



Coastin'

Next Club Meeting: Monday October 3, 2005. See club website for more details to be posted soon, including time & meeting place.

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.

Club Cyclists Assaulted in Separate Incidents, Assailants Arrested (Information As of August 21, 2005)

From GCC member Bill Gintert:

*Please forward this to the members. As you know on April 5, 2005 I was hit in the head with a 20 oz. bottle of pop by passing motorists. My helmet was broken and I was knocked off my bike into the ditch and cracked a tooth as a result of this. I managed to get the license plate of the car and the occupants were subsequently arrested and charged with **assault**.*

One defendant, David Bolin, is 16 and was driving the car. The other, Travis Sneed, is 18 and has admitted throwing the bottle. They are scheduled for Trial in Gaston County District Court on Monday August 22, 2005 at 8:00 a.m.

From GCC member Tommie Brock:

On July 19, fellow club member Tommie Brock reported he was cycling in Cabarrus County when he was assaulted by a passenger of a motor vehicle travelling on the same road. The suspect is alleged to have thrown objects at the cyclist, & to have intentionally caused the rider to crash. Brock suffered injuries & the bicycle was also damaged. Another passing motorist offered help, & obtained the tag number of the vehicle carrying the assailant. Police arrested the suspected assailant that same evening, & charged him with **Aggravated Assault**. The suspect spent at least part of the night in jail, pending the posting of bond. The suspect's first court appearance is scheduled for late August, & the trial date is scheduled for late September.

New Members

Mike & Pat Scott,
Cramerton, NC

Welcome!

Inside This Issue

It's not all bad news! Inside is a report on the successful Dog Days of Dallas Ride, an uplifting note about cycling in Spain, a few cycling results, some upcoming events, & most importantly, information on our club's annual fall ride, the Carl Andersen Memorial scheduled for **Sunday, October 9, 2005** at Crowders Mt.. State Park.

Dog Days Report: Excellent Event Draws 133 Riders

Dog Days of Dallas 2005 Report

- **What:** Metric Century on Sunday July 10, 2005 sponsored by the Gaston County Cyclists. 64,47, & 25 mile courses were used. There was no rain, & temperatures were typical for a July day - hot!
- **Numbers:** 133 riders registered for the event.
9 registered for the 25 miler;
33 registered for the 47 miler; and
91 registered for the 64 miler.
- **Towns:** 43 towns & 4 states were represented:
From North Carolina riders registered from the towns of Asheville, Belmont, Bessemer City, Charlotte, Concord, Connelly Springs, Cornelius, Cramerton, Denver, Gastonia, Granite Falls, Hickory, Hudson, Huntersville, Kannapolis, Kings Mtn, Lenoir, Lincolnton, Mooresville, Morganton, Mount Ulla, Mt Holly, Newton, Salisbury, Shelby, Sherrills Ford, Stanley, Statesville, Taylorsville, Valdese, Vale, Waxhaw.
From South Carolina riders came from Columbia, Gaffney, Greenville, Rock Hill, Sharon, Spartanburg, Taylors, Tega Cay, York.
From West Virginia Charleston was represented.
From Ohio Cuyahoga Falls was represented.
- **Internet:** 93 of 133 riders printed their registration form from the website.
- **Members/Non-members:** 133 riders registered: 83 (62%) were not members of the Gaston County Cyclists (GCC); 50 were members of the GCC. Riders' ages ranged from 11 to 67, with the average age being 41.
- **Ride Organizer:** Special Thanks to **Tim Knight** for organizing this year's event. The Town of Dallas welcomed the event, two port-a-johns were secured for the start/finish area, the **Dallas Police** provided traffic control at the ride start as riders crossed 279. The aid stations were well-stocked, and the course markings were excellent (easy to see!).
- **Volunteers:** Most of all, thanks to the numerous volunteers for their excellent work at registration, at the aid stations, along the route in SAG vehicles, and at the post-ride meal. You were wonderful!
Marked the course: Charlene Angel, Jack Moore, Steve Overstreet
Worked the ride: Jay Beam, Charlie Heafner, Chris Baucom, Elizabeth Barker, Jennifer Speight, Reade Gray, Amanda Assell, Mike Assell, Jane McCall.
- **Post-ride meal:** Thanks to Papa's Pizza, & to our bike club volunteers for the excellent organization of the post-ride meal.
- **Profits from Dog Days were \$1450. \$725 of this was given to 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. 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.**

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.

