

Coastin'

The January club meeting will be on Monday, January 6th, 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

Don't let this be your last newsletter!

Please support your club, & renew your membership today.

Memberships expire Dec 31st*. Please renew for 2003 before then, by sending your check for \$10 (individual) or \$15 (family/household) to GCC; PO Box 122, Lowell, NC 28098.

It takes almost all of the membership fee just to fund the newsletter, so February will be the last notice sent to non-renewals. Support the club, renew today by mail, or give your renewal to our club treasurer, Margot Rott, at the next club meeting.

**Note that members who joined in the second half of 2002 may, as a courtesy, have memberships that don't expire until Dec of 2003. Please check your mailing label for your expiration date.*

Ride Schedule

Sundays – **start 1:30 p.m.** – Forestview HS, S. Union Rd Rides will vary, depending on who shows. There's a new 35 mile course marked with an "S" that's available– please see article elsewhere in this newsletter.

Run Schedule

Meeting 6:00 p.m. Tuesdays and Thursdays @ the Food Lion on New Hope Road near Ashbrook High School. Distance approximately 6 miles and pace approximately 9 min./mile.
Special thanks to Ronald Hutchins who re-marked our running route.

New Members For December

Valerie Moore, Stanley (Valerie is Rob Helton's sister, and has done some runs including the Kings Mtn Jingle Bell 5K and the Turkey Trot.)

Dick & Debra June, Gastonia

Welcome!

In This Issue

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Results ~ Running

Springmaid 10K Road Race – Paula Weant 49:54 (1st in age group), Melissa Magee 54:42 (3rd in age group), Ralph Rutledge 54:43.

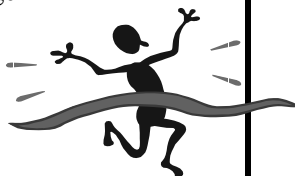
Kiawah Island Marathon/ Half Marathon

Marathon: Paula Weant

Half Marathon: Troy Bush, Jim Weant, Melissa Magee, & Margot Rott

slept until 10:00 a.m.: Ralph Rutledge

Turkey Trot 8K, Charlotte, Thanksgiving morning: Rob & Lureen Helton, Melissa Magee & Ralph Rutledge, others?



Results ~ Cycling

No event results to report, but your newsletter editor had a fun ride the day after the ice storm – a 55 miler that included bunny-hops over dozens of downed power lines, and several dismounts to climb over fallen trees.

Jingle Bell Run Results

Dec. 3, 2002

Christmastown, USA (McAdenville, NC)

38 deg F, clear,

15 runners & 3 walkers participated in this casual and fun annual event of the Gaston Road Runners. Thanks go to Paula Weant for the jingle bells!

Upcoming Running Events courtesy of Paula Weant

Jan 18 – Run for Peace Marathon,
Marathon Relay, 10K & 5K –
Charlotte, NC -

www.runforpeace.active.com

Jan 25 – Race for the Grasshopper
5K – Cowpens, SC – www.
spartanburgrunningclub.com

Feb 1 – Alyce Guettler Hunger
Run 5 miler – Rock Hill, SC – 803
327 6450

Feb 2 – Winter Flight 2003 8K
Road Race – Salisbury, NC –
www.salisburyrowanrunners.com/
wf2003

Ongoing Annual Winter Mountain Bike Series

Events began on November 9th

Check out www.charlottemtmbike.com for more info. Great for beginners or those trying to maintain a little fitness through the winter.2002- 2003

THE GLACIAL ESCAPE - Saturday, January 4

Catawba Riverfront Park

THE BITTER CHILLY SHOWDOWN - Sunday, January 12

Renaissance Park

Free Bike Clinic!

Monday, Jan 20th, 2003 6:00 p.m.

Sponsored by Cycling & Fitness Bicycles and the Gaston County Cyclists. Free pizza and soft drinks. Learn to do a 10 minute bike check, trail/road-side repair, fix a flat tire. Call Jack at shop in January 704-865-5471 to make reservation.

7th Annual Pawprint

8k Road Race for Homeless Pets

Fort Mill, York County, SC; February 22, 2003

Complete information at www.pawprint.8k.com, or contact Ernie La Casse Phone 803-831-3956

Rocky River Road Club 5th Annual Polar Bear Metric Century **Saturday January 11, 2003**

Rain Date January 18, 2003

Location: Liburdi Dimetrics, Armor Street Davidson

Directions: From I77 North take Exit 30 (Davidson), turn right onto Griffith, go .4 mile and turn left on Beauty St, go .4 mile and turn left on Armour, Liburdi Demetrics Parking Lot is one half block on the right.

From Main Street Davidson (115) northbound, turn left on Griffith (to I77), go .4 mile and turn right on Beauty St, go .4 mile and turn left on Armour, Liburdi Demetrics Parking Lot is one half block on the right.

