



Coastin'

Club Meetings: The December club meeting will be the Christmas party listed below.

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; **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.

Club officers for 2008:

President: Elizabeth Barker; **President-elect:** Not yet selected! **Treasurer:** Charlene Angel;

Newsletter Editor / Webmaster – John Price coastineditor@yahoo.com.



Club Christmas Party Monday December 3, 2007 6:30 p.m. RSVP Now !



⇒ The Golden Palace - (Forestbrook Shopping Center)
3206 Union Rd, Gastonia NC, 28056
Monday, December 3 @ 6:30 p.m.

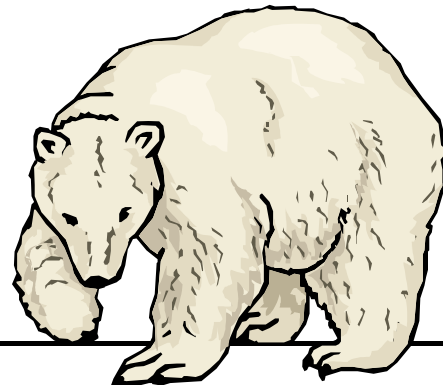
⇒ We will be ordering from the menu, & Golden Palace will provide us with individual checks.

⇒ At the party, we will two new colors for our 2008 club jerseys

⇒ **RSVP:** Contact Paula Weant by November 26 at jpweant@carolina.rr.com or by phone at 704-865-6193 between 8 a.m. & 5 p.m., if you are able to attend. Although we'll be ordering from the menu, we need to let the restaurant know how much space we need.

Sunday Afternoon Ride Series
Every Sunday 1:30 p.m.
Beginning November 11, 2006
Forestview High School
5545 Union Rd Gastonia, NC
Marked 35 mile "W" route

Annual Polar Bear Bike Ride
Sunday, January 13, 2008
Please see page 9 for details!



Upcoming Events

Nov 10: **Veterans Day Ride**, Matthews, NC. 60 / 30 mile options.
See Bicycles East <http://www.bikeseast.com/> for information.

November 12 **Big Stampede Lowe's Motor Speedway** <http://www.bigstampede.com/>

Nov 17: Tour de Camden, Camden, SC, 30, 45 & 62 miles
<http://www.camden-sc.org/userfiles/TourdeCamdenFlyer.pdf>

Nov 29-Dec 3, FestiVELO de Charleston, Charleston, SC, Lots of touring and cycling www.festiVELO.org

Dec 30, Freewheelers Final Fifty, Roundtrip Furman-Table Rock, 55 miles
<http://members.aol.com/KDresch/finalfifty.html>

Saturday January ??, 2008 **Rocky River Road Club 9th Annual Polar Bear Metric Century**
Information not yet posted. See <http://www.rockyriverroadclub.com/> for more information soon.

Memberships 2008 !

Please consider renewing or joining the Gaston County Cyclists today.

At the October meeting, it was approved for the club to discontinue distributing a newsletter via U.S. Mail, instead opting for electronic communication via the internet.

A Few Reasons to Join the GCC

- ◆ **Support cycling in your local community**
- ◆ **Discounted fee at the four GCC-sponsored rides**
- ◆ **Discount of 10%* at Gaston Cycling**
*discount applies to all merchandise except complete bikes
- ◆ **Opportunity to purchase club jersey below cost**
- ◆ **Substantial Discount for season registration at the Lowe's Motor Speedway Time Trials**

Join by completing and mailing the membership form on the last page of this newsletter.

Not sure if you're renewed for 2008? Check the "Join Club" link on the club web-site.

GCC e-list

To receive e-mails alerts about events and website postings, please join the club e-list by sending a blank e-mail to: gastoncountycyclists-subscribe@topica.com

More information about the e-list can be found on the club's web-page at www.gastoncountycyclists.com/elist_information.htm

2008 GCC Jerseys Sale

New Color Scheme / Same Design

At the November club meeting, it was decided to conduct a jersey sale early in 2008. Because our current design is our most popular ever, it was decided to keep the current design, an original from John Woodward, but to have a new color combination. The club hopes to select a color combination by member vote at the December meeting/Christmas party (see page 1).

