

# Coastin'

Our next club meeting will be on Monday October 7, 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](mailto:coastineditor@yahoo.com), or by mail at 681 Niblick Dr Gastonia NC

## Ride Schedule - Weeknight Start Change to 5:30 p.m.

**Because sunset is coming so early, the weekday ride start time is being moved to 5:30 for the months of September & October, beginning Tuesday, September 10th.**

*A note about start times: Please be on time, ready to go at the designated start time. Don't show up late, and expect others to wait on you. Especially with the shortening amount of daylight, it's imperative that rides leave on time for everyone's safety.*

*Monday – start 5:30 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 5:30 p.m. – Warlick School, Ranlo, (32 miles), pace: 17-19 course marked with “T”*

*Wednesday – start 5:30 p.m. – Forestview HS, S. Union Rd (34 miles) course marked with “W”*

*Thursday – start 5:30 p.m. - Warlick School, Ranlo (32 miles), pace: 17-19 course marked with “H”*

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

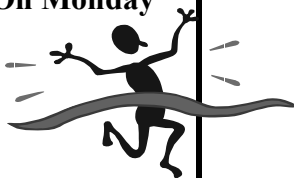
## New Members For September

Tommy Jones, Gastonia; Jane McCall, Dallas; Paul Hutchinson, Clover

**Welcome to the club!**

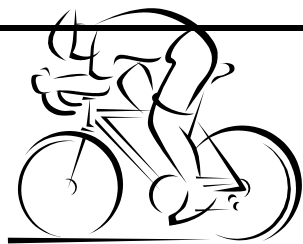
## Interested in Running On Monday or Thursday evenings?

Please give Paula Weant a call at work before 5:00 p.m.  
800 331 1843 X 5028.



## In This Issue

- Page 1 club mtg. info, ride/run schedule, new members
- Page 2 cycling results
- Page 3 Mtn bike weekend report, *Riding Tips* article
- Page 4 Upcoming cycling events
- Page 5 Cotton Pickin' Metric Century info, article about crashes
- Page 6 volunteer **opportunity**, article on guzzling water
- Page 7 Moore Cty Century ride report, Chris Harkey article
- Page 8 Harkey article (personal diary), continued
- Page 9 Carl Andersen Memorial Ride Flyer



## Results ~ Cycling

### Lowes Motor Speedway Time Trial

August 20, 2002

(event sponsored by Speedway President Humpy Wheeler & the Tarheel Cyclists)

Rider	Time	Place in category
Tommy Jones,	23:40, 25.4 mph,	4 <sup>th</sup> in cat
Jay Beam,	24:13, 24.8 mph,	4 <sup>th</sup> in cat
John Price,	24:47, 24.2 mph,	8 <sup>th</sup> in cat
Sam Jenkins,	24:24, 24.6 mph,	6 <sup>th</sup> in cat
Randy Mullis,	24:00, 25.0 mph,	2 <sup>nd</sup> in cat
Jack Lamarre,	27:56, 21.5 mph,	3 <sup>rd</sup> in cat
<b>Nanci Lamarre,</b>	<b>36:25, 16.5 mph,</b>	<b>1<sup>st</sup> in cat</b>
Rob Helton,	29.06, 20.6 mph,	15 <sup>th</sup> in cat

### Hilly Hellacious Hundred, Fletcher, NC, 100 miles

August 18, 2002 sponsored by the Blue Ridge Bicycle Club of Asheville

From our club and area the following completed this event: Margot Rott, Troy Bush, John Price Mike Burgess, John Paksoy, Gary Hicks

7600' climbing, hot, mostly sunny, following curvy and very fast (or very slow) mountainous roads of the NC mountains. Approx. 500 riders participated, and were treated to awesome hamburger afterwards at Cane Creek Cycling.

### Soldier's Reunion, Newton, NC

August 18, 2002

Completing this well supported ride from our club were: Joe Price, Charlene Angel, Ralph Rutledge, Melissa Magee, Steve Watson, Sam Jenkins, Doug Fleming

### Roan Moan, Bakersville, NC sponsored by the Bicycle Inn

July 27th, 2002

Riding were: John Price, Terry Arnold, Terry Herrington

This is a 63 mile ride, with a 100 mile option, organized by Mike Davis of The Bicycle Inn, to benefit the local volunteer fire department. About 80 cyclists participated. Although in the mountains, not all of the roads are hilly, but the course does take in the 8 mile climb of Roan Mtn, and ends with a 6 mile downhill run back to the start area. Like Hilly Hellacious, this ride also featured delicious hamburgers at the end (all rides with hamburgers are good rides).