Start Times: 10:00AM - 100K riders start (62 miles)

10:15AM - 50K riders starts (31 miles)

Registration starts at 8:30AM

Registration Fee: \$15 per person day of ride and \$12 per person with pre-registration (minors ride free with parent). A portion of proceeds to be given to the Ada Jenkins Center in Davidson. <http://www.geocities.com/rrrc.geo/>

Door Prizes: Free Cycling Cap to the first 200 to register! Over \$700 in prizes will be given away. Check the prize board at end of ride.

Support: SAG vehicles will be available to provide assistance if needed.

Rest Stops: Rest Stops will be provided to rest and refuel. Food and fluids will be provided.

Group Riding Tips ,by Dennis Johnson

- 1) **Hold your line** - ride a line and ride predictably.
- 2) **Don't cross wheels** – meaning don't overlap your front wheel with the rear wheel in front of you.
- 3) **Car back means get over** in a double or single line, not just sit there.
- 4) Car back means **let the guy beside you in.**
- 5) Stay to the right if you do not intend to sprint in areas the group usually sprints
- 6) **Protect and obey all traffic laws**
- 7) **Be considerate** of your fellow rider and the group especially dealing with safety.
- 8) **Ride the pace or style of the advertised ride** - if you want a harder workout announce it before you leave the parking lot not on your bike - Pacerline ride? Sprint? Recovery ride?
- 9) **Help a new rider** - watch Tim Knight or Jim Weant since they are pros at this.
- 10) **Communicate with the riders around you** verbally or with hand signals - simple but effective.
- 11) **Stop at all stop signs**, most car/bicycle accidents are at intersections.
Perception is reality from the vantage point of the observer.

Christmas Party Report

About 40 members attended the annual Christmas party held on December 2nd at Alfred & Charlie's Barbecue. Alfred Currence and his staff deserve special recognition for an outstanding meal of prime rib & chicken entrees, as well as super-friendly service.

Thanks also to Paula Weant for organizing our party again this year. It wouldn't happen without you!

Polar Bear Bike Ride

Sunday January 12*, 2002

presented by Gaston County Cyclists

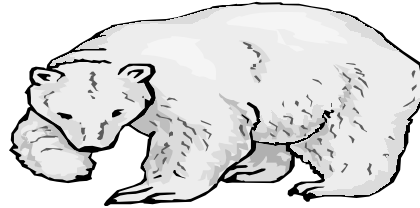
Start/ Forest View High School

Time: register 12:30

Finish 5545 Union Rd
Gastonia, NC

start 1:15

Distance: 50 miles, with
40 option



Cost: Members \$5
Non-members \$6

* **Rain date: Sunday, January 19, 2002, 1:15 pm, free, but unsupported! ***

Course description: 50 miles (with 40 option) of moderate terrain in southern Gaston County (NC) and northern York County (SC). The course is marked with turn arrows.

Ride Features: Water stops (2) stocked with cookies & fruit, rolling sag.

Directions to start/finish

From Charlotte: take I-85 South to Gastonia. Take the Lowell/Cramerton exit, #22. Make a left onto Lowell Main. Continue on this road about 5 miles (this road will change names to Redbud, Hoffman, and then Robinwood). Turn left at the intersection of Robinwood and Union Rd (Hwy 274). Continue travelling on Union Rd about 3 miles to Forest View High (start/finish).

From Greenville, SC: take I-85 North to Gastonia. Take exit #17, and head south on 321. Travel about 4 miles, turn left onto Hudson Blvd (you will see an Advance Auto Parts store on the right-but turn left!). Travel about 2 miles, turn right onto Union Rd. Go about 5 miles and you will come to Forest View High (start/finish).

From Hickory: take 321 South to Gastonia. Staying on 321 travel about 4 miles beyond I-85, turn left onto Hudson Blvd (you will see an Advance Auto Parts store on the right-but turn left!). Travel about 2 miles, turn right onto Union Rd. Go about 5 miles and you will come to Forest View High (start/finish).

From Rock Hill: take 274 towards Gastonia. 274 becomes Union Rd in Gaston County and you will reach Forest View High two miles before getting to Gastonia.

Pre-registration: Since the ride may be canceled because of inclement weather, we are collecting the ride fee only on the day of the ride. However, you may save time at check-in by completing the registration form and bringing to the ride. The registration form is available at www.gastoncountycyclists.org. You will need to register with your name, address, and the name and phone # of an emergency contact. Riders under the age of 18 must be accompanied by an adult.

For more information: Phone Reese Wilson at 704 825 7234, or
e-mail at coitshane@aol.com.



Gaston County Cyclists/Gaston Road Runners

P.O. Box 122, Lowell, NC 28098

Membership renewals for 2003
are due by December 31st. Renew
by mail today. Check your expiration
date here.>

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.	