

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 (Last time for 2002!) before Oct 7th 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

Ride Schedule

Daylight Savings Time Ends Sunday October 27th!

Thursday, October 24th will be the last weeknight ride, until Spring of 2003 ☹

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”

Sundays – start 1:30 p.m. – beginning November 3rd – Forestview HS, S. Union Rd (approx. 35 miles) course marked with “S.” This is a new course, which will travel mostly on roads which are not used on the M & W routes.

New Members For October

Carl Simms, Gastonia; Mark Roll, Bessemer City (Has done MS 150 Breakaway to the Beach)
Alan Klein, Gastonia; Edith Ann (Edie) Chapman, Bessemer City; David & Mary Zugelder;
Charles Maner

Welcome to the club!

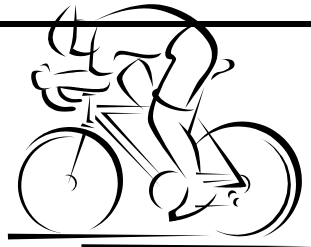
Run Schedule~Beginning Now!

Effective October 1st, run on Tuesdays
& Thursdays at 6:00 p.m. from Food
Lion on South New Hope Rd
(next to Ashbrook
High School) Gastonia.
Distance approximately 6 miles
and pace approximately 9 min./mile.



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Results ~ Cycling

Lowes Motor Speedway Time Trial

September 23, 2002

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

<u>Rider</u>	<u>Time</u>	<u>Avg. Speed</u>	<u>Place in Category</u>
Nanci Lamarre	34:32	17.4 mph	1st
Tommy Jones	23:44	25.3 mph	2nd
Flo McCarthy	30:34	19.6 mph	2nd
Jack Lamarre	28:39	21.0 mph	3rd
John Price	24:02	25.0 mph	3rd
Joe Price	27:09	22.1 mph	5th
Sam Jenkins	24:53	24.1 mph	5th
Jim McCarthy	29:04	20.6 mph	8th
Rob Helton	28:30	21.0 mph	10th
Humpy Wheeler	29:18	20.5 mph	4 th

!! special thanks to Mr. Wheeler, and the Tarheel Cyclists, for sponsoring another year of fantastic races!!

Unfortunately for those of us that participated, this is the last time trial of the year at Lowe's Motor Speedway.

Additional recognition should go to Blair Craig, who posted the fastest ride of the year for a Gaston County Cyclist on June 28th of 22:59, or 26.1 mph!

Cycle4Autism Saturday September 28, 2002 Shallowford Square, Lewisville, NC

Nancy Dartnall completed the 20 miler. Nice going, Nancy!

MS Breakaway to the Beach, September 28 & 29

Sunny skies, and moderate temperatures (84 deg on Saturday, and 78 deg on Sunday) made for a fantastic weekend for this annual event, which is the premier event for many riders. The National Society for Multiple Sclerosis estimated that a record 2000 cyclists participated this year.

Riders that rode from Weddington to Florence (108 miles) from our club were Sid Warren, John Price, Joe Price, Chuck Richardson, Suzanne Clemmer, Ronald Hutchins, & Chris Fiehweg. From Rockingham were Flo McCarthy, Jim McCarthy, & George Pender.

Many area riders trained & registered under the "Coasters" team name, and wore special red jerseys made up just for the ride. Many of these started together in Lugoff, SC. Doc Bradshaw has furnished a partial list of names of riders that planned to participate: Artie Newcombe, Scott Cruickshank, John Kay, Jennifer Kay, David Dickson, Tyler Dickson +, Michael Dickson, Sarah Day Dickson +, Dan Trueman, Jeff Cobb, Amy Novinc, Jim Ratchford, Linda Ratchford, Sam Jenkins, John Medlin, John Woodward, Donna Sassano, Tricia Hageman, Gary Lutz, James Cummings +, Mike Cummings, Ben Cockfield, Meritt Yackey, John Kelkenberg, James Harkey, Bill Emch, Rich Brock, Diana Brock, Doc Bradshaw (the "+" sign denotes junior riders).

