

Coastin'

Our next club meeting will be on Monday June 3, 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

New Members

Grady Hall, Charlotte, NC: Enjoys running, road & mtn biking, has completed Marine Corp Marathon & other runs, works for Trane Co. Welcome, Grady!

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.

Cue sheets for the weeknight courses available at www.gastoncountycyclists.org

Thursday Night Alternate Ride

In conjunction with *Downtown Live! Gastonia*, an alternate Thursday night ride will take place on the following two special dates: **June 6**, and **June 20**, 2002, 6:00 p.m. Start/Finish is the parking lot behind Bits & Pieces, at the corner of Marietta St & Main Ave, downtown Gastonia. The ride will take Marietta to Dallas, and will continue North of Dallas, to eventually loop back. The route is approximately 28 miles.

Run Schedule



Mondays & Thursdays (run)
6:00pm, Food Lion (next to Ashbrook High) South New Hope Rd, Gastonia, pace & distance to be determined by runners that show up.

In This Issue

- Page 1 meeting info, ride & run schedule, new members
- Page 2 cycling results
- Page 3 cycling results continued
- Page 4 triathlon, running results, upcoming run events
- Page 5 upcoming cycling events
- Page 6 upcoming cycling events continued
- Page 7 Dog Days Flyer

Results ~ Cycling

Lowes Motor Speedway Time Trial May 9th, 2002 (event sponsored by Speedway President Humpy Wheeler & the Tarheel Cyclists)

Reese Wilson Repeats With 2nd Win as Fastest in Category!

The 161 participants of this time trial were confronted with a steady 12 mph wind, which resulted in riders typically reaching speeds on the wind-aided backstretch in the 30-35 mph range, only to be slowed to a 17-20 mph crawl on the front stretch.

| <u>Participant</u> | <u>Place In Category</u> | <u>Time</u> | <u>Overall Placing</u> |
|--|--------------------------|--------------|---|
| Amy Cecil | 2 nd | 26:59 | 95th |
| Flo McCarthy | 2 nd | 30:35 | 136th |
| Chris "Bo Duke" Harkey | 1 st | 19:46 | 1st |
| Ron Hutchins | 5 th | 24:05 | 43rd |
| <i>(special thanks to Suzanne Clemmer for lap counts and splits)</i> | | | |
| Tommy Jones | 7 th | 24:28 | 50th |
| John Price | 8 th | 24:58 | 55th |
| Robert Helton | 16 th | 30:38 | 138th |
| Jay Beam | 6 th | 24.42 | 53rd |
| Sam Jenkins | 13 th | 25.56 | 78th |
| Tim Holsclaw | 21 st | 27:08 | 100th |
| Ray Phillips* | 28 th | 29:35 | 129th *congratulations to Ray on his first time trial |
| Reese Wilson | 1st | 23:28 | 34th |
| Jim McCarthy | 14 th | 29:46 | 131st |
| Jack LaMarre | 2 nd | 28:59.75* | 123rd *Way to fight for that 1/4 second! |
| Humpy Wheeler sponsor extraordinaire | 4 th | 31:41 | 147th |
| Roy & Dan Peche Tandem Category! | 4 th | 31:09 | 142nd |

Meck. Senior Games Bike Time Trials, Charlotte, NC Monday, 20 May 2002

Representing the Gaston County Cyclists were Jack and Nanci LaMarre, who won all three of their races and consequently placed first overall in category as well. Nice going, Jack & Nanci!

1 Mile Time Trial MPH

Jack 03:16.7 17.86 1st in age group 65 to 69

Nanci 04:15.8 14.08 1st in age group 60 to 64

5K Time Trial MPH

Jack 09:47.4 18.99 1st in age group

Nanci 12:58.7 14.33 1st in age group

10K Time Trial MPH

Jack 20:41.22 17.98 1st in age group

Nanci 26:28.60 14.05 1st in age group

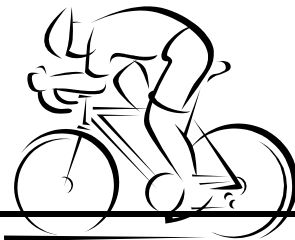
Jack's note about the course: The mile was up hill the whole way, and stinks! The 5K and the 10K were rolling loop courses that were enjoyable.

Jack and Nanci now move on to the state finals, in Raleigh in October, which are qualifiers for the Nationals.

Results ~ Triathlon

Cheraw Sprint Triathlon Columbia, SC May 26, 2002

John Medlin, 42nd in swim 13:33, 77th in bike 50:41, 41st in run 22:17,
58th overall out of 107, total time: 1:26:30



Results ~ Running

Run for Hope 10K, Winston Salem, NC – Paula Weant (2nd in age group) & Jim Weant, both 51:00.

New River Trail 10K, Galax, VA – Suzanne Clemmer (first female), Ronald Hutchins (2nd in age group), Jim Weant (1st in age group), Paula Weant (1st in age group), Reese Wilson.

Watauga River Run 5K, Valle Crucis, NC – Jim Weant 21:30, Paula Weant 24:08 (2nd place female in master's division – won a pair of New Balance running shoes).



