

Coastin'

The next club meeting will be on Monday, July 7th, 2003, 6:30 p.m., Alfred & Charlie's, 815 S. New Hope Rd, Gastonia. **Newsletter Updates:** Contact John Price at 704-867-2669, at coastineditor@yahoo.com, or by mail at 681 Niblick Dr Gastonia NC 28054.

Club officers for 2003: President-Jack Moore (contact at Cycling & Fitness 704-865-5471); Treasurer-Margot Rott; Newsletter Editor-John Price coastineditor@yahoo.com.

Ride Schedule

Note: please arrive a few minutes early and plan to leave on time.

Monday – **start 6:00 p.m.** Forestview High School 25 miles

Tuesday – **start 6:00 p.m.** Warlick School, Ranlo 32 miles, shortcut available

Wednesday - **start 6:00 p.m.** Forestview High School 28-32 miles

Thursday – **start 5:55 p.m.** Warlick School, Ranlo 25 miles

or **start 6:00 p.m.** Old mill, intersection of Spencer Mtn & Dallas-Spencer Mtn Rds.
(25 miles, no drop)

Sunday – **start 7:00 a.m.** New Hope Baptist Church, New Hope Rd. Gastonia

This is a 25 mile ride organized during the summer months by the Coasters group which rides the Multiple Sclerosis Breakaway to the Beach ride in September each year. There are three designated points along the route in which everyone stops & re-groups, so if you're new, pay attention & enjoy some new cycling friends!

Run Schedule

2nd Annual

Run Before You Eat Series

Monday **July 7th**, Monday **August 4th**

First Monday of each month – runners & walkers will meet at Lineberger Park, 5:30 p.m., to run or walk the Gastonia greenway, before going to the club meeting at 6:30 p.m. (Alfred & Charlie's Barbecue).

Gaston Bicycle & Service

It's a new name for our sponsoring bicycle shop (formerly Cycling & Fitness).

Jack Moore & Allen White are still there providing the excellent service we've come to expect!

Reminder: Club members receive a 10% discount on merchandise & accessories (both in-stock & special-order, excluding complete bikes). See Jack or Allen for details.

Cycling Results

Lowes Motor Speedway Time Trial

June 4, 2003 10 mile time trial

Elizabeth Barker F 28:58.79

Jay Beam 24:03.15

Suzanne Clemmer 28:23.95

Penny Creed 30:15.75

Paula Finney 30:26.60

Tommy Jones 23:34.90

Michael Knapp 22:32.60 *

*club record for this event

Joe Price 26:21.25

June 18, 2003 10 mile time trial

Elizabeth Barker 28:23.35

Jay Beam 23:48.50

Penny Creed 28:58.35

Paula Finney 30:24.75

Tommy Jones M 23:57.55

Michael Knapp 21:51.21 *

*another new club record for this event

Joe Price 27:08.00

John Price 24:45.90

Three Mtn Metric Pilot Mtn, NC May 31, 2003

benefit ride for the Pilot Mtn Civic Center & other local charities

69 miles, 8600' climbing

58 deg & rain at start

beautiful route, all up & down

The 3 major climbs were each 2 – 2 1/2 miles at 8 – 15 % gradients: Sauratown Mtn, Hanging Rock, Pilot Mtn

Participants: John Price, Joe Price, Don Sprinkle

Triathlon Results

Latta Plantation Triathlon June 7, 2003

JOHN MEDLIN GASTONIA NC 18th in swim: 17:00; T1: 3:22; 25th in bike: 52:20;

T2: 2:25; 7th in run: 22:00

Total: 1:37:05 (16th in category, out of 40)

Blood, Sweat, & Gears June 28, 2003 Results

Valle Crucis; 103 miles; 8,000' climbing; Cloudy, then rainy, then foggy, then rainy again, finally clearing off to just cloudy.

A record 700 riders (approx.) participated in the fifth edition of this ride.

No exact times are available yet, but here are some local participants: Troy Bush, Suzanne Clemmer, Blair Craig (finished in top 10), Bill Gintert, Ronald Hutchins, Mike Knapp, John Price, Jim Weant.

Need for Speed – more cycling results

In addition to his top 10 placing in Blood, Sweat, & Gears, Blair Craig finished 6th

in a Cat 1/2 race in Raleigh. He was for a time in a 4 man breakaway which had a 3 minute lead on the field.

Nice going, Blair!

4th Annual Cherohala Challenge Century Saturday, May 14th

Thanks to Paul Hutchison for this write-up!

