

Coastin'

The next club meeting will be on Monday, June 2nd, 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, 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.

Ride Schedule ** Please note new location for Thursday night Ride! **

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

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

Thursday **** Please note new location for Thursday night Ride! ****

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)

The group will no longer ride from Forestview on Thursday night.

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 Series

Monday **June 2**; Monday **July 7th**

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).

New Members

Penny Creed, Dallas NC
enjoys cycling, Kayaking, camping

George Hatsios, Belmont NC

Welcome to the club!

Running Results

Suzanne Clemmer, Ronald Hutchins

Country Music Marathon

April 26, 2003

cool, overcast, Nashville, TN

Suzanne – 9th overall, women, 1320 women total finishers

3:05:15 1st in age group – 205 finishers

Name	Location	NetTime	Pace	GunTime	10k	Half	20 MI
Suzanne Clemmer	Gastonia NC	3:05:00	7:03	3:05:15	0:42:18	1:30:49	2:19:38

Paula Weant

Hunger Run 5K – Boone, NC

Triathlon Results

White Lake 1/2 Ironman May 10, 2003

JOHN MEDLIN GASTONIA NC 6:17:58

Conditions: windy & hot

Rank 101 SWIM 37:39 T1 4:13

Rank 316 BIKE 3:11:38 T2 4:07

Rank 110 RUN 2:20:22

Rank 166 TIME 6:17:58

Cycling Results

Lowes Motor Speedway Time Trial

10 miles, May 13, 2003

(times not yet available)

Jay Beam

Suzanne Clemmer

Tommy Jones

Joe Price

John Price

Randy Mullis

Reese Wilson

Tour De Mayberry Ride

Mount Airy, NC

Ed Keene, Dorothy Keene, Ralph Rutledge, Melissa Magee, Reese Wilson, Frances Scott, Troy Bush, Barney Fife, Jim Weant, Paula Weant

Need for Speed – more cycling results

Blair Craig

Recently won a Cat 3 race in Raleigh. He also competed in a Pro 1, 2 race & finished around 24th out of a field of 60. He is only 7 points from moving up from Cat 3 to Cat 2.

Nice going, Blair!

Cycling Results continued...

28th Annual Assault on Mount Mitchell May 17th, 2003 Spartanburg to Mitchell summit, 102 miles & **Assault on Marion** Spartanburg to Marion (72 miles)

Participants & times (where available)

Brenda Andersen

Mike Burgess (7:30 – Mitchell)

Terry Herrington (4:45 – Marion)

Joe Price (8:17 – Mitchell)

John Price (6:59 – Mitchell)

Congratulations to my brother, Joe Price, on completing the Assault on Mt Mitchell in his first attempt, at age 51! The weather conditions were rough, with temperatures in the low 60's & a persistent rain the first four hours, followed by a heavy fog & scattered rain for the rest of the day. -John Price

Mitchell Ride Summary by Joe Price

I can probably ride a little faster but will not gain much time in the whole scheme of things. The best chance I have is just keeping my stops to a minimum time. The difference in my running time and cyclometer time was 41 mins which meant I had stopped for a total of 41 mins. I had 8 stops which meant I averaged about 5 mins a stop. If I get that down to 3 mins per stop and eliminate one stop I could finish in about 7 hrs and 57 mins. That's probably about the best I could expect unless I was with a comparable group for more of the ride and averaged a higher speed to Marion.

It took me a little over 2 1/2 hours to go from the top of 80 on the Parkway to the top of Mitchell. That's close to an hour longer than what I had thought it might take based on my <training ride from Marion to Mitchell>. Having already ridden 85 miles made a much bigger difference on the Parkway stretch than what I thought it would.