As you might guess, the five room, converted farmhouse, Bicycle Inn is totally decorated with cycling memorabilia. Recently, club members Michele Jarbeau and Rodney Sawyer celebrated their first anniversary there, and Mike (the inn's proprietor) leads rides for the guests.



## Upcoming Cycling Events

### **MS Breakaway to the Beach, September 28 & 29**

This two-day, annual event goes 70 miles on Saturday Sept 28th from Rockingham to Florence, and 80 miles on Sunday Sept 29th from Florence to North Myrtle Beach. An estimated 2,200 cyclists will ride this event in 2002. This is probably the best supported cycling event of the year, and benefits the Multiple Sclerosis Society. All necessary transportation of luggage, bicycles, and riders back to the start is included. A large contingent of riders will participate from our area this year, registered under the team name "Coasters."

More information can be obtained at Cycling & Fitness Bicycles in Gastonia, a sponsoring shop.

### **Time Trials Lowe's Motor Speedway – one date remaining September 23rd – note, this is a change from the original date!**

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](http://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](http://www.tarheelcyclists.org) or call John Talani 704-504-1875.

### **Cycle4Autism Saturday September 28, 2002**

Shallowford Square, Lewisville, NC (near Winston-Salem) info [www.cycle4autism.org](http://www.cycle4autism.org) There are 20, 40, & 62 mile courses with full SAG support. 3 rest stops spread throughout the courses with snacks, water, and sports drinks provided at each stop. Ride Day registration and Packet pick-up 7:00-8:30 AM Saturday at Lewisville Community Center. Family Fun ride at 11 AM. Pre-Registration: \$35, \$40 after September 10. T-shirts free to all individual registrants by pre-registration deadline.

### **Artie Levin Memorial Bike Ride**

<http://www.blueridgebicycleclub.com/artielevin2002.htm>

**Start Point: Buchanan, Virginia**

**Fairgrounds (Between Lowe St & the James River) Date: September 29, 2002 Registration & Packet**

**Pickup: 7:00 - 7:30 AM for 100 milers**

**8:00 - 8:30 AM for 45 & 70 milers**

**Start Time: 8:00 AM - 100 milers**

**9:00 AM - 45 & 70 milers**

**Entry Fee: \$20 BRBC members**

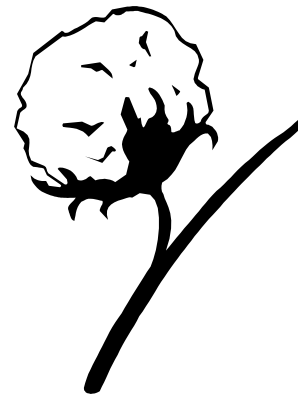
**\$25 Non BRBC members**

Depending on your riding level, the 2002 rides offer something for almost everyone. All routes start and finish at the Buchanan Fairgrounds and will be clearly marked. The route travels on the backroads of Botetourt and Rockbridge Counties, going north through the towns of Effinger, Denmark, Goshen, and Lexington, before returning to Buchanan. Each route will have some climbing, rewarded with long downhill. The century is classified as "moderate," and is certainly "doable" by intermediate level riders.

## Upcoming Cycling Events continued ...

**COTTON PICKIN' METRIC CENTURY** Saturday October 19, 2002

**SPONSORED BY THE ROCK HILL BICYCLE CLUB**



Join the **Rock Hill Bicycle Club** for its fall metric century. Ride the full metric century or take a shorter loop of about 25 miles. The ride travels through rolling hills, farms, and forest. The fall foliage should be at its peak near the end of October. If you look carefully, you will see the battlefields and homes where the movie "The Patriot" was filmed. The finish will be at one of the extraordinary homes of Historic Brattonsville; you may like to stop by to see 18<sup>th</sup> and 19<sup>th</sup> century reenactments, visit historic homes, and learn about the history of the area. Bring the family because there is plenty to do and see. Historic Brattonsville has several picnic areas and trails for walking, nature observation, and biking.

**Entry Fee: \$10.**

Roads will be marked, maps and cue sheets will be provided. Rest stops will be approximately every 15 miles with food and refreshments. There are a few country stores along the way as well and maybe some homemade bread/cake at the finish. You will find one or two strenuous climbs with some rough pavement, but the majority of the route is smooth and rolling to flat.

