



Coastin'

The **April club meeting** is on Monday, April 4th, 6:30 p.m., Alfred & Charlie's Barbecue, 815 S New Hope Rd., Gastonia, NC.

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.

Weeknight Ride Series Begins Tuesday April 5, 2005

With the change to Daylight Saving Time, our annual weeknight ride series begins on 4-5-05.

These rides are non-supported, however, we should have courses marked by April. Here's the preliminary schedule:

Mondays & Wednesdays: Start/finish Forestview High School, Union Rd, Gastonia, NC. Mondays 25 miles, Wednesdays, 35 miles.

Tuesdays & Thursdays: Start/finish Restoration Church of God, Spencer Mtn Rd Ranlo, NC. Routes approximately 30 miles. Note about new start location: the church is graciously allowing us to use the parking lot on Tuesday & Thursday evenings. Please show appropriate respect while on the church property.

Crowders Mtn Metric Century

Sunday, April 10, 2005

Annual ride sponsored by the Gaston County Cyclists. Last year's event drew 140+ riders. See the flyer at the end of this newsletter for more information.

New Members – Welcome!

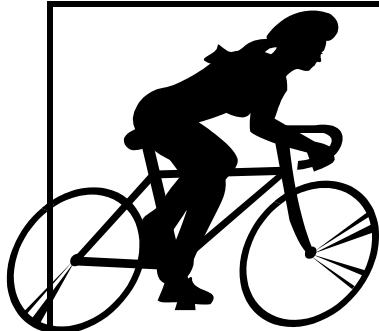
Ted Mitchell

Chris Bost, Kings Mtn

Shannon Irish, Gastonia

Laura Summer, Gastonia

Please note, in the past several months, we have had a number of new members. I added their names to the membership list, but failed to note them as new members in the newsletter. Please accept my apologies. John Price, newsletter editor



Ride Schedule

**Sundays
1:30 p.m.**

Forestview High School, 30-50 mile marked routes available.

This past Sunday (March 13), a sunny, 70 deg day drew about 25 riders for this ride. Look for this ride to continue through April. We usually follow the "W" route, most of which is marked, & is about 35 miles.

Run Schedule

The official running group has started - We are meeting on Tuesdays and Thursdays

at the Food Lion on New Hope Road near Ashbrook. The meeting time has changed from 6:00 pm to 5:45 pm. Run = 6 miles @ 9 min./mile



Watch Cycling on TV (Outdoor Life Network) Sundays, 5:00 p.m.

March 20th Milan San Remo (Italy)/Tirreno-Adriatico (Italy)
March 27th Criterium International (France)
April 3rd Tour of Flanders (Belgium)
April 10th Paris-Robaix (France)/Redlands* (USA)
April 17th Amstel Gold Race (Netherlands)
April 24th Liege-Bastogne-Liege (Belgium)/Sea Otter* (USA)
May 1st Tour de Georgia* (USA)
May 8th Giro d'Italia (Italy)**
May 15th Giro d'Italia (Italy)
May 22nd Giro d'Italia (Italy)
May 29th Giro d'Italia (Italy)
June 12th Road to the Tour (Tour de France preview)
June 19th Road to the Tour
June 26th Road to the Tour
July 3rd - 24th Tour de France (France)***
Sept 18th Vuelta a España (Spain)
Oct 15th Giro di Lombardia (Italy)

Cycling Coverage on the Internet: <http://cycling.tv>

Disappointed with OLN's coverage? Try this new website, which streams video of racing coverage, including George Hincapie's recent win in the semi-classic Kuurne-Brussels-Kuurne. Some broadcasts are no charge, some are pay per view. Works well on cable modems, but video quality would probably be poor on dial-up connections.

More "Talk The Talk"
(commonly heard phrases, translated to their real meanings)
from RoadBikeRider.com Newsletter Issue No. 180 - 02/03/05

"It's not that hilly"

This climb lasts longer than a presidential campaign. Be careful on the steep sections or you'll fall over -- backward. You have a 39x23 low gear? Here's the name of my knee surgeon.

"This energy bar tastes like real food"

This energy bar tastes like real dog food.

"You're doing great, honey"

Yo, lard-o, I'd like to get home before midnight. This is what you get for spending the winter watching football and gobbling Sausages. I shoulda married that cute Cat 1 when I had the chance.

