



Coastin'

The **February club meeting** is on Monday, February 6, 2006, 6:30 p.m. The meeting will be held at Johnny B's Restaurant in the Bi-Lo Shopping Center on South New Hope Rd, at the intersection of New Hope & Redbud.

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 2006: President: Paula Weant (contact at jpweant@carolina.rr.com); President-elect: Melissa Magee; Treasurer: Charlene Angel; Newsletter Editor-John Price coastineditor@yahoo.com. Note that the President-elect for 2006 will serve as President in 2007.

Polar Bear 2006 Draws Record Number of Riders: 154

Polar Bear 2006 Report:

Sunday, January 8th, 2006; Forestview High School, Union Rd, Gastonia, NC.

Course Details: The Gaston County Cyclists sponsored its annual Polar Bear ride at 1:15 p.m. on Sunday, January 8, 2006. The weather was excellent, with a temperature of about 59 deg F, winds 4-6 mph, & mostly clear skies. The start/finish area was Forestview High School in Gastonia. The course was 50 miles long, with 1900' feet of cumulative climbing. Two optional shortcuts were available which reduced the route by 7 & 4 miles, respectively.

Organizer: Thanks go to Jim & Paula Weant for organizing the event, marking the course, & patrolling the course, & manning the water stop.. Jim marked the course with a brightly colored (orange) arrow & letter "A." Thanks also go to Charlene Angel & Melissa Magee for helping with registration.



Hometowns: Riders came from the following 35 NC & SC towns:

Asheville, Belmont, Charlotte, Claremont, Clover, Concord, Cornelius, Cramerton, Dallas, Denver, Fort Mill, Gaffney, Gastonia, Greenville, Harrisburg, Hickory, Huntersville, Indian Trail, Kannapolis, Kings Mtn, Lake Wylie, Lincolnton, Maiden, Matthews, Mt Holly, Rock Hill, Salisbury, Sharon, Shelby, Spartanburg, Stanley, Valdese, Vale, Waxhaw, York.

Pictured above is GCC president & ride co-organizer Paula Weant as she helps a rider at the water stop on Polar Bear.

Cycling Results

“We really loved the ride yesterday, and thought everyone was very friendly. Hope to ride with you guys again in the future...”

Ron and Marcia Blaine, Asheville, NC commenting on the 2006 GCC Polar Bear

2nd Annual Ride for Courage Polar Bear Metric Century.

From: Joe Price

Sent: Sunday, January 01, 2006

I did the P.B. ride in Winston-Salem this morning. Pretty decent turnout and funds were for the fight against cancer. It's normally a 62 mile route but was lengthened to 69 miles because of bridge construction on the normal route. I stayed with the lead group about ½ the ride. A double pace line formed that I got suckered into and wasn't able to recover fast enough to stay on wheels. I did catch a few folks before it was over and finished in 3 ½ hours for a 19 mph average. I've got to learn to just stay on wheels in those groups!!

Running Results

Kings Mountain Family YMCA Jingle Bell 10K

Troy Bush - 40:30 - 3rd male

Ralph Rutledge - 46:24

Jim Weant - 46:25

Paula Weant - 49:29

Melissa Magee - 50:56 (P.R.)

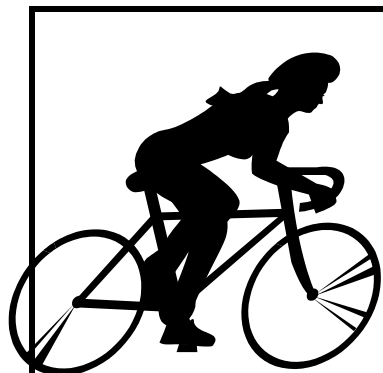
Rob Helton - 57:06

Help!

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

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

-John Price, newsletter editor coastineditor@yahoo.com



**Ride
Schedule**

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

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



Run Schedule

5:30 p.m. Tuesdays & Thursdays
Food Lion, New Hope Rd next to Ashbrook
High.
Run = 6 miles @ 9 to 9 1/2 min./ mile.
Other options available.

**All Memberships Expired at the end of 2005, Please Renew Now.
If you haven't renewed, this really is the last newsletter to be
mailed!**

Please check your membership expiration date on the mailing label.

**If you find an error, please contact John Price
at coastineditor@yahoo.com, & I'll make the correction.**

- ◆ Club memberships expire at the end of the year. Renewal is \$15 for individuals, & \$20 for the whole household.
- ◆ Remit by check to GCC, PO Box 122, Lowell, NC, 28098. Include your name, & also alert us if your address or phone # has changed!
- ◆ Be sure to check the mailing label on your newsletter for your expiration date. If your membership expires 12-31-05, then this newsletter (Feb 06) is your last until you renew.
- ◆ Thank you for supporting the club & cycling by joining or renewing your membership in the *Gaston County Cyclists* .

Upcoming Cycling Events

Spring Training Series Saturdays, 9:00 a.m. start: 2/11; 3/11; 4/11; 35 & 57 mile routes (72 miles on 4/11), marked courses, rest stop, \$12, food afterwards. Great Escape Bike Shop, Spartanburg, SC. Nice roads for cycling.