Directions: Take I-77 to Exit 82B and Cherry Road (Cherry Road turns into McConnells Hwy, SC 322); turn left at Brattonsville road (Historic Brattonsville sign) about 12 or 14 miles from I-77. Registration will be at the High-tower house on your left about 1½ miles from 322. (Note: you can find Historic Brattonsville near McConnells on most SC maps.)

**Registration is 8 to 9AM with the ride leaving shortly after 9, when the sun clears the treetops. Pre-register by sending your \$10 check to the Rock Hill Bicycle Club, P. O. Box 12187, Rock Hill, SC 29731**

More info: Call Mack Bailey at 803-329-2321 or email [m Bailey@cetlink.net](mailto:m Bailey@cetlink.net)

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- **5 Good Things About Crashes** 😊 •
- 1. A new story. •
  - 2. New wisdom. •
  - 3. The triumph of re-mounting. •
  - 4. The triumph of finishing the ride. •
  - 5. Staring at the sky, one thought--alive! •
- 
- •

### **Volunteers Needed for Carl Andersen Memorial Press on Ride**

We need two or more volunteers to help with registration, and to man water stops at this ride which will be held on Sunday, October 13th, at Crowder's Mtn State Park. Volunteers need to be available from 1:00 p.m. to about 5:30 p.m. If you can help out, please call Chuck Richardson at work (10-5 M-F) at 704-827-3191, or e-mail John Price at coastineditor@yahoo.com.

### **No Need to Guzzle All That Water, Expert Says**

Fri Aug 9, 7:40 PM ET

By Maggie Fox, Health and Science Correspondent

WASHINGTON (Reuters) - Trying to do the "right" thing by drinking eight full glasses of water a day may do little more than make a person run to the bathroom, a researcher said on Friday.

Newspaper articles, health and beauty magazines all advise drinking at least 8 full glasses of water a day totaling 64 ounces for optimal health -- an approach called "8x8" by proponents.

But Dr. Heinz Valtin of Dartmouth Medical School in New Hampshire said there is no scientific evidence to back up this advice, which has helped create a huge market for bottled water.

"After 10 months of careful searching I have found no scientific evidence that supports '8x8'," Valtin, who has written textbooks on the subject of human water balance, said in a telephone interview.

Writing in the American Journal of Physiology, Valtin, a kidney specialist, said people forget that the food they eat also contains some water.

The Food and Nutrition Board of the National Research Council ( news - web sites) has recommended that people take in about one milliliter of water for each calorie of food eaten.

This adds up to two liters, or 74 fluid ounces on an average 2,000-calorie diet. But the National Research Council also noted that much of this is already contained in food.

"I did 43 years of research on that system -- the osmoregulatory system. That system is so precise and so fast that I find it impossible to believe that evolution left us with a chronic water deficit," Valtin said.

#### **LOW ON FLUID**

If a person gets low on fluid, the body compensates by bringing fluid back out of the kidneys and by slowing the loss of water through the skin, Valtin said. Thirst kicks in long before dehydration starts, he added.

"It does it very quickly and very accurately and it does so in minutes," Valtin said.

He said he and colleagues became concerned after seeing dozens of newspaper and magazine articles urging people to sip water all day. "I started talking to my colleagues and asking them 'Do you know of any evidence for this?'. Invariably, they said, 'No I think it's a myth'," Valtin said.

The journal asked him to review all the scientific studies he could find and he concluded that someone misinformed has been telling people to drink large amounts of water when most do not need to.

"I am referring to healthy adults in a temperate climate leading a largely sedentary existence," Valtin said. "Persons with certain diseases must have large volumes of water -- kidney stones are probably the most common example."

The rest can just drink enough to slake thirst -- and this includes coffee, tea, and even beer -- despite their diuretic effects, Valtin said.

He hopes people will be relieved of the guilt of not getting enough water, and of the expense of buying bottled water to drink throughout the day.

"There is also the possibility that if you drink a lot of water that happens to be polluted then of course you get more pollutants," Valtin said.

"Then there is the inconvenience of constant urination, the embarrassment of having to go to the bathroom all the time," he added.

And overdoses of water can cause water intoxication that can lead to confusion and even death. Water intoxication is one deadly effect of taking the drug Ecstasy, for instance, because it makes people thirsty beyond their physical needs.