"It's not that windy"

Yes, that was a mobile home cart-wheeling by. No, they're not supposed to be that mobile.

"I was just riding along when it broke"

I rode down a flight of stairs on my 398-gram race wheels. I drove into the garage with my bike on the roof. I decided to save weight by filing the rails on my saddle.

"This is a no-drop ride"

I'll need an article of your clothing. It's for the search-and-rescue dogs.

"The proprietary Carbonium tubing yields a stiff yet compliant ride"

This bike feels exactly like the 14 gazillion others produced in a monster factory in Taiwan, but our marketing guy had to come up with something to justify the \$4,000 price tag.

"It's not that far"

Yes, it is.

from RoadBikeRider.com Newsletter Issue No. 183 - 02/24/05

Sad stat: America Bikes reports that the percentage of kids who walk or bike to school has dropped from 71 percent to 18 percent in just one generation.

Glad stat: More than 900,000 LiveStrong wristbands were sold in the 24 hours after **Lance Armstrong** appeared on the Feb. 11 *Oprah Winfrey Show*. The previous one-day sales record for the yellow \$1 bands was 328,000. Proceeds go to the Lance Armstrong Foundation's fight against cancer and support of survivors. <http://www.laf.org>

* **GCC Jersey / Clothing Sale update** *
* The order for the new bike club jerseys, & other cycling garments, has been placed with Gita Sporting *
* Goods, to be made in Italy by Giordana. We hope to have the items back by mid-May. Most items that *
* were requested will be ordered, with the exception of shoe covers and long-sleeve skinsuits. Items that *
* we will be getting include jerseys (men's long sleeve, short sleeve, & sleeveless; women's short-sleeve & *
* sleeveless), arm warmers, gloves, & short-sleeve skinsuits. *
* *

Upcoming Cycling Events

Sat. March 26 Fat Burner Pre-Spring Classic

What: ride in Stanly Co. on a 30 mile loop (you can ride one, two or three loops for 30, 60 or 90 miles) When: 10 am, registration starts at 9 (\$10), rain date Sun. March 27

Where: Pete Henkel Recreation Park in Stanfield, NC Directions: from Charlotte, take Hwy 24/27 (Albemarle Rd) to Locust, NC, turn right on Hwy 200, go 1.6 miles & turn right on Love Chapel Rd, continue straight & look for right turn into Pete Henkel Rec. Park (just past the flashing yellow light, Stanfield Elementary is on the left). For more info, <http://www.teamcharlotte.net>

6th Annual Assault on Carolinas Saturday, March 26, 2005. Brevard, NC.

Register at www.active.com/event_detail.cfm?event_id=1193962 , or see www.gastoncountycyclists.com for link.

04/03 – Sunday, After the Bridge Run Ride, Daniel Island <http://www.coastalcyclists.org/>

04/10 – Sunday, Foothills Classic, Winston area. <http://www.foothillsclassic.org/>

Check www.pedalusa.com for more listings

Rock Hill Business Park. Winter, Tuesdays & Thursdays. From Hugh Hunsucker: Rock Hill has its own business park where we ride all winter. The rides are Tuesdays and Thursdays and begin at 6:00-ish sharp. The hill is not as bad as Huntersville's, and so far, neither is the speed. Traffic is usually minimal, as is the lighting. The course is clean and in good repair, however, so there is little danger of hitting anything. Take I-77 south to Dave Lyle Blvd, go right. Go to the intersection with the nymph statues and large columns, turn left. Park. Ride.

Brasstown Bald Buster Century Saturday April 16, 2005; Jefferson, GA. Ride the mountain featured in the Tour de Georgia. \$120. See <http://www.brasstownbaldbustercentury.com/> for information.

Tour de Cashiers April 17, 2005

Tour de Lure Bike Ride Saturday, April 23, 2005. Start-finish at Corpensing YMCA, Marion, NC 100 & 62 mile options. Lots of climbing. Ride sponsored by the YMCA of Western North Carolina. For more information, see <http://www.ymcawnc.org/> .

Mt Mitchell Training Series sponsored by the Spartanburg Freewheelers

Dates are 3/26; 4/9; 4/23. Rides start at North Greenville College. No charge, but some support will be provided. See <http://www.freewheelers.info/series/> for details.

