

# Coastin'

The next club meeting will be on Monday, May 5th, 2003, 6:30 p.m., Alfred & Charlie's, 815 S. New Hope Rd, Gastonia. **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 2003:** President-Jack Moore (contact at Cycling & Fitness 704-865-5471); Treasurer-Margot Rott; Newsletter Editor-John Price [coastineditor@yahoo.com](mailto:coastineditor@yahoo.com).

## Ride Schedule

**Weeknight Ride Series Returns! Begins April 8th, 2003, continues through Daylight Savings Time.**

*Note: please arrive a few minutes early and plan to leave on time. This is especially important in the month of April, when it's getting dark before 8 p.m.*

Mondays – **start 6:00 p.m.** Forestview High School 25 miles

Tuesday – **start 6:00 p.m.** Warlick School, Ranlo 32 miles, shortcut available

Wednesday & Thursday – **start 6:00 p.m.** Forestview High School 28-32 miles

Sundays – **start 1:30 p.m.** Forestview High School Marked routes available, 32-39 miles.

The Sunday afternoon ride will continue through April, except April 13th, which is our club's **Challenge to Succeed** (see flyer at end of newsletter).

## Run Schedule

### **2nd Annual Run Before You Eat Series**

Beginning on Monday, May 5th runners & walkers will meet at Lineberger Park, 5:30 p.m., to run or walk the Gastonia greenway, before going to the club meeting at 6:30 p.m. (Alfred & Charlie's Barbecue).

Weeknight Run schedule – Starting in April the weekly Tuesday/ Thursday runs are on hold until the fall. If anyone is interested in running on Mondays or Thursdays call Paula Weant - 800 331 1843 X 5028.

## Race Results

**Pawprint 8K** – Jim Weant 36:26, Paula Weant 41:16

**Myrtle Beach Marathon** – Lori Schneider 4:28:13

**St. Patrick's Day 10K** – Ralph Rutledge 56:31, Melissa Magee 58:58, Reese Wilson 1:06:19, Frances Scott 1:09:55.

**Corporate Cup Half Marathon** – Suzanne Clemmer 1:28:21 – 3rd female

**Winter Flight 8K** – Frances Scott 52:15, Reese Wilson 52:15

**Run For The Money 5K** – Ronald Hutchins (1<sup>st</sup> in age), Suzanne Clemmer (1<sup>st</sup> female), Doug Fleming, Chuck Richardson, Hal Angel, Melissa Magee, Mike Harrison.

**Gold Rush Half Marathon** – Suzanne Clemmer & Ronald Hutchins



## Rites of Spring Ride – sponsored by the Greensboro Velo Club

By Joe Price

On Sunday, March 23rd, I participated in the Greensboro Velo Club's Rites of Spring Ride. I would estimate there were about 100-125 riders there. They had options of 30 miles, 50 miles and also a 90 minute trail ride for mountain bikes. The road courses were well marked and it was a terrific day for riding.

The ride started in a park on the northern outskirts of Greensboro. The parking lot was right beside a driving range so I almost just opted to hit a couple buckets of balls instead of riding. Interestingly we actually rode a Greenway at the start for a couple miles and it was also part of the return loop at the finish, although it probably inconvenienced folks out walking their dogs a bit. On the Greenway we rode through a stream from a lake overflow, crossed a wooden bridge, maneuvered around steel posts to keep motorized traffic off the greenway and even jumped a few traffic humps immediately after getting off the trail. For a minute I thought I should have been on my mountain bike.

I did the 50 mile loop, which actually turned out to be about 59 miles. The course had a few hills at the start and finish but was mostly rolling terrain. After we got going at the beginning there were one or two major intersections with traffic signals which was a little disruptive and separated the group but once we got out of the city all that was left behind. I met and rode with some other cyclists from the Greensboro and Raleigh areas and we had a very enjoyable afternoon. The ride had a couple of rest areas and they furnished subs from Quiznos for everyone along with some door prizes after the ride.

## Triathlon Results

**Bank Of America Triathlon March 22, 2003** Mecklenburg County Aquatic Center Charlotte, NC

**Swim: 500 yards (pool)**

**Bike: 10 Miles**

**Run: 5 K**

JOHN MEDLIN GASTONIA NC 13th in category 1:04:50

CHRIS BAUCOM GASTONIA NC 14th in category 1:07:37

BEN COCKFIELD GASTONIA NC 11th in category 1:06:54

## Upcoming Cycling Events

**Ride Around Wilkes County** MAY 3rd, 2003

*For information, contact Tim Murphy of the Brushy Mountain Cyclists Club*

*(336) 667-5277 (weekdays), (336) 667-6836 evenings brushymtnc@aol.com (e-mail)*

Full information is available at <http://ridesaroundwilkes.tripod.com>

WILKESBORO - Grueling climbs, thrilling descents and beautiful Brushy Mountain back roads will be in store for scores of cyclists participating in the tenth annual Rides Around Wilkes (RAW) Saturday, May 3rd.

The event includes 25, 40 and 70 mile route options. All routes begin at Cornerstone Church, near the corner of East Main Street and Brushy Mountain Road in Wilkesboro, N.C. at 9 a.m. Registration opens at 8 a.m.

**Assault on Mt. Mitchell** 5-17-03 102 miles, Spartanburg to Mt. Mitchell

Registration is full, but you may register for the Assault on Marion, which stops at the 72 mile mark

<http://freewheelers.info/assault.html> (you might also obtain a Mitchell registration by visiting this website, and clicking on guest book, and looking for people selling their registrations).

