



# Coastin'

**Club Meetings:**

The April club meeting will be on Monday, April 2, 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](mailto: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](mailto:mmagee56@bellsouth.net)); President-elect: Elizabeth Barker;**

**Treasurer: Charlene Angel; Newsletter Editor-John Price [coastineditor@yahoo.com](mailto: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](http://www.gastoncountycyclists.com)

See last page for more details



**Weeknight Ride Series Starts March 12, 2007**

**(With the start of Daylight Saving Time on March 11)**

*Series will take place March 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

**Note Concerning 6:00 p.m. rides:** Even with the start of Daylight Saving Time on March 11, it will still be getting dark too early in March for the completion of the entire Tuesday, Wednesday, and Thursday night routes. Therefore, shortcuts will be necessary for the first few weeks.

**Sunset: March & April 2007 (courtesy of the United States Naval Observatory)**

|          |          |          |          |          |          |          |
|----------|----------|----------|----------|----------|----------|----------|
| 12: 7:30 | 18: 7:35 | 24: 7:40 | 30: 7:44 | 05: 7:49 | 11: 7:54 | 17: 7:59 |
| 13: 7:30 | 19: 7:35 | 25: 7:40 | 31: 7:45 | 06: 7:50 | 12: 7:55 | 18: 8:00 |
| 14: 7:31 | 20: 7:36 | 26: 7:41 | 01: 7:46 | 07: 7:51 | 13: 7:56 | 19: 8:01 |
| 15: 7:32 | 21: 7:37 | 27: 7:42 | 02: 7:47 | 08: 7:52 | 14: 7:56 | 20: 8:01 |
| 16: 7:33 | 22: 7:38 | 28: 7:43 | 03: 7:48 | 09: 7:52 | 15: 7:57 | 21: 8:02 |
| 17: 7:34 | 23: 7:39 | 29: 7:44 | 04: 7:48 | 10: 7:53 | 16: 7:58 | 22: 8:03 |

**Sunday 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.: March 17, April 14

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

[www.foothillscyclists.com](http://www.foothillscyclists.com) for more information, or call Dave Proctor at 864-574-5273

Apr 14: **Freewheelers Mt. Mitchell Training Ride**, North Greenville University, 40 miles, longer option (no charge) (Free lunch at NGU after the ride) <http://www.freewheelers.info/series/>

Mar 17: Brandon's Birthday Ride, Indian Trail, NC. Metric Century, with 40 & 20 mile options.

Porter Ridge High School, 2839 Ridge Road, Indian Trail, NC 28079. [www.teambicyclesport.com](http://www.teambicyclesport.com)

Mar 24: **Assault On The Carolinas**, Brevard, NC, 15, 35 & 60 miles

[http://www.active.com/event\\_detail.cfm?event\\_id=1376828](http://www.active.com/event_detail.cfm?event_id=1376828)

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

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

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

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

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

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

### 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

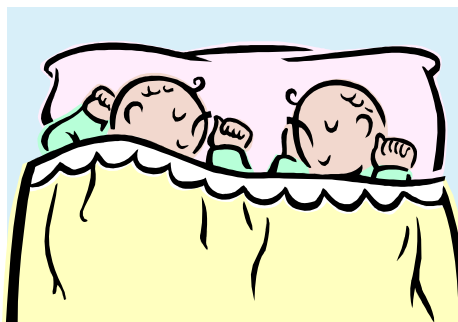
#9 October 9 - Tuesday

#5 July 25 - Wednesday (note change from original July listing)

Series Registration is now available! **Complete Information:** [www.carolinatt.org/](http://www.carolinatt.org/)

## New Members

Congratulations to Stan and Amy Dover, proud parents of sons James and Asher born February 5th!



Share The Road Jersey Sale: Only \$35! (\$10 below cost)  
Offer Ends March 31. Order today for the May *Ride of Silence*.

Please see next page for details and order form.

Special thanks to club member **Doc Bradshaw** for leading the Gaston County Cyclists in this unique project to promote cycling.

Doc's other contributions to the local cycling scene include recruiting his family to work SAG on past annual **Dog Days of Dallas** rides, organizing and recruiting riders for the Gaston oriented **Coasters Team** for the annual **MS Beach Ride**, promoting cycling for beginners by leading the **Coasters** group on Saturdays and Sundays with an informal organization complete with its own website and e-mail list, organizing Gaston's participation in the **Ride of Silence**, which included Gastonia Police & Fire Dept escorts, and currently donating his legal services to the **Carolinas Cycling Time Association** to enable it to become incorporated, a necessary step for that organization to become a tax deductible organization.

Wow! - I bet Doc hasn't even thought about how much he's contributed.

Thank you for your efforts.

## 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

## Ride Results

Not much to report, but I did ride Charlotte Sports Cycling Training Ride in Harrisburg in February (~ 70 miles) on a very cold, windy day. The tough conditions discouraged participation, but it was an excellent event anyway with an interesting course and nice start finish area (a public park in Harrisburg). -John Price

## 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](mailto:coastineditor@yahoo.com)

# Share the Road Jersey Sale – Only A Few Days Remain!

by the Gaston County Cyclists

Through the end of March, the Gaston County Cyclists are making available for sale a top quality jersey by Giordana at a price of \$35 which is \$10 below wholesale. As per the decision at our February 5 club meeting, the GCC is subsidizing the sale of up to 100 of these jerseys in a local cycling advocacy effort. The GCC would like to thank **Steve Rowell of Rock ‘N Road Bicycles**, Hickory, NC, for providing \$250 of seed money to start this project, and club member **Doc Bradshaw** for organizing the project.

**To Order Jersey, Select Item(s) Below:**

(men’s sizes only)

|   |                       |       |
|---|-----------------------|-------|
| XS qty_____                             | x \$35 =              | _____ |
| S qty_____                              | x \$35 =              | _____ |
| M qty_____                              | x \$35 =              | _____ |
| L qty_____                              | x \$35 =              | _____ |
| XL qty_____                             | x \$35 =              | _____ |
| XXL qty_____                            | x \$35 =              | _____ |
| <b>sub-total:</b>                       |                       | _____ |
| <b>optional shipping &amp; handling</b> | <b>\$5 per jersey</b> | _____ |
| <b>Total:</b>                           |                       | _____ |

- ♦ Jerseys will be available for pick up at Gaston Bicycle, 316-D E Franklin Blvd, Gastonia, NC, 28054 about three weeks after payment is received.
- ♦ You will be notified by e-mail or phone.
- ♦ If you include the optional \$5 S&H per item, then your jersey will be mailed to you.

♦ **Make check payable to: Gaston County Cyclists**

**Mail to: Jersey Sale, c/o A. Bradshaw  
PO Box 1072  
Gastonia NC 28053**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City,St,Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please print your e-mail legibly-every character counts!

Phone: \_\_\_\_\_





# Crowders Mountain Metric Century Sunday April 15, 2007



Presented by the  
**Gaston County Cyclists**  
[www.gastoncountycyclists.com](http://www.gastoncountycyclists.com)  
**Friends of Crowders Mtn**  
[www.friendsofcrowdersmountain.org](http://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](http://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](mailto:gastonbicycle@aol.com), or check [www.gastoncountycyclists.com](http://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**

|   |  |
|---|--|
| <b>Name:</b>  | <b>Additional Names (for family membership):</b> |
| <b>Street</b>   |  |
| <b>City:</b> <b>State</b> <b>Zip</b>  |  |
| <b>Phone</b>  |  |
| 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. |  |