The Smoky Mountain Wheelmen hosted this ride under overcast skies and muggy conditions in Tellico Plains, Tennessee. 218 riders rode the century and 65 joined us for a half-century option on the first part of the course. I met riders from as far away as Denver, with a few from Ohio and Kentucky and several dozen from VA, NC, GA, AL and TN.

This "century" is actually a 115 mile loop featuring over 9,000 feet of cumulative climbing and a twisting, curling section known to cyclists and bikers as "The Dragon." They say it has 318 curves in an eleven mile stretch of up and down. I stopped counting after the first two hundred turns.

After the rabbits sprinted out, we settled down into a tightly packed group of 60 or 70 riders for a fast-paced race over gently rolling terrain to the first rest stop at mile 27. The Dragon began at mile 32 as we turned onto U.S. 129. Soon there was no more pack. It was a fun corkscrew up to the top, where I discovered that this section was named not only for the twisting tail of the dragon, but also for the fire we were all breathing from our lungs at the summit. But the downhill was a blast with several technical challenges similar to the descent from Caesar's Head on 276 above Greenville. After a few miles of flats and rolls, we began back up at mile 40.

Rest stop two at mile 54 (at the North Carolina border) was a welcome sight. We had climbed steadily for 14 miles, with just a few jogs down now and then. I was thankful Jack had installed a 12-27 the week before, but I should have coughed up the dough for a triple. We had gained 1500 feet in altitude in that 14 miles, with several hundred more feet in the up and down.

I was concerned while I munched on a Pay Day bar when one of the veterans said we "hadn't seen nothin' yet. We've climbed about 3,000. We're going to do 6,000 more in the next 30 miles."

He was right. We went straight up for 30 more miles at a 9% grade. We turned onto the Cherohala Skyway at mile 73 and ascended 2790 feet in the next nine miles. Forget the triple. Send me my mountain bike. Mercifully, the distance between rest stop 3 and 4 was only 11 miles. But the final rise to the summit of Santeelah was the toughest 7-1/2 miles I've ever ridden. Nothing but thin air and pouring rain for the last four miles. The ice cold Coke at rest stop 5 was the best I've ever tasted.

After congratulating ourselves and donning our vests, the real fun began: twenty miles of screaming downhill interrupted by two very steep but short climbs. The final ten miles was gentle descent off the Skyway back into Tellico Plains.

115 miles. 7 hours and 43 minutes in the saddle. A humbling experience. The parking lot chat indicated that this was a real challenge for most of the riders. A friend from Birmingham who completed his eighth Assault on Mt. Mitchell this year said it was as difficult or more difficult than Mt. Mitchell and far more challenging than Six Gap and Cheaha. He has not ridden Blood, Sweat, & Gears, as many of our members have, so I can't use that as a point of reference. But I will still recommend it to anybody who likes the challenge of climbing.

Sag support was great and was always near the action. The mechanic got my front derailleur back in shape at mile 40 in just a couple of minutes. The rest stops were well stocked by cyclists who know what cyclists need and want. The volunteers were friendly and well-organized. Pre-ride drinks, bagels and fruit were set up. Post-ride pasta dinner was included, six rest stops and a very cool T-shirt made the \$15.00 fee a steal. It's a long haul to Tellico Plains, but I will be back next year whether I can afford a triple or not.

Paul Hutchison
Clover, SC

Special Offer: Rock Hill Bicycle Club Newsletter

Would you like to receive a free trial subscription to the Rock Hill Bicycle Club's newsletter? The club is offering to send free, as an e-mail attachment, the newsletter to our members until the end of this year. The newsletter is produced as a *Word* document.

If interested, e-mail your request to Joseph Yandel at N2sleep@comporium.net.

“Bike the Drive Bicycle Ride” Chicago, July 15, 2003

Thanks to club member Robert Helton for this write-up.

Myself, Don Hessler and his son David Hessler participated in the The ride was 30 miles along the beautiful Lake Shore Drive and Michigan Avenue in Chicago. These road were shut down from 0530 am to 0930 am and you could start at your leisure depending on how much time you needed to complete the ride. We had Lake Michigan on one side of us and the Chicago sky-line one the other. The weather was perfect, around 70 degrees and clear skies. Eighteen thousand riders participated. The Chicagoland Bicycle Federation should be commended for setting this up. Can you imagine a water/food stop for 18,000? I spent the next few days with my wife, Lureen, and my son, Joshua, seeing Chicago. I would highly recommend this ride for anyone if you are willing to make the drive (12 hours).