Sptbg to Marion: Hwy 70 & 80 at 10:45 am, 74 miles, Avg speed 17.2, 4 hr 15 mins

Hwy 80 & Parkway: 12:10 pm, 5 hr 40 mins

Stops (Trip miles):

1. 41 (before Bill's)
2. 74 (Hwy 70 & 80)
3. 84 (1/2 up 80)
4. 87 (1st overlook)
5. 90 (Next overlook)
6. 97 (3/4 mile from top of last parkway climb)
7. 99 (1/2 up Mitchell)
8. 100 (Last water stop)

Total trip time: 8 hr 17 mins

Total pedaling time: 7hr 36 mins

Total rest time: 41 mins

Sptbg to Marion: 4 hr 15 min

Marion to Parkway: 1 hr 20 min

Hwy 80 to Mitchell entrance:

Mitchell climb:

Marion to top: 4hr 2 min

Hwy 80 to top: 2 hr 37 min

Cycling Results *continued...*

Gold Hill Metric Saturday, May 24, 2003

Mike Harrison, Joe Price

Note: Mike took a nasty tumble on this ride – best wishes for his quick recovery.

Gold Hill Metric report by Joe Price

This is the 5th year they have sponsored the ride. Once again we had overcast skies and a good bit of drizzle but that just seems to be the norm this spring. The ride is free but they encourage a donation to help with expenses on restoring a one room schoolhouse in Gold Hill.

I would estimate there were about 100 riders. They offered both a 50k and a 100k option. Both routes were well marked and very well supported with both beverages and snacks. This was a really fun ride that more cyclists should come out and do if they are in the area on Memorial Day weekend. One of the unique features of this ride is the sponsor leads the group the first couple miles in his Model A Ford!!!

Afterwards they served a terrific lunch of chicken salad, pasta, potato salad that was included with the ride. They also had a local fellow playing an acoustic guitar that added to the ambiance. In addition, they also gave away a good bit of cycling items as doorprizes to the lucky winners. Gold Hill is a neat little area of restored buildings including stores, Post Office, restaurant, etc that will take you back in time over 100 years. I live within a few minutes of the area and had no idea it was there. I'm still able to ride I'll definitely be back next year!!

For Sale

2 sets of **HED Jet Wheels**

700c clinchers

\$600.00 per set, or best offer

Ron Hutchins 704-827-1234

(wheels similar to these pictured)



1 set **Rolf Vector Comp Wheelset** (red)

Clincher, 700c, Shimano, used

\$175.00, includes -skewers

Carl Simms 704-865-0574

Sorry, no picture
available

Editor's note: Want to sell something? If you're a club member, I'll do my best to place your ad for free in our newsletter. -John Price coastineditor@yahoo.com or ph) 704-867-2669 mail: 681 Niblick Dr Gastonia NC 28054 .

Upcoming Cycling Events

Murray's Mill Bike Ride June 7, 2003 www.heritagealliance.org
65, 30, or 15 miles in Catawba County, scenic route.

RIDE DESCRIPTION: A pleasant ride through the rolling and flat expanse of eastern Catawba County. Visit historic Murray's Mill water driven gristmill on the National Register of Historic Sites and The Old Country Store. Three routes available - 15, 30 or 65 miles. All three rides follow the same route for the first 11 miles. A scenic and enjoyable ride for the entire family. Good food will be provided during and after the ride. Sag support will also be provided. The ride is sponsored by the Catawba Valley Heritage Alliance, a non-profit organization committed to preserving recreational resources and natural habitats. Visit our web site at www.heritagealliance.org. All proceeds will go to the Catawba Valley Heritage Alliance and Catawba County Historical Association. For more information on historic Murray's Mill visit their website at www.catawbahistory.org.

STARTING PLACE / TIME: Ride will start at 8:00 am. The ride begins and ends at Murray's Mill, 2 miles south of Catawba.

REGISTRATION: The pre-registration cost is \$15.00 (deadline May 31, 2003). Day of the ride registration is \$20.00 per rider. Registration will begin at 7:00 am. RAIN OR SHINE! Free T-shirts to first 150 registered riders.

DIRECTIONS: From I-40, take exit 138. Oxford School road south towards Catawba. Follow Hwy 10 west approximately 2 miles. Turn left at Murray's Mill sign and go approximately .3 miles on the right. From Charlotte, take Hwy. 16N through Denver. Turn right at the next stop light after Hwy. 150. This will be route 1003-Buffalo Shoals road. Look for Murray's Mill sign approximately 3 miles on the left.

24 Hours of Booty www.24hoursofbooty.com

June 13-14, 2003 (8pm-8pm) **24 Hours of Booty** Ride 12 or 24 hour event on 3-mile, semi-closed course to benefit the Lance Armstrong Foundation and The Leukemia & Lymphoma Society's Team in Training. \$50 minimum, police protection.

