

Coastin'

Our next club meeting will be replaced by the Christmas party on Monday, December 2nd, 7:00 p.m., Alfred & Charlie's, 815 S. New Hope Rd, Gastonia.

Newsletter Updates: Contact John Price at 704-867-2669, at coastineditor@yahoo.com, or by mail at 681 Niblick Dr Gastonia NC 28054



GCC Christmas Party! Monday December 2, 2002

Time: 7:00 pm Place: Alfred & Charlie'

Wear your holiday colors as Alfred will have the main dining area decorated for Christmas with a special meal planned for the club. Everyone invited!

Food: Prime Rib or Grilled Chicken entrée, potato, beverage, dessert, \$22 (also includes gratuity)

Please contact Paula Weant by November 25th at 704-865-6193 or jpweant@msn.com so we can give Alfred an approximate head count.



Ride Schedule

Sundays – start 1:30 p.m. – beginning November 3rd – Forestview HS, S. Union Rd Rides will vary, depending on who shows. There's a new 35 mile course marked with an "S" that's available– please see article elsewhere in this newsletter.

Run Schedule

Meeting 6:00 p.m. Tuesdays and Thursdays @ the Food Lion on New Hope Road near Ashbrook High School. Distance approximately 6 miles and pace approximately 9 min./mile.



New Members For October

Tim Plonk, Kings Mtn.;
Hayden Tuttle, Gastonia;
Mike & James Cummings (Father & Son),
Gastonia – Mike & James were first time riders in this year's Multiple Sclerosis Breakaway to the Beach, and also rode the Carl Andersen Memorial. **Welcome to the club!**

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Results ~ Cycling

Expert/Sport Women's mtn bike race 9/11/02

Margot Rott, 2nd place

Summer Race Series for Expert/Sport Women

Margot finished 6th overall in this series , with 120 points in 7 races. The expert/sport class is the top category. Nice going, Margot!

State Senior Games Raleigh, NC – Sunday October 6, 2002

Nanci & Jack Lamarre

Time Trials (1 mile, 5K and 10K courses, held at the NC Highway Patrol training facility. Courses have varied terrain, with some hills)

Jack & Nanci each got second place in all three events. Jack missed first place in the mile by only 27/100 of a second, and beat this same competitor in the 5K and 10K, with him coming in third.

Times were as follows:

| Jack Lamarre | Nanci Lamarre |
|----------------|---------------|
| 1 mile 2:32.14 | 3:13.64 |
| 5K 8:58.53 | 11:52.40 |
| 10K 18:39.25 | 23:59.71 |

Note: these results qualified Jack and Nanci for the nationals, which are to be held in Hampton, Virginia in June of 2003.

Lowe's Motor Speedway

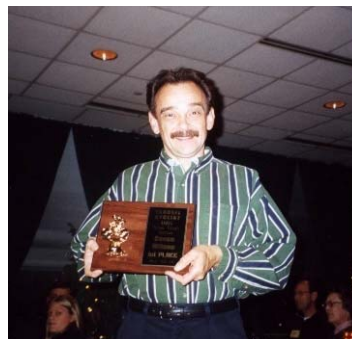
Time Trial Series

(7 race series sponsored this past summer by Speedway President Humpy Wheeler and the Tarheel Cyclists)

Here are some additional results for the overall series:

Flo McCarthy 3rd in category

Randy Mullis 3rd in category



Pictured is **Reese Wilson** at the Awards Banquet held by the Tarheel Cyclists on October 25th. Reese is holding the plaque for first place in the Lowe's Motor Speedway time trial series, as he was the series winner for his category.

(picture courtesy of Lori James)

Tour De Pig, Lexington October 12, 2002

By Joe Price

This was Joe's 2nd year to participate in this event – This year's 100k **Tour de Pig** was held on a perfect morning to ride. No sun and no wind. The turnout was large--more folks than last year.

I rode with a large group of 50-60 for the first 25 miles, getting dropped as the group broke up on a mile long climb. After riding by myself for about 5 miles, I grouped up with about 6-8 riders from Winston and Lewisville that were originally in the big group.

It was probably my best time in a 100k as I averaged over 20 mph. I'm eager to compare it to last year's time. The course was exactly the same. It's a nice rolling track with several nice climbs. The t-shirts and patches they gave this year were good also.

