



Coastin'

Ride of Silence 2006: Gaston County, NC

When: Wednesday, May 17, 2006 7:00 p.m.

Start/finish: Gaston County Courthouse, 810 W Mauney St, Gastonia

What: 10 mile ride through Gastonia, 8-12 mph controlled pace

Support: Escorts from the *Gastonia Police & Gastonia Fire Departments.*

At the April club meeting, the Gaston County Cyclists decided to participate in this nationwide event.

Our Purpose:

- * 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 at over 120 U.S. locations and eight other countries. 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.

Instructions for Participants:

Your participation is your opportunity to make a positive statement to the community about cycling.

Plan to arrive between 6:00 p.m. & 6:45 p.m. There is plenty of free parking at the Gaston County Courthouse.

You must be willing to follow the instructions which will be given at the start of the ride.

Cyclist will be expected to maintain their positions on the road.



Ride of Silence 2005: Greenville, SC
This event drew over 150 riders.

Free Ride No Brochure No Sponsors No Registration Fees No T-shirt

More Information: <http://www.rideofsilence.org> and <http://teamcoaster.com/rideofsilence.htm>

May / June 2006
Newsletter of Gaston County Cyclists/Gaston Road Runners
www.gastoncountycyclists.com **page 2**

Club Meetings: Dinner club meetings will not be held in June, July, August, or September. They will resume on Monday, October 2, 2006, 6:30 p.m., at Johnny B's Restaurant in the Bi-Lo Shopping Center on South New Hope Rd, at the intersection of New Hope & Redbud.

A ten minute meeting will be held at 5:50 p.m. preceding the first Monday night Forestview ride in June, July, August, & September.

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.

GCC Weeknight Ride Series
(Daylight Savings Time Begins April 2, 2006)
Series will continue 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

Note: Coasters group rides are taking place on Tuesdays & Thursdays from Forestview High School, at 6:00 p.m.

Weekend Ride Series

Coasters group: contact Doc Bradshaw at doc@teamcoaster.com for more information

Saturdays: 7:00 a.m., New Hope Baptist Church, 20-50 miles

Sundays: 7:00 a.m., New Hope Baptist Church, 20-30 miles

New Members

We have more new members to report, & some have been gracious enough to share some comments about their cycling experiences, & those are printed below.

George Knox, Clover, SC

Latta & Lake Norman triathlons
Myrtle Beach & Thunder Road Marathons

Michael & Stacey Heafner, Lowell, NC

Kings Mtn Triathlon, River Hills 10k

Huston Sheppard, Gastonia, NC

Jeff Jimison, Gastonia, NC

Membership Report

Members: 131 members residing at 100 residences

The newsletter is also sent at no charge to 8 area bicycle shops.

Crowders Mountain Metric Century 2006 Report

Ride Draws Record Number of Participants!

Sunday, April 9, 2006; Crowders Mtn State Park, Gaston County, NC

Participants: 214 riders were registered - a record number for a GCC sponsored ride. 112 registered for the 60 mile course, 93 on the 38 mile course, & 9 on the 22 mile.

The average age was 42. The oldest was 69, & the youngest were 14 (two 14 year-olds rode).

Riders came from the following 37 towns:

NC: Belmont, Charlotte, Concord, Cornelius, Cramerton, Davidson, Gastonia, Harrisburg, Hickory, Huntersville, Indian Trail, Kannapolis, Kings Mountain, Lincolnton, Maiden, Matthew, Monroe, Mooresville, Morganton, Mount Holly, Newton, Salisbury, Shelby, Sherrills Ford, Stanley, Statesville, Waxhaw,

(91 riders registered with Charlotte addresses)

SC: Clover, Fort Mill, Greenville, Lake Wylie, Moore, Rock Hill, Spartanburg, Tega Cay, York.

VA: Virginia Beach

Course Details: The Gaston County Cyclists sponsored its annual Crowders Mtn Metric Century ride at 1:15 p.m. on Sunday, April 9, 2006. The weather was excellent, with a temperature of about 70 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 37 miles & 22 miles.

Organizer/Volunteers: Thanks go to Jack Moore for organizing the event, marking the course, & patrolling the course. The **Friends of Crowders Mtn** www.friendsofcrowdersmountain.org provided the support & organization for the ride. In addition to Jack, course volunteers included Bob Muhl, Verna Neal, & Mark Lowe. Thanks also go to club members Charlene Angel, Stephen Dow, & Steve Overstreet for helping with registration.

Parking: The park was overwhelmed by the large ride attendance. We may have to make changes next year to address this issue. Possible solutions may be to move to an early morning start, vs. late afternoon. Or perhaps do something to limit the number of participants.

Request from Park Rangers: Crowder's park rangers have requested that cyclists use the back, left, rear parking lots when they are using the state park as a starting point for parking their cars & riding their road bikes. The state park has become a popular starting point for cyclists, particularly those from more congested areas of Mecklenburg County.