Contact info: SpencerLueders:spencer@24hoursofbooty.com

Duncan Satchell: duncan@24hoursofbooty.com

Driving Directions From I-85 and the Airport:

Take Billy Graham Parkway exit, South. At the intersection of the Parkway and S. Tryon, the Parkway name changes to Woodlawn Road. There are many hotels and restaurants clustered here. Continue on Woodlawn Road for 2.5 miles to Selwyn Avenue. There is a Queens University of Charlotte sign just before Selwyn. Turn left on Selwyn Avenue and continue for 1.5 miles to Queens University of Charlotte. Turn left onto Wellesley and proceed to athletic fields on the right.

Upcoming Cycling Events continued ...

8th Annual Ride For Pride

Join the members of the Cannonballs Cycling Team for the RIDE FOR PRIDE annual cycling event. This supported ride is designed for all levels of cycling enthusiast - from families and recreational riders to experienced distance challengers.

Date: Saturday, June 7

Time: 8:00 am

Location: Davidson United Methodist Church, 233 S. Main Street, Davidson, NC

Distance: 100k & 50k

<http://www.cannonballs-cycling.org/>

Saturday June 7, 2003

TOUR DE PETS, SHELBY

Association for the Welfare of Animals

Alison Still, 1731 Pinedale Road, Cherryville, N.C. 28021 (704) 435-6699

Summer Solstice Cowbell Classic, June 21st www.southparkcycles.com

Charlotte's first 12-Hour Mountain Bike Race

Tour de Kale, Saturday June 21, 2003, Denton, NC <http://www.piedmontflyers.com/>

Kale Watkins, 726 Mountain Shore Drive, Denton, N.C. 27239

(336) 859-9436 / (910) 297-4282 Email: chrisskeen@yahoo.com www.tourdekale.com

BLOOD, SWEAT, & GEARS CENTURY CHALLENGE, BOONE Saturday June 28, 2003

Watauga Chapter of Red Cross

842 West King Street, Suite 18, Boone, N.C. 28607

(828) 264-8226 Email: watarc@goboone.net www.bloodsweatandgears.org

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.

County Line Time Trial series by Cycles de Oro in Greensboro

June 19

Information can be found on the Cycles de Oro website at www.cyclesdeoro.com. Or contact Billy Bradshaw, Race Director at william.bradshaw@usa.net

Fabulous 4th Metric Century July 4, 2003; Tryon, NC (62 miles) <http://www.polkcounty.org/>

Annual ride attracts 300-400 riders, well-supported, hilly with extra-low gear recommended

8th Annual Roan Moan - Bakersville, NC Saturday, July 26 - All proceeds go to Bakersville VFD & Rescue; 32, 67 or 100 miles; strenuous with unparalleled beauty. Come out of those sultry plains to the "land of the sky" magnificent views above the clouds where "rivers are born". Michael Davis innkeeper@bicycleinn.com 828-688-9333 Bicycle Inn <http://www.bicycleinn.com/index.html>.

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: 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

June 6 – June Bug 5K Run – Concord, NC – 704 920 3356

June 7 – Tortoise & Hare 5K Run – Asheville, NC – 828 681 5325

June 7 – Heritage 5K Run – Landis, NC – 704 857 0336

June 7 – HotFoot 5K – Shelby, NC – 704 484 9622

Jun 14 – Lake Wylie Splash Dash 10K Run, 5K Walk/ Run – 803 831 2827

June 21 – Summer Breeze 5K – Charlotte, NC – 704 358 0713

Assault on Mt Mitchell

102 miles

May 17, 2003

Foggy summit finish

Pictured l-r John Price (newsletter editor) & brother Joe Price
Both elated at finishing a tough ride in challenging weather!
Thanks go to our sisters Judy Jordan (especially the Mtn Dew along the Parkway) & Emily Hungerford (lots of video tape for posterity), & Joe's wife & son Jeri & David for all their support along the way!



