



Coastin'

The **April club meeting** is on Monday, April 3, 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 & Redbus.

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.

Weeknight Ride Series Starts April 4, 2006

(Daylight Savings Time Begins April 2, 2006)

Series will take place April through August

Rides Start at 6:00 p.m.

Mondays (20 miles): Forestview High School, 5545 Union Rd, Gastonia NC

Tuesdays (32 miles): Restoration Church of God, 1800 Spencer Mtn Rd, Ranlo, NC

Wednesdays (35 miles): Forestview High School, 5545 Union Rd, Gastonia NC

Thursdays (32 miles): Restoration Church of God, 1800 Spencer Mtn Rd, Ranlo, NC

Sunday, 1:30 p.m., Forestview High School, 35 miles, ride will continue through April

Run Schedule – through April

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.



RHBC Spring Omnium

March 31 - April, 2 2006

<http://www.rockhillbicycleclub.com/>

Crowders Mtn Metric Century: Sunday April, 9, 2006

Registration: 12:30 – 1:10 p.m. Mass Start: 1:15 p.m.

\$10 fee, (\$5 club members) registration day of event only,
entry form available www.gastoncountycyclists.com

See last page for more details



New Members

We have lots of new members, joining for various reasons – their growing interest in cycling, desire to support the hobby, discounts at our organized rides the Endurance Magazine Lowe’s Motor Speedway Time Trial Series, at Gaston Bicycle, etc.

Some have been gracious enough to share some comments about their cycling experiences, & those are printed below.

Jim, Jolene, Chris, & Katie Burrell Concord, NC: Lowe’s Speedway Time Trials, Cohutta Springs Triathlon – Bike leg relay

Peggy King Belmont, NC: 2005 Latta Triathlon, Cycle to Sea 2005

Richard Gerardi Charlotte, NC: Lowe’s Speedway Time Trials, USAT National Age Group Duathlon Championship

Scott Hammontree Lake Wylie, SC: started road cycling in October 2005. Already completed a metric century & 80 miler!

Artie, Jennifer, Spence, & Hannah Newcombe Gastonia, NC: Whole family rode the MS Bike Ride in 2005, Artie & Jennifer met on a Utah/Arizona bicycle tour in 1988. Artie, Jennifer, & Spence are triathletes.

Steve Rowell, Rene Rowell, Lauren Dunlap Hickory, NC: Owners of Rock N Road Bicycles, Hickory, NC. Sponsored & provide SAG for Brett’s Ride for Rhabdo 2005. Sponsors Lenoir Rhyne Collegiate Cycling Team. Organizer of Hickory Motor Speedway Under the Lights Tuesday night training series.

Tommie & Maureen Brock Kannapolis, NC: 2006 is Tommie’s 26 year as a licensed racer, racing for Outdoorlights.com . Teaches 5th grade in McAdenville, recently married Maureen. Maureen: new to cycling, has run competitively since age 13, including 5 marathons (twice at Boston). Has completed Marine Corps Marathon Cross Trains with swimming, plans to compete in two Sprint Triathlons in 2006. *Editors note: “Tommie, you better watch out!”*

Kerry Shields, Lynn Pitson, Katherine Shields, Emily Shields Salisbury, NC: Kerry, Katherine, & Emily all participate in the NC Cyclocross Races. The entire family enjoys the Lowe’s Speedway time trial series.

J. Shane Craig Gastonia, NC: Started riding summer of ‘05. Rode in the Waxhaw Go For the Blood Ride, & the 100K in Davidson 8/05, & two of the Lowe’s time trials.

Chris McConnell Simpsonville, NC: 2005 Assault on Mt Mitchell, Lowe’s Time Trials

Robert Baysden Gastonia, NC;

Jason Marshall Charlotte, NC;

Clifton Abare Charlotte, NC;

Todd Clapp Belmont, NC;

Dwight & Tamara Stewart Claremont, NC;

Nikki Irish Gastonia, NC;

Membership Report

Members: 124 members residing at 92 residences

Newsletter is also sent at no charge to 8 area shops

Healthy Running Seminar From Brian Boyle

I am organizing a Healthy Running Seminar to be held on Saturday May 6th, 2006 from 10 am to 11:30 am. It is a free lecture style clinic and I will be presenting along with a registered dietitian and podiatrist. We will cover topics such as running injury and prevention, some helpful running tips (including training for strength and speed), nutrition, and proper shoe selection just to name a few. Attendees can bring their running shoes along for a free analysis of their running shoes to see if they are right for their foot type.

This is a free seminar and will be held at: Gaston Rehab Associates, Inc.
1361-B East Garrison Blvd.
Gastonia, NC
Phone: (704) 864-4424

Located in the Garrison Professional Park near the Schiele Museum and Public Library.

