



Coastin'

Club Meetings:

There will be no dinner meetings from May through September. A short discussion period will take place in the 15 minutes preceding the first Monday night ride of each of those months.

Regular dinner meetings will resume on October 1, 2007, 6:30 p.m., Tequila Mexican Grill, 238 W Main Ave, Gastonia, NC 28052.

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 2007: President: Melissa Magee (contact at mmagee56@bellsouth.net); President-elect: Elizabeth Barker; Treasurer: Charlene Angel; Newsletter Editor-John Price coastineditor@yahoo.com.

Note that the President-elect for 2007 will serve as President in 2008.

Crowders Mtn Metric Century: Sunday, April 15, 2007

Registration: 9:00 a.m. – 9:50 a.m. Mass Start: 10:00 a.m.

\$15 fee, (\$10 club members) registration day of event only,
entry form available www.gastoncountycyclists.com

Post-ride meal for first 150 registered!

See last page for more details



GCC Weeknight Ride Series - 2007

Series will continue through September

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

Pedal Pushers Ride Series – 2007

Tuesdays and Thursdays (15-20 miles) 6:00 p.m., North Gaston High, 1133 Ratchford Dr., Dallas, NC.
Regroups at intersections, as appropriate.

Coasters Ride Series – 2007

Mondays & Wednesdays: 6:00 p.m. Forestview High School, 5545 Union Rd, Gastonia NC

Sundays: 7:30 a.m., 25 miles, New Hope Baptist Church, Gastonia, NC. Time will change to 7:00 a.m. as daylight lengthens & temperatures rise.

**Sunday Afternoon Rides will continue through April: 35 miles
1:30 p.m., Forestview High School, 5545 Union Rd, Gastonia, NC**

Upcoming Events

Great Escape Spring Training Series 30 & 60 mile routes, \$15, marked route, SAG

Saturdays, 9:00 a.m.: April 14

Start/finish: Great Escape Bike Shop, 105 Franklin Ave., Spartanburg, SC.

www.foothillscyclists.com for more information, or call Dave Proctor at 864-574-5273

Apr 14: **Freewheelers Mt. Mitchell Training Ride**, North Greenville University, 85 miles, includes Caesar's Head Mtn. No ride fee, (Free lunch at NGU after the ride) <http://www.freewheelers.info/series/>

Apr 13 - 15 **Rock Hill Spring Omnium** <http://www.rockhillbicycleclub.com/RHBCRaces.php>

Apr 14 **3rd Annual Ride to Read** presented by Moe's at the Steele Creek YMCA. 20/40/60 mile looped distances. Pre-registration, before April 7th, on www.activezach.com, \$20.00 or \$25.00 the day of the ride starting at 7:30 a.m.

Apr 14 **First Annual Riding With Ronald** Greenville, SC. <http://www.rmhgreenville.org/>

Apr 15 **2nd Annual "Hunnerd 19 Hunnerd"** 25, 50 and 100 mile loop. www.alamancebicycleclub.org and follow the Hunnerd 19 Hunnerd link. \$15 pre-registered and \$20 day of event

Apr 15: **Tour de Cashiers** www.tourdecashiers.com Cashiers, NC. Full and metric centuries, and 25 miler. About 100' of climbing per mile on each of them. Saturday night dinner and post-ride lunch. Register at Active.com. \$30 by 4/15, \$40 thereafter. Fee includes post-ride lunch.

Apr 21: **Tour de Springs**, Gardner-Webb University, Boiling Springs, NC, 30 & 60 miles <http://www.tourdesprings.com>

Apr 28: **Freewheelers Mt. Mitchell Training Ride**, North Greenville U, 85 miles (no charge) (Free lunch at NGU after the ride)

<http://www.freewheelers.info/series/>

May 6: **Pfeiffer Falcon Spring Fling Bike Tour**, Pfeiffer University, Pre-register \$15, Day of event \$20. 55 miles, with 26 mile option. See link on club website at www.gastoncountycyclists.com, or contact Tommie for ride flyer at Tommie.Brock@pfeiffer.edu .

May 12: Cycle to Serve, Lenoir, NC. www.cycletoserve.com 64 miles.

May 16: **Ride of Silence**, Gastonia, NC. 7:00 p.m. Sponsored by Gaston County Cyclists, details to follow later.

May 19: **Miracle Hill Cycling Challenge**, Greenville SC, 40, 70 & 100 miles

http://www.active.com/event_detail.cfm?event_id=1344433

May 19: **Gears & Cheers Bike Ride** Grove Winery (north of Elon, NC) http://grovewinery.com/bike_tour.html

May 20: **Fletcher Flyer**, Fletcher, NC. 100 miles. <http://www.blueridgebicycleclub.org/>

May 26: **Tour de Scout**, Shelby, NC. 30 & 60 miles, <http://www.tourdescout.com/>

May 26 & 27: **Wilderness Road Ride / Mountains of Misery** Va.

<http://www.cyclingdoubleheader.com/index.html>

June 2: **Mission Possible Bike Ride** Waxhaw, NC. 50 miles. See link on club website for information.