The *Gaston County Cyclists* are pleased to contribute ride proceeds of \$1000 to the *Friends of Crowders Mountain* group.

Upcoming Cycling Events ...

Endurance Magazine Time Trial Series at Lowe's Motor Speedway 10 miles, eight races remain for 2006.

See www.carolinatt.org 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!

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

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

NORBA National mountain Bike Series #2 - June 8 - 11 - Sugar Mountain Resort - www.skisugar.com/showdown

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;

Fletcher Flyer, June 11, 2006. Fletcher, NC. 100 miles <http://www.blueridgebicycleclub.org/ff/>

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

Fabulous 4th 100k 7/4/06 Tryon, NC. \$20 pre-registration. <http://www.polkcounty.org/4th/4th.htm>

Dog Days of Dallas: July 9, 2006. Metric Century. Sponsored by the Gaston County Cyclists. Dallas, NC. Annual event. More information to be posted on the club website by June 1, 2006.

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

St. Joseph Catholic Church fund raiser bike ride October 21 - 9:00 am - 48 & 30 mile route - \$15.00 pre-register/ \$20.00 ride day - information: St. Joseph Catholic Church, 108 St. Joseph Street, Kannapolis, NC 28081.

Assault on Hog Hill Bicycle Tour - 25/50 mile Saturday May 06 2006

Starting from Downtown Lincolnton /Lincoln Cultural Center- on East Main.

Travel country roads in a loop back to Lincolnton.

Sponsored by Ride A Bike/Catawba Lands Conservancy/Lincoln County Cultural Center

Registration fee includes: Pizza Dinner at Court Street Grill

Free Gourmet Coffee at Fausto Coffee

T-shirt to benefit the Catawba River Rail Trail (while supply lasts)

Registration 7:30am / Ride Start 8:30 am

REGISTRATION Fee: \$20.00 * Maps & Arrows * Sag Vehicles Helmets REQUIRED

More information: Charles Chafin Rhyne, coppi@bellsouth.net

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

“Share The Road” Works Both Ways

From Bob Sutton, a cyclist in the Greenville/Spartanburg area, about Saluda NC:

I had a informative conversation with one of Saluda's police officers today that is worth sharing...

Facing complaints from the local community, Saluda police will step up traffic enforcement of cyclists who blow through the stop sign at the bottom of the hill leading into town. As cyclists, the traffic laws apply to us. I was told that it is acceptable to stop after crossing the rails before entering 176, or at the stop sign just before the tracks.

Obviously courtesy and sharing the road apply to both motor vehicles and cyclists. And no... I was not cited, as I stopped.

Please share this as appropriate with our cycling community.

*Regards,
Bob*

Editor's note: As we try to be good advocates for cycling, we should be aware that our actions are watched & remembered by non-cyclists.

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

Member Results...

Endurance Magazine Time Trial Series: Lowe's Motor Speedway
10 miles 4-12-06

Stan Dover 23:55 1st in category!
Robert
Baysden 31:36
Tommy Jones 22:26 2nd in category
Jonathan Craig 29:20
Chris Baucom 22:38 A new personal record for Chris!
Jay Beam 23:01
Jim Burrell 24:21
Richard
Gerardi 21:56 1st in category!
Joe Price 23:25 A new personal record, plus it beats brother John's PR by 5 seconds!
Dwight
Stewart 25:40
Missy Sandal 27:38
Lynn Pitson 25:33
Maureen
Brock 26:39

Honorable Mention on the USA Triathlon 2005 All-America list: Chris Baucom

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

The GCC Website: What it Costs by John Price

There are two fees associated with the club website at www.gastoncountycyclists.com

1) **Domain registration:** \$10 per year, pre-paid for two more years.

We've also pre-paid ten years for www.gastoncountycyclists.org at a cost of \$67. ".org" used to be our primary suffix, instead of ".com," but I lost the ".org" address for two years through a foul up between myself & the Domain Registrar. An individual from Saudi Arabia obtained the ".org" name & tried to sell it back to us for \$650, so we switched to ".com."

2) **Website Hosting:** \$95 per year, pre-paid through December 2007.

Note: I have some ideas & hopes for improving the website to make it better organized & more user friendly, but I'm an unskilled amateur that mostly likes to ride his bike, so an overhaul will have to wait.