Carolina Sportslink Time Trial Series 2005 www.carolinatt.org

Three Chances for Pain Remain

Lowe's Motor Speedway Concord, NC

2005 Remaining Dates: September 6 & 22, October 4

Note: Most of the Sept. 6 slots have been filled by the registrants of the July 7 event, which was rained out.

Registration Information: Pre-registration Required ! All events have been complete sell-outs.

From CCTTA President Bill Wiseman:

During the Aug 3 Time Trial events we accomplished a great deal, some of the highlights are:

1. We raised \$ 3,190 for the Brain Tumor Fund.
2. The \$ 3,190 is almost an 18% increase over the monies we raised for the Brain Tumor Fund in 2004 event.
3. We helped raise the awareness of the Bank of America Criterium, which has become the second richest criterium in North America.
4. We had what I believe is a record number of individual TT riders participate, 228.
5. We had 20 teams participate in the (4-Man) Team Time Trials. I think this is the largest four person team time trial, east of the Mississippi.
6. We provided a fun, family oriented evening of bicycling racing that riders of many levels of capability could participate. I believe everyone that rode and or attended the TT events enjoyed themselves and will be talking about the TT event at Lowe's Motor Speedway for a long time.

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!

Gaston Bicycle to Open at New Location September 1st

Club sponsor Gaston Bicycle is moving to a new location, almost directly across the street from its current location on Franklin Blvd. The new address is 316-D E. Franklin Blvd.; Gastonia NC 28054. The phone # remains 704-865-5471. For those of you familiar with the current location, the new shop will be on the other side of Franklin, in a building almost at Broad St. In order to set up the new store, the shop will be closed for three days: August 29, 30, & 31.



Help Wanted: Monday, August 29, 6:00 p.m.!

Owners Jack Moore & Allen White have requested that interested club members volunteer in helping move all the bicycles. They have determined the best way to do this is to have volunteers walk the bikes to the new shop, so as to avoid any damage. They have decided on Monday, August 29, at 6:00 p.m. Please come & help out if possible.

Paceline Technique: Attention Beach Riders

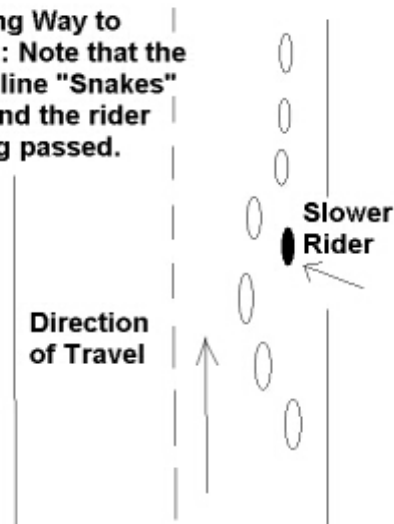
With the upcoming MS150 Beach Ride, now is a good time to review your group riding skills, especially if you have been mostly training by yourself. There's lots of good information written about pacelines, including the Spokes Report

at <http://www.nationalmssociety.org/NCP> (click on "MS Bike Tour", then click on "The Spokes Report.")

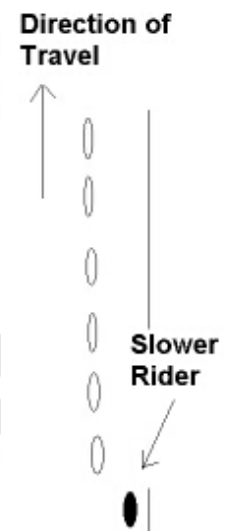
Advanced Passing Technique

- ◆ As a veteran of five MS150s ('97, '98, '99, '01, & '02), I've noticed how troublesome it is for slower riders when a paceline "snakes" around them. But I've never seen this issue discussed in any articles about pacelines.
- ◆ Illustrated to the right is an incorrect & a correct way for a group to pass a slower rider.
- ◆ Please keep in mind that traffic considerations must always be kept in mind in addition to cycling etiquette. Use common sense, & obey all traffic laws.
- ◆ Best wishes for a safe & successful ride to the Beach this September!

