



Coastin'

Club Meetings: At the May club meeting, it was decided to suspend dinner meetings until October of this year. Therefore, no dinner meetings will be held in June, July, August, or September. A brief (15 minute max) meeting will be held at 6:00 p.m., just before the start of each month's first Monday night ride at Forestview High School.

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 2005: President-Jack Moore (contact at Gaston Bicycle & Service 704-865-5471); Treasurer-Margot Rott; Newsletter Editor-John Price coastineditor@yahoo.com.

Dog Days Ride to Benefit Children in Haiti

*Proceeds from the Gaston County Cyclists' ride on July 10, 2005, the **Dog Days of Dallas**, will benefit a medical mission trip to the **Haiti Christian Center for the Deaf** at Port au Prince, Haiti. The trip is being organized by Advanced Family Eye Care of Denver, NC (GCC club member Elizabeth Barker is an employee.)*

Co-sponsors include Lincoln County chapters of Lion's Club & Rotary Club, & Denver Methodist Church. The purpose of the trip is to provide eye care to approximately 200 children & their adult care-givers at the Haiti school.

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Correction

In the May/June newsletter, I wrote that I had served as newsletter editor since 1991, but should have written 2001. I've served for four years, not fourteen years (it only seems like fourteen years). My apologies to those that held this job previously!

-John Price

New Members

Richard & Debra June, Gastonia
Welcome!

Vance Price Ride for Recovery Sunday, July 10, 2005.

62 mile **ROAD** ride, with 37 mile option. Waxhaw Elementary.

*Sponsored by the Dirt Divas <http://www.dirtdivas.net/> , a Charlotte based mountain biking club for women.

*Ride benefits Vance Price, a 14 year GASTONIA City Fireman & medic. Vance has devoted most of his working career to helping others, often in life threatening situations. Vance is an extraordinary cyclist, a good friend to many in this area, & a first cousin of the GCC newsletter editor & webmaster.

*On April 12, Vance was seriously injured in a motorcycle crash in Gaston County, & spent three weeks in intensive care. As we wish Vance continued success toward a full recovery, this ride is an expression of love on the part of his friends, & a celebration of recovery for anyone that has gone through a challenging period, be it physical or emotional.

Ride for Recovery Pre-Registration Form July 10, 2005 Waxhaw

Please complete and return the Pre-Registration form to *Ultimate Bicycle, Ride for Recovery, c/o Andrea Ros, 601-A N. Polk Street, Pineville, NC 28134. Mail no later than July 2, 2005 or hand deliver by July 9, 2005. Makes checks payable to the Dirt Divas. Pre-Registration cost is \$15 (Day-of-Ride cost is \$20). For more information see www.dirtdivas.net Thank you for your support!*

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email Address: _____

Emergency Contact: _____

Emergency Phone: _____

Is your emergency contact riding today? _____

Additional Donations: \$ _____

Route: 37 miles or 62 miles (Circle one)

Rules:

1. Approved helmets are mandatory.
2. **All Riders are required to check-in the day of the ride (including individuals who pre-registered)**
3. All riders are required to sign a waiver before participating in the event.
4. Rider 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.

Waiver of Liability:

By participating in this event, I realize I am riding on my own free will and that there are inherent dangers associated with bicycling including injury and death. Dangers can arise from surface hazards, weather conditions or inadequate safety equipment. I assume all risks associated with such participation. For myself, my heirs, executors, administrators, and successors in interest, I hereby waive, release, discharge, hold harmless, and promise to indemnify and not sue the ride sponsors, its officers, representatives and/or members or volunteers. I fully understand I am forever giving up, in advance, any right to sue or make any claim against the parties I am releasing if I suffer such injuries and damages, even though I do not know what or how extensive these injuries and damages might be, and am voluntarily assuming the risk of risk injuries and damages.

Signature: _____ Date: _____

Age of Participant: _____

Parent of Legal Guardian (If applicable): _____

Weekend Rides (through September, 2005)

Saturday Ride Option: 10 a.m., Forestview High School, "Show 'n Go" Distance & route to be determined by who shows up. Every Saturday, beginning May 14 through September, 2005.