Cost Only \$25 to 2008 GCC Members !

The club has decided to use the same clothing manufacturer (Giordana), and the GCC also will subsidize the cost so that members can purchase the jerseys at a cost of only \$25 each. The jerseys will only be made available to current members, so please consider renewing your 2008 membership soon!

Other Logo Items Available

As at our last club clothing sale, we will offer other items, including shorts, long-sleeve jerseys, arm warmers, gloves, etc. Actual items available will depend on how we meet required minimums. Items will be ordered only on a pre-paid basis.

Sale Dates

When the details are finalized, the club will communicate details of the sale, probably in January or February of 2008.

Report on Carl Andersen Metric

Carl Andersen Memorial Metric 2007 Report

On Sunday, October 14, 2007, the Gaston County Cyclists sponsored this annual metric century, which started at Crowders Mountain State Park. This was the sixth year this event has been held in memory of Carl Andersen, a club cyclist that died tragically as a result of a sudden storm in July of 2002.

The ride began at 10:00 a.m., & routes were marked at 60 & 36 miles. Thanks go to Tommy Jones for organizing this year's event. The 59 riders registered for the ride were treated to perfect fall weather, a well-marked course, & good support. Here are some details about participation:

GCC Members: 21

Non-GCC Members: 38

Cities Represented: Belmont, Bessemer City, Cornelius, Cramerton, Dallas, Gastonia, Harrisburg, Hickory, Huntersville, Kernersville, Lake Wylie, Matthews, Monroe, Mooresville, Mount Holly, Rock Hill, Sharon, Spartanburg, Tega Cay, Waxhaw, York

Giblin Family Files Lawsuit Against National MS Society

From Melissa Manware and Cleve R. Wootson, Jr. of the Charlotte Observer
<http://www.charlotte.com/112/story/317136.html>

The family of Rachel Giblin, a 15 year-old Charlotte girl killed in a charity bike ride in Sept. 2006, filed a federal lawsuit in October against the National Multiple Sclerosis Society. It was Rachel's third time doing the MS ride.

Rachel and her brother, along with their parents and some 2,100 others, were riding from Monroe to North Myrtle Beach when she was killed in an apparent collision with a passing vehicle. The SC Highway Patrol did not press charges against the driver of the motor vehicle involved.

The Giblins' Lawsuit

The lawsuit alleges that the MS Society:

- Promised traffic control and police protection along the route but failed to provide it.
- Included a narrow, 10-mile section of U.S. 15/401 which is designated for use by large trucks and does not meet the roadway standards for safe bicycling publicized by the state.
- Failed to tell local police or the S.C. Highway Patrol that bicyclists would be on the highway.
- Failed to warn riders that "they would be expected to negotiate a lengthy stretch of high-speed, high-volume trucking highway without the benefit of police protection or other security."

Of interest ...

Site on Cycling Safety: <http://bicyclesafe.com/>

Alleged Doping in the Tour de France

The director of the WADA-accredited Swiss Laboratory for Analysis of Doping in Lausanne, Switzerland, has told Belgian newspaper Het Laatste Nieuws that he believed there was still widespread doping in the Tour de France this year. "47 out of 189 riders raced on blood transfusions or EPO," Martial Saugy alleged. "We have been able to show this from the samples taken at the health controls."

Still, Saugy added that these test results did not fulfil the requirements to be declared as positive'. "It is appalling, but we find so many test results that undoubtedly point to manipulation," he continued. "But there is a big difference between a suspicious sample and one that can be declared positive."

National Registry for Stolen Bikes.

You can post your own bike if it gets taken, or check to see if a used bike you're buying was stolen.
<http://www.stolenbicycleregistry.com/about.php>

Route Slip Website: <http://www.routeslip.com/>

User submitted cycling routes from all over the world.