Escape Training Series

Ride Around Wilkes Saturday, May 7, 2005. Sponsored by the Brushy Mtn Cyclists Club. See website <http://brushymtncyclists.tripod.com/> for more information.

3-State 3-Mountain Challenge Saturday, May 7, 2005. Chattanooga, TN. 100, 62, & 25 mile options. See <http://www.chattbike.com/> for more information.

Assault on Mt Mitchell Friday, May 20. Spartanburg to Mt. Mitchell, via Asheville. 110 miles. Ride has also been moved to Friday. More information at <http://freewheelers.info/assault.html> .

Assault on Marion Friday, May 20. 72 mile ride. Spartanburg to Marion, first 45 miles will ride with Assault on Mt Mitchell. More information at <http://freewheelers.info/assault.html> .

2005 Cycle South Carolina

Dates: June 20, 2005 through June 24, 2005

Where: Savannah, GA to Spartanburg, SC

Distance: 320 miles

For more details, including daily distances, fees, towns visited, please visit <http://www.cyclesouthcarolina.com>

Carolina Sportslink Magazine Time Trial Series
Lowe's Motor Speedway
Organized by the Carolina Cycling Time Trial Association
<http://carolinatt.org/>

“The Race of Truth. The Great Truth Detector. It’s just you, your heartbeat, & the clock. CCTTA hosts the premier time trial series at the famous Lowe’s Motor Speedway in Concord, NC. You don’t have to be fast. You don’t have to be fit. You just have to be prepared to face the truth.

10 mile time trial. Annual series, 9 events from April through October. Open to all riders of varying abilities. **Pre-registration** strongly encouraged, find link at <http://carolinatt.org> .

Schedule:

1st Event: April 19, 2005

Additional dates: May 11, June 7, June 29, July 28, August 3, August 17, September 22, October, 4 2005.

GCC approved as an Associated Bike Club – Volunteers Required

For 2005, the Gaston County Cyclists has been approved as one of six Associated Bike Clubs (ABC) for the CCTTA. Being an ABC gets our club members discounts at each event. But being an ABC also carries the responsibility of supporting the series by providing some volunteer support at the events. Each event requires approximately 25 volunteers to be successful.

But volunteering isn’t that hard! As a matter of fact, you can volunteer, & ride, too. And you can work as few as one events. You’ll only be “working” a 1-2 hour shift, either at registration, the start line, the information booth, setting up, or taking down the course, or marshalling the course. There’s even a reward program being set up for those that choose to volunteer.

Contact John Price at coastineditor@yahoo.com or 704-867-2669, with your name, e-mail address, or phone #, & I’ll relay your intent to help out at one, or even more than one event (it’s up to you).

If you or a loved one is participating in this series, please consider trying to volunteer at one or more events. I’m hoping to help out at each event, but my efforts won’t be sufficient alone. If we don’t generate some additional help, we can’t hope to retain our status as an Associated Bike Club next year.

Submitted by John Price coastineditor@yahoo.com

Breakaway to the Beach: September 24-25, 2005 from Doc Bradshaw ...

This is the 20th Anniversary Ride and you will notice a few changes in the route.

The biggest change is that Saturday's destination is the Darlington International Speedway. This move was prompted by some safety concerns both for the route and as it relates to those using the facility. The organizers plan to have everything at the track: bike storage, food service, showers, camping, beer vendors and so forth. Florence will still be the hotel location; it's a few miles up the road from the speedway and we'll be able to get there using the shuttle service as before.

As a result of using this overnight point, Saturday's ride will be a few miles shorter and Sunday's ride will be longer. I believe that we'll miss the watermelon rest stop on Saturday unless they move it to another site. The route Sunday will avoid the stretch on Highway 76 where we rode down the left hand lane of the four-lane highway. There were a number of accidents along that stretch (my part of the group witnessed a couple) so the word is that we'll be doing a back roads by-pass between Darlington and Florence on Sunday morning.

I understand that the starting and finishing points will remain as before. No official word on the minimum pledge but expect it to go up to at least \$250.

A special registration rate of \$20 will be in effect from Jan. 26 through March 15, 2005, for those who register online. Go to www.nationalmssociety.org/ncp, click on the MS Bike Tours registration link, and use the coupon code: ANNIVERSARY to get the special rate.

Our team name is The Coasters and our team code is NCPBCSTF01. Amy Novinc has agreed to serve as a team captain; when you register you may look up our team code by using her name or mine (Doc Bradshaw).

