



Coastin'

Club Meetings:

The March club meeting will be on Monday, March 5, 2007 6:30 p.m., Tequila Mexican Grill, 238 W Main Ave, Gastonia, NC 28052.

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 2007: President: Melissa Magee (contact at mmagee56@bellsouth.net); President-elect: Elizabeth Barker;

Treasurer: Charlene Angel; Newsletter Editor-John Price coastineditor@yahoo.com.

Note that the President-elect for 2007 will serve as President in 2008.

New Members – Welcome!

Jim & Kristy Jacobs, Austin & Ashley: Gastonia

Carrie Mayer: Gastonia

Eric Roberts: Charlotte, NC – rides road mtn bikes

Jim Germann: Gastonia, NC - recently relocated from Dallas, TX
used to commute from suburbs to downtown, would like to do same in Charlotte
rode in 2006 Elizabeth City TarWheel Century

Sunday Afternoon Ride Series

Every Sunday 1:30 p.m.

Beginning November 12, 2006

Forestview High School

5545 Union Rd Gastonia, NC

Marked 35 mile “W” route

Club Runs are held
Tuesdays and Thursdays - 5:30 PM
@ the Food Lion near Ashbrook.
Hope to see you there!



Share The Road Jersey Sale: Only \$35! Limited time offer!

Order today for the May *Ride of Silence*.

Please see last page for details and order form.

Upcoming Events

Great Escape Spring Training Series 30 & 60 mile routes, \$15, marked route, SAG
Saturdays, 9:00 a.m.: Jan 27, Feb 24, March 17, April 14
Start/finish: Great Escape Bike Shop, 105 Franklin Ave., Spartanburg, SC.
www.foothillscyclists.com for more information, or call Dave Proctor at 864-574-5273

February 17 8th Annual CSC Winter Training Ride

30, 55, and 70 mile options with loads of support and challenging routes. Great food after the ride. The event this year will start at Harrisburg Town Park in Harrisburg, NC. For more info, visit www.charlottesportscycling.com – the event brochure is now posted.

Sunday, February 18 **2007 Michelob Ultra Bike Ride in Myrtle Beach, SC**
www.mbmarathon.com/events/Michelob_Ultra_bicycle_rides.htm

Hickory Motor Speedway Training Ride Series

Tuesday, January 16 and each Tuesday night, ending on March 6. Sponsored by the Hickory Velo Club and Rock n Road Bicycles. The track's lights will be on during the rides. Operating hours are 5:30pm - 8:00pm. The cost is \$10.00 per bicycle rider. If you have any questions or need any additional information, please email Steve Rowell at steve@rocknroadbicycles.com or call Rock n Road Bicycle at (828) 324 9350.

Feb 24, Mar 10, Apr 14: **Freewheelers Mt. Mitchell Training Ride**, North Greenville University, 40 miles (no charge) (Free lunch at NGU after the ride) <http://www.freewheelers.info/series/>

Mar 17: Brandon's Birthday Ride, Indian Trail, NC. Metric Century, with 40 & 20 mile options. Porter Ridge High School, 2839 Ridge Road, Indian Trail, NC 28079. www.teambicyclesport.com

Mar 24: **Assault On The Carolinas**, Brevard, NC, 15, 35 & 60 miles
http://www.active.com/event_detail.cfm?event_id=1376828

Apr 14 **First Annual Riding With Ronald** Greenville, SC. <http://www.rmhgreenville.org/>

Apr 15: **Tour de Cashiers** www.tourdecashiers.com Cashiers, NC. Full and metric centuries, and 25 miler. About 100' of climbing per mile on each of them. Saturday night dinner and post-ride lunch. Register at Active.com. \$30 by 4/15, \$40 thereafter. Fee includes post-ride lunch.

Apr 21: **Tour de Springs**, Gardner-Webb University, Boiling Springs, NC, 30 & 60 miles
<http://www.tourdesprings.com>

Apr 28: **Freewheelers Mt. Mitchell Training Ride**, North Greenville U, 85 miles (no charge) (Free lunch at NGU after the ride)
<http://www.freewheelers.info/series/>

May 16: **Ride of Silence**, Gastonia, NC. 7:00 p.m. Sponsored by Gaston County Cyclists, details to follow later.

May 19: **Miracle Hill Cycling Challenge**, Greenville SC, 40, 70 & 100 miles
http://www.active.com/event_detail.cfm?event_id=1344433

May 26 & 27: **Wilderness Road Ride / Mountains of Misery** Va.
<http://www.cyclingdoubleheader.com/index.html>

Jun 11 (Monday): 32nd **Assault On Marion/Mt. Mitchell**, Spartanburg, SC, 72/104 Miles
<http://www.freewheelers.info/assault.html>

MS Beach Ride: Sept 15-16

Update courtesy of Doc Bradshaw

The MS Society have announced significant changes to the route. This year the route will begin and end at Broadway on the Beach, south of Myrtle Beach, SC.