Saturdays & Sundays: 7 a.m. New Hope Baptist Church, New Hope Rd, Gastonia, NC. Coasters group. Saturday route will vary, Sunday route usually 25 mile loop. No drop policy - good beginner ride.

Weeknight Rides (through September, 2005)

GCC Weeknight Ride Series Monday - Thursday rides, unsupported, marked courses. Series begins April 5, 2005 with Daylight Saving Time. Click on link for times, start locations, cue sheets in html format, & other information.

Part Time Pedal Pushers 6:30 p.m. Weeknight Ride Series. Tuesdays & Thursdays, North Gaston High School, Dallas, NC. Moderate pace, re-groups at intersections. Lightly traveled roads (relative to other parts of Gaston County).

Coasters 6:30 p.m. Weeknight Ride Series. Tuesdays & Thursdays, Forestview High School, Gastonia, NC.

**Time Trials Continue to Sell Out
June 7 Event Rained Out, Rescheduled for Sept 6**

Carolina Sportslink Time Trial Series 2005

www.carolinatt.org

Lowe's Motor Speedway

Concord, NC

2005 Dates:

April 19, May 11, June 29, July 28, August 3 & 17, September 6 & 22, October 4

Note: the June 7 event was rained out, & a new date, Sept 6, has been added to the schedule.

organized by the Carolina Cycling Time Trial Association

Registration Information: Pre-registration Required !

All events have been complete sell-outs.

Volunteers Still Get To Ride!

For 2005, the Gaston County Cyclists is an Associated Bike Club. This designation entitles our members to a significant discount, but also carries the obligation that we provide a few volunteers at each event. Please contact John Price at coastineditor@yahoo.com, & I'll arrange a job that fits with your ride time. Jobs include, set-up before the race, acting as holder (30 minute shifts), registration, take-down of course materials afterwards.

Thank you to our volunteers at the first four events!

Upcoming Cycling Events For more information, see website at www.gastoncountycyclists.com

Fabulous Fourth Metric July 4, 2005. Tryon, NC.

Tour de France Celebration Ride Saturday, July 9, 2005. Great Escape Bicycle Shop, Spartanburg, SC. 55 miles. Free to members of the **Foothills Cyclists**, \$15 fee for non-members, free to those that purchase a Tour jersey at the shop. Ride includes meal afterwards.

Tigerville Bike Trek July 30, 2005 North Greenville College, Tigerville, SC. 100, 65, 28, 10 mile routes.

Hurt, Pain, & Agony August 5, 2005. Traphill, NC.

Hilly Hellacious August 28, 2005. sponsored by the **Blue Ridge Bicycle Club**.

Civil War Century Bike Ride Saturday, September 10, 2005. <http://www.baltobikeclub.org/cwc/> Thurmont, MD. 100 mile option visits South Mtn, Antietam, & Gettysburg battlefields.

Bridge to Bridge September 18, 2005. Lenoir, NC. 102 miles. Lenoir to Grandfather Mtn. Registration already open for riders that participated in 2004. Registration opens after July 21 for riders **not** registered in 2004.

See <http://www.caldwellcochamber.org/> for more information.

Breakaway to the Beach September 24-25, 2005 (Saturday, Sunday). Register on-line at www.nationalmssociety.org/ncp. Please sign up for the Coasters team (code is NCPBCSTF01.)

Six Gap Century September 24, 2005. Dahlonega, GA. Includes many climbs featured in the Dodge Tour de Georgia.

FestiVelo-Rural Ride Around the Islands. November 10-13, 2005. Charleston, SC.

Mount Holly 100K & 40K Bike Ride

Saturday, July 23, 2005.

Mount Holly, NC. Start/finish: Main St. \$20.

Registration begins at 7:30 a.m. 100K starts at 8:30 a.m. 40K starts at 8:45 a.m.

From I-85 take Exit 27, go north on Hwy 273, make left onto Hwy 27, left onto Main St., registration is on Main St after one block.

Help a fellow cyclist pursue a dream.

Most cyclists have heard of the transcontinental bike race known as the Race Across America (RAAM).