Special thanks go to club president Jack Moore. As co-manager of Cycling & Fitness, a sponsoring shop, Jack worked this ride as a mechanic, and even managed to get in a few miles on the bike Sunday.



Results ... Bridge To Bridge, September 15th, 2002

Lenoir to Grandfather Mtn

A steady rain and temperatures in the low 60's scared away many riders from the 15th annual version of this 102 mile ride, but the results sheet lists 425 finishers – 21 women & 404 men. Those that did this ride won't soon forget it!

Blair Craig	5:30	25th
John Price	6:27	142nd
Gary Hicks, Jr.	8:36	394th (non-member, but Gastonia resident)

Results ~ Running

Sun Rise 10K – Morganton, NC Sept 7th, 2002

Paula Weant 50:10 (3rd in age group)

Results Triathlon

Lake Norman YMCA Triathlon August 24, 2002

JOHN MEDLIN GASTONIA NC 153rd overall. Run: 15:23 210th; bike 1:00:21 153rd; swim: 25:42 77th; 1:41:25 159th overall, 25th of 44 in category

Over the Mountain Triathlon September 7, 2002 Moss Lake to Kings Mtn, NC

JOHN CRUICKSHANK GASTONIA NC 17th in swim 27:03; 74th in bike 1:42:10; 147th in run 1:12:57; 96th overall 3:22:10

High Rock Lake July 27, 2002; Run-bike-Run

SAM JENKINS GASTONIA NC 233rd in run 26:34, 147th in bike 39:06, 247th in run 35:51; 228th overall 1:41:29, 22nd of 32 in category

Volunteer for the Carl Andersen Memorial Press on Ride

There's still room for 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.

Annual club Christmas party

Alfred & Charlie's, Monday, Dec. 2

Those that attended last year, know that Alfred caters a wonderful party, with succulent prime rib, sparkling decorations, and a festive atmosphere. Mark your calendar now for this date, and additional details will be in the November newsletter.

Lamarre & Wilson Are Series Champions at Lowe's Time Trials!

Series champions have been determined in the seven event series of 10-mile time trials held this year at Lowe's Motor Speedway. In this series, sponsored by the *Tarheel Cyclists* and Humpy Wheeler, points were assigned for the top finishers of each category, with 20 points going to the winner, 18 points to 2nd place, 16 for 3rd, and so on. The series champions were determined by taking each rider's best five scores.



The Gaston County Cyclists can boast of two series champions. Nanci Lamarre won her age category with a perfect score of 100 points. Nanci's accomplishment is especially noteworthy, since she was the only contender in her category. This speaks highly of her ability, considering that the Tarheel Cyclists have over 300 members.

(Nanci Lamarre, pictured June 28, 2002)

Reese Wilson won his category with three victories, and two other top placings. Reese did this competing in only five of the seven events.



(Reese Wilson, pictured June 28, 2002)

Additional Cycling Result ...

Tarheel Cyclists Fall Century September 7th, Saturday
Metric version, plus a few extra miles from a missed turn: Joe Price

Wheel Addict by Terry Shiels

HELP...

I'M LUSTING FOR A NEW SET OF WHEELS FOR MY BLADE, I CAN'T SEEM TO HELP MYSELF.

I KNOW WHAT YOU'RE THINKING... IT'S A DISEASE.

DO THEY HAVE A 12 STEP PROGRAM FOR THIS... MAYBE IF I COULD JUST GO TO A MEETING ONCE A WEEK, OR BETTER YET UNLOAD THIS TERRIBLE BURDEN ONE ON ONE WITH A TRAINED PROFESSIONAL... SOME KIND NURTURING SYMPATHETIC OLD SOUL WITH ACTIVE LISTENING SKILLS.

