



Coastin'

The **February club meeting** is on Monday, February 7th, 6:30 p.m., Alfred & Charlie's Barbecue, 815 S New Hope Rd., Gastonia, NC.

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 2005: President-Jack Moore (contact at Gaston Bicycle & Service 704-865-5471); Treasurer-Margot Rott; Newsletter Editor-John Price coastineditor@yahoo.com.

Only a Few Days Left! Order your GCC Club Jersey Now!

- ◆ Jerseys cost only \$49
- ◆ Orders must be received by Monday February 7th.
- ◆ Please see order form on back page.
- ◆ Order by mail, in person at Gaston Bicycle, or in person at Feb. 7th club meeting as listed above.



design by John Woodward
www.jwgraphicdesigns.com

- ◆ Colors are **blue, yellow & white**
- ◆ All orders must be **pre-paid**
- ◆ We last offered a club jersey three years ago, so don't miss out now. Only garments pre-sold will be made. **There will be no extra garments made.**
- ◆ We hope to have **delivery** by May 2, 2005.

Polar Bear Bike Ride Report
Please see article on next page.



Ride Schedule

**Sundays
1:30 p.m.**

Forestview High School, 30-50 mile marked routes available.

So far, participation has been good for this ride. We usually follow the "W" route, most of which is marked, & is about 35 miles long.

Run Schedule

The official running group has started - We are meeting on Tuesdays and Thursdays

at the Food Lion on New Hope Road near Ashbrook. The meeting time has changed from 6:00 pm to 5:45 pm. Run = 6 miles @ 9 min./mile



Polar Bear 2005 Report:

Sunday, January 9th, 2005; Forestview High School

Course Details: The Gaston County Cyclists sponsored its annual Polar Bear ride at 1:15 p.m. on Sunday, January 9, 2005. The weather was excellent, with a temperature of about 62 deg F, little wind, & clear skies. The start/finish area was Forestview High School in Gastonia. The course was 50 miles long, with 1900' feet of cumulative climbing. Two optional shortcuts were available which reduced the route by 7 & 4 miles, respectively.

Organizer: Thanks go to Troy Bush & Margot Rott for organizing the event, marking the course, & patrolling the course, & manning the water stop.. Thanks also go to Charlene Angel & Melissa Magee for helping with registration.

Results: Not many details to report, but a front pack of about 25 riders averaged about 22 mph.

Participants: 131 riders were registered - 68 club members (including 13 new members, just signed up at ride) & 63 non-members. **The average age was 42.** The oldest was 64, & the youngest was 10.

Riders came from the following 36 towns:

NC: Gastonia, Shelby, Mount Holly, Charlotte, Cherryville, Huntersville, Harrisburg, Belmont, Concord, Dallas, Kings Mtn, Sherrills Ford, Matthews, Stanley, Salisbury, Waxhaw, Monroe, Maiden, Vale, Indian Trail, Biltmore Lake, Bessemer City, Lincolnton, Iron Station, Casar, Cramerton.

SC: Lake Wylie, Rock Hill, Spartanburg, Clover, Greenville, Sharon, Gaffney, Fort Mill, Tega Cay.

TN: Gatlinburg.

Learn to Talk The Talk

from RoadBikeRider.com Newsletter Issue No. 178 - 01/20/05:

"We're going to take it easy today"

Translation: We'll warm up for 300 yards, then hit the big ring and go for blood. Your cyclecomputer will hit 20 mph, 25 mph, then go straight to 911.

"I'm out of shape"

Translation: I ride 400 miles a week and haven't missed a day since the Ford administration. I replace my 11-tooth cog more often than you wash your shorts. My body-fat percentage is lower than your mortgage rate.

"I'm not into competition"

Translation: I will attack until you collapse in the gutter, babbling and whimpering as if you've been watching Celebrity Poker. I will win the town-line sprint if I have to hook you into an oncoming Peterbilt. I will crest this hill first if I have to grab your seatpost, spray energy drink in your eyes and ask you how to program my DVD player.

"I'm on my beater bike"

Translation: I had this baby custom-made in Tuscany using titanium blessed by the Pope. I took it to a wind tunnel and it disappeared. It weighs less than a popcorn fart and costs more than a divorce.

Cyclists' Rights in South Carolina

from Paul LeFrancois of the Palmetto Cycling Coalition

The South Carolina Department of Public Safety has revised its driver's examination to include cycling-related questions and the SC Driver's Manual now clearly states cyclists' rights to use the public roadways as follows:

"as a driver you have the responsibility to be on the look-out for cyclists ... cyclists are part of the normal traffic flow and are entitled to share the road with other drivers"

and they "have the same rights and responsibilities as automobile drivers to use the streets and highways."

Upcoming Cycling Events

02/13 - GVC Valentine's Ride, Greensboro, www.cyclesdeoro.com

03/26 6th Annual Assault on Carolinas Saturday, March 26, 2005. Brevard, NC.

Register at www.active.com/event_detail.cfm?event_id=1193962 , or see www.gastoncountycyclists.com for link.

04/03 – Sunday, After the Bridge Run Ride, Daniel Island <http://www.coastalcyclists.org/>

04/10 – Sunday, Foothills Classic, Winston area. <http://www.foothillsclassic.org/>

Check www.pedalusa.com for more listings

Rock Hill Business Park. Winter, Tuesdays & Thursdays. From Hugh Hunsucker: Rock Hill has its own business park where we ride all winter. The rides are Tuesdays and Thursdays and begin at 6:00-ish sharp. The hill is not as bad as Huntersville's, and so far, neither is the speed. Traffic is usually minimal, as is the lighting. The course is clean and in good repair, however, so there is little danger of hitting anything. Take I-77 south to Dave Lyle Blvd, go right. Go to the intersection with the nymph statues and large columns, turn left. Park. Ride.

