



Coastin'

Dog Days of Dallas Metric Century: Sunday July 8, 2007

Start time: 8:00 a.m.

Location: Dallas Court Square; Dallas, NC

Included is post-ride meal of pizza & soft drink
65 mile course, with 48 & 25 mile options



See last page for details of ride
SAG to be provided by the
Animal League of Gaston County www.algc.us

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

Tuesday and Thursdays: 6:30 p.m. Forestview High School, 5545 Union Rd, Gastonia NC 20-25 miles

Saturdays: 7:00 a.m. 30-50 miles, New Hope Baptist Church, Gastonia, NC.

Sundays: 7:00 a.m., 25 miles, New Hope Baptist Church, Gastonia, NC.

Ride of Silence Report

Participation: The 2nd annual Gastonia participation in the Ride of Silence was held successfully on May 16, with over 60 participants, a 50% increase from 2006.

Organization: Gaston's second participation in this event was organized by **Doc Bradshaw**, the current leader of the Coasters Cycling Group & an active member of the Gaston County Cyclists. The ride was a slow-paced procession of cyclists riding single file.

Purpose: The ride was in tribute & in remembrance of those riders that have been killed in motor vehicle accidents, and to raise awareness to the importance of sharing the road.

2007 marked the fifth year of this international event's existence, & the second year of Gaston County's participation.

Route & Ride Pace: 7.5 miles, which took approximately 43 minutes to complete. Riders proceeded in single file.

Roads Traveled: Start: Gaston County Courthouse, Marietta St. Gastonia, NC. Right onto Marietta, Left onto Long (changed name to Ozark), Right onto New Hope, Left onto Court, Right at Emergency Entrance to Hospital, Turned at circle, Right onto Court, Right onto Cox, Right onto Aberdeen, merged onto Franklin, Right onto Marietta, Left at Gaston County Courthouse.

Cost: There was no fee, nor was the ride a fund-raiser. Strictly speaking, the ride was not a protest. Our purpose was to honor the fallen, and to encourage motorists and cyclists to share the road.

International Information: For more information about the widespread and growing movement of this event, see www.rideofsilence.com.

Support & City Approval: The **Gastonia City Police** provided fantastic support for our event, with officers **Aaron Wurster** and **Keith Quinn** on motorcycles and **Jimmy Arndt** in a patrol car. This was Officer Quinn's second year to provide escort for this ride. They provided rolling support at all the intersections. The event wouldn't have been possible without this type of specialized support.

Ride organizer Doc Bradshaw obtained a parade permit beforehand, which was approved by the appropriate authorities.

Please consider showing your gratitude for their help by sending a thank-you note to:

Chief Terry Sult sult_terry@cityofgastonia.com c/o Gastonia Police Department
200 E. Long Avenue
Gastonia, NC 28053



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

#4 June 27 - Wednesday; #5 July 25 - Wednesday; #6 August 2 - Thursday; #7 August 22 - Wednesday;
#8 September 5 - Wednesday; #9 October 9 - Tuesday

Complete Information: www.carolinatt.org/

Note: On-site registration is available, or you can pre-register online. The series is designed to be open to riders of all abilities, so consider riding in at least one of the remaining events to experience cycling on Lowe's Motor Speedway for yourself.

Lowe's Motor Speedway has plenty of infield parking close to the start area, good bathroom facilities, and is only about 35 minutes from Gastonia, even during rush hour.

More Upcoming Events

Jun 23: **Cowbell Challenge 12 Hour MTB Race** <http://www.cowbellchallenge.org/index.htm>
US National Whitewater Center, Charlotte, NC.

Jun 23: **Bee Buzzin' Tour**, Greenwood, SC. 62 miles.
Contact the Event Director, Stephen Shenal at fuji_stephen@yahoo.com

July 4: **Fabulous 4th**, Tryon, NC. 64 miles, lots of climbing <http://www.polkcounty.org/4th/4th.htm>

July 14: **Hot Doggett 100**, Mars Hill College, Mars Hill, NC. www.hotdoggett100.org

July 28: **Hurt, Pain & Agony** Traphill, NC. Metric Century. Lots of climbing, including 6 miler at beginning.
<http://www.bmcc.us/id42.htm>

July 21: **Lake Norman Excursion** 40, 65, 100 mile or 10 mile family fun ride.
Lowe's Corporate Headquarters Campus at Exit 33 / I-77 Mooresville.
<http://coolbreezecycle.com/page.cfm?pageId=142>