Cycling Broadcaster Successfully Challenges Thompson Presidential Campaign over use of "FredCast"

ABC News' Christine Byun reports: Republican Candidate Fred Thompson's website - Fred08.com - has stepped on another Fred's toes.

The campaign's site renamed its audio and video section to "FDTV", dropping "FredCast," because a cycling website (www.thefredcast.com) is christened with the same name. The "original" FredCast owner is actually named David Bernstein, a cycling enthusiast who records weekly podcasts and blogs about the latest biking gear for fellow "Fred's," a term he says refers to someone "who is very much into cycling and into the technology of cycling."

David Bernstein's successful challenge for the use of "FredCast" came about after he consulted with GCC club member and local attorney Aaron "Doc" Bradshaw. Bernstein even plugged Doc for his assistance on one of his broadcasts.

Lake Watauga Triathlon / Yadkin River Valley Wineries Tour

Thanks to Scott Roberts for this write-up from 10-15-07:

I just wanted to tell everyone about my two recent cycling opportunities. Two weeks ago I competed in the **Lake Watauga Triathlon**. The bike portion of the race was awesome, with some very nice hills and beautiful scenery. That was my first foray into Tenn. and would love to return to the area. It was about a 40 minute drive from downtown Boone on 321. It was a great race – very laid back.

This past weekend, my wife and I signed up for a **cycling tour of the Yadkin River Valley Wineries**. Due to work, I had to miss the first day but my wife said that I missed out. I rode Saturday and it was great. Perfect area for cycling. There were a lot of rolling hills and stunning scenery. Pilot mountain was always in sight. (I would love to ride around Pilot Mt.). The Wineries we stopped at were great and we had some fun tastings.

The trip was through Carolina Tailwinds. The owners, Anne and Greg Fleming, are cyclists and very knowledgeable. Plus, they are great people (despite being Duke grads – just kidding!) If you go, you should probably try to get someone to go with you who is of the same level of cycling as yourself. I pretty much rode by myself for seventy miles but had a blast. We brought back many bottles of wine - that is not too bad.

GCC Ride organizers for 2008

Polar Bear January 13 – Mike Harrison

Crowders Mtn Metric April 13 - Jack Moore

Ride of Silence May 2008 – Doc Bradshaw

Dog Days of Dallas July 13 – ??

Carl Andersen Memorial October 12 – Tentatively Roy Peche & Nancy Dartnall

Polar Bear January 11, 2009 -

MS Beach Ride 2007 Report

Many local cyclists participated this year. I don't have a complete list, but here are a few names: Carrie Mayer, Mike and Pat Scott, Beverly, Rachel, & Doc Bradshaw, John Medlin, Ray and Pam Phillips, David & Tyler Dickson, Merritt Yackey, Jim Harkey.

Beach Ride Write-Up by Ray Phillips

Saturday: Pam and I rode the 75 on both days. It rained for about 45 minutes on Saturday morning. At times it poured. The blessing was it kept us cool ALL day. I saw David and Tyler Dickson at the start line Saturday and again at lunch. We rode with a group of 4 from Gastonia for about 10 miles after lunch. I think they were on the 100 mile route that joined the 75 route at mile 40. I do not know them but one had on a Coasters Jersey and another a share the road jersey. Pam performed well for her first long outing. We averaged 17 mph for the course Saturday. I enjoyed the ride Saturday. We started out down Ocean Blvd. Most of the day was on scenic back roads. We spent a little time on the highways maybe 15 miles. The longest stretch on the way back to the beach at the end of the day.