Annual Jingle Bell Run / Walk
Tuesday, December 3rd, at 6:30
pm.

Join us as we run and/or walk
through McAdenville, known as Christmas-
town, USA. We'll meet at the Food Lion
on Wilkinson Blvd. in Cramerton at 6:15
and start at 6:30. The distance is approxi-
mately 3 (slow) miles. Don't forget your
jingle bells!

If it's raining, we have a rain date set as
Thursday, December 5th.

Results ~ Running

St. Michael's Tiger Run 5K – October 2002

Ronald Hutchins (2nd male, 2nd age group)
Suzanne Clemmer (1st female, 1st age group)
Paula Weant (3rd female, 1st age group)
Jim Weant, Chuck Richardson, Rob Helton.

On cyclists & dogs ...

Ancient proverb: *The wolves only
eat the slowest animal, running at
the back of the herd.*



Upcoming Running Events courtesy of Paula Weant

Nov 9 – Reidsville YMCA/ Annie Penn Hospital Turkey Trot 5K – Reidsville, NC –
(336) 342 3307

Nov 9 – Fall Frolic 5K Road Race – Statesville, NC – ymca@statesville.net

Nov 16 – Harrisburg 5K Run – Harrisburg, NC – lkee@harrisburgnc.org

Nov 16 – Spencer Mountain 10 Mile/ 5K – Ranlo, NC – jjordan@gastonymca.org

Nov 28 – Hyatt 8K Turkey Trot – Charlotte, NC – www.hyatturkeytrot.com

Dec 7 – Springmaid Road Race Half Marathon/ 10K/ 5K– Fort Mill, SC –
(803) 547 4575

Upcoming Cycling Event ...

Annual Winter Mountain Bike Series

Events begin on November 9th

The first race is at Catawba Riverfront Park. Check out www.charlottesmtbike.com for more info. Great for be-
ginners or those trying to maintain a little fitness through the winter.2002- 2003

THE PUMPKIN SMASH - Saturday, November 9

Catawba Riverfront Park

The TURKEY CHASE - Saturday, November 23

Renaissance Park

THE FROSTY DASH - Saturday, December 7

Time Trial @ Catawba Riverfront Park **

THE BLIZZARD BLAST - Sunday, December 15

Col Francis Beatty Park

THE GLACIAL ESCAPE - Saturday, January 4

Catawba Riverfront Park

THE BITTER CHILLY SHOWDOWN - Sunday, January 12

Renaissance Park

Report-Carl Andersen Memorial Ride

October 13, 2002; Crowder's Mtn State Park

Rain showers that continued until noon scared many riders away from this ride, which started at 1:30 p.m. However, the weather turned out to be ideal, and the 36 riders that registered enjoyed the event. Carl's spirit was with us as we rode, and yellow ribbons were worn in his memory by everyone, including his daughter & son, Brenda & Carl.

Although many local club members were spooked by the threat of rain, riders aged 13 to 60 participated from many areas including Charlotte, Blacksburg, Lake Wylie, Rock Hill, York, Newton, Lincolnton, Iron Station, Clover, & Hickory.

Special thanks go to the volunteers:

Ride Organizer: Chuck Richardson

Registration: Charlene Angel

Sag Stops: Nancy Dartnall, Joseph Yandel, Ron Hutchins, Jack Moore, Carl Andersen

Thanks to Park Ranger Joe Sox and the Crowders Mtn State Park for use of their facility. Joe even offered the club free use of the park as a start site in response to the volunteer day the club held earlier this year.

Also, 16 riders printed registration forms from the website, despite the fact the registration form was only posted six days before the ride. We'll continue to post registration form for our future events.

Cotton Pickin' Metric Century Saturday, October 19, 2002

This was a 58 mile event sponsored by the Rock Hill Bike Club. The start finish area was Brattonsville, and the course featured many miles of smooth asphalt, wide lanes, nice scenery, and very little traffic. The support was terrific, with home bake goodies by Cori Brennan at all the rest stops. About 60 riders registered, including John Price, Dorothy and Ed Keane, and Bill Gintert from the Gaston County Cyclists. Thanks go to Mike Burgess, Mack Bailey, and many others of the Rock Hill Bike Club for organizing the second annual version of this event.

