



# Coastin'

**Club Meeting Change:** 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](mailto: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](mailto:coastineditor@yahoo.com).

## GCC Clothing Order Has Arrived!

- \* Thanks go to Troy Bush & Jack Moore for organizing the clothing sale. Thanks also to John Woodward for donating his professional services in creating this exclusive design for the Gaston County Cyclists.
- \* Included in the custom clothing are jerseys (men's long-sleeve, short sleeve, & sleeveless, women's short-sleeve & sleeveless), skinsuits, arm warmers, & gloves.
- \* Orders should be picked up at Gaston Bicycle, 411 E Franklin Blvd., Gastonia NC 28054; 10-6 M-F, 9-5 Sat. Phone Jack Moore or Allen White at 704-865-5471 for directions or additional information.
- \* If you need to have your order shipped to you, make your request to John Price at [coastineditor@yahoo.com](mailto:coastineditor@yahoo.com).
- \* Although all orders were pre-paid, we ordered extras of a few items in order to meet minimum requirements. Consequently, some items are still available for purchase, which include men's short-sleeve jerseys, men's sleeveless jerseys, women's short-sleeve jerseys, men's long-sleeve jerseys, gloves, arm warmers, & skinsuits. However, quantities & sizes are **extremely limited**, so please contact Jack Moore to see if your size is available.

*Pictured is Jack Moore, President of the Gaston County Cyclists & co-owner of Gaston Bicycle & Service. As sponsors of the club, Jack & Allen White have agreed to donate their shop as a distribution point for the club clothing orders.*



design by John Woodward  
[www.jwgraphicdesigns.com](http://www.jwgraphicdesigns.com)

## ***Crowders Mountain Metric Century 2005 Report:***

**Sunday, April 10, 2005; Crowders Mtn State Park, Gaston County, NC**

**Course Details:** The Gaston County Cyclists sponsored its annual Crowders Mtn Metric Century ride at 1:15 p.m. on Sunday, April 10, 2005. The weather was excellent, with a temperature of about 75 deg F, little wind, & clear skies. The start/finish area was Crowders Mtn State Park in Gaston County, NC. The course was 60 miles long, with 3000' feet of cumulative climbing. Two optional courses were available of 38 miles & 22 miles.

**Organizer/Volunteers:** Thanks go to Jack Moore for organizing the event, marking the course, & patrolling the course.

Jack also serves as the President of the organization **Friends of Crowders Mtn** [www.friendsofcrowdersmountain.org](http://www.friendsofcrowdersmountain.org). The *Friends* group provided all of the support & organization for the ride, & proceeds from the ride will be donated to benefit the *Friends* group.

Thanks to Mike Burgess for his assistance, particularly at the start of the ride.

Thanks also go to club members Melissa Magee & Elizabeth Barker for helping with registration.

**Riders Were Assaulted:** Unfortunately, at least two riders were injured when struck with objects thrown from a moving vehicle. The vehicle was traveling in the oncoming lane on Lincoln Rd in York County, SC. Apparently, one or more persons in the vehicle realized that cyclists were riding on Lincoln Rd & chose to intentionally throw objects, believed to be metal sockets from a wrench set, at cyclists riding in the opposite direction. One rider received a significant bruise in the chest area, but was able to complete the ride. Complete details of how many were struck & the extent of other injuries that might have happened are unavailable. York County law enforcement was summoned & the crime was reported.

**Participants:** 132 riders were registered -

47 club members (including 2 new members, just signed up at ride) & 85 non-members.

79 registered for the 60 mile course, 44 on the 38 mile, & 9 on the 22 mile.

**The average age was 42. The oldest was 66, & the youngest was 10.**

Riders came from the following 32 towns:

**NC:** Kings Mtn, Charlotte, Gastonia, Stanley, Belmont, Matthews, Dallas, Maiden, Bessemer City, Huntersville, Concord, Lincolnton, Iron Station, Taylorsville, Shelby, Sherrills Ford, Harrisburg, Cornelius, Conover, Claremont, Waxhaw, Salisbury.

