

# Coastin'

August 2002 Newsletter of the Gaston County Cyclists/Gaston Road Runners  
www.gastoncountycyclists.org

## Club Cyclist Killed on Monday Night Ride

Club member Carl Andersen was killed tragically on July 22nd in a collision with a wind-blown tree. Along with five other club members, Carl was cutting short the usual Monday night route as the result of a sudden thunderstorm, when the tragedy occurred on Riddle Mill Rd. Prayers & thoughts of concern have been extended by members of several area clubs, including the *Rock Hill Bicycle Club*, the *Tarheel Cyclists*, and the *Cannonballers*. As Carl had participated in the Multiple Sclerosis Ride to the Beach, the *Gaston County Cyclists* have made a memorial to the MS Society in memory of Carl.



### In Loving Memory Carl Andersen pictured at Dog Days of Dallas July 14, 2002

photo by Joseph Yandel

Having ridden several thousand miles already this year, Carl was active in both the *Gaston County Cyclists* and the *Rock Hill Bicycle Club*. Among other rides, he rode this year's *Assault on Mt. Mitchell*, a 102 mile event which because of extreme weather has been described as the most difficult in the event's 27 year history. Carl was a man's man, having grown up with three brothers. He worked outdoors for the Rock Hill School District, and enjoyed doing "guy" things in the outdoors with his son Carl, such as hiking, and riding motorcycles. Yet he enjoyed a loving relationship with the women in his life, his wife Kim & daughter Brenda (also an avid cyclist), centered around their church, the Family Christian Center of Gastonia.

On a personal note, I first met Carl this past Memorial Day when we rode in a small group for about 3 hours in York County. When Carl spoke, you respected what he said, and he turned the pedals on his bike with ease. Carl had many long-time friends in the cycling community, but for me he represented what I like most about our hobby – the prospect of making new friends and sharing new adventures together. Bonds develop amongst us that journey and struggle together, bonds that last forever. Carl will be missed. -editor, John Price

Our next club meeting will be on Monday August 5th, 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 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. The rooms on hold for our club at the Ridge Top Motel expired July 14th, however, there may still be rooms available. Call now to make reservations at 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.

### **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.

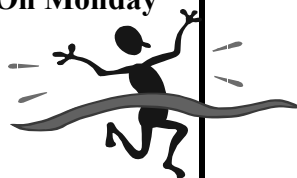
Saturdays & Sundays, **start 7:00 a.m.** – New Hope Baptist Church, a group regularly meets for friendly, no-drop rides.

### **New Members**

The following have joined our club recently: Bob Rollins, Dallas; John Medlin, Donny Hicks, Gary Lutz, Jim Ratchford, Ben Cockfield, Jim & Flo McCarthy, all of Gastonia; Chris & Dana Fiehweg, Cramerton ; Raymond, Tina & Ashan Davis, Lincolnton; Barbara Ward, Shelby. **Welcome to our new members!**

### **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.

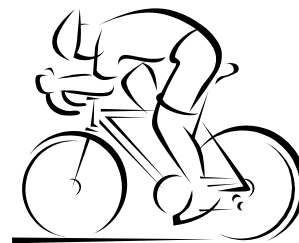


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**Results ~ Cycling**

**Lowes Motor Speedway Time Trials  
 (event sponsored by Speedway President Humpy Wheeler  
 & the Tarheel Cyclists)**



**June 28, 2002**

<u>Rider</u>	<u>Time</u>	<u>Place in category</u>	<u>Average Speed</u>
Blair Craig	22:59	4 <sup>th</sup>	26.11 mph 1 <sup>st</sup> time under 23"
John Price	30:29	20 <sup>th</sup>	19.68 mph
Ray Phillips	29:36	20 <sup>th</sup>	20.27 mph
Les Lemley	29:45	21st in cat	20.17 mph
Jamie Newton	25:07	6 <sup>th</sup>	23.89 mph
Reese Wilson	23:42	2 <sup>nd</sup>	25.31 mph
Joe Price	27:13	12 <sup>th</sup>	22.04 mph
Jack Lamarre	28:07	3 <sup>rd</sup>	21.34 mph
Nanci Lamarre	35.11	1 <sup>st</sup>	17.05 mph

**July 25, 2002**

<u>Rider</u>	<u>Time</u>	<u>Place in category</u>	<u>Average Speed</u>
<b>Nanci Lamarre</b>	<b>34:07</b>	<b>1<sup>st</sup></b>	17.6 mph
Jack Lamarre	28:07	3 <sup>rd</sup>	21.0 mph
John Price	23:47	6 <sup>th</sup>	25.2 mph (personal record)
Sam Jenkins	26:14	13 <sup>th</sup>	22.9 mph
Tommy Jones	24:44	5 <sup>th</sup>	25.3 mph
Jay Beam	24:12	2 <sup>nd</sup>	24.8 mph
Terry Arnold	24:23	3 <sup>rd</sup>	24.6 mph
Reese Wilson	23:17	2 <sup>nd</sup>	25.8 mph
Joe Price	27:14	12 <sup>th</sup>	22.0 mph
Robert Helton	29:11	18 <sup>th</sup>	20.6 mph
Humpy Wheeler	29:33	6 <sup>th</sup>	20.3 mph

