

Coastin'

The next club meeting will be on Monday, August 4th, 2003, 6:30 p.m., Alfred & Charlie's, 815 S. New Hope Rd, Gastonia.

September Meeting: Since the first Monday of September is Labor Day, the September meeting date has not definitely been determined yet. Check the September newsletter, or www.gastoncountycyclists.org for updated information.

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

Ride Schedule

Note: please arrive a few minutes early and plan to leave on time.

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

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

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

Thursday – **start 5:55 p.m.** Warlick School, Ranlo 25 miles

or **start 6:00 p.m.** Old mill, intersection of Spencer Mtn & Dallas-Spencer Mtn Rds.
(25 miles, no drop)

Sunday – **start 7:00 a.m.** New Hope Baptist Church, New Hope Rd. Gastonia

This is a 25 mile ride organized during the summer months by the Coasters group which rides the Multiple Sclerosis Breakaway to the Beach ride in September each year. There are three designated points along the route in which everyone stops & re-groups, so if you're new, pay attention & enjoy some new cycling friends!

Run Schedule

2nd Annual

Run Before You Eat (Sweat While You Eat) Series

Monday **August 4th**

First Monday of each month – 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).

Note: The September run & meeting may be moved to the second Monday, because Labor Day falls on Monday, September 1. Stay tuned.

New Members

Mark Borkowski, Gastonia

Matt Derstine, Kings Mtn (well, sort of a new member. Welcome back.

John Paksoy, Shelby

Scott Roberts, Charlotte

Matt Roux, Clover

Chris Steele, Charlotte

Dennis Upton, Charlotte

Joseph Yandel, York (Joseph is currently the editor of the Rock Hill Bicycle Club newsletter)

Cycling Results

Fabulous 4th Ride, Tryon NC July 4, 2003

Troy Bush, Terry Herrington, Melissa Magee, Joe Price, John Price, Margot Rott, Ralph Rutledge

Lowes Motor Speedway Time Trial

July 25, 2003 10 mile time trial

Times not yet available, but here's the participants:

Mike Burgess

Jay Beam 23:??

Penny Creed

Paula Finney

Tommy Jones 23:??

Joe Price *congratulations to my brother Joe, for riding a personal record of 25:16, 70 seconds faster than his previous personal record. (I was still faster).

John Price 24:23

Running Results

Grandfather Mtn Marathon Boone, NC 7-12-03 366 finishers

14 CLEMMER, SUZANNE Gastonia, NC 3:11

59 HUTCHINS, RON Belmont, NC 3:41

56 POSTON, DAVID Gastonia, NC 3:40

141 JOHNSON, WADE Gastonia, NC 4:04

173 RHYNE, JAMES Gastonia, NC 4:12

195 THAMM, WOLFGANG Gastonia, NC 4:18

196 RHYNE, TERRY Gastonia, NC 4:19

213 WEANT, PAULA Gastonia, NC 4:24

356 PARKER, RONALD Gastonia, NC 5:35

Upcoming Running Events

Labor Day 5K Lineberger Park Gastonia, NC September 1, 2003 (Labor Day)

Events start at 7 a.m. Race starts at 8 a.m. www.gastoncancerservices.org

Jill M Ferguson <jmferguson@duke-energy.com> My husband & I are helping with a 5K walk & road race on Labor Day which will be benefiting Cancer Services of Gaston County. We are looking for runners, volunteers and sponsors. (Anyone that wants to be a sponsor will have their logo on the back of the shirt.) If anyone in your group is interested in any of these support areas mentioned, please have them e-mail me at the above address or call me at (704) 867-4116. I appreciate your help in his event. We want it to be a good one.

North Carolina Lung Association and 5k race

The Town of Elon is holding a FOTO 5k "Catch your Breath" run and 5k Asthma Walk. All proceeds will benefit the North Carolina Lung Association. This event will take place on October 4, 2003, with the run beginning at 9 am and the walk beginning at 10 am. There is a registration form on the Town of Elon's website (www.elonnc.com). for the run. If registering the day of the race, there will be a late fee.

Info: Amy Ocheltree aocheltree@elon.edu

Hiker/Biker Weekend July 18-20, 2003

Everyone enjoyed a perfect weekend in the mountains, with ideal weather (no rain!), & for the first time in five years, no Eric Rudolph.

We ate, hiked, rode bikes, & swam to our heart's content, as outlined in the plans below.

Twenty club members participated, as listed:

Charlene Angel, Hal Angel, Dean Bush, Lisa Bush, Troy Bush, Suzanne Clemmer, Leanne Dow, Stephen Dow, Lureen



Picture at Tsal'i Recreational Area trail head, courtesy of Suzanne Clemmer (but it was Hal Angel's camera)

Helton, Rob Helton, Keith Hutchins, Ronald Hutchins, Melissa Magee, John Price, Margot Rott, Ralph Rutledge, Frances Scott, Jim Weant, Paula Weant, Reese Wilson.

Thank you to Paula Weant for organizing the weekend, & arranging for nice weather.