**SC:** Lake Wylie, Tega Cay, York, Rock Hill, Greer, Moore, Fort Mill, Clemson, Greenville,

**TN:** Greenville.

**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**

**Carolina Sportslink Time Trial Series 2005**

[www.carolinatt.org](http://www.carolinatt.org)

**Lowe's Motor Speedway**

Concord, NC

2005 Dates:

April 19, May 11, June 7, June 29, July 28, August 3, August 17, September 22, October 4

organized by the Carolina Cycling Time Trial Association

**Updated Registration Information: Pre-registration Required !**

**Both the April & May events were complete sell-outs.**

**The June 7 event filled up 2 weeks before the start date.**

**Because of demand, same day registration for the time trials will be extremely limited, or completely unavailable. Riders have been turned away at each of the first two events.**

**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. So far, we've done ok at helping out, but we need to continue the effort. Jobs only last about 30-45 minutes, so there's still plenty of time to ride, too. Please contact John Price at [coastineditor@yahoo.com](mailto: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.**

**Volunteers so far include Charles Heafner, Joe Price, John Price, & Jay Beam.**

## Upcoming Cycling Events

For more information, see website at [www.gastoncountycyclists.com](http://www.gastoncountycyclists.com)

**Murray's Mill Bike Ride** June 4, 2005 Catawba County, NC. Metric Century

**9th Annual Three Mtn Metric** Saturday, June 4, 2005. Mt Airy, NC. Lots of climbing. Hard 62 miler, with shorter, & easier options.

**ADA Tour de Cure** June 4-5, 2005. Columbia, SC to Charleston, SC. Obtain more info at

**Tour de Cure Fletcher Flyer** Sunday June 5, 2005 Fletcher, NC. sponsored by the **Blue Ridge Bicycle Club**. A relatively flat 100 miler, see also Hilly Hellacious, a mountainous 100 miler sponsored by the same club in August.

**Between the Rivers Bridge to Bridge Training Ride** Sunday, June 5, 2005. Lenoir, NC. Metric Century, \$20. See link for more information. **Click here to register thru active.com!**

**2nd Annual Collier Lilley Ride 4 Life** June 11, 2005. Davidson, NC. 100K, 50K, or 25K. Davidson College Baker Sports Complex.

**Tour de Kale** Saturday, June 18, 2005. Denton, NC. Annual event. 67 miles, with shorter options.

**Blood Sweat & Gears** June 25, 2005. Valle Crucis, NC. 100 miles, 50 mile option. Lots of climbing. Beautiful scenery. Excellent support. Awesome ride.

**Lake Lure Century** July 2, 2005. sponsored by the **Escape Cycling Club**.

**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.

**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.

## New Cue Sheets Available

Club member Stephen Dow has done a fantastic job in creating new cue sheets for the many routes we have in Gaston County. The sheets are available as a *Word* document, & can be downloaded for free from the following link:

[http://www.gastoncountycyclists.com/CueSheets/GCC\\_Routes.doc](http://www.gastoncountycyclists.com/CueSheets/GCC_Routes.doc)

Or you can link to the sheets from the home page at [www.gastoncountycyclists.com](http://www.gastoncountycyclists.com)

Each cue sheet includes a map.

**Thank you Steve for your excellent contribution!**

### Newsletter Changed to Every Other Month

As you may have already noticed, the last two newsletters have been published every other month, instead of monthly. I apologize for the change, but feel it's currently for the best. The newsletter is basically a one man operation (compiling information, maintaining the membership list, creating the document, copying, collating, affixing stamps/labels, etc.) I've been doing the newsletter since 1991, & somewhere along the line I've gotten lazy. So I've made the change primarily to give myself a break! But also, most information doesn't really need to be updated every month.