Aug 3: **Bikestock** 4th annual music and bicycling festival will be held at the Blackmon Amphitheater August 3rd and 4th in Mount Airy, NC. The 20, 32, and 70 mile rides www.bikestockfest.com

Aug 25: **Crossroads Mountain Bike Festival** at Lake Norman State Park presented by First Flight Bikes. As details are finalized, info to be posted at www.charlottemtbnike.com and www.firstflightbikes.com

Sept. 8: **Bush Country Metric**, Forbush High School, Yadkin County, NC. Riders off at 8:00am. Pre-registration starts at 7:00am. <http://www.bushcountrymetric.4t.com/>

Sept 22: **Tour de Tuck**, Sylva, NC. www.tourdetuck.com:80/ 105 miles, 60 option

Oct 27: **Le Tour de Femme**, Cary, NC - Ladies Only full and half metric centuries.
<http://www.letourdefemme.org>

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.

Results / Participants

Cheaha Challenge Piedmont, AL, 102 miles, May, 2007:
Brian Baack 6:52; James Brigman 7:00

Fletcher Flyer Fletcher, NC Brian Baack

Tour de Pets: 60 miles, June 9: Troy Bush, Margot Rott, Jim Weant, Paula Weant, Michele Jarbeau, Rodney Sawyer, John Price, Leigh Gintert, Ian Archibald
(Paula, John, Michele, and Ian had the accidental pleasure of riding in the Lawndale parade)

Assault on Mt. Mitchell (AOMM): 103 miles, 10,600' climbing, June 11:
Jeff Cobb 9:07, Scott Roberts 8:53, Scott Hammontree 9:19, Joe Price 6:39, John Price 6:25 – *(this was my 8th time on the AOMM, and my best time ever by 4 1/2 minutes, so I'm stoked! At the Shelby ride two days earlier, Troy Bush told me I was still capable of getting a personal record, and I thought he was nuts.)*

Assault on Marion: 74 miles, 4600' climbing, June 11: Doc Bradshaw

Marion Ride Report by Doc Bradshaw:

“As part of my training for the Blood Swear and Gears century on June 23, I rode the Marion leg (76 miles per my computer) in 4:51. This time was an improvement of about 25 minutes from last year. That was "saddle time" not elapsed time, i.e., it did not include the three rest stops I made. The weather on Monday was nearly perfect: overcast (but very, very humid), with temps that never rose above the mid-70's. There was no breeze to speak of.

My riding companions for the first 25-30 miles were Scott Roberts and Jeff Cobb, both of whom rode to the top of Mt. Mitchell. I fell off their group at about the Highway 74 crossing and rode alone til I caught up with Merritt Yackey at the second rest stop. I rode up Bill's Hill with Merritt and a small group following an extremely frustrated tractor trailer driver. Near the top of Bills, I got dropped, and rode solo for about 15 miles while before catching back up with Merritt. He and I rode together from just before the 64 mile rest stop to Marion and after a brief stop, Merritt and his friends from Newland headed off to the summit. I was glad to eat a bite, change clothes, grab a cold beer and head home.

The ride was a bit tougher than I recall from last year. That might have been due to the fact that I rode faster or perhaps because I rode so much of it alone. In any event, I had a swell time and am glad that I took the day off from work to ride my bike. Who knows? I just might have to make that a habit!”

Attention!

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

PS: I know that nobody is interested in tooting their own horn, but almost everybody is interested in hearing about what others are doing. I can research some of this myself, but it's just too time consuming for someone that would rather be riding or watching Andy Griffith re-runs.

So please consider e-mailing things you've done (timed results aren't required)
to: coastineditor@yahoo.com.

Thanks, John Price

Dog Days of Dallas Metric Century 2007



What: 100 km bicycle ride (actually 65 miles), with 25 & 48 mile options
sponsored by the *Gaston County Cyclists (GCC)*

Date: **Sunday, July 8, 2007**

Time: Registration: 7-7:45 am, Mass Start: 8:00 am

Start/Finish: Courthouse Square
Downtown Dallas, NC

Cost: \$20.00 (\$10.00 GCC members)

Proceeds to benefit ***Animal League of Gaston County*** (www.algc.us)

Registration is day of event only, if possible, please save time at check-in by printing registration form from www.gastoncountycyclists.com & 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 65 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 John Price at coastineditor@yahoo.com, or 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 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.	