**Assault on Linville** possibly 6-21-03? This is an annual, club sponsored event, please see our May newsletter for final details.

**Tour de Kale**, 6-21-03, Denton, NC <http://www.piedmontflyers.com/>

**Blood, Sweat, & Gears** 6-28-03 Valle Crucis, NC 100 miles [www.bloodsweatandgears.org](http://www.bloodsweatandgears.org)

## Lowe's Motor Speedway Time Trial Series 2003

**Sponsored by Speedway President Humpy Wheeler & the Tarheel Cyclists**

Seven dates have been scheduled for 2003. This is a 10 mile, timed event, with excellent organization by the Tarheel Cyclists club. For complete information, check [www.tarheelcyclists.org](http://www.tarheelcyclists.org).

Riders of all abilities are welcomed.

Gates open: 5:15 p.m. – 9:00 p.m. Start time: 6:30 p.m. Pre-register at website above.

Cost: \$5.00 members, \$8.00 non-members \$10.00 tandem team

Dates: April 8, May 7, June 4, June 18, July 25, August 13, September 24

Award dinner being planned for October.

**Upcoming Running Events**  
**courtesy of Paula Weant**

- Apr 12 – Charlotte South End FaceFest 2003, Half Marathon – Charlotte, NC  
– [www.charlotteracefest.com](http://www.charlotteracefest.com)
- Apr 12 – NC Arboretum Spring Fling 10K & 5K – Asheville, NC – 828 236 2403
- Apr 12 – St Luke’s Day 5 K – Spartanburg, SC – 864 542 2251
- Apr 12 – 5K Bunny Run – Concord, NC – 704 920 5619
- Apr 12 – Hospice Hope Run 10K – Winston-Salem, NC – 336 768 3972
- Apr 26 – Charlotte Skyline 5K Run – Charlotte, NC – [www.edu/foundation/skyline](http://www.edu/foundation/skyline)
- Apr 26 – 5K Run For Hunger – Boone, NC - 828 262 1628
- May 3 – Civitan Spring Fling 5K – Spartanburg, SC – 864 576 6132
- May 3 – The Sunset Stampede 10 mile – Asheville, NC – 828 253 0052





# Challenge To Succeed Metric Century

Date: Sunday April 13, 2003

Presented by ...

the *Gaston County Cyclists* & the *Gastonia Noon Lions Club*

[www.gastoncountycyclists.org](http://www.gastoncountycyclists.org)



**We Serve**

**Time: registration begins at 12:30 p.m.  
ride starts at 1:30 p.m.**

**Start/Finish: Crowders Mtn State Park**, main park office, Sparrow Springs Rd, Gaston County, NC (see directions below).

*(The Gastonia Noon Lions meet on the 1<sup>st</sup> & 3<sup>rd</sup> Mondays of each month, Golden Corral, E Franklin Blvd, Gastonia, NC)*

**Cost: \$6, (\$5 club members) registration day of ride only**

**Route: 64 miles, with 41 & 21 mile options**

Description: Routes feature rolling terrain in Gaston, York, Cherokee, & Cleveland counties with scenic views of Kings Pinnacle and Crowders Mtn. Terrain is moderately hilly. Bathrooms are available at the start/finish area, & the support includes two water stops (one on 20 & 40 mile routes) stocked with fluids & snacks. The course is well marked with multiple arrows to denote each turn. For more information: call Jim or Flo McCarthy at 704-866-0887, see website at [www.gastoncountycyclists.org](http://www.gastoncountycyclists.org), or contact newsletter editor at [coastineditor@yahoo.com](mailto:coastineditor@yahoo.com).

**Directions to Crowders Mtn State Park (new & improved!):**

**From Spartanburg, SC:** Take I-85 North, in NC take the Hwy 74 East exit (exit #10). After about 1 mile, you will see a sign for *Crowders Mountain State Park* directing you to turn right onto Sparrow Springs Rd. 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 ½ mile before arriving at the park entrance.**

**From Charlotte, NC:** Travelling on I-85 South, take exit #20, make left off of exit ramp onto Lowell Main St, continue on this road about seven miles until it ends (it will change names to Redbud, then Hoffman, then Robinwood, and finally Neal Hawkins). At the end of Neal Hawkins, turn left onto Hudson Blvd. Continue about 2 miles until Hudson ends, then turn right on Davis Park Rd. Go about ½ mile, then turn left onto Linwood Rd at the traffic light. Continue on Linwood Rd about 4 miles until it ends (be sure to keep right when the road forks at the convenience store). At the end of Linwood, turn left onto Sparrow Springs Rd. 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 ½ 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 until it ends (note that it changes names to Pinnacle Rd). At the end of Pinnacle Rd, make a left onto Sparrow Springs Rd, and continue about 1 mile until you reach Crowders Mtn State Park, on the left.

**From Hickory, NC:** Take 321 South, through Gastonia until you reach Hudson Blvd (there is an Advance Auto Parts on the right at this intersection). Make a right onto Hudson Blvd, and continue about 2 miles until Hudson ends, then turn right on Davis Park Rd. Go about ½ mile, then turn left onto Linwood Rd at the traffic light. Continue on Linwood Rd about 4 miles until it ends (be sure to keep right when the road forks at the convenience store). At the end of Linwood, turn left onto Sparrow Springs Rd. 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 ½ mile before arriving at the park entrance.**

# **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**

<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> <b>E-mail (if you would like to join club e-list):</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.	