Editor's note: If you do the beach ride this year, please register under the team name Coasters, even if you aren't currently riding with any of that group. Signing up as a Coaster doesn't obligate you in any way, it will help the team numbers, & it may lead to some new friends and/or riding companions.

Support Terry Lansdell in the 2005 Race Across America

Area cyclist Terry Lansdell plans to race in the 2005 version of the famous annual race that crosses the United States from the Pacific Ocean to the Atlantic Ocean. Terry needs money to cover the large costs of competing. Consider making a donation to Terry for his effort. This would not be tax deductible, but bound to be worth some good cycling karma.

Make checks to Terry Lansdell; 1508 E. Worthington Ave, Charlotte 28203 or contact Terry at Tan243man@aol.com.

Catawba Riverfront Park To Close Effective Sunday, March 20 2005

From Charlotte Parks & Recreation ...

The decision has been made jointly by Char. Whitewater Park and this dept. to close the park to public bike riding effective Sunday, March 20th. The exception would be approved, organized, and supervised events (rides) by the Tarheel Trailblazers Club. We will be posting signs next week to this effect. When the park re-opens in approx. 12 months we will have the premier facility in the Southeast for Mtn. Bike riding.

Rock Hill on Fast Track to Get Velodrome

At our March club meeting, Mike Burgess spoke to our club about the Carolina Velodrome Association (CVA). Mike is currently a board member of the CVA. Formed in 2002, the CVA has been organized with the mission of bringing a velodrome to the Carolinas. Much progress has been made. Land has been secured, as well as \$500,000 in funds. The next major challenge is to secure sponsorship of the remaining \$2,000,000 needed to complete the project.

From a February 25, 2005 press release by Michael Cowan, CVA mike@carolinavelodrome.org

The Carolina Velodrome Association (CVA) announced Rock Hill, South Carolina as the preferred site for a concrete, 250 meter velodrome proposed by the group. The announcement comes after months of discussion between CVA founders and Rock Hill officials, including a site visit to the Lehigh Valley Velodrome in Trexlertown, Pennsylvania, and consultations with USA Cycling.

"We are extremely pleased to finally go public with our progress," said Michael Cowan, a CVA co-founder with strong ties to the Rock Hill community. "Rock Hill is a perfect location for our proposed facility in terms of community support, easy access to major thoroughfares, and a favorable cost-of-living." USA Cycling officials agree. "We need [the velodrome] to be accessible to some regional centers. [Rock Hill] is right in the corridor here," said Pat McDonough, Director of Track Cycling for USA Cycling, the United States cycling governing body.

CVA co-founder Spencer Lueders noted that the velodrome will meet regulations for hosting national and international events. The velodrome will also feature a concrete infield, allowing the facility to host non-cycling events throughout the year, making it a truly multi-use facility that would be enjoyed by a large percentage of the community. "We will be able to run the facility year-round," said Lueders. "As the only regulation velodrome in the southeast, that will be a huge benefit to the sport of track racing and to the community as a whole." Gerard Bisceglia, CEO of USA Cycling, agreed that the proposed velodrome would fill a void in the southeast. "You have a tremendous population base that is underserved by this sport," said Bisceglia, who flew in from Colorado to help present the plan.

CVA, Rock Hill City Manager Carey Smith, and USA Cycling officials presented the plan to Rock Hill City Council on February 22nd and received support from the City Council to assess site locations and create plans, conduct a third party economic impact study, and structure financing models. A final report is due in six months. Rock Hill Mayor Doug Echols said, "This is an exciting and unique prospect for our community. It is the kind of distinctive sports tourism opportunity the Rock Hill is known for, and I look forward to hearing the City Manager's report in the next six months." The velodrome has an estimated construction cost of \$2.5M, and CVA already has \$500,000 in private funds for operations.

The Carolina Velodrome Association, a not-for-profit organization, was founded in 2002 by Michael Cowan, Spencer Lueders, and Jaime Kosofsky.

2005 RHBC SPRING OMNIUM

The Rock Hill Bicycle Club has expanded it's popular Spring Race from a 2 day event to a 3 day Omnium. In 2004, almost 1,000 racers attended the two day event held throughout York County SC. This USCF sanctioned event remains the start of the racing season for most cyclists in the southeast.