No more riding on buses with drivers who can't find Rockingham or Weddington. No more packing your stuff and lugging it back to the trucks. Drive to Myrtle Beach on Friday and park your car. When you're ready to head home, pick up and leave. Want to stay an extra day, why not?

The ride itself will be different. On Saturday, there will be 100, 75 and 35 miles options. Sunday will offer 75 and 35 mile options. They hope to encourage less-accomplished riders to participate by offering shorter, loop rides.

For those who enjoy more challenging rides, Saturday's Century option should meet your need. (There is no such thing as an 'easy' century; and remember, riding in the flatlands means that the road is uphill both directions.)

Also, I'm told that there will be closed roads (that's right, CLOSED roads), and protected intersections throughout the ride. Most importantly for some of us, they have promised plenty of FREE BEER and FOOD, and have made arrangements for cheap motel rooms.

I know that it's early for most folks to commit at this point to a weekend of bike riding in September but I urge you to go ahead and register. It costs nothing. If you decide not to ride, your only obligation is to raise \$200, which most of you could do in your sleep. Remember: it's for a good cause. You're on this list because you have ridden the Beach Ride before or have expressed an interest in doing it.

As of Feb 1, 14 people already registered for the Gaston Coasters team.

To register:

Go to <http://www.nationalmssociety.org/ncp> and follow the links.

Please consider registering as a member of the Coasters team!

(this entails no special obligations, you might make some new friends through the association with the team, and it will reflect positively on our recruitment efforts for the ride)

Ride organizers for 2007

Polar Bear Held on January 14 – Reese Wilson

Crowders Mtn Metric April 15 - Jack Moore

Ride of Silence May 16 – Doc Bradshaw

Dog Days of Dallas July 8 - Leigh Gintert

Carl Andersen Memorial October 14 - Tommy Jones

Polar Bear January 13, 2008 - Mike Harrison

Polar Bear 2007 Report:

Sunday, January 14th, 2007; Forestview High School, Union Rd, Gastonia, NC.

Course Details: The Gaston County Cyclists sponsored its annual Polar Bear ride at 1:15 p.m. on Sunday, January 14, 2007. The weather was excellent, with a temperature of about 70 deg F, winds 9-12 mph (SW), & mostly 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 Reese Wilson for organizing the event. Reese and Elizabeth Barker marked the course. Margot Rott, Elizabeth Barker, and Linda Wilkes organized the registration, and manned the aid station. Chris Baucom drove a second SAG vehicle. The course was marked with a white arrow & letter "A."

Participants: 187 riders registered, setting a new record for the number of participants by eclipsing the previous number of 154 in 2006.

New Members: Sixteen people signed up as new members along with their ride registrations.

Hometowns: Riders came from the following 40 towns:

NC (26): Belmont Bessemer City Charlotte Cherryville Claremont Concord Cornelius Cramerton Dallas Denver Gastonia Harrisburg Huntersville Indian Trail Kannapolis Kings Mountain Maiden Matthews Misenheimer Mooresboro Morganton Mount Pleasant Salisbury Shelby Stanley Waxhaw

SC (13): Clover Fort Mill Gaffney Greenville Lake Wylie Moore Myrtle Beach Rock Hill Sharon Simpsonville Spartanburg Taylors York

MI (1): Rochester

At the Start

Pictured are Bill Wiseman and Mark Hutcheson wearing their Rocky River Road Club jerseys.

Bill and Mark also rode the Rocky River Polar Bear the previous day.

Bill and Mark both actively support the Carolinas Cycling Time Trial Association, with Bill serving as president.

Photo courtesy of David Queen



Carolinas Cycling Time Trial Association, Lowe's Motor Speedway 2007 Dates

- | | |
|---|----------------------------|
| #1 April 3 - Tuesday | #6 August 2 - Thursday |
| #2 May 2 - Wednesday | #7 August 22 - Wednesday |
| #3 June 6 - Wednesday | #8 September 5 - Wednesday |
| #4 June 27 - Wednesday | #9 October 9 - Tuesday |
| #5 July 25 - Wednesday (note change from original July listing) | |

Series Registration is now available! Important changes for 2007:

- Riders will be able to purchase their own timing chip, and are being encouraged to make this choice. The chips are expected to last at least five years, and the CCTTA hopes the series will continue that long. Riders that own their chip will be able to proceed directly to the start line without going to the registration desk. Riders will be given bibs for the whole year.
- Riders are going to be assigned starting times according to their average speed (based on past records) in order to reduce the speed disparities of riders on the track.
- Plans are to have Don Sprinkle patrolling the track on a motorcycle to identify riders breaking rules concerning passing & drafting. Sprinkle is a USCF official with many years of experience on a motorcycle at cycling events.
- The CCTTA is making significant upgrades to the timing and data handling equipment and software. The organization is fortunate to have several skilled and dedicated people volunteering a lot of time to make some improvements, such as providing **lap times**. The \$1000 donation from the GCC is being used to partially offset some of these costs.
- The CCTTA is committed to making the series as safe as possible, and will continue to enforce safe riding rules by identifying and disqualifying rule-breakers.