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

565 riders. Additional results missed in July newsletter:

Mike Knapp 5:18, 25<sup>th</sup> overall;

Steve Overstreet 8:12, 360<sup>th</sup> overall

**Charlotte Mountain Bike Series**

Margot Rott: July 17th, 3rd in Expert Women

**Fabulous 4th Metric Century, July 4th, 2002, Tryon, NC 62 miles**

Terry Herrington, John Price, Mike Burgess, Brenda Anderson, Carl Anderson, Steve Overstreet, Margot Rott,  
 Troy

Bush, Hal

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 • Have you noticed the improved print quality in this issue's Coastin'? It's the result of a  
 • photo-quality printer donated by Annie Price of Raleigh, NC. Thanks, Mom!  
 •

-John Price, edi-

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### **Triathlon Results**

Latta Plantation Triathlon Huntersville, NC 6/08/02

Sam Jenkins Swim: 305th 22:30, Bike: 161st 1:03:52, Run 289th 30:24, overall 249th 1:56:45

Lake Hickory Triathlon Hickory, NC 6/29/02

Sam Jenkins Swim: 177th 17:18, Bike: 89th 44:49, Run: 177th 32:24, overall 140th 1:34:30

### **Upcoming Running Events ... courtesy of Paula Weant**

Aug 3 – Accelerate to Educate 5K – Boone, NC – 828 266 1062

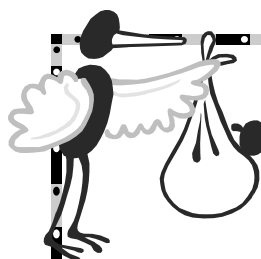
Aug 10 – Dilworth Jubilee 5K – Charlotte, NC – 704 358 0713

Aug 17 – Soldier’s Reunion Run 5K – Newton, NC – 828 465 7470

Aug 10 – Great Waldensian Footrace 5K & 10K – Valdese, NC – 828 879 2116

Aug 24 – Run For Fun 8K – Boone, NC – 828 265 3865

Aug 24 – Maggie Valley Moonlight 8K – Maggie Valley, NC – 828 926 1686



**Congratulations to member Sid Proud and his wife on the birth of their son, Ryan Jacob, born March 22, 2002. Sid assures us that Ryan is already a cycling fan, and has enjoyed watching (along with Dad) Armstrong’s repeat victory in the Tour de France.**

**For Sale, Club Jerseys at Cycling & Fitness Bicycle Shop, Gastonia**  
■ Gaston County Cyclists short-sleeve jerseys, \$60, sizes available men’s medium, extra-large,  
■ & double extra-large. Call shop at 704-865-5471 for availability.

### **August Tip: Be Prepared for a Flat**

Think you’re prepared for a flat out on the road? Don’t be so sure. Check that spare tube! If the tube you’re carrying has been in your saddle bag over a year, it might have dry rotted. Remove it periodically and check it for damage, or safer yet, replace it once a year, and carry an extra. This reminder comes courtesy of tire expert Doug Fleming, a.k.a. **Mr. Nobody** of Mr. Nobody’s Tire and Auto Service, Gastonia.

## Upcoming Cycling Events

### **Time Trials Lowe's Motor Speedway (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](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.

### **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](mailto:coastineditor@yahoo.com), or link to the ride from our club website at [www.gastoncountycyclists.org](http://www.gastoncountycyclists.org).

### **Soldier's Reunion Ride Sunday, August 18, 2002** Newton, NC

Annual event, various route lengths available. Information will be posted on our website at [www.gastoncountycyclists.org](http://www.gastoncountycyclists.org) as soon as possible.

### **Tarheel Cyclists Fall Century Saturday, Sept 7, 2002** (rain date Sunday, Sept 8th)

100, 62, & 35 mile options. Pre-register at [activezach.com](http://activezach.com) \$12 + fee or day of event registration \$17. Weddington High School, Weddington, NC. Registration 7-8 a.m. 8 a.m. 100 mile ride begins, 8:15 a.m. 62 mile ride begins, 8:30 a.m. 35 mile ride begins. Check website [www.tarheelcyclists.org](http://www.tarheelcyclists.org), or e-mail [ebanks@carolina.rr.com](mailto:ebanks@carolina.rr.com) for more information.

## Dog Days of Dallas Metric Century Ride Report – Sunday, July 14<sup>th</sup>

Despite the threat of rain, 112 riders registered for this year's annual version of Dog Days. Unfortunately, only 15 minutes into the ride, a rain shower began and lasted for about a half an hour. Once the rain ceased, however, conditions were actually more favorable than is traditional for this ride, as the clouds kept the temperature moderate for July.