Cyclist Assaulted in Kannapolis: Three Assailants Arrested

Editor's Note: *This information has come from cycling enthusiasts in the Kannapolis area about an incident which occurred on Wednesday, April 26, 2006. The May 17 Ride of Silence affords us the opportunity to make a statement about these type of problems.*

From Tim S., via e-mail: Cyclist Rich White, a math teacher at Robinson High and a cycling friend of mine for the past 15 years was assaulted on his bike yesterday afternoon around 5ish near the intersection of Universal and 29-A in Kannapolis. He lives near that area and I think he was probably headed home. I spoke to his wife this afternoon and she explained specifics. He was hit from behind with a bat or blunt object by a passing motorist. He fell and another passing motorist asked if he would like to get in the car and follow to get tag info etc. They did and caught up with the suspect car at an intersection. Probably not the best thing to do but I'm sure your emotions can kick in. Anyway, 3 guys got out of the car, attacked and beat Rich. He was transported by ambulance to NEMC with a broken nose; 12 stitches in his face and broken ribs and is now home recovering. The assailants were arrested and charged with aggravated assault... and of course let go. Lets keep Rich in our prayers for a speedy recovery.

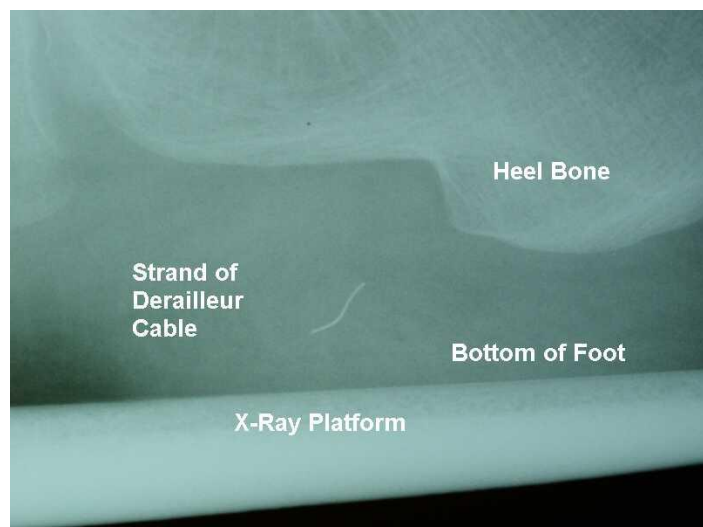
Why You Should Let Your Local Bike Shop Fix Your Bike by John Price

On the humorous side, I bet you've never heard of this particular cycling accident before. On March 28, I was preparing a bike for sale on e-bay, changing some parts, & working in my sock feet in my repair shop (also known as my living room). I snipped a derailleur cable, & didn't bother to clean up the debris immediately. Anyway, about three hours later I was outside, still in my sock feet, & thought I had stepped on a rock. After the pain worsened over the next three days, a visit to the doctor revealed a 3/4" strand of cable had embedded in the heel pad of my foot.

Outpatient surgery at Gaston Memorial on April 12 was successful in removing the cable, & the sutures were removed after two weeks, so I'm just about 100% again.

Special thanks to **Dr. Ryan Meredith** for his help in hurrying along the procedure & getting me back on my feet so quickly!

Dr. Meredith practices podiatry along with two other associates in their new office at Gaston Foot & Ankle
251 Wilmot Dr, Gastonia NC 28054
704-861-0425
Www.gastonfoot.4udr.com





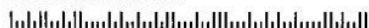
212 South New Hope Road
Gastonia, NC 28054
(704) 868-4050

01599

Last Chance Extended By Popular Demand!

JOHN PRICE
681 NIBLICK DR
GASTONIA, NC 28054-6408

T8 P1



Dear Member,

You know that the "Judgement Free Zone" really does exist. To us, the "Judgement Free Zone" is a gym where anybody and everybody will be accepted and respected. But we know you have friends or family members who have considered joining Planet Fitness but have hesitated. Either they have never worked out before and feel intimidated or are skeptical about whether a gym can really be "Judgement Free."

WELL, LET US PROVE THEM WRONG!

We would like you to share your "Judgement Free" experience with a friend or family member. From now until May 23rd, 2006 they can join the "Judgement Free Zone" for:

**\$20 Down
and Only
\$10 Per Month**

(Billed monthly to a checking account or credit card)

This membership has No Commitment is good for use of our "Judgement Free Zone." All you have to do is bring your friend or family member in before May 23rd, 2006 so they can take advantage of this great offer.

In appreciation, we would like to give you a new Planet Fitness t-shirt for helping us spread the news about our "Judgement Free Zone" and proving that it really does exist.

This Offer Expires Tuesday, May 23rd, 2006!!!

PS- If you are not able to make it in with your friend or family member, just give them this letter so they can take advantage of this great offer.

© 2006 PFIP, LLC

Editor's Note: *The newsletter doesn't normally feature advertising. But we have listed special offers from the YMCA in the past, & I thought this offer from Planet Fitness might be of interest to some of our members. I've exercised regularly at Planet Fitness for five years, & really like the personnel, equipment, & atmosphere. Plus one of our members, Chuck Richardson, works there as a personal trainer. -John Price*

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.	