side of the building near the picnic/pavilion area. Dates will be 8 June, 3 July, 7 August, 4 September, and 2 October.

One of the best ways to improve your fitness is by the use of time trials. The first one is used to establish your base and each subsequent TT will gauge your increase in fitness due to your training. Additional benefits are developing a better, more aerodynamic position on the bike which will help you in your day-to-day riding. If you have a competitive streak in you, the thrill and satisfaction of overtaking a rider or two that started ahead of you, or not getting passed by a rider that you know is stronger is true inspiration. We stage the riders with the slowest to the fastest. This way we all finish close to the same time so we can all ride back to the start area together. If conditions are bad, we will have the following Wednesday. Please contact Mike Burgess 803-328-8844, wmburg@cetlink.net with any questions.



July 4 – Fabulous 4th Metric Century Tryon Middle School, Polk County, NC 8:00 am \$20
<http://www.polkcounty.org> *Many area riders do this event each year. The route is very hilly, and most people want a special granny gear. The route travels some beautiful countryside, and is very well supported*

Roan Moan Metric, Saturday July 27th, 2002 Bakersville

100 mile ride (7:00 a.m.) or 62 mile ride (9:00 a.m.) <http://www.bicycleinn.com/RoanMoanInfo.htm>

Hilly Hellacious Sunday, August 18, 2002 Fletcher, NC 100 mile or 100K options

Sponsored by the Blue Ridge Bicycle Club of NC. Start/finish is at Cane Creek Cycling. No day of event registration this year, pre-register only! For information, see website at <http://main.nc.us/BRBC/HHH2001.htm>.

Your newsletter editor rode this event last year, and loved it! About 400 riders participated, the route follows mountainous roads through numerous apple orchards, and has lots of climbing and miles of super fast, curvy downhill stretches. The ride ends where it begins, and food is provided at the end. If you're interested in doing a mountain century, don't miss this one! If you have trouble finding the website, contact me at coastineditor@yahoo.com, or link to the ride from our club website at www.gastoncountycyclists.org.

Dog Days of Dallas Metric Century – Sunday, July 14th

Sponsored by the Gaston County Cyclists! See flyer on last page.

How it got its name ...

According to Webster: dog days \DOG-dayz\ (noun plural)

1 : the hot sultry period of summer between early July and early September in the northern hemisphere

2 : a period of stagnation or inactivity

Did you know? Dogs aren't the only creatures uncomfortable in oppressive heat, so why does a dog get singled out in "dog days"? The dog here is actually the Dog Star, which is also called "Sirius." The star has long been associated with sultry weather in the northern hemisphere because its heliacal (i.e., early morning) rising coincides with the hottest days of summer. In the ancient Greek constellation system, this star (called "Seirios" in Greek) was considered the hound of the hunter Orion and was given the epithet "Kyon," meaning "dog." The Greek writer Plutarch referred to the hot days of summer as "hemera kynades," literally "dog days," and a Latin translation of this expression as "dies caniculares" is the source of our English phrase.



passed on by Les Lemley

Volunteers Needed ~ If you can help on the day of the event (probably manning a water stop for about 2-4 hours) please contact Jack Moore (Cycling & Fitness Bicycle Shop, Gastonia) at ph) 704-865-5471 10-6 M-F; 9-5 Saturday. You won't need to do anything in advance, just let Jack know you can help, and show up in Dallas the morning of July 14th!

Special Thank You:

"I would like to thank everyone who called and/or wrote with get well wishes after my accident. I'm beginning to mend now, but I'm probably still a couple of months from full recovery. Your thoughtfulness meant a lot to me when I was immobilized and fighting some severe cabin fever. Times like this really reinforce how much your friendship means to me. Hopefully I'll see you on the road soon."

Thanks,

Chris Baucom via e-mail May 30

Editor's Note: Chris suffered a broken collar-bone on a weeknight ride back in April. I made offers to purchase his cycling stuff (at discounted prices), but they were refused.

Dog Days of Dallas Metric Century 2002



What: 100 km bicycle ride (actually 65 miles), with 25 & 46 mile options sponsored by *Gaston County Cyclists (GCC)*

Date: Sunday, July 14, 2002

Time: Registration: 7-7:45 am, Mass Start: 8:00 am

Start/Finish: Courthouse Square
Downtown Dallas, NC

Cost: \$10.00 (\$7.00 *GCC* members)

Fee Includes Papa's Pizza & drink after ride*!

(*pizza & soft drink will be served from 11:15-2:00)



The courses have some of Gaston County's best roads for cycling with lots of rolling terrain. The 62 mile course in particular features some tough hills. The ride will have 2 water stops (one on the 25 mile route) stocked with water, cookies, & fruit.

Each turn is marked with at least two arrows, and a SAG vehicle will patrol the course to provide assistance.

Directions: From Charlotte or Greenville, take I85 to Gastonia. Take exit #17, Hwy 321 North. Go approximately 2 miles north and take the Dallas exit (Hwy 279). The Dallas Courthouse Square is approx. 1 mile on the right.

From south of Gastonia, take 321 North through Gastonia. Approx. 2 miles north of Gastonia take the Dallas exit (Hwy 279). The Dallas Courthouse Square is approx. 1 mile on the right.

From north of Gastonia, take 321 South. Approx. 11 miles south of Lincolnton take the Dallas exit (Hwy 279). The Dallas Courthouse Square is approx. 1 mile on the right.

For more information contact Jack Moore (Cycling & Fitness Bicycle Shop, Gastonia) at ph) 704-865-5471 10-6 M-F; 9-5 Saturday or John Price at <mailto:coastineditor@yahoo.com> or see the website www.gastoncountycyclists.org .