Brian J. Boyle PT, MS, CSCS
Physical Therapist/ Co-owner
Gaston Rehab Associates, Inc.
1361-B East Garrison Blvd.
Gastonia, NC 28054
Phone: (704) 864-4424
Fax: (704) 864-2125 www.gastonrehabassociates.com

Results ...

Bike Sebring February 2006 by Terry Lansdell

Most of the racer types in the area (cat,uci, tri) dismiss Ultra events and results as 'kooky'. You all seem to understand that Ultra riding and its nature reduces the importance of only racing other humans and increases the importance of riding the bike for time and/or distance.

Just got back from riding to Sebring FL for the 24 hour time trial at BIKE SEBRING. (12 hours on local roads followed by 12 hours on the closed course of Sebring Raceway) 600+ miles ridden to get to the event and then 380 miles ridden in the event. The week usually catches up with me and this year was no exception. I got a couple of hours of sleep while many of the other 180 participants kept riding.

For those who like to keep track, still got 10th o'all and 3rd in age for the 24 hour time trial. I think 8 folks got qualified for RAAM by doing over 425 miles, but the real story was the recumbent division. The third place guy rode 470 miles only to get bested by two guys who did 490-500+!

That blows even my mind that someone can propel themselves forward across the face of the earth on a bike over 500 miles in one day. Passenger trains have a hard time doing that many miles and we all know how hard it is to drive that many miles!

Don't be intimidated by these numbers, the race is set up so that novice riders must only complete a 100 mile and a 12 mile loop to be allowed to ride as they desire for the remaining 12 hours on the raceway. To make it even easier they also have a 24 hour drafting and a 12 hour drafting division. Go to bikesebring.org for more info.

Upcoming Cycling Events ...

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. 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!

Springs Alive Festival Bike Ride, Boiling Springs, NC (Gardner Webb University) April 1, 2006 8:00 am \$15.00 location: GWU Football Center. For more info: <http://www.tourdesprings.com>

80 mile Training Ride for Mt. Mitchell. North Greenville University to Caesar's Head April 8 @ 8AM. Sponsored by the Spartanburg Freewheelers. No fee.
<http://www.freewheelers.info/series/>

Training Celebration Ride, Foothills Cyclists, Saturday April 15, 2006, 9:00 a.m. start: 30, 57, & 75 mile routes, marked courses, rest stop, \$15, food afterwards. Great Escape Bike Shop, Spartanburg, SC. Nice roads for cycling.
See <http://www.foothillscyclists.com/> for more information.

300K Brevet April 15, Spartanburg, SC. Sponsored by the Freewheelers of Spartanburg and sanctioned by Randonneurs USA. For more information: www.clemson.edu/~sjm/brevets

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.

RAW (Ride Across Wilkes) North Wilkesboro, NC May 6, 2006.

Assault on Mt Mitchell & Assault on Marion Saturday, May 20, 2006.
See Spartanburg Freewheelers website <http://www.freewheelers.info/> for more information.

2006 BURN 24 Hour Challenge Mountain Bike Race
Wilkesboro, NC May 27th & 28th, 2006 www.burn24hour.com

continued on next page ...

Upcoming Events continued...

Three Mountain Metric 06/03 Pilot Mtn, NC. <http://home.triad.rr.com/threemtnmetric/>

Tour de Kale 06/17 Denton, NC <http://www.tourdekale.com/>

7th Annual Murray's Mill Bike Ride, June 3rd in Catawba, NC www.heritagealliance.org;
call (828) 464-7730; email: kmcallister@heritagealliance.org;

Blood Sweat & Gears 06/24 Valle Crucis, NC www.bloodsweatandgears.org

Bicycle South Carolina July 13-16, 2006. Fifth annual event. <http://www.bicycle-sc.com>

Fifth Annual 24 Hours of Booty. 7/28-7/29. Myers Park, Charlotte www.24hoursofbooty.com

Blue Ridge Brutal 100 8/19 West Jefferson, NC. www.ashecivic.com

URBAN CYCLING DAY – INSPIRED BY TODD WEAVER

Experience Charlotte without a windshield and have a one-of-a-kind urban cycling adventure inspired by Todd Weaver. Come to E. 7th Street in Uptown, across from Imaginon on Saturday, May 13, from 8:00 a.m. until 3:00 p.m. for - **Cycle Charlotte**. Join this family-friendly extravaganza offering free bike safety rodeos for kids, helmet and raffle giveaways, and three riding options. Watch unicyclists, acrobatic cyclists, and live music by Gigi Dover and the Amy Broome Trio. Choose a two-mile family fun ride or 10 and 25 mile recreational rides on some of Charlotte's most beautiful streets. Come for part or all of the day.

Tonia Bendickson, well-known newscaster at WBTV, will be the MC. Special guests will include event co-chairs City Councilman Pat Mumford and County Commissioner Jennifer Roberts who are cycling enthusiasts.