Wrong Way to Pass: Note that the Paceline "Snakes" around the rider being passed.



Correct Way to Pass: Note the the lead rider doesn't move over to the right until the last rider in his group has cleared the slower rider



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

Ride For Pride-10th Annual Saturday, August 27, 2005. Davidson, NC. Sponsored by the **Cannonballs Cycling Team** <http://www.cannonballs-cycling.org/> . 100k & 50k routes. Official MS150 training ride.

Hilly Hellacious <http://www.blueridgebicycleclub.org/> August 28, 2005. sponsored by the **Blue Ridge Bicycle Club**.

20th Annual Apple Country Bicycle Tour http://www.eco-wnc.org/september_events.htm. Sunday, September 4, 2005. Hendersonville, NC. 62, 32, 14, & 4 mile routes.

Tour de Paws <http://www.freewheelers.info/paws/> Saturday, September 10, 2005. Spartanburg, SC. 62 & 25 mile route. Sponsored by the Spartanburg Freewheelers. The 2004 event drew over 300 riders.

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.

8th Annual Tobacco Free for Life Mountain Bike Challenge October 1, 2005. DuPont State Forest. 25, 10, & 5 mile courses. For additional information and registration forms, contact Event Coordinator – Amy Williford at 828-698-4600 or tobaccofree@p-f-h.org

Brett's Ride for Rhabdo http://www.hickoryveloclub.com/bretts_ride_for_rhabdo.htm Sunday, October 2, 2005. Hickory, NC. 2nd annual 10-30-65 mile ride for charity. \$25 fee includes t-shirt, DeFeet socks, Livestrong bracelet, registration for door prizes.

Tour de Leaves October 8, 2005. Hendersonville, NC. Sponsored by **Henderson County YMCA**. <http://www.ymcahendersoncounty.org/>

JDRF Ride for the Cure <http://www.jdrf.org/> October 8, 2005. Asheville, NC. Benefit ride for Juvenile Diabetes Research Foundation. 40, 60, & 100 mile routes.

Cotton Pickin' Metric Saturday, October 15, 2005. Annual 62 mile ride sponsored by the **Rock Hill Bicycle Club** <http://www.rockhillbicycleclub.com/> (see club website for more information when ride date draws closer).

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

Upcoming Running Event

YMCA Spencer Mtn Ten Miler Saturday, November 12, 2005. 10 mile & 5K. 9 a.m. start @ Warlick School, Ranlo, NC. Online registration at www.gastonymca.org . For more information contact Donna Sassano at 704-865-8551 or dsassano@gastonymca.org .

Back From Riding in Espana by Bart Stetler of SouthPark Cycles, Charlotte, NC

Submitted May 25, 2005

I am back in the bike shop after a great week of riding and site seeing. on our Trek Travel Bike Trip to Spain. To make a long story short it was quite awesome and both me and Sharon road quite well. While riding in Spain I quickly realized how unaccepted bicycles are here in Charlotte. Here are the top ten reasons while road riding is better in Spain and probably all of Europe:

10. NO SUVs, yeah I know some of you love them but since gas prices have been practically \$4 a gallon in Europe for a long time there are practically 0 SUVs or large vehicles

9. Beautiful Countryside, we've got some here too but not any castles or monasteries. Old buildings are integrated into new architecture not torn down like in our own area.

8. Huge shoulders and bike lanes, bike lanes everywhere and the shoulders were typically as large as a bike lane.

7. If you like climbing Spain has it. Over 6 days (mainly within 4) we climbed more than 16,000 feet. No wonder the pros train here. I saw team members of the Mapei, Credit Agricole and others while riding. The climbs are so scenic that it helps take your mind off the gradient. Unless you're a pro, triple is the way to go.

6. The down hills, once you have gotten to the top you get to go down. Windy downhill switchbacks with more scenery than you can imagine.