Tour de Lure Bike Ride Saturday, April 23, 2005. Start-finish at Corpening YMCA, Marion, NC 100 & 62 mile options. Lots of climbing. Ride sponsored by the YMCA of Western North Carolina . For more information, see <http://www.ymcawnc.org/> .

Mt Mitchell Training Series sponsored by the Spartanburg Freewheelers

Dates are 2/26; 3/12; 3/26; 4/9; 4/23. Rides start at North Greenville College. No charge, but some support will be provided. See <http://www.freewheelers.info/series/> for details.

Assault on Mt Mitchell Friday, May 20. Spartanburg to Mt. Mitchell, via Asheville. 110 miles. Note change in route due to road closure of one section of the Blue Ridge Parkway. Ride will approach Mitchell from the South (Asheville). Ride has also been moved to Friday. More information at <http://freewheelers.info/assault.html> .

Some mileage *estimates*:

45 miles from Spartanburg to Bill's Creek Rd

33 miles from Hwy 74/Bill's Creek Rd to the Parkway

33 Miles from Hwy 74/Parkway to the top of Mitchell (28 miles to the entrance)

111 Miles Total – Ouch!

Assault on Marion Friday, May 20. 72 mile ride. Spartanburg to Marion, first 45 miles will ride with Assault on Mt Mitchell. More information at <http://freewheelers.info/assault.html> .

Upcoming Running Event

Hunger Run, Saturday February 5, 2005, Dinkins Student Center, Winthrop University, Rock Hill, SC.. Register at www.active.com .

Please Renew Your Membership Now!

- ◆ Club memberships expire at the end of the year. Renewal is \$15 for individuals, & \$20 for the whole household.
- ◆ Remit by check to GCC, PO Box 122, Lowell, NC, 28098. Include your name, & also alert us if your address or phone # has changed!
- ◆ Be sure to check the mailing label on your newsletter for your expiration date.
- ◆ Thank you for supporting the club & cycling by joining or renewing your membership in the **GCC**

Gaston County Cyclists 2005 Clothing Sale

All items feature custom GCC artwork

Orders Must Be Pre-Paid, & Meet the Following Deadline:

January 31, 2005 (mail to: GCC, PO Box 122, Lowell NC 28098)

February 5, 2005 (take order to Gaston Bicycle, 411 E Franklin Blvd Gastonia, 704-865-5471)

Name:

Address:

Phone Number:

Garment	Size (circle one)	Quantity		Cost		Subtotal
Men's short-sleeve jersey	S M L XL XXL XXXL		x	\$49	=	
Men's sleeveless jersey	S M L XL XXL XXXL		x	\$45	=	
<i>(jerseys will be half-zip style, three pockets in back, close-fit)</i>						
Women's short-sleeve jersey	XS S M L XL		x	\$49	=	
<i>(jersey will be half-zip style, three pockets in back, woman's cut)</i>						
Men's long-sleeve Thermosquare jersey	S M L XL XXL		x	\$55	=	
<i>(thermosquare is a slightly heavier fabric, intended for cooler temps)</i>						
Short-sleeve skinsuit	S M L XL XXL XXXL		x	\$80	=	
Long-sleeve skinsuit	S M L XL XXL XXXL		x	\$90	=	
<i>(please circle Yes if ordering long-sleeve, but willing to accept a short-sleeve skinsuit, in the event that we don't meet the minimum quantity of 10 for the long-sleeve option)</i>						
Oslo jacket	S M L XL XXL XXXL		x	\$50	=	
<i>(this is a thin, onion-skin garment, with no rear pockets)</i>						
Vest	S M L XL XXL XXXL		x	\$45	=	
<i>(this is a thin, onion-skin garment, with a mesh backing)</i>						
Men's Short	S M L XL XXL		x	\$43	=	
Women's Short	S M L XL XXL		x	\$43	=	
<i>(same cut as men's short, but with woman's chamois)</i>						
Men's Bib Short	S M L XL XXL		x	\$48	=	
Arm Warmers	S M L		x	\$18	=	
Gloves	S M L XL		x	\$16	=	
Shoe Covers	S M L XL		x	\$21	=	
<i>(thin Lycra material, for time trials or cool, but not cold, temps)</i>						

All orders must be pre-paid by either cash, check, or money order made out to "Gaston County Cyclists." We are **unable** to accept credit cards.

Order total =

We will only be able to order the items on which we receive **at least 10 orders**. If we don't meet the

The following **sample items** are available at Gaston Bicycle for checking sizes: men's s/s jersey (S-XL); men's long-sleeve jersey (S-XXL); men's bib shorts (S-XXL); arm warmers (S-L); gloves (S-XL). We

Gaston County Cyclists/Gaston Road Runners

P.O. Box 122, Lowell, NC 28098

**GCC Club Jersey Sale
Only a few days left
to place your order.
Don't miss out!
See inside for details**

Change of address requested

Join the Gaston County Cyclists Now! Benefits include the monthly *Coastin'* newsletter, and a 10% discount off regular price at Gaston Bicycle, Gastonia, on stock & special order merchandise (excludes complete bikes).

Gaston County Cyclists & Gaston Road Runners MEMBERSHIP APPLICATION

Membership Fees: \$15 Individual / \$20 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.	