-Robert Helton

Tri-America Series Jul 12-13 Rock Hill, SC – Volunteers Needed

Request from Mike Burgess <wmburg@comporium.net> for event volunteers:

In mid July Rock Hill Sports & Tourism along with the Rock Hill Bicycle Club and several other support organizations will be hosting a major TriA in Rock Hill. The event promoter is in need of many volunteers from road marshals to water stops. They plan on 800 plus participants. Would the GCC be interested in being involved? Please let me know ASAP. We beat out some major cities for the opportunity to host this event (Dallas, Minneapolis). Your help is always appreciated.

-Mike Burgess <wmburg@comporium.net>

Upcoming Running Event...

North Carolina Lung Association and 5k race

The Town of Elon is holding a FOTO 5k "Catch your Breath" run and 5k Asthma Walk. All proceeds will benefit the North Carolina Lung Association. This event will take place on October 4, 2003, with the run beginning at 9 am and the walk beginning at 10 am. There is a registration form on the Town of Elon's website (www.elonnc.com). for the run. If registering the day of the race, there will be a late fee.

Info: Amy Ocheltree aocheltree@elon.edu

2003 RHBC Time Trial Series

There are still 10 RHBC TT to go!!!! So come out and set your pace!!!!

The course is 10 miles of lightly traveled, perfectly smooth pavement. We meet at the Crossroads Amoco (Corner of SC 324 & 322 McConnells Hwy) at 6, register, warm up and start the first rider at 6:30 sharp! Set you watch by WBT radio. We start the slower riders first - fastest last. We start at the Amoco station and finish near Rock Hill on Ogden Road/ close to Heckle Blvd. At the end we all ride back to the start point (about 7 miles) to relax and shake out the lactate acid. You get **all** this fun and excitement for \$2 per event. Wow!! The two bucks help cover the cost of supplies, poweraide and timing equipment for the season. What can you win by participating? A healthier, stronger, fitter body.

So pump up the tires, put on you sleekest jersey and get ready to TT.

Schedule:

All are Wednesdays. Ride is canceled if raining or life threatening/storming. (light sprinkling does not cancel the ride)

Jul	9, 23
Aug	6, 20
Sep	3, 17
Oct	1, 15

Results:: Club members Troy Bush & Margot Rott rode the June 25th version of this event.

Lowe's Motor Speedway Time Trial Series 2003

Sponsored by Speedway President Humpy Wheeler & the Tarheel Cyclists

Seven dates have been scheduled for 2003. This is a 10 mile, timed event, with excellent organization by the Tarheel Cyclists club. For complete information, check www.tarheelcyclists.org .

Riders of all abilities are welcomed.

Gates open: 5:15 p.m. – 9:00 p.m. Start time: 6:30 p.m. Pre-register at website above.

Cost: \$10.00 members, \$13.00 non-members

Dates: July 25, August 13, September 24

Award dinner being planned for October.

Did you Know?

Currently, 45 people receive the newsletter at no charge via e-mail, as a pdf document (some of these recipients are also dues paying, club members.

Also, 110 people are signed up on the club e-list. For more information, visit the club website at www.gastoncountycyclists.org .

Bicycle Quiz

Are you a pro-racing fan, like myself? Then take this challenge: name five American-made bike frames currently being ridden in the European peloton. Answers appear elsewhere in this newsletter. Bonus points for naming the team & star rider.

Upcoming Cycling Events continued ...

National MS Society annual MS 150 Bike Tour "Breakaway to the Beach"

September 20-21, 2003

Last year almost 2,100 cyclists participated, raising an amazing \$1.6 million. For more information contact Cycling & Fitness Bicycles of Gastonia.

County Line Time Trial series by Cycles de Oro in Greensboro

June 19

Information can be found on the Cycles de Oro website at www.cyclesdeoro.com. Or contact Billy Bradshaw, Race Director at william.bradshaw@usa.net

Fabulous 4th Metric Century July 4, 2003; Tryon, NC (62 miles) <http://www.polkcounty.org/>

Annual ride attracts 300-400 riders, well-supported, hilly with extra-low gear recommended

8th Annual Roan Moan - Bakersville, NC Saturday, July 26 - All proceeds go to Bakersville VFD & Rescue; 32, 67 or 100 miles; strenuous with unparalleled beauty. Come out of those sultry plains to the "land of the sky" magnificent views above the clouds where "rivers are born". Michael Davis innkeeper@bicycleinn.com 828-688-9333 Bicycle Inn <http://www.bicycleinn.com/index.html> .

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 has ridden this event two years in a row, 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.

14th Annual Tour de Moore Century Ride Southern Pines, NC

Monday, September 1, 2003 (Labor Day) Online registration at: http://www.active.com/event_detail.cfm?event_id=1070789

Editor's note: I rode this ride last year, & enjoyed it. The ride is almost completely flat, so this might be a good choice for a first time 100 miler.