### Website Expanded

On the positive side, I've been able to take over the club website from Rich Perlman, who started the first site for our club but no longer lives in this area. Along the way, I've learned about web authoring programs, web-hosting, & domain registration. I can't be sure, but I think more people are getting information from the website than the newsletter. This is especially evident in the attendance at our four annual rides. I remember when we would have 30-70 riders participate, now we have 130 – 150 ride, even at the January Polar Bear event. The website only costs our club about \$120 a year (web-hosting & domain registration), which is far less than \$1400 (approximate) that it costs to mail the newsletter. I'm committed to keeping up the website, as it's so much easier to provide lots of information, vs. a paper newsletter.

### Newsletter Distribution on Website

The Spartanburg Freewheelers have moved to distributing their newsletter as a document posted on their website, instead of actually mailing it to the membership. The Tarheel Cyclists (Charlotte) are considering the same option. I've been posting our newsletter on the website for over a year, on it works well for most people. When the newsletter is distributed on the website, each member is responsible for printing it off themselves, vs. getting it in the mail. This system of distribution would save us the annual newsletter costs (approx. \$1400) plus a lot of work for the newsletter editor. We'll probably start this next year, unless I can recruit someone to take responsibility for copying & mailing the newsletter for each addition.

### Future

Eventually, we'll find a new person for doing the newsletter, & breathe some new life into it! But for now, I'm happy to continue in the job.

-John Price, Coastin' newsletter editor

## 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**

## Coasters Team & the Beach Ride from Doc Bradshaw

In recognition of the 20th Anniversary of the Beach Ride, the folks at the MS society have cut the cost of registering for this year's ride to \$25. I don't know how long this price will be in effect so if you haven't already registered (and that is \*most\* of you) take advantage of the opportunity to save \$10.

Register on-line at [www.nationalmssociety.org/ncp](http://www.nationalmssociety.org/ncp)

The Coasters' team code is NCPBCSTF01.

Note from John Price- If you're from the Gaston area & plan to ride the Breakaway to the Beach ride this coming September, then please register as a member of the Coasters. Ride pamphlets can be picked up at Gaston Bicycle, 411 E Franklin Blvd, Gastonia, NC, or other participating bike shops.

If you're not familiar with this event, it's a two day, point to point ride. It's one of the best organized & supported events, & a wonderful challenge & opportunity for riders new to longer rides.

## Results

### Personal Records set at Carolina Sportslink Time Trials

10 miles, Lowe's Motor Speedway

April 19, 2005, Tommy Jones – A new personal record & 2nd in category: 22:58.82

May 11, 2005, Chris Baucom – A new personal record & 2nd in category: 22:58.83

Editor's note: Tommy & Chris aren't in the same age category, & I don't mean to imply that they're competing against each other. But check out their PRs above – there's only 1/100 of a second difference!

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

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

Joe Price 9 hours, 6 minutes

Joe finished about 300th of the 1000 riders. 350 riders quit before finishing this grueling event.

**Weather on Mt. Mitchell** From O. Harris, what the weather can be like going from Asheville to Mitchell on the Blue Ridge Parkway in May: *We left the Folk Art Center on Tuesday in good weather and enjoyed a pleasant 10 mile ride. Then, in the next 13.5 miles, before we abandoned the ride, we experienced drizzle, lightning, heavy rain, a 25 degree drop in temperature, wind, fog so thick we couldn't see 15 feet in front of our bikes, sleet, and finally hail.*

### Triathlon Results

Chris Baucom

4/16/05 - Racefest 1/2 Marathon - 1:37:50 (My best in about 15 yrs.)

5/07/05 - White Lake 1/2 Ironman - 4:59:12 (PR, 9th in AG, First time under 5 hrs.)

Editor's note: It's good to see Chris back at full throttle, since recovering from a bad fall & shoulder injuries in 2002.

## 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](http://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](mailto:coastineditor@yahoo.com), or see the website [www.gastoncountycyclists.com](http://www.gastoncountycyclists.com).

# **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**

<b>Name:</b>	<b>Additional Names (for family membership):</b>
<b>Street</b>	
<b>City:</b> <b>State</b> <b>Zip</b>	
<b>Phone</b> <b>E-mail (if you would like to join club e-list):</b>	
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.	