



Coastin'

Club Meetings: The January club meeting will be on Monday, January 8, 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.

Reports: Christmas Party / Annual Jingle Bell Run

- ◆ Approximately 40 members attended the **GCC Annual Christmas Party** held at The Golden Palace Restaurant, Union Rd Gastonia, on December 4, 2006. Good fellowship and food were enjoyed by all, and several members went home with excellent door prizes supplied by Jack Moore of Gaston Bicycle and by Linda Wilkes.
- ◆ Ten members either ran or walked in the **GCC Annual Jingle Bell Run/Walk** through McAdenville, which was held on Tuesday, December 12, 2006 at 6:00 p.m.

Club Receives Donation / Disbursement

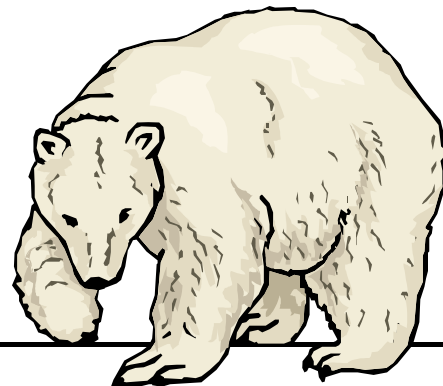
- ◆ Steve Rowell of **Rock N Road Bicycles**, 2435 N Center St, Hickory, NC, has made a **\$250 donation** to the club, to be used as the club decides. The GCC thanks Steve for this generous donation, and plans to decide on a special use of this donation at an upcoming meeting.
- ◆ The **Carolinas Cycling Time Trial Association** has disbursed **\$793.00** to the GCC for use as the club decides. This disbursement was based on the amount of volunteer support the GCC provided at the series during 2006.

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!



Annual Polar Bear Bike Ride
Sunday, January 14, 2007
Please see page 3 for details!



Upcoming Events

Rocky River Road Club Winter Solstice Century 100 miles. No support. Saturday, 1/6/07. Starts promptly at 8:00 AM. Start/finish: The Cycle Path , 20900 N Main St Cornelius, NC 28031. Group stops for lunch at the famous Woodleaf BP (62 mile mark).

Download cue sheet from www.gastoncountycyclists.com .

Rocky River Road Club 9th Annual Polar Bear Metric Century

Saturday January 13, 2007 Rain Date January 20, 2006

Start/finish: Liburdi Dimetrics, Armor Street, Davidson

See <http://www.rockyriverroadclub.com/> for more information

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

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 24: **Assault On The Carolinas**, Brevard, NC, 15, 35 & 60 miles

http://www.active.com/event_detail.cfm?event_id=1376828

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

Jun 11 (Monday): **32nd Assault On Marion/Mt. Mitchell**, Spartanburg, SC, 72/104 Miles

<http://www.freewheelers.info/assault.html>

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

#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 18 - Wednesday

GCC Ride organizers for 2007

Polar Bear January 14 – Reese Wilson

Crowders Mtn Metric April 15 - Jack Moore

Ride of Silence May 16 – Doc Bradshaw

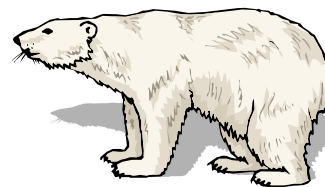
Dog Days of Dallas July 8 - Leigh Gintert

Carl Andersen Memorial October 14 - Tommy Jones

Polar Bear January 13, 2008 - Mike Harrison

Polar Bear Bike Ride

Sunday January 14*, 2007
presented by Gaston County Cyclists



Start/ Forestview High School

Time: register 12:30 p.m.

Finish 5545 Union Rd
Gastonia, NC

start 1:15 p.m.

Cost: Non-Members \$10
GCC Members \$5

Distance: 50 miles,
with 39 mile option

Course description: 50 miles (with 39 option) of moderate terrain in southern Gaston County (NC) and northern York County (SC). The course is marked with turn arrows.

Ride Features: Water stops (2) stocked with cookies & fruit, rolling sag.

* Rain date: Sunday, January 21, 2007, 1:30 p.m., free, but unsupported! *

Warning: There Are No Bathroom Facilities Available!

Directions to start/finish

From Charlotte: take I-85 South to Gastonia. Take the Lowell/Cramerton exit, #22. Make a left onto Lowell Main. Continue on this road about 5 miles (this road will change names to Redbud, Hoffman, and then Robinwood). Turn left at the intersection of Robinwood and Union Rd (Hwy 274). Continue travelling on Union Rd about 3 miles to Forest View High (start/finish).

From Greenville,SC: take I-85 North to Gastonia. Take exit #17, and head south on 321. Travel about 4 miles, turn left onto Hudson Blvd (you will see an Advance Auto Parts store on the right-but turn left!). Travel about 2 miles, turn right onto Union Rd. Go about 5 miles and you will come to Forest View High (start/finish).

From Hickory: take 321 South to Gastonia. Staying on 321 travel about 4 miles beyond I-85, turn left onto Hudson Blvd (you will see an Advance Auto Parts store on the right-but turn left!). Travel about 2 miles, turn right onto Union Rd. Go about 5 miles and you will come to Forest View High (start/finish).

From Rock Hill: take 274 towards Gastonia. 274 becomes Union Rd in Gaston County and you will reach Forest View High two miles before getting to Gastonia.

Pre-registration: Since the ride may be canceled because of inclement weather, we are collecting the ride fee only on the day of the ride. However, you may save time at check-in by completing the registration form and bringing to the ride. The registration form is available at

www.gastoncountycyclists.com. You will need to register with your name, address, and the name and phone # of an emergency contact. Riders under the age of 18 must be accompanied by an adult.

For more information: contact Reese at coitshane@aol.com or see the club's website at www.gastoncountycyclists.com.

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.	