Summer Solstice Cowbell Classic 12 Hour Mountain Bike Race Saturday August 2nd.

The rescheduled will go off rain or shine! New dates (rescheduled from earlier this year because of muddy trails)

Friday August 1st 9am to 5pm - Course open for pre-riding. Registration packet pick up.
7pm to 9pm - Pre-party at Southend Brewery (a few beers and appetizers on us).
Registration Packet pickup.

Saturday August 2nd 6am to 7:30am - registration and packet pickup.
8am to 8pm - the race is on

Oct 11 TOUR DE PIG 2003, LEXINGTON, NC

Barbecue Festival/Davidson County Mental Health Bill Pickett, P.O. Box 1642, Lexington, N.C. 27293 (336) 956-1880 billpickett@lexcomic.net www.barbecuefestival.com

10th Annual Biker/Hiker Weekend sponsored by the *Gaston County Cyclists* July 18-20, 2003 (Friday-Sunday)

Where: Bryson City, NC (about 1 hour west of Asheville, NC)

Suggested Accommodations: Ridge Top Motel 828-488-6363 The Ridge Top Motel features a scenic setting, with a swimming pool in the center of a large, open courtyard, perfect for gathering informally as a group.

How to Participate: Make your own reservation at the Ridge Top Motel 828-488-6363, \$55 for one bed, \$60 for two beds - mention that rooms are reserved for the Gaston Cyclists under the name of Weant (pronounced *went*). Note: we had 8 rooms reserved for our club, but they expired on June 1st. But rooms will probably still be available after this date.

Or choose another hotel of your choice, or possibly camp in the nearby national forest.

Directions: (Bryson City is easy to find, as it's just 1/2 mile off of Hwy 74)

Who's Invited: GCC members & their guests (including children!)

Attractions:

* Foremost is the Tsali Recreational Area, which has 40 miles of the best single-track mountain biking trails in the United States. These trails are relatively smooth, offer varying lengths, & surround the pristine Lake Fontana.

* Also in the area is the Nantahala Outdoor Center with rafting rentals available.

* Tubing is popular in the nearby Deep Creek area.

* Numerous hiking trails are nearby, with varying degrees of difficulty.

* There's also the infamous "Road to Nowhere" for road cycling.

* Swimming in the pool at the Ridge Top Motel.

* Bryson City also features train rides in the mountain- great for the young, & the young-at-heart!

Typical Itinerary

Friday: Some will check-in mid-day Friday, and make it over to the nearby (20 minute drive) Tsali mountain bike trails for one-three hours of mountain biking. Most others will arrive before dinner time, so the group can eat out together about 7:00 p.m. Later that evening, we'll socialize in the courtyard at the Ridge Top Motel.

Saturday: Most will go on a hike that morning, followed by mountain biking or possibly tubing on Saturday afternoon. Supper together again that evening (several area restaurants are available), followed by more casual socializing that evening in the courtyard at Ridge Top.

Sunday: Probably most will check out around 8-9 a.m., & head over to Tsali for more mountain biking. We typically eat a picnic style lunch (sandwiches, chips, cookies, etc.) afterwards at Tsali (picnic areas are nearby). The afternoon is for traveling back home.

More Information: Paula Weant at 704-865-6193. Make your reservations & plans to participate, & let Paula know you're participating, so you'll be included on the various plans!

Quiz Answer: (from page 5) The American-made bike frames being ridden in the European peloton:

<u>Bike</u>	<u>Team</u>	<u>Star Rider</u>
Trek	US Postal	Lance Armstrong
Cannondale	Saeco	Gilberto Simoni (won 2003 Giro d'Italia)
Giant	Phonak	Alex Zuelle (2 nd to Lance 1999 TDF)
Cervelo	CSC-Tiscali	Tyler Hamilton (1 st American to win Liege, one of cycling's five one-day "monuments")
Specialized	Domina Vacanze	Mario Cipollini (2002 world champion, record holder of 42 wins in Giro d'Italia)

Editor's note: I'm a big fan of professional bicycle racing in Europe. This obituary gives a particularly revealing look at the rugged life of a professional cyclist in days gone by.

Henri Van Steenbergen

Record-winning Belgian cyclist with 'the heart of a mercenary'

William Fotheringham
Saturday May 24, 2003

The Belgian cyclist Henri "Rik" Van Steenbergen, who has died aged 78, won 1,647 races, including the world road race championship three times (1949, 1956, 1957) - a feat equalled but never bettered - and eight of cycling's single-day Classics. He was the sport's most prolific winner in volume, if not in quality, for he saw the great races primarily as a means of enhancing his appearance fee for lesser events, particularly indoor track meetings, which accounted for over 1,300 of his wins. "A fabulous cyclist with the soul of a mercenary," said one contemporary.