**Tour de Moore Century Ride, September 2, 2002** report by John Price

103 miles, 4 hours, 36 minutes (22.3 mph), 3 bottles of water and one energy bar

This was the 13th edition of this 103 mile bike ride, which is held on Labor Day of each year. The course follows the Tour De Moore road race, which is held in the Spring of each year. The start/finish area is at the Campbell House recreational area in Southern Pines.

I'm guessing that about 100-120 riders started out in the front group on this route which features lots of flat with a few rollers. Although this is a fun ride (vs. a race), the pack had the usual antics of a race. I personally watched three riders fall down, although none appeared too serious. Between the 62 and 75 mile marks, a number of different attacks were launched, until finally a two-man break went clear, with another three riders just behind. With the breaks out of sight, the pace moderated again and I was able to hang on. And yet even another rider managed to fall down, even though the pack had dwindled down to about 30 riders. Even after sucking wheels all morning, I was still about the weakest rider left in the front group, so I was grateful for the tow back to the finish.

My only regret was that I didn't pack another water bottle and banana, because if you choose to stop on this ride, you're forced to watch a lot of good wheels roll away.

*As many are aware, Mount Pleasant cyclist Chris Harkey won the National Championships for the Masters Class (ages 30-34), and recently competed in the World Masters Championships held in Austria. The following is reprinted from the Independent Tribune, and is an excellent article. Particularly worth reading is the second part, which is from Harkey's diary. Although the Tribune headline reads differently, all of Chris' fans are thrilled by what he accomplished in competing overseas. -John Price, editor*

## **Harkey journey ends in disappointment**

By Beth Snead, Independent Tribune Sep 2, 2002

Were it not for the high school football team on a 2-0 winning streak, today Mount Pleasant would feel a little like Mudville back when the Mighty Casey struck out.

Hometown cycling great, national masters champion and world championship hopeful, the Mighty Chris Harkey placed 19th in the race for the world title Sunday in St. Johann, Austria.

Readers of the Independent Tribune contributed nearly \$6,000 to send Harkey and his Greenville, S.C., Fairway Saab teammate Pat McCallion to the world championships to race, and Jim O'Brien of Kannapolis' the Right Gear cycling shop to serve as technical director and mechanic for the cycling duo.

Harkey's eye was set on the road race, while McCallion gunned for the time trials.

McCallion's hopes were realized Wednesday when he added World Masters Time Trials Champion to his title of U.S. national champ.

Harkey's dream was dashed by cold weather, rain, a slippery track, his teammate's crash and an Italian race contingent nearly three-dozen strong.

Harkey, 30, is the son of Paul and Rose Harkey of Mount Pleasant.

The Harkeys were disappointed for their son, but justifiably proud for him to compete and represent the U.S., said Paul Harkey.

"Better luck next time, that's all I can say. It's still an honor for him to be able to get over there and do that race. When his teammate crashed, that just threw him for a loop."

**Chris' personal comments, continued on next page ...**

## Continued from Chris Harkey article on previous page ...

The following are the last dispatches of the Chris Harkey diaries from St. Johann, received Monday (Sept 2, 2002) afternoon:

### **Saturday August 31, 2002**

Today was the last training day before the big race. Weather was beautiful, like it has been all week. Pat and I thought we would take a ride back to our favorite town, called Going. Now that we know how to find it, it has become our favorite route to ride.

Judy and Jim did all the grocery shopping to prepare for the pre-race meal for tonight.

Jim is showing me a great new way to prepare chicken. Since I normally eat chicken just plain, we decided that cooking apples with the chicken is my solution. Believe it or not, this is actually pretty good and healthy.

After supper, we decided to go down to the Catholic Church in the middle of St. Johann for Saturday mass at 7 p.m. We knew everyone would be praying for our race and our safety during the event, but we figured we could always use the extra help.

And since I would be missing church on Sunday, I knew this would make my family very happy. After church we watched a little of the bike race -- a crit (criterium) that was held downtown that was not a championship. It was a small-scaled European crit race, but it was still hard to just watch and not race. There were a lot of spectators.

Tomorrow, we're hoping for great weather, so we can go out and finish the job we came here to do. I think everything's in place. The bikes are clean and fast, thanks to Jim. We have been eating the right foods and getting the proper rest we need to do our best.

It's show time. We thank you again for all your support and help. Keep us in your prayers and keep riding your bikes.

