

Coastin'

The next club meeting will be on Monday, April 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

Sundays – **start 1:30 p.m.**
Forestview High School, S. Union Rd Gastonia. Marked routes available, 32-39 miles.

Run Schedule

Meeting 6:00 p.m. Tuesdays and Thursdays @ the Food Lion on New Hope Road next to Ashbrook High School. Distance approximately 6 miles and pace approximately 9 min./mile.

Results ~ Running

The 20th Annual Winter Flight 8K in Salisbury
Frances Scott in 52:10
Reese Wilson in 52:11



2nd Annual *Run Before You Eat* Series

Beginning on Monday, April 7th 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).

Results ~ Cycling

Results
Charlotte Sports Cycling 4th annual winter training ride February 8, 2003

Sunny, 35-40 degrees, approximately 200 riders, well organized, bathroom facilities at Harrisburg Elementary, great route with rolling terrain & very little traffic, 70, 59, & 30 mile routes.

John Price
Chris Fiehweg
Mike Knapp
Hayden Tuttle
Blair Craig (volunteer)
Joe Price

Greenway Representative Needed

Anyone interested in representing the Gaston County Cyclists for Connect Gaston Inc., please contact Jim Weant 704 865 6193.

Free Bike Clinic II Monday, March 17th, 2003
(rescheduled since February clinic was canceled by snow storm)

Club president and co-manager of Cycling & Fitness Bicycles Jack Moore sponsored a training clinic in January. Topics covered were fixing flats & basic maintenance, and about 14 participated.

The session was so popular that Jack has agreed to sponsor another session at 6:00 p. m., Monday, March 17th. The topic will be basic gear adjustments, and the club will again provide free pizza & drinks. So call Jack at Cycling & Fitness 704-865-5471 before 6:00 p.m. March 17th to let him know you're coming, and try to arrive a few minutes early as the session will be held after their usual 6:00 p.m. closing, and the shop will be locked at that time. Don't miss this opportunity to learn from an expert

Upcoming Running Events
courtesy of Paula Weant

Mar 1 – Corporate Cup Half Marathon, 3-Person Relay & 5K – Charlotte, NC –

www.runcharlotte.com/corporatecup/

Mar 1 – Ain't Hogs Great 5K – Landis, NC – www.salisburyrowanrunners.com

Mar 22 – Gold Rush Half Marathon – Concord, NC – 704 786 3312

Mar 29 – Run for the Money 5K – Gastonia, NC – 704 864 0927

Apr 5 – Come See Me Road Race 5K – Rock Hill, SC – www.signmeupsports.com

May 24 – 2nd Annual “Boots” Stewart Somerset/Hunter Oaks Community 3 Mile Road Race & 1K Kids Fun Run 8:30 a.m. Dbonfilio@carolina.rr.com (benefit for Cole Jackson, a baby in need of a liver transplant)

After the Bridge Run Spring Century
April 6th 2003. Coastal Cyclists

The day after the Cooper River Bridge Run... leave the running shoes behind and bring out your bike. Ride from Daniel Island into beautiful Charleston and Berkeley Counties.

The route will start at Charleston Battery Stadium and head out Clements Ferry Road to Cainhoy, then on to various distances. The route will have several rest stops, stocked with food and water. At the finish you can enjoy a nice hot shower, a delicious lunch, and the opportunity to socialize with other cyclists. Routes will consist of a full century, (107 miles) starting at 8:00am, a metric century, (68 miles) starting at 8:30am, and a half metric, (33 miles) starting at 9:00am.

Camping on Saturday Night is available.

Check web site for details.

www.coastalcyclists.org

Registration:

On-site at the Extra Mile Running Shop in Mount Pleasant.

On-line by using activezach.com

<http://www.activezach.com/user/eventdetails.cfm?pEventID=1179>

Off-line by printing and mailing this form

http://www.coastalcyclists.org/Spring_Century_2003/Spring_2003_Reg_form.pdf

Pre-registration prices hold until March 14th. Tandem registration fees available.

After the event, enjoy lunch catered by Sticky Fingers, the Flatland Freestyle Show by Mike's Bikes Freestyle team, and massages will be available from Charleston Massage and Body Works.

3rd Annual
“Spring Forward”
Training Ride
Saturday, March 29 9:00 am
(Monsoon date: April 5th)

Registration begins at 8:00am
at
*Good Shepherd United
Methodist Church*

Beat the clock and
“Spring Forward”
with an exciting
20, 40 or 60 mile ride around the Lake Wylie
area.

The proceeds from this fully supported training
ride will benefit
The Leukemia & Lymphoma Society

~ *The Spring Forward ride is dedicated to Haley Feld-*
man ~
August 5, 1994 – May 8, 2000

**For more information about this ride, please
visit**

www.springforwardride.org
or contact
Angie Forbis 704.588.8447
Abcdeforbis@carolina.rr.com

For more information on
The Leukemia & Lymphoma Society’s Team in
Training, please visit:
www.teamintraining.org
Or call 800.888.9934

April 12

3rd Annual "Go For Blood" ride -

As you all know, the American Red Cross in Union County serves the community in a number of ways (disaster, blood donations, military contacts, health and safety). As you remember, we brought in approx. \$18,000 last year, and hope to make it an even \$20,000 this year. Adding a 5K walk/run. We already have one of our big sponsors, Dale Jarrett Ford. **GO FOR BLOOD!** is more important than ever before. 35 & 70 ml events; 10 ml family fun ride, 5K cross country walk/run. For more information on this ride and to visit their web site go to:

www.unioncountyyredcross.org

Clothing Sale!
Cycling & Fitness
Bicycles

411 E Franklin Blvd
Gastonia, NC
704-865-5471

All clothing (jerseys, shorts, socks, shoes, etc) 20% off during the month of March, for members of the *Gaston County Cyclists*.