Upcoming Running Events courtesy of Paula Weant

June 7 – June Bug 5K – Concord, NC – 704 920 3356.
June 15 – James K. Polk 5K - Charlotte, NC – 704 358 0713.
June 22 – VBS 5K - Hickory, NC – 828 328 2031 ext. 319
June 28 – Main Street Lamplighter 5K – Monroe, NC – 704 292 1705
June 29 – Summer Breeze 5K – Charlotte, NC – 704 358 0713
July 6 – Firecracker 5K Run – Kannapolis, NC – 704 782 0932 ext. 17
July 13 – Habitat Cabarrus 5K – Concord, NC – 704 786 4001
July 13 – Athletic Quilt Street Light 5K – Morganton, NC – 828 879 2073

Thanks go to Wendy Pender, our club's computer guru, for helping the newsletter editor embark on the use of Microsoft Publisher for producing the newsletter. Although it will be a slow learning process, this new program will eventually give the club a better looking and more organized newsletter.

Upcoming Cycling Events

Three Mtn Metric, Saturday, June 1, 2002

Where: Start and finish at Pilot Mountain Civic Center

Time: Registration starts at 7 AM, Riders off at 8 AM

Length: Either a 35-mile rolling loop or the 67-mile three mountain loop

<http://home.triad.rr.com/threemtnmetric/> or Contact: Harry Wilson
son5@triad.rr.com



(336) 368-2657, hwilson5@triad.rr.com

Tour d’Pets, Shelby, June 1, 2002

Annual event, nice route, sorry Coastin’ doesn’t have information on this ride – judging by the name, there must be lots of dogs to cheer you along as you ride up the hills.

Murray’s Mill Bike Ride Saturday, June 8, 2002

Murray’s Mill, Catawba, NC. 8:00 a.m. start. Options of 15, 30, or 65 miles. Day of event registration is \$20. Registration begins at 7:00 a.m. Rain or shine! For information, contact Kathy McAllister 828-464-7730 or e-mail katmcallister@yahoo.com or Kenyon Kelley kkelly@heritagealliance.org.

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

Sorry for the late notice, details of this ride have just come together at the last minute. Start at Parkdale World Headquarters, Cotton Blossom Dr, Gastonia. End 97 miles later at Land Harbor development, Linville, NC. Ride includes a 13 mile long climb near the end. Plan for Sunday includes a hike, lunch together, and the drive back to Gastonia. Ride is unsupported, but que sheet will be provided and stores are along the route. Lodging is available in Linville. For information on places to stay, and the availability of return transportation, you must contact Jim Weant at 704-865-6193 (call before 8:30 p.m. and leave message if no answer).

7th Annual Ride For Pride Saturday, June 8 at 8am

Join the Cannonballs Cycling Team on for this cycling event, which is fully supported and offers a half- and full-metric. For event details, registration, and related information, visit the Cannonballs website at: www.cannonballs-cycling.org.

Time Trials Lowe’s Motor Speedway (June 12, June 28, July 25, August 20, September 25)

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 is recommended ~ obtain information by checking the website, www.tarheelcyclists.org, regularly in the week before the event you wish to enter. If you don’t pre-register via e-mail, show up early to obtain entry! Event sponsored by the Tarheel Cyclists and Humpy Wheeler of Lowe’s Motor Speedway. 10 miles long. \$5 members, \$8 non-members. 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 you 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 you 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.

Blood, Sweat & Gears (Saturday, June 22, 2002) This is an awesome 100 mile and 42 mile ride in Watauga County! New for 2002 are timing ankle bracelets which each rider will wear. Start /finish is at Valle Crucis School, which is about 20 minutes from Boone, NC). Sponsored by the Watauga Red Cross. This route covers beautiful mountain roads and is as well-supported ride as you can imagine. For more info contact: <http://www.bloodsweatandgears.org>, phone: 828-264-8226, or write BS&G 842 West King St Suite 18 Boone NC 28607.

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.*

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

Sponsored by the Gaston County Cyclists!

Date: Sunday, July 8th

Time: Registration 7:00 am – 7:45 am; Ride starts at 8:00 am

Location: Courthouse Square, Dallas Cost: \$7 for GCC/GRR Members; \$10 for Non-members

Course: 25-, 46- & 65-mile routes

Sunday, July 14th, Gaston County Cyclists will host the Dog Days of Dallas ride. Many years, this is our most well attended ride, and there were 152 participants in last year's event. There will be three courses to choose from: 25-, 46- and 65-mile routes. The ride will have two water stops (one on the 25-mile route), stocked with water, cookies and fruit. The ride will start and finish in downtown Dallas at the courthouse square, with free Papa's pizza and drinks at the finish. All turns will be marked and a SAG vehicle will patrol the course. For more information, see the flyer enclosed call Jack Moore (Cycling & Fitness Bicycle Shop, Gastonia) at ph) 704-865-5471 10-6 M-F; 9-5 Saturday, or contact the newsletter editor at coastineditor@yahoo.com.

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!

Mountain Bike Weekend, Bryson City, NC ?

The club still hopes to schedule its annual mountain bike weekend in Bryson City, however, details have not yet been settled. Traditionally, we block a group of rooms at the Ridge Top Motel for Friday and Saturday night, and then allow interested parties to call and make their own reservations. Possible activities include mountain biking in the Tsali Recreational Area, rafting on the Nantahala River, tubing in Deep Creek, and hiking in the Nantahala National Forest. Look for details in the July newsletter for this trip which hopefully will be scheduled for late July or August.

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, register now! 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 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 .