Subject: Major Cycling Event Coming to Charlotte in 2004

From: Jim Mead Sent: Wednesday, July 30, 2003 9:22 PM

Fellow cyclists, I received a call tonight that will excite all fans of bike racing. All of us will get a chance to see the best cyclists on the continent, here in Charlotte, starting in 2004. A news conference will be held on Wednesday, August 6th at 11:15, at the Hearst Plaza (Tryon St near Ri Ra's), announcing a new event to be held in Charlotte in 2004. I was asked to notify every cyclist I knew, to drum up attendance for the 8/6 news conference, and start to get the Charlotte cycling community primed for a new era in cycling. The details will be divulged at the news conference, so if you work in town or near town, or can play hooky for awhile, be at the Hearst Plaza on Wednesday August 6th at 11:15, to be the first to know about this new event. Please forward this note all your cycling friends, young or old, to help spread the word.

Editor's note: I have no idea of what event is planned, but I've heard rumors that event organizers would like to create a point to point race that ended at the Lowe's Motor Speedway. This would be really cool, but I'm not sure if this would be possible with the local roads leading up to Lowe's Speedway.

2003 RHBC Time Trial Series

There are still 6 RHBC TTs to go!!!! So come out and set your pace!!!!

The course is 10 miles of lightly traveled, perfectly smooth pavement. We meet at the Crossroads Amoco (Corner of SC 324 & 322 McConnells Hwy) at 6, register, warm up and start the first rider at 6:30 sharp! Set you watch by WBT radio. We start the slower riders first - fastest last. We start at the Amoco station and finish near Rock Hill on Ogden Road/ close to Heckle Blvd. At the end we all ride back to the start point (about 7 miles) to relax and shake out the lactate acid. You get **all** this fun and excitement for \$2 per event. Wow!! The two bucks help cover the cost of supplies, poweraide and timing equipment for the season. What can you win by participating? A healthier, stronger, fitter body.

So pump up the tires, put on you sleekest jersey and get ready to TT.

Schedule:

All are Wednesdays. Ride is canceled if raining or life threatening/storming. (light sprinkling does not cancel the ride)

Aug	6, 20
Sep	3, 17
Oct	1, 15

Results:: Club members Troy Bush, Margot Rott, & Mike Burgess rode the July 23rd version of this event.

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 .

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: \$10.00 members, \$13.00 non-members

Dates: August 13, September 24

Award dinner being planned for October.

Upcoming Cycling Events continued ...

Summer Solstice Cowbell Classic 12 Hour Mountain Bike Race Saturday August 2nd.

The rescheduled will go off rain or shine! New dates (rescheduled from earlier this year because of muddy trails)

Friday August 1st 9am to 5pm - Course open for pre-riding. Registration packet pick up.
7pm to 9pm – Pre-party at Southend Brewery (a few beers and appetizers on us).
Registration Packet pickup.

Saturday August 2nd 6am to 7:30am – registration and packet pickup.
8am to 8pm – the race is on

Blue Ridge Brutal 100 Saturday August 16, 2003 West Jefferson, NC

<http://www.ashecivic.com> or 336-246-4483 ashecivicctr@skybest.com

Soldier's Reunion 100K Sat 8/23, Sun 8/24 Newton, NC

828-465-7470 Carol Stiles cstiles@mail.ci.newton.nc.us <http://www.ci.newton.nc.us/>

Hilly Hellacious Sunday, August 24, 2003 Fletcher, NC 100 mile or 100K options

Sponsored by the Blue Ridge Bicycle Club of NC. Start/finish is at Cane Creek Cycling. No day of event registration this year, pre-register only! For information, see website at <http://main.nc.us/BRBC/HHH2001.htm> .

Apple Country Bicycle Tour (18th annual) Sunday, Aug 31st Hendersonville, NC

Mary Jo Padgett 828-692-0385, <http://www.eco-wnc.org/> eco@min.nc.us

Cycling Spoken Here Labor Day Metric Century Sunday Aug 31st Cary, NC

919-461-0066 Mark@cyclingspokenhere.com Mark Herndon <http://www.cyclingspokenhere.com/>

14th Annual Tour de Moore Century Ride Southern Pines, NC

Monday, September 1, 2003 (Labor Day) Online registration at: http://www.active.com/event_detail.cfm?event_id=1070789

Editor's note: I rode this ride last year, & enjoyed it. The ride is almost completely flat, so this might be a good choice for a first time 100 miler.

Tour De Paws Metric Century (2 loops) or 28 miles Spartanburg County

Joe Brunson 864-574-6875 jbrunson@teleplex.net
www.spartanburghumanesociety.com/tourdepaws.htm

National MS Society annual MS 150 Bike Tour "Breakaway to the Beach"

September 20-21, 2003

Last year almost 2,100 cyclists participated, raising an amazing \$1.6 million. For more information contact Cycling & Fitness Bicycles of Gastonia.

Cycle 4 Autism Saturday, September 27 in Lewisville, NC (near Winston Salem) .

20, 40, and 62 mile courses through beautiful rolling country with fairly minimal traffic. It's well attended so there should be plenty of people at any speed to ride with.