Friday 4/1 Sprint Competition: This year's event held April 1-3, 2005 will add a Friday night under-the-lights sprint competition in Historic York, SC. The White Rose Sprints will be a quick 500 meter sprint down beautiful and festive Main Street. Cash prizes and Omnium points help kick off the race weekend. The town's closing off the streets and is planning a big turnout for this fast-paced event, including a band, food & street vendors.

Saturday 4/2 Criterium: The second day of the 2005 Omnium features the Continental Tire Criterium. This all-day event will provide ample opportunities for new and experienced racers to test their skills against racers from all over the country. Winthrop University Lake provides a great setting for the multi-lap race and has ample grounds for spectators to enjoy the setting.

Sunday 4/3 Road Race: The final day of the Spring Omnium is the Patriot's Trail Road Race, located in and around Historic Brattonsville in southern York County. The rolling hills of southern York County provides a pleasant setting and plenty of challenge.

To register for any of the 2005 Omnium events, please visit Active.com.

Watch the Road Race up close: As a volunteer!

Volunteer positions are still available, especially for the Sunday road race. Jobs would include marshalling a corner for part of the day, & riding/driving a support vehicle. There are many different race categories participating, so the action is non-stop. This is a fun way to spend part of a day, & supports cycling, too.

Contact Race Director Mike Burgess at wmburg@comporium.net or 803-280-6906 to enroll as a volunteer.



Used Set of Wheels Wanted

Have a good set of road wheels to sell? Contact Chuck at cnodine@carolina.rr.com to see if he's interested in what you've got.

Gaston County Cyclists: What We're About

An editorial by John Price, newsletter editor

Mission: The Gaston County Cyclists (GCC) exists to make cycling fun. We accomplish this by organizing events, encouraging riders of varying abilities, and distributing information about cycling opportunities.

What We've Done: In keeping with making cycling fun, we have done some very positive things. We currently have marked courses from four different locations in the county. For at least eight years, we have organized four rides each year which are supported and fee-based ride. To encourage riders of different abilities, all these rides offer different course lengths.

Support of Other Cycling Groups: Sometimes, other groups have formed because of common interests, such as the **Coasters** or the **Part-time Pedal Pushers**. Our club gladly promotes anything they have going on, such as Coasters' Sunday morning rides in the summer, & the awesome team the Coasters organizes each year for the *Breakaway to the Beach*. Our website & newsletter promotes events from other, regional clubs.

Charities: Along the way, we've done a few other things, too, such as supporting some charitable causes. The public's perception of our club would probably be enhanced if we supported some type of charitable cause on a more periodic, predictable basis. But finding & agreeing upon the right cause and/or organization has been challenging. Maybe the *Friends of Crowders Mountain Group* (www.friendsofcrowdersmountain.org) is the right choice for us, as it relates to outdoor activities, & might someday lead to the construction of mountain biking trails at the state park.

Spartanburg Freewheelers & Escape Cycling Club

Recently, some controversy has been brewing in Spartanburg between the **Spartanburg Freewheelers** & a new cycling club called the **Escape Cycling Club**. The Freewheelers have for 30 years organized one of the premier cycling events in the USA, the Assault on Mt. Mitchell. They have over 300 members, & have actively promoted cycling. But a sizeable group of enthusiasts have felt disenfranchised to the point of forming a new club, the Escape Cycling Club.

Recently, the Freewheelers threatened legal action over the use of the name "Mitchell" in a training series sponsored by the Escape Cycling Club. Without offering my opinion of this action, it seems sad that two groups with basically the same goals could be so much at odds. In reporting what has happened in Spartanburg, my primary purpose is to state that the mission of the GCC isn't to control anything, or be the biggest at anything, but simply to make cycling fun.

Comments from John McBurney, who former President of the Spartanburg Freewheelers

There is a reality that there are now 2 bicycle clubs in Spartanburg. This doesn't have to be a problem. There seems to be a fundamental difference in the vision and values of the 2 organizations. One is old and established. It has a signature event that is very successful and is lucrative. It has grown rapidly and has struggled with accommodating the diverse interest of the large membership. Much of the current leadership of this club seems to be more of the casual cyclist orientation. I was put forward as president of the old club and elected in large part due to block voting by the enthusiast (sometimes called "racers") faction. I resigned due to a variety of reasons which are too numerous and complex to list. But I did feel repeatedly as if I was being set up by those who did not like the enthusiasts to control the club.