SOMEONE WHO WOULD UNDERSTAND. I NEED TO EXPLAIN HOW INNOCENTLY IT ALL BEGAN.

"Hi, My name is Terry. I am a wheel addict. I thought it would be different this time. I was innocently attending a race expo. How did I know the Zipp rep was going to be there demonstrating the new Zipp 303 Clinchers. How could I have guessed that they got the weight down to 1250 grams. IN A CLINCHER, WITH AN ALUMINUM BRAKING SURFACE. NOW THAT IS OBSCENE. How could I have guessed that one little spin around the parking lot could lead to a fixation like this. That the object of my desire would consume my waking hours. That I would go to sleep counting ZIPPS.

I was doing so well. It had been almost a year since I my last new set of wheels. Well ok, I did get those Kysriums this Spring, but I really needed them and besides I sold my 650 Rolf Pros and my Heliums to get them so it wan't like really buying a new set of wheels since I lost two sets. Hell, I'm in a net wheel deficit for the year!

And those Zipp 909's that I got last year, well, I had to trade Bobby Nixon a brand new set of HED 3's for them and give him cash to boot so it wouldn't be a lobsided trade and everyone knows Bob takes such good care of his stuff and since he got rid of his 650 bike... I just didn't want those wheels to be homeless. Bob really kinda made me do it.

Adopting them was the only HUMANE thing to do!

Ya, I know you THINK you saw me with a new set of Nimble Crosswind tri-spokes. But they were not NEW, they were USED. And I can explain that too. That was an act of charity. They belonged to a New York Firefighter. It was right after 9-11 and I wanted to help the guy out. Hell, I didn't even want the damn wheels. I knew he needed the money and he was a proud guy and this was not charity, but a fair exchange. I really sort of thought of it as a post 9-11 donation. I just took the wheels off his hands so he would feel better about it. (Can I take that off on my taxes?)

Look, I'm not going to let you guilt me on this. I wanted wheels. I bought wheels. Why? It makes me happy. HOW NICE IF EVRYTHING IN LIFE WERE THAT SIMPLE?

Besides, If you all would stop dropping me every Tuesday and Thursday night at the Bike South ride every time the road goes up a hill then I wouldn't be forced to make such extravagant expenditures. It is sorta YOUR fault. Everyone of you who ever passed me on a hill. You are the reason I look, OK, LUST for lighter wheels.

And you guys who have been kicking my ass at Lowes Speedway at time trials. You may share a little of the blame for my obsession with deep V carbon low spoke count wheels, tri-spokes that look like helicopter blades and disks that look like flying saucers and whirl like an alien space craft about to land. I can't take responsibility fo this. You have done it to me.

Every one of you who ever went off after me and then smugly asked he if I were having a bad day as you passed me by. What is so wrong with wanting nice toys? What is wrong with wanting to go just a little bit faster? Hell, we are in a bloody recession. I'm just trying to my part to get the economy back on track. And I always sell my old stuff cheap so everybody wins.

So now you know my secret.

Don't feel like you have to tell Joy. She really doesn't care how many wheels are in my shed. Do I ask her how many pairs of shoes are in her closet. No. It is not any of my business.

I WOULD CONSIDER TRADING FOR A HIGH PERFORMANCE 650C CLINCHER MID-V SET OF WHEELS LIKE ZIPP 303'S OR HED J-2'S OR MAYBE A SET OF NIMBLE SPYDERS.

JUST THINK HOW GOOD YOU WILL FEEL PASSING ME BY ON THE BOOTY LOOP WITH MY NEW ZIPP 303'S AND THAT BEAUTIFUL BLADE. YOU CAN LAUGH AND SAY THERE GOES THE GUY WITH THE \$5000.00 BIKE AND THE 5 DOLLAR LEGS. (You self righteous SOB's)

CONTACT TERRY SHIELS 704.552.9980

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.

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

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

Name:	Additional Names:
Street	
City: State Zip	
Phone	
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.	