See <http://www.foothillscyclists.com/> for more information.

Greenville Training Race Series: 3 weekends – 2/25, 3/4, 3/11. Sanctioned race series. Prize list. For information, see <http://www.foothillscyclists.com/2006%20Greenville%20Spring%20Series.pdf>, or link to this flyer from www.gastoncountycyclists.com.

7th Annual Assault on the Carolinas Saturday, March 26, 2006. Brevard, NC. 62 miles.

See http://www.active.com/event_detail.cfm?event_id=1279940 for registration and more information.

Crowders Mtn Metric Century Sunday, April 9, 2006. 60 miles. Annual ride sponsored by the Gaston County Cyclists, usually draws about 140 riders. See club website at www.gastoncountycyclists.com – more information to be posted early in February.

Lowe's Motor Speedway Time Trial Series 10 mile time trial, nine races for 2006.

First date: Wednesday April, 12, 2006. Sponsored by the Carolina Cycling Time Trial Association (CCTTA). Members of the Gaston County Cyclists qualify for a discount as members of an Associated Bike Club. Early bird registration for a discounted season pass is now available. Form is available at website, & must be mailed in with payment. See <http://carolinatt.org/v2/> for more information.

This time trial series is supported by the Gaston County Cyclists, & is designed to appeal to cyclists of all abilities with moderate experience (primarily, you need to be comfortable riding in a reasonably straight line, with other cyclists nearby). If you haven't tried one of these events, please consider riding a race this year!

Cycle NC Spring Retreat April 21-23, 2006. Asheboro, NC.

See <http://ncsports.org/cncevent2.php> for registration and more information.

Tour de Cashiers April 30, 2006. 62 miles. 100 mile option. Annual event. Cashiers, NC.

Also, a 2.5 mtn time trial is scheduled for April 29, 2006.

See <http://www.tourdecashiers.com/> for more information.

Santee State Park Spring Fling April 28-30, 2006. SC. Mtn Biking & camping. For more information contact Alice Koss at 803-730-8955, akoss@sc.rr.com, or see link at club's website www.gastoncountycyclists.com.

Assault on Mt Mitchell & Assault on Marion Saturday, May 20, 2006. Registration for the 102 mile Mitchell ride will be available at 4:00 p.m. February 21 on Active.com only for those that have already received passcodes, which were issued to last year's participants. Registration for the 72 mile Marion event is already available. See Spartanburg Freewheelers website <http://www.freewheelers.info/> for more information.

From the club meeting January 2, 2006.

- ◆ Club president Paula Weant reported that the club received a thank-you note from the American Red Cross. The club donated \$200 of proceeds from October's Carl Andersen Memorial Metric Century to help provide relief for the victims of Hurricane Katrina.
- ◆ The club voted to donate \$1000 to the Carolina Cycling Time Trial Association (CCTTA) to help support the purchase of a new timing system. This donation was in response to a \$400 distribution made earlier in the month from the CCTTA to the GCC, for the purpose of promoting cycling in our area. The club received the following letter:

January 20, 2006

Paula Weant

Gaston County Cyclists

P.O. Box 122

Lowell, NC 28098

Dear Ms. Weant,

I don't know where to start. The generosity of the Gaston County Cyclists was a complete surprise. For the Gaston County Cyclists to make such a generous contribution, speaks volumes about the club, its members and officers. The Gaston County Cyclists have always been known for their support of the community and this donation is just another demonstration of how the members of your club give back to the community.

Your support for the Carolina Cycling Time Trial Association is very much appreciated and the CCTTA will put the money to good use. We will use your contribution to help improve the time trials at Lowe's Motor Speedway and encourage cyclists of all capabilities to take advantage of this unique cycling event.

On behalf of the Board of Directors of the CCTTA, I want to thank you for your thoughtfulness. We are pleased to have the Gaston County Cyclists be part of the Carolina Cycling Time Trial Association and to be associated with such a great group of people.

Best regards,

Bill Wiseman

President – CCTTA

CC: CCTTA Board of Directors, Humpy Wheeler

**Free Bike Fit Clinic: Gaston Bicycle, Feb. 13
from Jack Moore ...**

Hey guys and gals. I am planning a clinic on bike fit for Monday February 13 at 6:00 p.m. at Gaston Bicycle & Skateboard. This will be a free event, and as always you are encouraged to bring your favorite bicycle, although that is not necessary. I look forward to seeing you all.

Thanks,

Jack Moore

Gaston Bicycle & Skateboard, 316-D E. Franklin Blvd., Gastonia, NC 704-865-5471

Gaston County Cyclists/Gaston Road Runners

P.O. Box 122, Lowell, NC 28098

*Your membership ends
with the date shown
on address label
Please renew now!*

Change of address requested

Join the Gaston County Cyclists Now! Benefits include the monthly *Coastin'* newsletter, and a 10% discount at Gaston Bicycle & Skateboard, Gastonia, on regularly priced merchandise (excludes complete bikes, sale, & clearance items).

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.	