Five new members joined at the event. As is tradition, all riders were treated to pizza and soda after completing the ride.



Thanks go to Jack Moore, club president & co-manager of Cycling & Fitness, for organizing the ride. Thanks especially to the many volunteers that manned registration and the rest stops, and made the day fun for so many. These volunteers included Paula Finney, Sam Jenkins (with his sons), George & Wendy Pender, Beverly & Doc Bradshaw, Leanne & Stephen Dow, Sid Proud, and Hal & Charlene Angel.

**Thanks again for a great ride!**

## Dog Land (contributed by Steve Overstreet)

Whenever dogs confuse me (which isn't very often, anymore) I simply head for Dog Land, where all dogs always are. Geographically speaking, Dog Land has something to do with where the front porch is. The front porch is in the center. By leaving the porch at any time in any direction, and going and going until you get tired or distracted, you can test the geographical boundaries of Dog Land. Dog Land is a state of mind - a dog's state of mind!

From a dog's point of view a cyclist is a moving thing. And since it is moving and not paying attention (to the dog, of course!!!!!!), that moving thing must be 'hindered' -- distracted, slowed down, turned around, whatever! Anything but ignored and left alone. 'Hindering' is what dogs are meant to do. That's how Lassie herds the sheep and keeps strangers from getting near little Timmy. It's lots of fun for one dog but lots, lots more fun with another dog or two. City dogs usually know better. They are kept on the end of a leash, or locked up, or kept behind a tall fence. They either know better, or else the first car that doesn't pay attention to all that hindering squishes them.

Here's what dogs like to do. They jump out unexpectedly. They suddenly bark. They jump in front of your wheel. They may even try to nip. They run in great curving arcs, timing everything out to arrive just ahead of your front wheel, with just enough speed left over to get out of the way. If there are two dogs involved, one will always be behind the other one, and the second one will be trying to get 'on the other side.' They are trying to hinder you - to keep you from passing along the way you want to pass along.

Will shouting do you any good? Hmmmmmm ..... Think about what the basics are at K-9 Kollege, not to bark, not to nip, not jump 'up on'. Sit, be still, lie down, STAY!!!! STAY!!!! STAY!!!! And take it from me; it's hard to teach a dog to STAY!!!! STAY!!!! STAY!!!! no matter who or what is out there. Only the elite few in Dog Land ever get a postgraduate degree in 'STAY!!!!' You can scream all you want at a dog; it still won't obey. It's not in its nature to obey. If 'STAY!!!!' was what dogs were designed to do, there wouldn't be Dog Land!

Here are some rules to help you get by in Dog Land:

1. If you're in a herd (of other cyclists, I mean) do what herds have always done. Put the strong ones between the dog and the weak ones. Let the dog spend all its time hindering the strong, experienced rider while the weaker, inexperienced, more timid rider slides by.
2. Ignore all dogs. Know where they are and where they might be, but don't pay them any mind. Don't make eye contact. Once your gaze is fixed on the dog, it has the upper hand. Keep it in your peripheral vision, and don't forget about it, but ignore it, snub it, pay it no mind - no matter what else it might do.
3. Herd advice #2: Spread out! Give everybody lots of room to take evasive action. Break up your pace line. Be ready to open a few gaps. Do these moves naturally, and don't lose the strength of the herd - which is numbers. But don't let a troublesome pooch take out two cyclists with one move.
4. Ease your pace and move toward the center of the road. Get room and speed to maneuver. Once a dog gets going, it can't change direction very well. Your ability to suddenly speed up, and to counter-move left or right is your way to get by. Pick an easy gear: you may need to sprint a few yards.
5. Do that Zen thing and be like moving water: you may go this way or that way, but you will always go forward with the current. Dogs, even the strongest, meanest, and most motivated ones, are not likely to stay in the hunt for more than about 5 minutes.
6. A cyclist is always better off than a pedestrian. Don't become a pedestrian. If you do, keep the bike between you and the dog.
7. Don't move, counter-move! Don't move away from the dog; move away from where the dog wants to be. For instance if the dog is moving from left to right, you should wait, then steer from right to left -- go 'behind' the dog! Dogs don't maneuver well, particularly when they are running. By making them change speed and direction, you are getting the upper hand - and tiring them out!
8. If you or anybody you are with gets injured because of a dog, make sure you find the owner. Dogs aren't supposed to hurt people, and if they do, their owners are expected to make it right. Be nice about it, but don't hesitate to go to the cops, if necessary. That's not a Dog Land rule, that's a North Carolina law!

One last Zen kind of thing, Grasshopper! Be calm and confident in dog land. And why shouldn't you be? In a few minutes you'll be gone, but the poor old pooch must stay in Dog Land forever!

# **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.	