Complete Information: www.carolinatt.org/

**Excerpt from 1/29/07 letter: CCTTA President Bill Wiseman writes to
GCC President Melissa Magee**

"The continued generosity of the Gaston County Cyclists is very much appreciated. The generous contribution your club made to the (CCTTA) demonstrates your club's exemplary actions with the community. The officers and all members of the (GCC) should be very proud of their club and the positive impact that your club has on aspects of the community and cycling in the Carolinas."

Rocky River Polar Bear Metric Century

Held on January 13 (the Saturday before the GCC Polar Bear), the Rocky River Road Club event drew over 600 riders. The hilly 62 mile course provided plenty of challenge for the large group. The route was marking incredibly well, with both painted arrows and signs. Many of the busier intersections were manned by law enforcement, and there were numerous SAG stops.

Most pre-registrants were treated to a water bottle, RRRC cycling cap, and goody bag for an entry fee of \$15.

Riding from the GCC were: Roy Peche and Nancy Dartnall (on the tandem), John Price, Joe Price, probably others?

SCOTT'S SPIN: Sneaky Things Said (and what's really meant):

courtesy of RoadBikeRider.com Newsletter

"It's not that hilly"

This climb lasts longer than a presidential campaign. Be careful on the steep sections or you'll fall over -- backward. You have a 39x23-tooth low gear? Here's the name of my knee surgeon.

"This energy bar tastes like real food"

This energy bar tastes like real dog food.

"You're doing great, honey"

Yo, lard-o, I'd like to get home before midnight. This is what you get for spending the winter watching football and gobbling Snausages. I shoulda married that cute Cat 1 when I had the chance.

"It's not that windy"

Yes, that was a mobile home cart-wheeling by. No, they're not supposed to be that mobile.

"I was just riding along when it broke"

(Known to all bike shops as a "JRA" story)

I rode down a flight of stairs on my 398-gram race wheels. I drove into the garage with my bike on the roof. I decided to save weight by filing the rails on my saddle.

"This is a no-drop ride"

I'll need an article of your clothing. It's for the search-and-rescue dogs.

"The proprietary Carbonium tubing yields a stiff yet compliant ride"

This bike feels exactly like the 14 gazillion others produced in a monster factory in Taiwan, but our marketing guy had to come up with something to justify the \$4,000 price tag.

"It's not that far"

Yes, it is.

GCC member **Rob Helton** has been promoted this month to Captain in the Gastonia Police Dept. Rob has served the GPD for 20 years. It's reassuring to have someone of Rob's caliber serving our community, and riding with us, too.

Congratulations, Rob!

Gastonia
Police Department

Preventing Crime Through
Problem-Solving Partnerships



Attention!

Please send in any results, ride participation, or news that you might share.
Others are always interested in what's going on with local people.

-John Price, newsletter editor coastineditor@yahoo.com

Share the Road Jersey Sale – Only \$35!

by the Gaston County Cyclists

For a limited time, the Gaston County Cyclists are making available for sale a top quality jersey by Giordana at a price of \$35 which is \$10 below wholesale. As per the decision at our February 5 club meeting, the GCC is subsidizing the sale of up to 100 of these jerseys in a local cycling advocacy effort.

The GCC would like to thank **Steve Rowell of Rock 'N Road Bicycles**, Hickory, NC, for providing \$250 of seed money to start this project, and club member **Doc Bradshaw** for organizing the project.

To Order Jersey, Select Item(s) Below:

(men's sizes only)

XS qty _____	x \$35 = _____
S qty _____	x \$35 = _____
M qty _____	x \$35 = _____
L qty _____	x \$35 = _____
XL qty _____	x \$35 = _____
XXL qty _____	x \$35 = _____
	sub-total: _____
optional shipping & handling	<u>\$5 per jersey</u> _____
	Total: _____

- ♦ Jerseys will be available for pick up at Gaston Bicycle, 316-D E Franklin Blvd, Gastonia, NC, 28054 about three weeks after payment is received.
- ♦ You will be notified by e-mail or phone.
- ♦ If you include the optional \$5 S&H per item, then your jersey will be mailed to you.
- ♦ **Make check payable to: Gaston County Cyclists**

**Mail to: Jersey Sale, c/o A. Bradshaw
PO Box 1072
Gastonia NC 28053**

Name: _____

Address: _____

City,St,Zip: _____

E-mail: _____

Please print your e-mail legibly-every character counts!

Phone: _____



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 Gaston Bicycle & Skateboard, Gastonia, on regularly priced merchandise (excludes complete bikes, sale, & clearance items).

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	
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.	