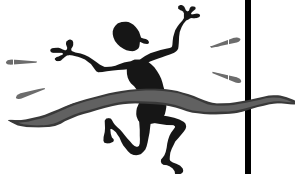




## Results ~ Running

### Charlotte Observer Run for Peace Marathon January 2003 -

Suzanne Clemmer 3:03:25 (3<sup>rd</sup> female),  
Ronald Hutchins 3:05:49,  
Paula Weant 3:58:36



## Results ~ Cycling

Rocky River Polar Bear, Jan 11,  
2003, Metric Century: Joe Price

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## Polar Bear 2003 Report

Reese Wilson organized the Gaston County Cyclists' annual Polar Bear ride. Held on a sunny and cool (low 40s) Sunday, January 12th, the event attracted 72 riders. Some riders rode the full 51 miles, while others chose short-cuts which shortened the course by 4-10 miles. On a suggestion from Jim Weant, the route featured one small change which eliminated some rough pavement and eliminated a short stretch of riding on Hwy 161.



In addition to Reese, thanks also go to our wonderful volunteers for the excellent support they gave at registration & the water stops:

registration, Leanne Dow, Frances Scott  
sags Suzanne Clemmer, Ronald Hutchins, Frances Scott

Also, a big thank-you to Dennis Johnson of the Spartanburg Freewheelers for his compliments:

Dennis Johnson comments:

*You that decided to stay home and not do the Polar Bear Ride missed out on a great ride. The weather was a little chilly, but the roads were in decent shape and the support was more than adequate. I kept waiting on the big hills, but there weren't any. The traffic was minimal and it was one of the best marked routes I've ridden. There was plenty of warnings before the turns and another mark afterwards, just to let you know that you're heading in the right direction. I'll be doing this one again.*

*That was one of the best rides I've been on in a long time. The route and support was great, though we didn't stop for any of the goodies. And the roads were no worse than what we usually ride on. We had a great time. That would be a nice route to do during the warmer weather too. I'd come up for it.*

*Thanks to everyone involved!!*

*Dennis Johnson*

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### **Free Bike Clinic II Monday, February 16th, 2003**

Club president and co-manager of Cycling & Fitness Bicycles Jack Moore sponsored a training clinic in January. Topics covered were fixing flats & basic maintenance, and about 14 participated.

The session was so popular that Jack has agreed to sponsor another session at 6:00 p.m., Monday, February 16th. The topic will be basic gear adjustments, and the club will again provide free pizza & drinks. So call Jack at Cycling & Fitness 704-865-5471 before 6:00 p.m. Feb. 16th to let him know you're coming, and try to arrive a few minutes early as the session will be held after their usual 6:00 p.m. closing, and the shop will be locked at that time. Don't miss this opportunity to learn from an expert bike mechanic!

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

Feb 1 – Alyce Guettler Hunger  
Run 5 miler – Rock Hill, SC – 803  
327 6450

Feb 2 – Winter Flight 2003 8K  
Road Race – Salisbury, NC –  
www.salisburyrowanrunners.com/  
wf2003

Feb 22 – PawPrint 8K – Fort Mill,  
SC – www.pawprint.8k.com

Mar 1 – Corporate Cup Half Mara-  
thon, 3-Person Relay & 5K – Char-  
lotte, NC –  
www.runcharlotte.com/  
corporatecup/

### **7th Annual Pawprint 8k Road Race for Home- less Pets**

Fort Mill, York County, SC; February  
22, 2003

Complete information at [www.pawprint.8k.com](http://www.pawprint.8k.com),  
or contact Ernie La Casse Phone 803-  
831-3956

### **4th Annual CSC Winter Training Ride**

Saturday, February 8th Harrisburg Elementary

This supported ride is designed for cycling enthusiast of all abilities.

Harrisburg is located just minutes north of the University of North Carolina at Charlotte.

Routes: 30, 55, and 70 mile routes on great roads that are lightly traveled.

All routes will be supported with rest stops loaded with fruit and Clif Bars and will have sag/safety support.

First 50 people who register will receive a FREE bottle of White Lightning.

Registration: 9:00AM - 10:00AM \$12:00 registration fee  
No pre-registration needed.

Start time: 50 and 70 mile routes - 10:00AM; 30 mile route - 10:15AM

After the Ride: We will have tons of food including pasta salad and hot homemade vegetable soup.

Check out the website for directions, maps, and other pertinent information.

<http://www.charlottesportscycling.com/trainingride.htm>

Neal Boyd, Charlotte Sports Cycling Inc.

2022 Dembrigh Lane

Charlotte, NC 28262

Office 704.503.0138

Mobile 704.339.7124

[nboyd@carolina.rr.com](mailto:nboyd@carolina.rr.com)

### Support the Rock Hill Bike Club

The following is a letter from Mike Burgess, president of the Rock Hill Bike Club...

*I have a thought I would like to run by you. Each month our club designates one key ride outside our club that we as a group (the RHBC) try to do i.e. Polar Bear, Press On Regardless, TH metric, fab 4th, mt mitchell, beebuzzin, etc. We support all the clubs in the state this way . . . Hoping they will reciprocate by attended our fall century.*

*In an effort to get the three clubs working together, riding together and communicating better what do you think about each club hosting a ride every third month in which the other two clubs are expressly invited to attend by placing emphasis on the ride in the newsletter and ride calendar. These would not be rides that we charge for or advertise to the masses. If the numbers look good, we could provide a rolling sag/support - nothing fancy, just fellowship and some new roads and scenery. This would finalize in the fall with each of our fall metric centuries.*

*Please let me know your ideas/suggestions.*

*Thanks, Mike Burgess, pres. RHBC*

### Assault on Mt. Mitchell # Wanted!

Entry forms are scheduled to be mailed on February 15th for the annual ride in May known as the Assault on Mt. Mitchell. As many are aware, registrations for this event are hard to obtain. If you register and decide to sell your ticket, then Bill Gintert would be interested in buying it from you:  
*Please put the word out in the newsletter or via e-mail that I would like to obtain a MT. Mitchell entry for the ride all the way to the top. Thanks, Bill Gintert D: 704-391-5142 E: 704-853-8986 gintert@msn.com*

### FOR SALE: ROAD BIKE

A Raleigh 1999 R 700 with an iridescent green/purple aluminum 50 cm frame with a carbon fork. It also has a new Ultegra 9 speed 13-26 cassette and chain, Ultegra components and Mavic rims. Includes frame bike pump, cycle computer and toe clips pedals, \$500.00. Call Michele @ 704-829-6029 or jarbonc@carolina.rr.com .

# **FAT BURNER**

**pre-spring classic**

**SATURDAY the 15th of February 2003 10:00 a.m.**

**registration opens at 9:00 a.m.**

WHAT: a 30 mile course... offering 30, 60 and 90 mile training options.

WHERE: 'PETE HENKEL' RECREATION PARK

TOWN of STANFIELD NC

DIRECTIONS: from CHARLOTTE take HWY 24/ 27 ALBEMARLE RD. to LOCUST NC.... turn right on HWY 200.... 1.6 miles to a right turn on LOVE CHAPEL RD... continue straight thru the town of STANFIELD ... right turn into 'PETE HENKEL' RECREATION CENTER just past the flashing yellow light (stanfield elementary school will be on your left). please park at the recreation center.

COST: \$10.00 per person... includes post ride refreshments

RAIN DATE: SUNDAY 16th of February 2003 10:00 am

Check the Team Charlotte's web-site for updates and further information:

[www.teamcharlotte.net](http://www.teamcharlotte.net)

## **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.