New "S" Route Option for Sunday Afternoon Winter Ride Series

Here's the bad & the good...

Bad things about new course

- Somewhat hilly
- Lots of turns (22 turns)
- Difficult to keep large group together

And the good things

- Starts from Forestview High
- Only 35 miles, with 28 mile option, and shortcut rejoins main course after only 2 miles
- Includes 18 miles of roads we don't usually use
- Most of pavement is smooth, except for about 2 sections, one mile each
- Relatively speaking, traffic isn't too heavy
- Easy to extend ride to Kings Mtn battleground area, if anyone's interested

Spin Classes at Gaston Athletic Center – Union Rd, Gastonia

Club member Michele Jarbeau has organized a special offer to club members, their spouses, and children aged 16 and over. You can get a 3 month pass for \$75, or 4 months for \$99. Classes are held at 6 p.m. Monday through Thursday, and there's also a class on Thursdays at 7 p.m. You may sign up anytime between now and December 31st. For more information or to sign up, call Donna Sassano at the GAC, 704-864-9719.

S Route 35 mile version – course marked with yellow “S”

Start/Finish: Forest View High School, optional course for Sundays

Note 28 mile course available, by taking marked shortcut in Clover at mile 10.3, as noted below. Route begins by making a right onto Union Rd, from the parking lot, and then taking the left turn at Villa Roma Pizza.

Mile

Marker Turn Road Name

| | | |
|---|---|--------------------------------|
| 0 | R | Union Rd |
| | L | Bud Wilson Rd |
| 3.3 | | road becomes Sparrow Dairy Rd |
| 3.8 | L | Thompson Rd (note: road #2424) |
| Caution! Slow down for one-lane bridge! | | |
| 4.5 | | road becomes Love Rd |
| cross NC / SC line | | |
| 5.5 | R | Ridge Rd |
| 5.8 | L | Green Pond Rd |
| 8.9 | R | Hwy 55 |
| 10.2 | | cross 321 in Clover |
| 10.3 | L | Pressley St |

To shorten route to 28 miles, then do not take the left onto Pressley St. Instead, continue straight on Hwy 55 out of Clover for 2.2 miles until the 12.5 mile mark, at which point you will take a right onto Rhyne Rd and will have rejoined the main course.

| | | |
|--------------------|-----|--|
| 10.6 | L | Smith St |
| 10.7 | R | Faulkner Rd |
| 13.4 | R | Beamguard Rd |
| 15.0 | L | Hwy 55 |
| 15.1 | R | Maynard Grayson Rd |
| 16.1 | R | Hwy 161 |
| 16.2 | R | Grandview Rd |
| 19.4 | R | Crowders Creek Rd |
| cross SC / NC line | | |
| 20.6 | R | Lloyd White Rd |
| cross NC / SC line | | |
| 22.6 | L | Hwy 55 |
| 22.7 | L | Rhyne Rd ** note that the shortcut riders will rejoin the main course here |
| 25.0 | | road becomes Crawford Rd |
| cross SC / NC line | | |
| 25.9 | R | Ferguson Ridge Rd |
| cross NC / SC line | | |
| 27.6 | R/L | cross 321, making rt & immediate left onto Ridge Rd |
| 31.2 | L | Kendrick Rd |
| 32.9 | | road becomes Meek Rd |
| cross SC / NC line | | |
| 34.4 | L | Patrick Rd |
| 35.0 | R | Union Rd |
| 35.6 | L | Forestview High School Finish |

Gaston County Cyclists/Gaston Road Runners

P.O. Box 122, Lowell, NC 28098

Join the *Gaston County Cyclists Now!* Benefits include the monthly *Coastin'* newsletter, and a 10% discount at Cycling & Fitness, Gastonia, on stock, regularly priced merchandise (excludes complete bikes and special orders).

Gaston County Cyclists & Gaston Road Runners MEMBERSHIP APPLICATION

Membership Fees: \$10 Individual / \$15 Family (Payable to: GCC) Mail to: P.O. Box 122, Lowell, NC 28098

| | |
|---|--------------------------|
| Name: | Additional Names: |
| 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. | |
| | |