-- Chris Harkey

### **Sunday Sept 1, 2002**

5:30 a.m. -- Wake up call from Jim & Judy. Pat and I get up and stumble our way to the kitchen. Jim has already gotten up 30 minutes early to prepare our breakfast. For breakfast we had eggs, toast, and raisin buns from the bakery.

As we were sitting at the breakfast table, Jim opens a window and says, "Listen, it's raining." Then he goes, "No, I mean it is really raining." Much to Pat's and my surprise, it was raining really hard.

So I look at Pat and say, "It's gonna be a long day." Oh well, that's bike racing. It was pretty all week and I guess our luck had to run out sometime. This still didn't change our race plan and most of all, our attitudes about winning the race.

Pat and I roll away from the house and meet Jim and Judy at the start line. We huddled underneath one of the many village shop awnings along the start/finish line to keep dry. We knew going into the race that the heavily favored Italians would be our toughest competition.

The Italians are well known for their strength in numbers; and out of 89 starters, approximately 36 were Italian. I think that anyone who has raced with me will tell you, I respect other racers. But, I've raced against plenty of Italians in the past three years and it's really hard for me to respect their race behavior. So after saying this, it was time to give it our best shot.

As the race began, the Italians did exactly what we thought they would: go really hard from the get-go. By sending one of the riders at a time and making the other teams chase, they were going for an early breakaway.

Believe me, this course was hard enough that Pat and I knew we didn't want to be a part of an early breakaway. Our plan was for Pat to keep the race together for the first half of the race. No matter what was going on, and how bad we felt, we would stick to this plan. This is exactly what we did.

Pat was the thorn in the Italians' side. Every time the Italians tried to go, Pat chased them down. I, who was sitting in, was amazed at how well Pat was doing his job. Thirty miles into the race, I knew it was time to move up. As I approached Pat at the front, he didn't have to say a word. I could see it in his face, that he had given me everything that he could -- and I wasn't going to let him down.

We began the longest descent for the second time, and Pat had found a second wind. This was critical. Pat had recovered and was ready for one more round with the Italians. As we approached the bottom of the descent, we had to make a very wet and slippery right turn.

At this point, it was raining so hard that it was stinging us like bees. Next thing I know, bikes are falling! I'm hitting the brakes but only going faster. I have no choice but to head straight for the crash. As I'm getting through, with only having to stop, I notice one of the riders down is Pat.

There was nothing I could do, the race was heading up the road. One thing bad about bike racing, they don't stop when you crash. I knew Pat wasn't hurt seriously. So I was able to continue knowing I had to give it my all for us both. (And everyone else back home.)

I would spend the next lap and a half chasing the Italians myself. No matter how hard I went, or how slow I went, no one was going to work with the Americans. A breakaway of four men went clear of about 30 seconds. With 10 miles to go. There was no question at this point, the rest would be racing for 5th place. As everyone back home knows, I am not a field sprinter.

I knew my only hope would be to wait and jump with one kilometer to go. I did just that. It was a beautiful move and I would have to say, on most days I would have held them off.

As I was sprinting for the line, I couldn't feel anything in my legs. The cold temperatures of 40 degrees Fahrenheit and rain the entire time had caught up with me. No matter how hard I tried, I was in slow motion. The field started passing me with only 150 meters from the line.

In about 3 seconds, I went from 5th to 19th.

I want each and every one of you back home to know I gave it 100 percent of everything I had. It just wasn't my day to win. There's no excuses and I'm sorry I couldn't bring back a championship.

We knew before we ever got on the plane to come here, that one out of the two championships we would win. Pat is the 2002 Masters World Time Trial Champion. For me personally, it has been an awesome experience.

Pat and I would have never had this opportunity if it weren't for all the help from all the people who wanted us to go there representing North Carolina and the U.S.A. I let them down this time. I promise you next year I won't.

See you on the road.

-- Chris Harkey

# Carl Andersen Memorial Press On Regardless



## Metric Century Bike Ride

64, 41, & 21 mile options

presented by the Gaston County Cyclists

PO Box 122 Lowell NC 28098

**Sunday, October 13, 2002**      **Ride Start: 1:30 p.m.**

registration (day of event only): 12:30 p.m. – 1:30 p.m.