The new club has grown out of the frustrations that the enthusiast faction of the old club have experienced with the old club. By all measures, the new club seems to be off to a very successful start. In large part we all just want to ride - a lot - with compatible people that share our desire to ride. We don't need or want to put on large scale rides or to accumulate a large horde of cash that we don't spend. Our core values are to ride, and to encourage others to ride and to attain their goals as cyclists.

The 2 groups, which overlap to a large degree, need to learn to co-exist. I no longer belong to the older club because I cannot support the actions recently taken without board approval that have resulted in much pointless acrimony.

There is a lot at stake at this time. Emotions are running high. Let's all just back off a while and go for a ride!

John McBurney

FestiVelo de Charleston: Ride Synopsis by Roy Peche

I woke up to a dark Friday morning, this seems to be a recurring theme of these out of town trips. I loaded up Sally (our tandem's name) and my luggage for our cycling adventure. When I arrived at Nancy's, I loaded her car with our stuff and Sally. At 8:00 a.m. we were on the road again. We got to Charleston at 12:30. Registration was open, so we signed up for our weekend of biking. Friday's ride was a tour of a local vineyard. The temperature was a warm 50+ degrees. We rode 12 miles to the vineyard, sampled 5 of the local specialties, placed our order then rode back to the start for a total of 25 miles.

Back at Camp Ho Nah Wah, we had lunch and dinner. They were very good. (I don't remember what we ate) We met a nice lady from Kansas City, Mo. Her name is Susan ----- Later that night our wine was purchased and we saw a great Elvis impersonator perform in 40 degree weather. I was cold just looking at him in his white jump-suit.

Saturday's weather was once again very warm. Foxy Charlie must have been doing something right this year. Our ride was modified down from 36 to 24. But it was pretty much the same as last year. We were riding along, minding our own business, when this group of young men came by us. The one in front looked at me and said, "Hey, She's not pedaling back there". Well, the next thing I hear is, "I'm so tired of that comment." Then my little TURBO kicked in and off we went! UPHILL AT 18 TO 20 MPH Wow!!!! We caught them and passed them. They couldn't believe it, neither could I. I guess those time-trails paid off. We had the usual shrimp and grits at the rest stop. Nancy got to ride a recumbent tandem at that stop. With some extra twist and turns our mileage for the day was 41 miles.

Back to the hotel for showers and a nap. We left for the Maritime Center around 5:00p. There we had a fine dinner of B-B-Q with all the usual fixings including the steamed oysters. Susan was there, she said she hadn't ever had steamed oysters. So we introduced her to the delicacy. After dinner we were treated to a silent auction, where Nancy was very interested. We also enjoyed a lighted boat Christmas parade before taking Susan back to camp and going back to our hotel.

Sunday morning was once again bright and warm. We were to take the Charleston tour. We had the same guide as last year. We were concerned about more of the same, but were pleasantly surprised. Once again he was excellent. Our mileage for the day was 12 miles. The total for the weekend was about 75 miles. Poor Nancy! After a nice brunch at the Boathouse we left to come back home.



Crowders Mountain Metric Century

Date: Sunday April 10, 2005

Presented by ...

Gaston County Cyclists www.gastoncountycyclists.com

Friends of Crowders Mtn www.friendsofcrowdersmountain.org

Time: registration begins at 12:30 p.m.
ride starts at 1:15 p.m.

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

Cost: \$10, (\$5 club members) registration day of ride only go to website to complete form in advance at www.gastoncountycyclists.com .

Route: 64 miles, with 38 & 25 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 21 & 38 mile routes) stocked with fluids & snacks. The course is well marked with multiple arrows to denote each turn. For more information: call Jack Moore at 704-865-5471 (Gaston Bicycle M-F 10-6 or S 9-5), see website at www.gastoncountycyclists.com, or contact John Price at coastineditor@yahoo.com.

Directions to Crowders Mtn State Park:

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.**

For information about Crowders Mtn State Park, call the office at 704-853-5375. This number is for **park information only**. Although the park rangers are graciously letting us use the park, **they do not have information about the ride**. There is a trail head at the start/finish area, with excellent hiking trails ranging from easy to strenuous. Mtn biking is strictly prohibited on all trails.

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.	