Jun 11 (Monday): 32nd **Assault On Marion/Mt. Mitchell**, Spartanburg, SC, 72/104 Miles

<http://www.freewheelers.info/assault.html>

Jun 23: **Bee Buzzin' Tour**, Greenwood, SC. 62 miles.

Contact the Event Director, Stephen Shenal at fuji_stephen@yahoo.com

Carolinas Cycling Time Trial Association, Lowe's Motor Speedway 2007 Dates

- | | |
|---|----------------------------|
| #1 April 3 - Tuesday | #6 August 2 - Thursday |
| #2 May 2 - Wednesday | #7 August 22 - Wednesday |
| #3 June 6 - Wednesday | #8 September 5 - Wednesday |
| #4 June 27 - Wednesday | #9 October 9 - Tuesday |
| #5 July 25 - Wednesday (note change from original July listing) | |

Series Registration is now available! **Complete Information:** www.carolinatt.org/

ASC Greenway Trail Run May 19, 2007 – Fort Mill, SC

See link on club website: www.gastoncountycyclists.com

New Members

Vince Cooke, Gastonia Polar Bear 2007, Dog Days 2006, Ride of Silence 2006, occasional Wednesday Rides (former member – Welcome back!)

Brian Baack, Gastonia – Welcome!

Carlton W Ogg, Mount Holly, 24 hrs of Booty, Charlotte Mtn Bike Series – Welcome!

Comment on Marked “W” Route

“I live in Mount Airy, NC and spent the weekend with friends in Gastonia. I called a local guy, Scott Moss, whom I know through business. He pointed me to your website. I wanted to say thanks for the good information it provided on it. He recommended the W-ride for me. The cue sheet was flawless and the markings were adequate. (One place had W-straight and W-left but the cue sheet was on target- No problems.) I left my friends' house at 7:30 AM which was 5 miles from the high school and had a great ride.

I just wanted to say thanks. God bless.”

-Jim Littleton, Mount Airy, NC

Ride organizers for 2007

Crowders Mtn Metric April 15 - Jack Moore Ride of Silence May 16 – Doc Bradshaw
Dog Days of Dallas July 8 - Leigh Gintert Carl Andersen Memorial October 14 - Tommy Jones
Polar Bear January 13, 2008 - Mike Harrison

Attention!

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

New Trail Opens At George Poston Park

Join Gaston County Parks and Recreation and Piedmont Area Singletrack Alliance at the Grand Opening of the Poston Mountain Bike Trail. The celebration begins at 10:00AM on Saturday, April 14th at George Poston Park. The Horse Shoe parking lot (first lot on the RIGHT) will be reserved for people coming to the opening. Bring your bike and plan to ride! Help make our numbers significant by showing up and supporting what we've done. Many county officials, local mayors, and a possibly senators should be there. Large numbers of mountain bikers will leave a strong impression on these officials and could have a strong correlation to future trail projects and the direction of park development to come in Gaston County!

Blue Ridge Parkway: Closures, Conduct (Don't be Stupid)

Closed from Hwy 80 to Mitchell: The parkway is closed from its intersection with Hwy 80 to the entrance of Mt. Mitchell, due to construction work on the two tunnels. Plans are for the tunnels to be opened by May 1, a month before the **Assault on Mt. Mitchell**. This means you cannot do the popular 30 mile training ride from Marion to Mitchell which follows the end of the Mitchell race.

Conduct on the Parkway: "A couple of weeks ago, Watauga Red Cross Executive Director Sonny Sweet and I met with Blue Ridge Parkway Rangers about this year's [Blood Sweat & Gears] (BSG). Access to this fantastically beautiful roadway is a make or break element to the ride. The Parkway officials, have always been very supportive and professional in all of our dealings with them. Their main concern is safety, period. In reviewing photos and video taken from last year's ride, we saw riders over the yellow center line, huge packs of riders 4-8 across refusing to even try to get over to the right, and we even saw a rider throw a bottle at the ranger's car after being asked for the second time to ride to the right of the center line. We agreed with the rangers that this behavior cannot be safe or acceptable. For this year's ride if the rangers can provide us with a problem riders number they will not be doing BSG again. We as organizers and you as riders **MUST** make safety our first priority also." **-from the Blood Sweat & Gears website**

Plea from editor: In the various events that take place on the Parkway this summer, please **don't throw your trash on the roadside, ride stupid, or show disrespect toward the Parkway rangers. I disagree with the single file rule, but as cyclists, we need to act appropriately to make progress.**

"B" Route Update – Monday Nights at Forestview

As many of you might have already noticed, club member Jim Weant has updated the traditional Forestview Monday night route, complete with painted arrows. The route has changed to follow smoother asphalt, and to make it easier to navigate the intersections. There is also an option near the end, at the intersection of Meek & Patrick, to deduct four miles by turning left onto Patrick instead of right.



Crowders Mountain Metric Century Sunday April 15, 2007



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

Time: Registration: 9:00 a.m. – 9:50 a.m.

Ride Start: 10:00 a.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: \$15 (\$10 for GCC members) Registration day of ride only. Registration form at www.gastoncountycyclists.com: print in advance to save time at check-in.

Post-Ride Meal: Fee includes a meal of lasagna, eggplant parmasagne, salad, drink.

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.	