10th Annual Biker/Hiker Weekend **sponsored by the *Gaston County Cyclists*** **July 18-20, 2003 (Friday-Sunday)**

Where: Bryson City, NC (about 1 hour west of Asheville, NC)

Suggested Accommodations: Ridge Top Motel 828-488-6363 The Ridge Top Motel features a scenic setting, with a swimming pool in the center of a large, open courtyard, perfect for gathering informally as a group.

How to Participate: Make your own reservation at the Ridge Top Motel 828-488-6363, \$55 for one bed, \$60 for two beds - mention that rooms are reserved for the Gaston Cyclists under the name of Weant (pronounced *went*). Note: we had 8 rooms reserved for our club, but they expired on June 1st. But rooms will probably still be available after this date.

Or choose another hotel of your choice, or possibly camp in the nearby national forest.

Directions: (Bryson City is easy to find, as it's just 1/2 mile off of Hwy 74)

Who's Invited: GCC members & their guests (including children!)

Attractions:

* Foremost is the Tsali Recreational Area, which has 40 miles of the best single-track mountain biking trails in the United States. These trails are relatively smooth, offer varying lengths, & surround the pristine Lake Fontana.

* Also in the area is the Nantahala Outdoor Center with rafting rentals available.

* Tubing is popular in the nearby Deep Creek area.

* Numerous hiking trails are nearby, with varying degrees of difficulty.

* There's also the infamous "Road to Nowhere" for road cycling.

* Swimming in the pool at the Ridge Top Motel.

* Bryson City also features train rides in the mountain- great for the young, & the young-at-heart!

Typical Itinerary

Friday: Some will check-in mid-day Friday, and make it over to the nearby (20 minute drive) Tsali mountain bike trails for one-three hours of mountain biking. Most others will arrive before dinner time, so the group can eat out together about 7:00 p.m. Later that evening, we'll socialize in the courtyard at the Ridge Top Motel.

Saturday: Most will go on a hike that morning, followed by mountain biking or possibly tubing on Saturday afternoon. Supper together again that evening (several area restaurants are available), followed by more casual socializing that evening in the courtyard at Ridge Top.

Sunday: Probably most will check out around 8-9 a.m., & head over to Tsali for more mountain biking. We typically eat a picnic style lunch (sandwiches, chips, cookies, etc.) afterwards at Tsali (picnic areas are nearby). The afternoon is for traveling back home.

More Information: Paula Weant at 704-865-6193. Make your reservations & plans to participate, & let Paula know you're participating, so you'll be included on the various plans!

Dog Days of Dallas Metric Century 2003



What: 100 km bicycle ride (actually 65 miles), with 25 & 46 mile options sponsored by the *Gaston County Cyclists (GCC)*

Date: Sunday, July 13, 2003

Time: Registration: 7-7:45 am, Mass Start: 8:00 am

Start/Finish: Courthouse Square
Downtown Dallas, NC

Cost: \$15.00 (\$10.00 *GCC* members)

Registration is day of event only, if possible, please save time at check-in by printing registration form from www.gastoncountycyclists.org & completing in advance.



Fee Includes Papa's Pizza & drink after ride*!

(*pizza & soft drink will be served from 11:15-2:00)

The courses have some of Gaston County's best roads for cycling with lots of rolling terrain. The 62 mile course in particular features some tough hills. The ride will have 2 water stops (one on the 25 mile route) stocked with water, cookies, & fruit.

Each turn is marked with at least two arrows, and a SAG vehicle will patrol the course to provide assistance.

Directions: From Charlotte or Greenville, take I85 to Gastonia. Take exit #17, Hwy 321 North. Go approximately 2 miles north and take the Dallas exit (Hwy 279). The Dallas Courthouse Square is approx. 1 mile on the right.

From south of Gastonia, take 321 North through Gastonia. Approx. 2 miles north of Gastonia take the Dallas exit (Hwy 279). The Dallas Courthouse Square is approx. 1 mile on the right.

From north of Gastonia, take 321 South. Approx. 11 miles south of Lincolnton take the Dallas exit (Hwy 279). The Dallas Courthouse Square is approx. 1 mile on the right.

For more information contact Charlene Angel at ph) 704-867-9992 or mcaangel@hotmail.com or see the website www.gastoncountycyclists.org .

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.	