5. Cars give ample room when passing. I never had a car come closer than arms length when passing. It was very common for passing cars to travel well into the lane of oncoming traffic, and the oncoming traffic yielded to them while passing cyclists.

4. Traffic circles, at first this was the most nerve racking experience. The first day Sharon and I were almost hit by a car because we were not up to speed on how to properly navigate these demolition derby circles (you must yield to the right of way and we didn't. We were either blessed or cursed out by the driver, still don't truly know) By the end of the trip enter traffic circles was more fun than any video game.

3. Riders everywhere, There were more riders riding through the country side and coast than you would see any given day on the Booty Loop. Also tons and tons of bike commuters.

2. Lance lives there most of the year. I came to 1 degree from knowing Lance Armstrong. I drank and ate at one of his favorite spots in Girona Sp. with one of his friends and walked in the entrance way of his luxury apartment. He was not there at the time but if he was I surely would have had the opportunity to meet him.

1. Not once in 6 days and well over 200 miles did I have anyone maliciously yell at us or throw ANYTHING out of a window. This sadly enough would not be the case in our own area.

Editor's Note: Bart's Observation #1 is particularly relevant considering the incidents reported on page 1.

Website for Tracking Rides:

www.bikejournal.com

From GCC member Ted Mitchell:
I found a great website for keeping track of rides/workouts, bikejournal.com. Rather than join another club, I set one up under the name of "Gaston County Cycling Team Coasters".

Blair Craig Wins State Championship

On June 4, 2005 Blair became the **30+ North Carolina State Road Race Champion** by winning the race held at the Carolina Horse Park just east of Southern Pines, NC.

On June 26, 2005 (the day after finishing 5th at the 102 mile Blood, Sweat, & Gears) Blair finished 3rd and received the bronze medal in the **NC State Games Criterium Championship** for Cat 1,2,3 racers. More significantly, Blair assisted his *Just Fresh* teammate Ben Faulk in winning the Criterium championship and gold medal.

Editor's Note: Looking back on Blair's first days as a cyclist, hopefully I'm not the only one feeling a bit silly about all the advice we used to give him. -John Price

Results

Carolina Sportslink Time Trial

10 miles, Lowe's Motor Speedway

Dates:	July 28	Aug 3	Aug 17
Tommy Jones	22:28	22:23	22:36
Chris Baucom	23:27		
Stan Dover	23:01	23:23	23:05
Charles Heafner	24:02	23:41	23:39
John Price		23:48	23:49
Tom Carr	27:51	26:25	26:22
Joe Price		24:49	24:30
Tommie Brock	26:03	26:19	25:24
Roy Drinkwater	27:53		26:28
Missy Sandal	28:01	27:05	26:56
Mary Davis Riddle		30:44	29:24
Shannon Irish		32:30	

NASCAR Division:

Bobby Labonte	26:45	
Tyler Labonte (Junior 10-14)	40:41	
Humpy Wheeler	30:24	29:04

Congratulations to all who have participated, & have set new personal records!

Blood, Sweat, & Gears June 25, 2005

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

In the previous newsletter, I failed to report that three club riders finished this grueling event together, in a photo finish! Pretty cool.

Mark Borkowski 8:52; Jeff Cobb, Mark Skillestad same time

Vance Price Ride for Recovery: 7/10/05 62 miles, 275+ participants! Joe Price

Concord & Salisbury Criteriums: Charles Heafner

Hurt, Pain, & Agony: 8/6/05, 70 miles, Chris Baucom, Tommy Jones, Joe Price

Hillsborough Bike Fest: 8/13/05, 100 miles. Joe Price

Brutal 100: 8/20/05, 100 miles: Tommy Jones, Jay Beam, Joe Price

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

GREENVILLE TO CELEBRATE GEORGE HINCAPIE DAY!

The City of Greenville cordially invites you to participate in a special celebration
September 9, 2005 6:00pm Downtown Greenville

Greenville's own George Hincapie, Tour de France Stage Winner and the only teammate to faithfully accompany Lance Armstrong during a record seven Tour de France victories, will be honored on September 9 in recognition of his extraordinary victory on Stage 15 of the 2005 Tour de France.