Cost: \$6.00 (\$5.00 GCC members)

Start/Finish: *Crowders Mtn State Park*  
Sparrow Springs Rd entrance

**Ride Description:** Ride begins at the main park entrance for Gaston County, NC's *Crowders Mountain State Park*. All riders will start together. The routes all follow rolling terrain, and the 63 mile route passes through the historic Kings Mtn Battleground national and state parks. All three routes include the short but steep Pinnacle Rd hill, just before returning to the finish at Crowders Mtn State Park.

Ride support will include a marked route and rest stop (s) – 1 stop on the 21 mile route and 2 stops on the 41 & 64 mile routes.

This route is open to traffic, all riders must wear helmets and **obey all traffic laws**.

### **Directions to Crowders Mountain State Park, NC:**

If you're travelling North on I-85 from South Carolina, take the Hwy 74 East exit (exit #10). After about 1 mile, you will see a sign for *Crowders Mountain State Park* directing you to turn right onto Sparrow Springs Rd. Continue on Sparrow Springs Rd about 3 miles until you arrive at the park entrance.

**Note: in order to stay on Sparrow Springs Rd, you will have to make a right turn about ½ mile before arriving at the park entrance.**

If you're travelling East on 74 to Gaston County, you will see a sign for *Crowders Mountain State Park* approximately 2 miles after you pass the city of Kings Mtn. This sign will direct you to turn right onto Sparrow Springs Rd, and in approximately 3 miles you will arrive at the park entrance. **Note: in order to stay on Sparrow Springs Rd, you will have to make a right turn about ½ mile before arriving at the park entrance.**

If you're travelling to Gaston County on 321, take 321 to I-85, then take the I-85 South exit. Travelling South on I-85, take the Edgewood Rd exit (exit #13), and turn left onto Edgewood Rd. Go about 1 mile, and turn right onto Hwy 74. Travelling West, in about 1 mile you will see a sign for *Crowders Mtn State Park* directing you to turn left onto Sparrow Springs Rd. Turn left onto Sparrow Springs Rd, and continue about 3 miles until you arrive at the park entrance. **Note: in order to stay on Sparrow Springs Rd, you will have to make a right turn about ½ mile before arriving at the park entrance.**

If you're travelling South on I-85 to Gaston County, then take the Edgewood Rd exit (exit #13) and turn left onto Edgewood Rd. Go about 1 mile, and turn right onto Hwy 74. Travelling West, in about 1 mile you will see a sign for *Crowders Mtn State Park* directing you to turn left onto Sparrow Springs Rd. Turn left onto Sparrow Springs Rd, and continue about 3 miles until you arrive at the park entrance. **Note: in order to stay on Sparrow Springs Rd, you will have to make a right turn about ½ mile before arriving at the park entrance.**

For additional information, call Chuck Richardson at 704-827-3191 (C&M Interiors, 10-5 M-F), or contact the Gaston County Cyclists' newsletter editor by e-mail at [coastineditor@yahoo.com](mailto:coastineditor@yahoo.com).

For information about *Crowders Mountain State Park*, call 704-853-5375. **This number is for park information only.** Park rangers are graciously allowing us to use the parking area for start/finish, but they do not have ride information. There is a trail head at the parking area, with several good hiking trails from easy to strenuous available. Mountain biking is strictly prohibited on all trails.

**In Memory of Carl.** Carl Andersen, a local rider active in both the *Gaston County Cyclists* and the *Rock Hill Bicycle Club*, was tragically killed on a club ride during a sudden thunderstorm in July of this year. Carl loved to ride the bike, and had even made complimentary remarks about the name "Press on Regardless." Carl would want everyone to continue riding, and so we ride in his honor and memory.

# **Gaston County Cyclists/Gaston Road Runners**

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P.O. Box 122, Lowell, NC 28098

**Join the *Gaston County Cyclists Now!*** Benefits include the monthly *Coastin'* newsletter, and a 10% discount at Cycling & Fitness, Gastonia, on stock, regularly priced merchandise (excludes complete bikes and special orders).

## **Gaston County Cyclists & Gaston Road Runners MEMBERSHIP APPLICATION**

**Membership Fees: \$10 Individual / \$15 Family (Payable to: GCC)    Mail to: P.O. Box 122, Lowell, NC 28098**

<b>Name:</b>	<b>Additional Names:</b>
<b>Street</b>	
<b>City:</b> <b>State</b> <b>Zip</b>	
<b>Phone</b>	
Please list any interests you have (i.e. running, cycling, walking) & events you've participated in (just a few), that we might include in our next newsletter.	