



Coastin'

Ride of Silence: Wednesday May 16 7:00 p.m.

Where: Gaston County Courthouse, 325 N Marietta St, Gastonia, NC 28052.

What: 8 mile bike ride, single file, 12 mph max speed, with police & fire department escorts. Rain or shine.

Why: In memory and honor of cyclists killed or injured in collisions with motor vehicles. To advocate safety for cyclists.

Cost: Free. The event is not a fund-raiser.

Last Year: In 2006, local GCC member Doc Bradshaw organized our first participation in this event, which has become a national and international movement.

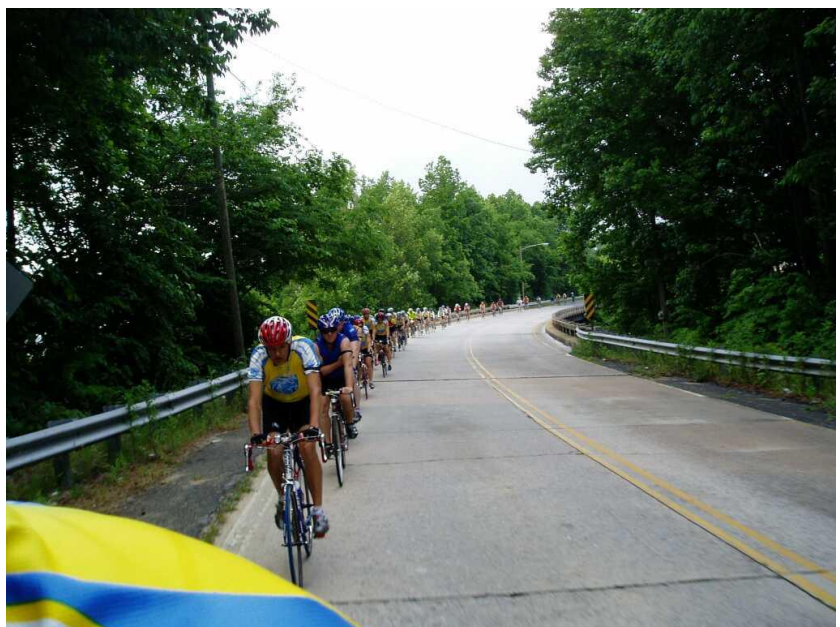
Who: Hopefully, you! We expect media attention. Wear your Share the Road or GCC jersey if you have them. Your participation is important. Please ride.

Plan to participate in the Ride of Silence on Wednesday May 16!

Please see page 2 for details on national movement

Pictured here is the procession on Aberdeen Rd., on the I-85 overpass.

In 2007, Gastonia Police officers on motorcycles will escort riders as they follow prominent roads including Long, New Hope, Cox, Aberdeen, and Franklin.



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 Plans Fifth Annual Memorial Ride

From cyclingnews.com:

The Ride of Silence, a grass-roots, global network of group rides held simultaneously and in complete silence in honour of cyclists injured or killed by motorists, has announced the date and time for the 2007 edition. Spokesperson Mark Hagar says that "the 2007 Ride of Silence will start globally on Wed. May 16th, at 7:00 PM. Rides in the southern hemisphere will take place on Sat. May 19th at 10 AM, for rider safety, and greater visibility to the public and media."

The Ride of Silence memorial was started after endurance cyclist Larry Schwartz was struck and killed by a passing bus while cycling outside of Dallas in 2003. His good friend & coach Chris Phelan organized a memorial ride in Dallas on May 18th, titled the Ride of Silence, a slow paced silent 12 mile ride to honour/remember his friend. In just a 10 day period, via email and word of mouth, over 1,000 cyclists attended. Chris thought he had closure.

Word spread and in 2004, Rides of Silence took place on May 18th at 7:00 PM in 50 cities in the U.S. and Canada spreading to over 250 cities worldwide in 2006.

There are no fees to attend Rides of Silence. For more information, visit the Ride of Silence Web site at <http://www.rideofsilence.org>

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/

More Upcoming Events

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

May 16: **Ride of Silence**, Gastonia, NC. 7:00 p.m. See page 1 for details.

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.