The tall, muscular Van Steenbergen turned up at the better events only when he felt his appearance fee was falling. One such occasion produced one of the finest single-day Classic victories ever, his epic duel with the Italian, Fausto Coppi, the greatest cyclist of the 1950s, over the cobbled roads of the "hell of the north" in the Paris-Roubaix of 1952. Coppi tried time and again to shake off "Rik I", who won the finish sprint.

Van Steenbergen's reign in the post-war years was the start of a quarter-century when Belgium ruled professional cycling, culminating in the Eddy Merckx era. Born in Arendonk, he began racing during the second world war, when his car was requisitioned by the Belgian army, and would take advantage of racing trips to Switzerland to smuggle back watches to sell on the black market.

During the post-war years, Flemish cycling produced a generation of legendary hardmen, and Van Steenbergen was "the typical cold Fleming, not saying much, with a cloud of boredom on his forehead," said Raphael Geminiani, a fellow cyclist. "He wandered the world with his bars and his saddle, ready to race anywhere against anyone."

These were the days when professional cyclists were in perpetual motion between one racing contract and another, and this at a time with few motorways and limited air travel. In one 48-hour spell in 1957, Van Steenbergen raced in the Belgian Congo, Copenhagen, Paris and Liege, winning all four events. It was calculated that he travelled 2m kilometres during his career, and only a quarter of these were on his bike.

Van Steenbergen stripped his sport to the basics. A pair of socks would last a whole season. When they completely wore out, he wore none. His jerseys were frayed from constant washing. "At any race he would want to know the start time, the address of a restaurant, the gear to use, and how soon he would be paid. For the rest, jokes and civilities, no time was wasted," wrote the French journalist Jean Bobet. The volume of racing and travelling meant that Rik saw doping as a necessary evil. "The stars had to look fresh in every race, and they couldn't do it without stimulants," he said. There were also allegations about his first world title, which he probably bought.

At the age of 33, Rik I was piqued into one last great win in spring 1958 after he heard a Belgian radio station refer to the country's new star Rik Van Looy - inevitably known as "Rik II" - as "the best in the world." He trained 1,000 kilometres in a single week, prompting his regular training partner to lock himself in his bedroom and claim he had a cold, and duly won the hilly Fleche Wallonne event through the Ardennes to prove that he was not to be written off.

Ironically, for a man who had spent his life chasing one contract after another around the world, he gambled away his winnings, lost more money in a divorce, came close to prison for smuggling a suspect package over the Dutch border, and ended his life in relative poverty.

• Henri (Rik) Van Steenbergen, cyclist, born September 9 1924; died May 15 2003

* Advertisement *

Gaston Concert Association 2003-2004 Musical Series

In addition to being the Coastin' newsletter editor, I'm also serving on the board of the Gaston Concert Association. This group sponsors a series of four musical events each season. The upcoming performances are all back by popular demand. .

Thursday, October 2, 2003: Mac Frampton, Pianist, & Trio
First Presbyterian Church, Gastonia 7:30 p.m.

Saturday, November 22, 2003: Bel Canto Sings! (Italian for beautiful singing)
First Baptist Church, Gastonia, 7:30 p.m.

Saturday, January 24, 2004: Jacquelyn Culpepper, soloist, & John Palmer-Smith, pianist
First Methodist Church, Gastonia, 7:30 p.m.

Monday, March 8, 2004: Dallas Brass
Parkwood Baptist Church, 7:30 p.m.

Tickets are sold as a subscription only (one \$35 ticket is good for all four events). The pricing is meant to be a good value, even if you only attend two or three events! Please subscribe if you're interested. I collect subscriptions, or you can request a brochure/order form from me. The brochure contains detailed group information, if you're interested. - John Price 704-867-2669 or coastineditor@yahoo.com .

Dog Days of Dallas Metric Century 2003



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

Date: Sunday, July 13, 2003

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

Start/Finish: Courthouse Square
Downtown Dallas, NC

Cost: \$15.00 (\$10.00 *GCC* members)

Registration is day of event only, if possible, please save time at check-in by printing registration form from www.gastoncountycyclists.org & completing in advance.



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 Charlene Angel at ph) 704-867-9992 or mcaangel@hotmail.com or see the website www.gastoncountycyclists.org .

Gaston County Cyclists/Gaston Road Runners

P.O. Box 122, Lowell, NC 28098

Change of address requested

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 (for family membership):
Street	
City: State Zip	
Phone	E-mail (if you would like to join club e-list):
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.	