Remember, club members are eligible for a 10% discount anytime (excludes complete bikes, please see shop for details)

FAT BURNER

pre-spring classic

SATURDAY the 22nd of March 2003 10:00 a.m.
(rescheduled from February because of rain)
registration opens at 9:00 a.m.

WHAT: a 30 mile course... offering 30, 60 and 90 mile training options.

WHERE: 'PETE HENKEL' RECREATION PARK

TOWN of STANFIELD NC

DIRECTIONS: from CHARLOTTE take HWY 24/ 27 ALBEMARLE RD. to LOCUST NC.... turn right on HWY 200.... 1.6 miles to a right turn on LOVE CHAPEL RD... continue straight thru the town of STANFIELD ... right turn into 'PETE HENKEL' RECREATION CENTER just past the flashing yellow light (stanfield elementary school will be on your left). please park at the recreation center.

COST: \$10.00 per person... includes post ride refreshments

RAIN DATE: SUNDAY 23rd of March 2003 10:00 am

Check the Team Charlotte's web-site for updates and further information:

www.teamcharlotte.net

Come See Me Criterium & Road Race April 5 & 6, 2003

USCF sanctioned races: one of the best organized weekends of racing anywhere. The road course for Sunday's race is awesome. For information, see www.rockhillbicycleclub.com.

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: \$5.00 members, \$8.00 non-members \$10.00 tandem team

Dates: April 8, May 7, June 4, June 18, July 25, August 13, September 24

Award dinner being planned for October.

“Far better it is to dare mighty things than to rank with those poor spirits who neither enjoy nor suffer much because they live in that gray twilight that knows neither victory nor defeat.” - Theodore Roosevelt



Challenge To Succeed Metric Century

Date: Sunday April 13, 2003

Presented by ...

the *Gaston County Cyclists* & the *Gastonia Noon Lions Club*

www.gastoncountycyclists.org



We Serve

Time: registration begins at 12:30 p.m.
ride starts at 1:30 p.m.

Start/Finish: Crowders Mtn State Park, main park office, Sparrow Springs Rd, Gaston County, NC (see directions below).

(The Gastonia Noon Lions meet on the 1st & 3rd Mondays of each month, Golden Corral, E Franklin Blvd, Gastonia, NC)

Cost: \$6, (\$5 club members) registration day of ride only

Route: 64 miles, with 41 & 21 mile options

Description: Routes feature rolling terrain in Gaston, York, Cherokee, & Cleveland counties with scenic views of Kings Pinnacle and Crowders Mtn. Terrain is moderately hilly. Bathrooms are available at the start/finish area, & the support includes two water stops (one on 20 & 40 mile routes) stocked with fluids & snacks. The course is well marked with multiple arrows to denote each turn. For more information: call Jim or Flo McCarthy at 704-866-0887, see website at www.gastoncountycyclists.org, or contact newsletter editor at coastineditor@yahoo.com.

Directions to Crowders Mtn State Park (new & improved!):

From Spartanburg, SC: Take I-85 North, in NC 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.*

From Charlotte, NC: Travelling on I-85 South, take exit #20, make left off of exit ramp onto Lowell Main St, continue on this road about seven miles until it ends (it will change names to Redbud, then Hoffman, then Robinwood, and finally Neal Hawkins). At the end of Neal Hawkins, turn left onto Hudson Blvd. Continue about 2 miles until Hudson ends, then turn right on Davis Park Rd. Go about ½ mile, then turn left onto Linwood Rd at the traffic light. Continue on Linwood Rd about 4 miles until it ends (be sure to keep right when the road forks at the convenience store). At the end of Linwood, turn left 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.*

From Rock Hill, SC: Take Hwy 5 to Hwy 161, make a right onto Hwy 161 heading North. About 3 miles after crossing into NC, make a right turn onto Lake Montonia Rd (look for the small convenience store on the right). Continue on this road until it ends (note that it changes names to Pinnacle Rd). At the end of Pinnacle Rd, make a left onto Sparrow Springs Rd, and continue about 1 mile until you reach Crowders Mtn State Park, on the left.

From Hickory, NC: Take 321 South, through Gastonia until you reach Hudson Blvd (there is an Advance Auto Parts on the right at this intersection). Make a right onto Hudson Blvd, and continue about 2 miles until Hudson ends, then turn right on Davis Park Rd. Go about ½ mile, then turn left onto Linwood Rd at the traffic light. Continue on Linwood Rd about 4 miles until it ends (be sure to keep right when the road forks at the convenience store). At the end of Linwood, turn left 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.*

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

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| 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. | |
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