

Coastin'

The next club meeting will be on Monday, September 8th, 2003, 6:30 p.m., Alfred & Charlie's, 815 S. New Hope Rd, Gastonia.

September Meeting: Please note change, from first to second Monday of September, to avoid conflict with the Labor Day Holiday.

Newsletter Updates: Contact John Price at 704-867-2669, at coastineditor@yahoo.com, or by mail at 681 Niblick Dr Gastonia NC 28054.

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. Note that the Beach ride is Sept 20-21 this year.

Run Schedule

2nd Annual

Run Before You Eat (Sweat While You Eat) Series

Monday September 8th

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).

Note: The September run & meeting have been moved to the second Monday, because Labor Day falls on Monday, September 1.

Alternate Tuesday / Thursday Ride

Start: Tennis Courts, between North Gaston High School & Friday Middle School.

Time: 6:15 p.m., Tuesdays & Thursdays

Distance: 18-22 miles

Pace: 14-15 mph

Got a cycling related item for sale? If you're a club member, then you can list your item for free in the newsletter. Contact John Price at coastineditor@yahoo.com. Two examples appear on page 4 of this newsletter.

Cycling Results

Old Soldiers' Reunion Ride, Newton, NC August 24th, 2003

60 & 30 mile routes

Lots of GCC riders participated. Here's a few names that I have available: Margot Rott, Troy Bush, Charlene Angel, Reese Wilson, Francis Scott, Steve Watson, Jim Weant, Michele Jarbeau, Rodney Sawyer, Ronald Hutchins, Suzanne Clemmer.

Nice going to Joe Price, who because of a broken front derailleur, rode the whole 62 miles in only his 42 tooth (middle) chain-ring. And thanks to Ronald Hutchins for his pre-ride mechanical assistance & advice to Joe.

Kudos as well to Margot Rott for stopping to help another cyclist with a flat tire. She's done the same for me, & it's always much appreciated (editor-John Price).

Hilly Hellacious; Fletcher, NC; August 24th, 2003, 101 miles

Sponsored by the Blue Ridge Bicycle Club, Asheville, NC

John Paksoy, John Price

At the 88 mile aid station, I drank my first *Burn* energy drink. This is something like a 16 oz Sun Drop condensed into an 8 oz can. Anyway, my legs caught fire for the last 12 miles, & my eyes were about to pop out of my head. Good stuff. -John Price

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: The Hindus say that breath is life.
: When I ride my bicycle up a hill, I breathe like a house afire.
: Well then, I must be **REALLY LIVING!**
: from the website of the Blue Ridge Bicycle Club <http://www.blueridgebicycleclub.org/>
.....

These results just posted:

Blood, Sweat, & Gears June 28, 2003; 102 miles Valle Crucis

Place	Name	City	Time
8	BLAIR CRAIG	Gastonia NC	5:08:02
19	MIKE KNAPP	Charlotte NC	5:09:51
42	Bill Gintert	Gastonia NC	5:19:51
77	Troy Bush	Lake Wylie SC	5:39:03
121	Jim Weant	Gastonia NC	5:55:21
234	John Price	Gastonia NC	6:34:00
252	Amy Cecil	Jamestown NC	6:41:38

Lowe's Motor Speedway Time Trial Series 2003

Sponsored by Speedway President Humpy Wheeler & the Tarheel Cyclists

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, or register at event.

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

One Date Left: September 24 !

Last month's newsletter reported plans for a major bicycle race to be held in Charlotte, NC in 2004.

Here's an update:

Pro race to be in Charlotte

\$125,000 expected to attract top riders

KAREN GARLOCH, The Charlotte Observer, Staff Writer

Lance Armstrong, who just won his fifth straight Tour de France, will be first on the invitation list for a new professional bike race to be held in uptown Charlotte next June.

The 50-mile race, tentatively set for June 12, is expected to attract top cyclists, with a purse greater than \$125,000, the largest for a single-day, closed-circuit format, race director Thad Fischer said Tuesday.

Proceeds will benefit the Brain Tumor Fund for the Carolinas. Jim Palermo, a Bank of America executive, and Dr. Tony Asher, a Charlotte neurosurgeon, are leading the campaign to raise \$1 million from the race and a total of \$5 million in three years for brain tumor research, equipment and patient and family support services.

Most of the funds will stay in Charlotte for the brain tumor fund or the Buddy Kemp Caring House, a cancer support center named for a former Bank of America executive who died of a brain tumor.