Event sponsors include OrthoCarolina, WBTV, Bicycle Sport and Ultimate Bicycles, Charlotte Health and Fitness, Endurance Magazine, Belk Printing Technologies, Trips for Kids Earn A Bike Re-Cyclery, and Jim McGuire Media.

Weaver, 36, was fatally injured by a CATS bus last October, leaving as survivors, wife Pam, son Brady, and daughter Elizabeth. "Our goal is to encourage people who haven't ridden in years to dust off their bikes and join us in this premier cycling celebration," said Mark Weaver, Todd's brother. "Todd was a huge cycling enthusiast with a great attitude, boundless energy, and willingness to encourage a healthy and environmentally friendly life style. We will persist in our efforts to honor him by making our streets safer for all types of riders."

The Dirt Divas and Rank Riders cycling clubs and many committed individuals who support safe streets have joined Mark in planning this first-time event. Cycle Charlotte will conclude the annual **BIKE! Charlotte** week festivities.

Proceeds from this event will go to cycling education and safety programs with the help of B.I.K.E.S. of Charlotte Mecklenburg, Charlotte's bicycle advocacy non-profit.

For registration information, go to www.cyclecharlotte.org

Ride of Silence: May 17, 2006

Tentative plans are being made for Gastonia by club member Doc Bradshaw. As more information becomes available, it will be posted at our website and in our May/June newsletter.

In Charlotte, the contact is Ilan Paltrow, Bicycle Sport, 2916 Selwyn Ave.

The following is from its website <http://www.rideofsilence.org/main.php>

Date: May 17, 2006

Time: 7:00 p.m.

Where: At over 120 U.S. locations and eight other countries

Join cyclists worldwide in a silent slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on public roadways.

To **HONOR** those who have been injured or killed

To **RAISE AWARENESS** that we are here

To ask that we all **SHARE THE ROAD**

THE RIDE OF SILENCE WILL NOT BE QUIET

On May 17 at 7:00 PM, the Ride of Silence will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

In 2003, Chris Phelan organized the first Ride Of Silence in Dallas after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed.

The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. There is no brochure, no sponsors, no registration fees and no t-shirt. The ride, which is being held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.

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



Crowders Mountain Metric Century Sunday April 9, 2006



Presented by the
Gaston County Cyclists
www.gastoncountycyclists.com
Friends of Crowders Mtn
www.friendsofcrowdersmountain.org

Time: Registration: 12:30 p.m. – 1:10 p.m.

Ride Start: 1:15 p.m.

Start/Finish: Crowders Mtn State Park, Sparrow Springs Rd, Gaston County, NC. After entering the park, bear left at the first fork & continue until the road ends for our assigned parking area. Directions to the park are provided below.

Cost: \$10 (\$5 for GCC members) Registration day of ride only. Registration form at www.gastoncountycyclists.com: print in advance to save time at check-in.

Route: 61 miles, with 38 & 21 mile options.

Description: Routes feature rolling terrain in Gaston, York (SC), Cherokee (SC), & Cleveland counties with scenic views of Kings Pinnacle & Crowders Mtn. The route passes through the historic Kings Mtn National Military Park, site of the 1780 battle of the American Revolutionary War, in which 1000 Patriots killed or captured the entire British contingent of 1100 soldiers. Bathrooms are available at the start/finish area, & the support includes aid stations stocked with fluids & snacks. The course is well marked. For more information, contact Jack Moore at 704-865-5471 (Gaston Bicycle M-F 10-6 or S 9-5) gastonbicycle@aol.com, or check www.gastoncountycyclists.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, turn right onto Sparrow Springs Rd at the sign for Crowders Mtn State Park. 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 1/2 mile before arriving at the park entrance.**

From Charlotte, NC: Traveling on I-85 South, take exit #13 (Edgewood Rd). Make left off of exit ramp onto Edgewood Rd. Continue about 1/2 mile, then make right turn onto Hwy 74. Go about 2 miles on Hwy 74, then make left turn at traffic light onto Sparrow Springs Rd (look for the Crowders Mtn State Park sign). 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 1/2 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 about three miles until it ends (note that Lake Montonia Rd changes name to Pinnacle Rd). At the end of Pinnacle Rd, make a left onto Sparrow Springs Rd, and continue about 1 mile until you reach the entrance of Crowders Mtn State Park on the left.

From Hickory, NC: Take 321 South to I-85 in Gastonia. Exit 321 onto I-85 South. Go about 4 miles on I-85 South, then take exit #13 (Edgewood Rd). Make left off of exit ramp onto Edgewood Rd. Continue about 1/2 mile, then make right turn onto Hwy 74. Go about 2 miles on Hwy 74, then make left turn at traffic light onto Sparrow Springs Rd (look for the Crowders Mtn State Park sign). 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 1/2 mile before arriving at the park entrance.**

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 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	
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.	