Website is www.cycle4autism.org

TOUR DE PIG 2003, LEXINGTON, NC Oct 11

Barbecue Festival/Davidson County Mental Health Bill Pickett, P.O. Box 1642, Lexington, N.C. 27293 (336) 956-1880 billpickett@lexcomic.net www.barbecuefestival.com

Tarheel Cyclists Annual Fall Century

Saturday September 6, 2003

Fees

Pre-registration: Members \$15
Non Members \$20
day of event: All participants \$20

modes of registration

mail in this form by August 30, 2003 to:

Tarheel Cyclists

P.O. Box 35392

Charlotte, NC 28235

or see the link on our web page,
www.tarheelcyclists.org, to register
through Active Zach by September 4, 2003

proceeds help support

Thompson provides a continuum of care for more than 300 children and families annually. Their top priorities are to give young people and their parents tools to ensure success and when possible, to keep families together. At Thompson, they give children individualized attention and work closely with families for a bright future. For further information on Thompson Children's Home and their programs, please visit them on the web at:
www.thompsonchildrenshome.org

food, festivities, and other information

Post ride meal by **Don.s Bar-B-Q**.
Bring a chair and set a spell and gab about cycling adventures with your fellow cyclists! Camaraderie is encouraged!
Please note: Post ride meal will be guaranteed only for those riders who have pre-registered. The remainder of the meals will be provided on a first registered, first served basis.

routes and start times

100mile/ 60 mile/30 mile options

Registration begins at 7:00am
Staggered start begins at 8:00am

sponsored by: Bank of America, Bicycles South, Burn, light your fire!, Classic Handyman Company, Clif Bar.

rules

1. Approved helmets are mandatory
2. Riders will be required to check in prior to ride
3. All riders will be required to sign a waiver before participating in the event
4. Riders under 18 need parent/legal guardian signature on their registration
5. Riders under 16 may participate only if accompanied by a bicycling parent or another adult.

Check the website for updated information: www.tarheelcyclists.org

waiver of liability

By participating in this event, I realize that there are inherent dangers associated with bicycling including injury and death. I hereby make known to whomever it may concern, that I or members of my family will hold harmless in case of accident, injury, misadventure, or damage of any kinds, The Tarheel Cyclists, Inc., its officers, representatives and/or members and volunteers.

registration form

Signature: _____

Parent or Legal Guardian (if applicable):

name _____

address _____

city/state/zip _____

phone _____

email _____

emergency contact _____

emergency phone _____

route 100mile _____ 60 mile _____ 30 mile _____

directions to start/finish

ride will start in Weddington Area.
Arrangements with property owner still in the works. See the web site or contact

Dog Days of Dallas Report 2003

What: Metric Century on July 13, 2003 sponsored by the Gaston County Cyclists. 64,47, & 25 mile courses.

Weather: An unusually comfortable day for July, with temperatures in the high 70's. A severe thunderstorm the previous night left an unusually large amount of debris on the roads at the bottom of a few hills.



Numbers: 110 riders registered for the event. 2 registered for the 25; 38 for the 47; and 70 for the 65.

Towns: Riders registered from the towns of Gastonia, Maiden, Lincolnton, Spartanburg, Clover, Shelby, Charlotte, Monroe, York, Salisbury, Gaffney, Connelly Springs, Cornelius, Cowpens, Iron Station, Newton, Casar, Concord, Greenville, Vale, Cherryville, Hickory, Belmont, Stanley, Bessemer City, Simpsonville, Conover, Valdese, and Dallas.

Internet: 45 of 110 printed a registration form from website. We had a similar percentage print registration forms like this for April's Challenge to Succeed Ride. This indicates that the internet is helping to publicize our events.

Members/Non-members: 68 of 110 were non-members (7 of these joined at registration).

Ride Organizer: Special Thanks to Charlene Angel for organizing this year's event. This year marked the first time we've had port-a-johns at the start/finish area, & three police cars to escort riders through the first major intersection. Plus the ride started precisely on time, at 8:00 a.m.

Post-ride meal: Thanks, too, to Papa's Pizza & their excellent organization of the post-ride meal.

Volunteers: Most of all, thanks to the volunteers for their excellent work in marking the course, at registration, at the aid stations, & along the route in SAG vehicles. You were wonderful!

Dog Days Volunteers: Jim McCarthy
Flo McCarthy
Amy Novinc
Nancy Dartnall
Michele Jarbeau
Leanne Dow
Stephen Dow
Elizabeth Barker
Lori Schneider

Rider Comments: *Anna and I did the 47 mi. Dog Days route today for the first time. We really enjoyed the route and support. Thanks for organizing such a pleasant ride! This is our second Gaston County Cyclists ride (did Challenge to Succeed in April) and I'm sure we'll be regulars in the future. Bill Clay, Charlotte, Tar Heel Cyclists & Tailwind Tandem Club*

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 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 (for family membership):
Street	
City: State Zip	
Phone	E-mail (if you would like to join club e-list):
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.	