June 9: **Collier Lilly Ride for Life**, Davidson, NC. <http://www.collierlillyride4life.com>

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

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

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

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

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

Results / Participants

Nancy Dartnall & Roy Peche:

3/17/07 Shamrock Ride- Mint Hill (Tailwind Tandem Club ride)

3/24/07 Assault on the Carolinas- Brevard

3/31/07 Tour de Lure- Marion

4/21/07 Ride to Read- S. Charlotte

John Price

4/14/07 Spartanburg Freewheelers Training Ride #3 (87 miles, 8700' climbing)

4/21/07 Spartanburg / Saluda / Spartanburg (Greenville watershed, Saluda grade, Hogback Mtn)

Marquis de Sade April 12, 2007 (North Greenville College, SC)

Submitted by Joe Price (John Medlin also rode)

I made it down to the Marquis de Sade today. Looked like a good size crowd showed up again. It was great weather to ride in. I made it up all the climbs okay but I sure am slow!! I've been using the 12/27 and doing okay on the climbs although it has been tempting to put the 11/32 back on. A lot of folks were riding around some of the climbs like Howard Gap, White Oak and Callahan.

It seemed that all the climbs were into the wind today. Howard Gap goes along I-26 and was in the open up at the top and it was really tough trying to push through the wind. I think it took me just as long to come down White Oak as it did for me go up!! I can't believe I didn't blow a tube coming down as bad as I was riding the brakes.

There was a fellow following me up the backside of Callahan Mtn Rd coming back in. He jumped on my wheel in the flats before the climb. I didn't mind as he was breathing pretty hard and I could tell he was struggling. He stayed with me about 1/2 the way up Callahan Mtn and then had to stop. I heard him unclip and then I heard him hit the pavement-that's a pretty steep stretch to try and stop-I was getting 13-15% readings through there. I looked back over my shoulder and saw him spread out on the road. I hollered back and he said he was okay so I kept grinding to the top. I bet he had a really hard time getting going again on that hill. I bet he pushed it to the top and then got started again. I'm not sure if I had stopped that I could have gotten started again myself.

I clocked about 8400ft of climbing in about 82 miles...

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.

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

Bad Weather Leads to Canceled Crowders Mtn Metric Century

The club's annual spring ride from Crowders Mtn State Park was canceled when bad weather threatened the ride. Rain, unseasonably cool temperatures, and wind were prevalent all during the night before the event, which was scheduled for Sunday, April 15. Fourteen riders still showed up for the event, and rode the course unsupported. Although there were still some bad patches of rain and high wind in the area, the riders that participated anyway didn't report any problems.

We will hope for better weather next year for this event, which was organized by Jack Moore and the Friends of Crowders Mountain organization.

Inclement Weather Policy: Our bike club regrets in the inconvenience and disappointment for the riders that showed up for a canceled event, but this was in keeping with our club's procedure of not having pre-registration, which allows us to cancel events due to poor weather without penalizing the participants by losing non-refundable registration fees.

501c3 Status for CCTTA Nears Completion GCC Members Make It Happen

Work is almost completed which will grant charitable tax status for the Carolinas Cycling Time Trial Association (CCTTA). This is the organization which organizes the series of time trials at Lowe's Motor Speedway.

The two major steps in becoming a 501c3 organization are incorporation of the organization, then completing the application process.

Local attorney and club member **Doc Bradshaw** has donated his services to incorporate the CCTTA. Local CPA and club member **Amy Novinc** has donated her services in completing the 501c3 application process. Both of these efforts are major undertakings to do on a volunteer basis, and the CCTTA would not have been able to accomplish this status without Doc and Amy's generous contribution.

Long term the CCTTA believes that status as a 501c3 organization will have a major impact in allowing the group to attract additional support and continue to promote the time trial series, as well as expand its effort to be a strong local advocate for cycling.

May 2007

Newsletter of Gaston County Cyclists/Gaston Road Runners

www.gastoncountycyclists.com

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Cervelo One Frameset For Sale 60 cm - used, excellent condition

Geometry, tube shapes designed for time trials

Price to sell @ \$200 firm

contact Tommy in Gaston County

at TOMMY@proferosystems.com for more information, or see webpage at

http://www.gastoncountycyclists.com/info/cerveo_one.html

for link to photos.



Used Road Bike **54 cm Specialized Allez Aluminum Frame and fork**

Dura Ace 9 speed group

Spinergy Rev-X clincher wheelset with Continental Grand Prix tires

Profile clip-on

New brake and derailleur cables

Avocet saddle, American classic seat post

No pedals

\$500, call Margot at 803-831-7007

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.	