Palermo, whose son survived a brain tumor and is now a radiation oncologist at Wake Forest, said the race will be part of the USA Cycling national calendar and similar to one in Athens, Ga. That race, with a purse of \$50,000, draws 40,000 spectators, he said.

Palermo began to consider a bike race as a fund raiser after Armstrong visited Charlotte last December to support brain tumor research.

In a written statement, Eric Moore, national field operations director for USA Cycling in Colorado Springs, said the organization is "excited at the prospective race" in Charlotte.

Fischer said he'll invite the best riders in the world to fill the field of 125 to 150.

Organizers are seeking a name sponsor for the race and other financial backers.

Upcoming Running Events

Labor Day 5K Run, 5K Walk Lineberger Park Gastonia, NC September 1, 2003

Race day registration available from 7:00 a.m. to 7:30 a.m. \$20

Race starts at 8 a.m. www.gastoncancerservices.org

For more information, contact Jill Ferguson jmferguson@duke-energy.com or (704) 867-4116.

Spencer Mountain 10-Mile and 5K; Saturday, November 15, 2003

- ◆ 10-Mile \$18.00 on or before 11/03/03 and then \$23.00
- ◆ 5K \$15.00 on or before 11/03/03 and then \$20.00
- ◆ Race is sponsored by the Gaston County Family YMCA and all proceeds go to the YMCA Scholarship Fund.
- ◆ Please contact Donna Sassano, Race Director, dsassano@gastonymca.org 704/865-8551 for entry form!

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 4 RHBC TTs 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) September 3rd, 17th. October 1st, 15th.

For Sale

Bianchi Eros Chromolite woman's road bike for sale

In case any women in your club or others you may know of are looking, I have decided to sell my almost new bike. I am 5'4" and it's a good size for me so this may help someone who is interested. It was originally just under \$1200.00 and would like to get \$800.00. It has been on the beach ride, several other Gaston County Cyclists sponsored rides and a few times on the Belmont loop, otherwise just maintained well and kept inside garage. Please call me at work, Monday through Friday 9-5 at 704-823-9495 ask for Anne Rodden. KANDAROD@aol.com

Giant Sedonna Mountain Bike 21 1/2" (large) for sale

Chromoly (steel) frame, black. Fair condition (everything works properly). Weighs 30.4 pounds. Rigid fork (no suspension). Quick release skewers, seat post clamp. Pedals include toe-clips.

Purchased in 1990 for \$500,

will sell for \$125 firm. Has knobby tires, presta valve tubes. Will include set of almost new slick tires for road use for extra \$10.

More specs:

Gearing front triple: 48x38x28; 7-speed cassette: 13x30

standover height: 32 1/2"

(saddle adjusts from 26"-32 1/4" measured from bottom bracket to top of saddle)

frame size: 21 1/2" (55 cm) center to top: this is large for mtn bikes



Upcoming Cycling Events continued ...

Apple Country Bicycle Tour (18th annual) Sunday, Aug 31st Hendersonville, NC

Mary Jo Padgett 828-692-0385, <http://www.eco-wnc.org/> eco@min.nc.us

Cycling Spoken Here Labor Day Metric Century Sunday Aug 31st Cary, NC

919-461-0066 Mark@cyclingspokenhere.com Mark Herndon <http://www.cyclingspokenhere.com/>

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.

Tour De Paws Metric Century (2 loops) or 28 miles Spartanburg County

Joe Brunson 864-574-6875 jbrunson@teleplex.net
www.spartanburghumanesociety.com/tourdepaws.htm

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.

Cycle 4 Autism Saturday, September 27 in Lewisville, NC (near Winston Salem).

20, 40, and 62 mile courses through beautiful rolling country with fairly minimal traffic. It's well attended so there should be plenty of people at any speed to ride with.

Website is www.cycle4autism.org

Carilion Health System and the Blue Ridge Bicycle Club present

The Artie Levin Memorial Bicycle Rides

Sunday, September 28, 2003

Buchanan, Virginia

Visit <http://www.blueridgebicycleclub.com/artie2003/> for more info!

TOUR DE PIG 2003, LEXINGTON, NC Oct 11

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

Tigerville Bike Trek & BBQ October 11, 2003 4th annual Tigerville Bike Trek and BBQ.

<http://www.freewheelers.info/biketigerville.html>

10 mile, 28 mile and 66 mile routes, fully sagged, fee includes one BBQ dinner after ride, shirt, que sheet, marked routes and snacks at rest stops.