Sunday: There were a lot fewer riders on Sundays' 75 miler. A few big teams like the Cannonballers and MOJO up front and the rest lone riders or pairs like Pam and I. It made it more difficult to get in an organized group. The course was terrible on Sunday. I think we were on the highway the first 25 -30 miles. There was a strong head wind so it made the work difficult. The highway was BORING and the high speed traffic made Pam very nervous. The shoulders had a lot of debris so we had to ride in the lane. Lucky for us it was early and the traffic was light. If that route is in next year I am definitely out. We saw 3 people fall and 2 others bleeding near the end of the highway section. That was 5 individual accidents and not one pile up. I guess it was from fatigue. After we exited the highway the remainder of the ride was pleasant. To give you an idea of the work to get off the highway: We had a 14.5 mph average at the lunch break and felt exhausted. The second half of the day went by fast thanks to good roads, moderate winds and a overwhelming desire to get off that bicycle.

Finish Line Accomodations: The accommodations at Broadway were GREAT. They had a large air-conditioned meal tent that was serving food constantly, or so it seemed. The food was tasty and chosen well for the event. Plenty of rest stops along the way. They were well stocked and the volunteers were awesome. They served a wide variety of snacks and would cheer when you arrived or passed by. The welcome at the finish line was great also with people cheering when we arrived, music and a stage. They were well organized and the start/finish area was impressive. I missed having a large Coasters contingent to ride with. I do not know if I could get Pam to ride with them if there was a group. It is her first year riding and she feels she is not skilled enough or fast enough to ride with the Coasters.

Lowe's Motor Speedway Time Trial Series

2007: Sponsored by Lowe's Motor Speedway and Endurance Magazine, the Lowe's Motor Speedway enjoyed another successful year. None of the nine events were interrupted by weather, although several had unseasonably hot temperatures, and the final event was subjected to gusting wind. The events average about 300 riders, with each event hosting many first time participants. About 900 different cyclists rode at least one event.

Volunteers: Each event required about 40 volunteers, and a new points system was implemented to determine the annual distribution to the affiliated bike clubs (ABCs), and to reward volunteers.

Here are the distributions to the supporting clubs, based on their level of volunteer support:

ABC	Club Points	% of Total Points.	ABC Payment
Cannonballs Cycling Team	389	18.12%	\$ 725.00
Gaston County Cyclists	227	10.57%	\$ 423.00
Greensboro Velo Club	299	13.93%	\$ 558.00
Rocky River Road Club	483	22.50%	\$ 900.00
TailWind Tandem Club	268	12.48%	\$ 500.00
Tarheel Cyclists	417	19.42%	\$ 777.00
Uwharrie Wheelmen	64	2.98%	\$ 120.00
Total	2147	100.00%	\$4,003.00

GCC Volunteers / Points (awarded based on task performed):

Maureen Brock	5
Tommy Brock	5
David Price	2
Joe Price	114
John Price	77
Mary Davis Riddle	20
Mark Shirey	4

GCC Personal Records Set in 2007: 10 miles TT Lowe's Motor Speedway

Doc Bradshaw 27:21	Joe Price 23:20
Stan Dover 21:47	Missy Sandal 26:22
Tommy Jones 21:08	Katherine Shields 27:52
Jason Marshall 22:07	Kerry Shields 22:31
Lynn Pitson 24:11	Mark Shirey 22:03
Roy Peche/Nancy Dartnall (tandem) 25:32	Dwight Stewart 23:35

2007 Series: Notable Category Results

Ryan Jenkins: 1st Pro 1/2	Chris Baucom: placed 4th in three events
Mark Shirey: 5th Cat 5 (26 riders earned points)	Bill Wiseman: 2nd, Men 55-59
Kerry Shields: 4th Masters 55+	Dwight Stewart: 2nd Men 60-64
Chad Huffman: 1st Men 30-34	Missy Sandal: 3rd Women 35-39
Stan Dover: 2nd Men 30-34	Mo Brock: 1st Women 45-49
Tommy Jones: 3rd Men 40-44	Lynn Pitson: 2nd Women 45-49
John Price: 6th Men 40-44	Katherine Shields: 1st Female Juniors 10-14
Jay Beam: 1st Men 45-49	Emily Shields: 2nd Female Juniors 10-14
Roy Peche / Nancy Dartnall: 2nd Tandem	