Local rider Terry Lansdell hopes to participate in the 2006 edition, & this ride is to raise funds to enable Terry to race. A portion of the proceeds will go to local non-profit organizations (B.I.K.E.S. and the Brain Injury Foundation).

Pre-register by mail: Terry Lansdell; 1508 E Worthington Ave; Charlotte NC 28203

More information: Terry 704-372-9302, e-mail RAAM243@aol.com

Name _____

Address _____

Phone / E-mail _____ +

Release of Liability:

I waive any and all claims against T. Lansdell & any other person or group assisting or associated with this event, for illness or injury which might result directly or indirectly from my participation in the event. I am in proper physical condition to participate, & I am aware that participation in this event could, in some circumstances, result in physical injury or exhaustion. I understand that my entry fee will not be refunded, take action for myself, will ride open roads & waive, release and discharge any and all liability as a result of my actions to, from or during this event.

Signature _____ Date _____

12th Annual Biker/Hiker Weekend July 29-31, 2005 (Friday-Sunday)

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

Suggested Accomodations: 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, ask for a room reserved for the Gaston Cyclists under the name of Weant (pronounced *went*). 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 (especially the Thompson & Mouse Branch trails, which are open on Saturday to mountain biking), 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 to 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!

Pictured l-r are Hal Angel, Jim Weant, & the event's organizer, Paula Weant.



Results

Assault on Mt. Mitchell, 30th Annual, May 20, 2005

117 miles, 12,000 feet cumulative climbing, **RAIN**

Congratulations to Missy Sandal on completing her first attempt at the Assault on Mt Mitchell!
Missy was one of only two GCC club members to ride.

Tour de Kale June 18, 2005 Stan Dover, Tommy Jones, Jamie Newton

Carolina Sportslink Time Trial June 29, 2005

10 miles, Lowe's Motor Speedway

Tommy Jones 22:45 (26.4 mph) congratulations Tommy, on another personal record!

Stan Dover 23:28 (25.6 mph)

Charles Heafner 23:50 (25.2 mph)

John Price 23:57 (25.0 mph)

Jack Moore 24:57 (24.0 mph)

Tom Carr 25:12

Joe Price 25:19

John Woodward 25:25

Tommie Brock 25:41

Roy Drinkwater 27:36

Missy Sandal 28:20

Mary Davis Riddle 30:11

Blood, Sweat, & Gears June 25, 2005

102 miles, Valle Crucis, NC. 8650' climbing.

Blair Craig 5:03

Bill Gintert 5:07

Jim Weant 5:33

Troy Bush 5:48

John Woodward 6:12

John Price 6:23

Chris Baucom 6:34

Paula Weant 7:24

Missy Sandal 7:41

Mark Borkowski 8:52

New cycling laws in Colorado

Colorado Governor Bill Owens has signed into law the Bicycle Safety Bill which gives new rights to cyclists on Colorado's roads, bringing Colorado into line with other states.

Cyclists in Colorado may now legally: ride side by side if not impeding the normal and reasonable flow of traffic; ride across roads in safety crosswalks (obeying signals and traffic devices); and signal right-hand turns with a bent left arm or extended right arm.

In addition, law enforcement agencies are required to file a bicycle injury crash report upon request, even if a car was not involved. Colorado cycling advocates say this will all better tracking of bicycling statistics which determine road safety improvement projects.

The bill takes effect July 1. For more information on the new rules see www.BicycleColorado.org/for/BicycleSafety.

Help!

Please send in any results or ride participation that you might share.

Others are always interested in what's going on with local people.

And thank you to all that have contributed.

-John Price, newsletter editor

coastineditor@yahoo.com

Dog Days of Dallas Metric Century 2005



What: 100 km bicycle ride (actually 64 miles), with 25 & 46 mile options sponsored by the *Gaston County Cyclists (GCC)*

Date: Sunday, July 10, 2005

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 64 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 Tim Knight at 704-868-8342, John Price at coastineditor@yahoo.com, or see the website www.gastoncountycyclists.com.

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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 off regular price at Gaston Bicycle, Gastonia, on stock & special order merchandise (excludes complete bikes).

Gaston County Cyclists & Gaston Road Runners MEMBERSHIP APPLICATION

Membership Fees: \$15 Individual / \$20 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.	