This Bike Trek is for the benefit of the Tigerville Rescue Squad. The rescue squad receives no government money, they depend on donations and events such as this. -Steve Yetman

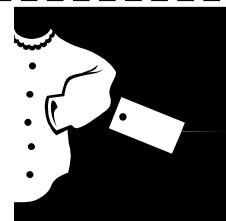
Be The Last to Own One!

Brand new Gaston County Cyclists jersey for sale – XXL only.

You've seen them on club members. They've been out so long, they're almost retro.

One jersey is left, in stock at Gaston Bicycle (704) 865-5471, Men's XXL only.

Contact Jack Moore or Allen White for additional information.



Tarheel Cyclists Annual Fall Century

Saturday September 6, 2003

Fees

Pre-registration: Members \$15
Non Members \$20
day of event: All participants \$20

modes of registration

mail in this form by August 30, 2003 to:

Tarheel Cyclists

P.O. Box 35392

Charlotte, NC 28235

or see the link on our web page,
www.tarheelcyclists.org, to register
through Active Zach by September 4, 2003

proceeds help support

Thompson provides a continuum of care for more than 300 children and families annually. Their top priorities are to give young people and their parents tools to ensure success and when possible, to keep families together. At Thompson, they give children individualized attention and work closely with families for a bright future. For further information on Thompson Children's Home and their programs, please visit them on the web at:
www.thompsonchildrenshome.org

food, festivities, and other information

Post ride meal by **Don.s Bar-B-Q**.
Bring a chair and set a spell and gab about cycling adventures with your fellow cyclists! Camaraderie is encouraged!
Please note: Post ride meal will be guaranteed only for those riders who have pre-registered. The remainder of the meals will be provided on a first registered, first served basis.

routes and start times

100mile/ 60 mile/30 mile options

Registration begins at 7:00am
Staggered start begins at 8:00am

sponsored by: Bank of America, Bicycles South, Burn, light your fire!, Classic Handyman Company, Clif Bar.

rules

1. Approved helmets are mandatory
2. Riders will be required to check in prior to ride
3. All riders will be required to sign a waiver before participating in the event
4. Riders under 18 need parent/legal guardian signature on their registration
5. Riders under 16 may participate only if accompanied by a bicycling parent or another adult.

Check the website for updated information: www.tarheelcyclists.org

waiver of liability

By participating in this event, I realize that there are inherent dangers associated with bicycling including injury and death. I hereby make known to whomever it may concern, that I or members of my family will hold harmless in case of accident, injury, misadventure, or damage of any kinds, The Tarheel Cyclists, Inc., its officers, representatives and/or members and volunteers.

registration form

Signature: _____

Parent or Legal Guardian (if applicable):

name _____

address _____

city/state/zip _____

phone _____

email _____

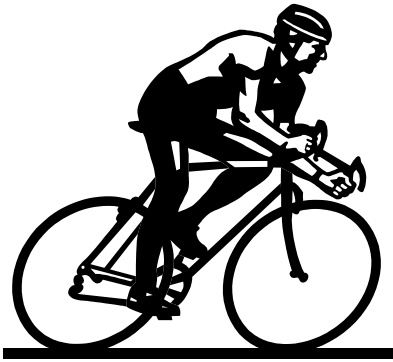
emergency contact _____

emergency phone _____

route 100mile _____ 60 mile _____ 30 mile _____

directions to start/finish

ride will start in Weddington Area.
Arrangements with property owner still in the works. See the web site or contact



Carl Andersen Memorial

10th Annual Metric Century Bike Ride

Sunday, October 12, 2003

62 & 42 mile options

presented by the Gaston County Cyclists
PO Box 122 Lowell NC 28098 www.gastoncountycyclists.org

Ride Start: 10:00 a.m. registration (day of event only): 9:00 – 9:50 a.m.

To save time at check-in, please print registration from website at www.gastoncountycyclists.org

Cost: \$10.00 (\$5.00 GCC members)

Start/Finish: Crowders Mtn State Park

Sparrow Springs Rd entrance, bathrooms available

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 62 mile route passes through the historic Kings Mtn Battleground national and state parks. Ride support will include a cue sheet, marked route, and aid stations.

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, contact Jim or Paula Weant at 704-865-6193, or at jpweant@msn.com. You may also contact John Price 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 2002. Carl loved to ride the bike, and had even made complimentary remarks about this annual ride's previous name "Press on Regardless." So the *Gaston County Cyclists* have re-named this event to the *Carl Andersen Memorial*, and we ride in his honor and memory.

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.	