Running Results

Roan Mountain - 10K - Oct 20 -

Ralph Rutledge - 48:57

Jim Weant - 51:58

Paula Weant - 53:30

Melissa Magee - 56:53

Ridge to Bridge Marathon - Oct 27 -

Paula Weant - 3:47:36

SC Half Distance Triathlon at Greenwood

Report by George Knox

The SC Half Distance Triathlon at the State Park in Greenwood SC on 9/30/07 was a very nice race venue and I really thought it was a very clean and pretty lake. Traffic control was excellent on the 1 loop 56 mile bike course. The only thing I did not like was the run course because it was a 2 loop course and the finish was up a 17% incline but at least it was a short hill. I may have to do this race again! I went into this race intentionally setting out to go at IM (Ironman) paces. I guess I underestimated and did not give due respect to the 70.3 cumulative miles (1.2 mile swim, 56 mile bike, and 13.1 mile run) as I was much more tired at the end than I expected or remembered from last year. I was most happy with the transitions and least happy with the bike.

SWIM: With the recent purchase of a wetsuit I expected to have a better finishing time somehow I just never seemed to get in a good rhythm during the swim. The 1.2 mile swim course was a rectangular course that started in one cove and exited in the next cove to the north. The first 2/3 of the swim I was not sighting well or swimming straight. By the last 1/3 I got much better. There was a lot of bumping, kicking and swimming over each other the first half of the swim. Maybe I expected too much free speed from the wetsuit as I was hoping for sub 40 minutes but with 45:44 (2:24/100) it was not what I expected. I need to work on swimming straighter in open water. I did not push the swim and exited the water feeling like I could keep going and I was pleased with this. Next year I will try to get in more open water swimming during the season.

T1: Getting out of the wetsuit did not take that long and I quickly got on my socks and shoes. I felt good starting the bike.

BIKE: The 56 mile one loop bike course was kind of frustrating because I got passed a lot. I wanted to finish the bike feeling like I could go another loop and maybe I should have pushed harder during the bike ride. I was hoping for a time around 3:15 or less. When I look at the Florida numbers from last year it was a bit disappointing even though this course was much more hilly than Florida. With a time of 3:37:46 (15.4 mph) no wonder I was getting passed! Next year I will work on getting my speed up and I will race each race distance appropriately.

T2: Felt pretty good off the bike with a quick change of shoes and started the run positive.

RUN: The 13.1 mile run course went ok for the first 4 miles then I starting feeling tired. I walked the aid stations as planned and tried to run the rest of the time but after 4+ miles I needed a walk break in between aid stations during the hilly sections. As it heated up and also with the hills I was not able to hold an even pace and this was very frustrating. By the end I was suffering pretty much but I am content with the 2:29:52 (11:26/mile) time even if I had hoped for less. Next time I will not carry a fuel belt. With aid stations every mile on the run a gel flask would have been all I really needed at most. I am considering this change for IM Florida next month.

5/21/2006	Florida 1/2 Ironman	6:53:51	44:19	6:20	3:09:51	3:03	2:50:19
9/30/2007	SC Half	6:58:37	45:44	3:28	3:37:45	1:49	2:29:52

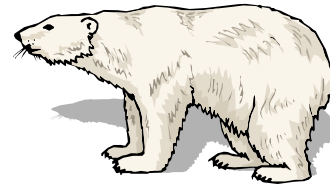
Help!

**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

Polar Bear Bike Ride

Sunday January 13*, 2008
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
fee + membership renewal \$20

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.

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** will be 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.

Gaston County Cyclists/Gaston Road Runners

P.O. Box 122, Lowell, NC 28098

Please consider renewing your membership today!

Not sure if you're renewed for 2008?
⇒ Check the "Join Club" link on the club web-site.

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.	