You are welcome to take part in a unique evening of fun and entertainment for the entire family. George Hincapie Day festivities will include a parade up Main Street and special presentations by Mayor Knox White and other dignitaries, followed by live music at Greenville's Main Street Jazz and children's amusement activities.

Bicycle club and organization members are invited to walk with George in the parade beginning at Broad Street and continuing up Main Street to the Hyatt Regency Greenville. Five representatives from each club or organization will be permitted to ride their bicycles in the parade leading their respective groups, while additional group members are encouraged to show their support by walking behind their leaders in the procession. Club and organization presidents should RSVP by phone or email to Megan Ray, 467-4485, raym@greatergreenville.com on or before August 31, 2005 to confirm their group's participation in the parade.

A special bicycle wheel salute will be conducted near the main stage at Main Street near the Hyatt. Riders will salute George by holding up the front wheel of their bicycles as he proceeds to the stage for the presentation ceremony. If you want to be a member of this exclusive group, please phone or email to Megan Ray, 467-4485, raym@greatergreenville.com on or before August 31, 2005.

We hope you will join us in downtown Greenville on September 9, 2005 for this historic day of celebration.

Share the Road NC License Plate

From the NC Dept. of Transportation: *Bicycle enthusiasts across North Carolina can now show their support for bicycle and highway safety by purchasing a new specialized license plate. The plate, which features the "Share the Road" traffic sign, was recently approved by the NC General Assembly and is being made available through the NCDOT, Division of Bicycle and Pedestrian Transportation.*

Note: Cost is an extra \$30 per year. For \$60 per year, the four digits can be personalized either with letters, or a combination of letters & numbers. For more information, see <http://www.ncdot.org/transit/bicycle/>



**For Sale: Scooter for Motorpacing
Train Like a Pro: A way to get your significant other involved in cycling!**

From Chad Leigh
I've got an Italian made scooter called Muskito with 3257 kilometers on it. Only used for motor pacing and always kept inside. Paid \$1600 new in 2002 but will negotiate a fair price with anyone interested.
For more information, contact Chad at leigh100@bellsouth.net

GCC Clothing Items for Sale

Although most items were pre-sold, the club did buy extras of certain items in order to meet certain required minimums & not disappoint anyone.

Here are the styles, sizes, & quantities remaining for sale:

Men's short-sleeve jersey \$49 S, M(2), L, XL; **Men's long-sleeve jersey** \$55 M, XL(3), XXXL; **Women's sleeveless short-sleeve** \$49 S(2), M(3); **Men's skinsuit** \$80 M(2); **Gloves** \$16 S; **Arm Warmers** \$18 S.

Contact Jack Moore or Allen White at Gaston Bicycle, 704-865-5471 to check remaining inventory.





Carl Andersen

Memorial

Annual Metric Century

Bike Ride

Sunday, October 9, 2005

61 miles, with 46 & 26 options

presented by the Gaston County Cyclists

PO Box 122 Lowell NC 28098

www.gastoncountycyclists.com

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.com

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

Start/Finish: *Crowders Mt. State Park*

Sparrow Spring 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 61 mile route passes through the historic Kings Mt. 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 Spring Rd. Continue on Sparrow Spring Rd about 3 miles until you arrive at the park entrance. **Note: in order to stay on Sparrow Spring 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 Mt.. This sign will direct you to turn right onto Sparrow Spring Rd, and in approximately 3 miles you will arrive at the park entrance. **Note: in order to stay on Sparrow Spring 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 Mt. State Park* directing you to turn left onto Sparrow Spring Rd. Turn left onto Sparrow Spring Rd, and continue about 3 miles until you arrive at the park entrance. **Note: in order to stay on Sparrow Spring 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 Mt. State Park* directing you to turn left onto Sparrow Spring Rd. Turn left onto Sparrow Spring Rd, and continue about 3 miles until you arrive at the park entrance. **Note: in order to stay on Sparrow Spring Rd, you will have to make a right turn about ½ mile before arriving at the park entrance.**

For additional information, e-mail requests to mambike@aol.com, or check club website for updates at www.gastoncountycyclists.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

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.	