



# Coastin'

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

In January, meetings will resume on the first Monday of each month at Tequila's Mexican, Main Ave, Gastonia, 6:30 p.m.

**Newsletter Updates:** Contact John Price at 704-867-2669, at [coastineditor@yahoo.com](mailto:coastineditor@yahoo.com), or by mail at 681 Niblick Dr Gastonia NC 28054.

**Club officers for 2008:**

**President:** Elizabeth Wilson; **President-elect:** Roy Peche; **Treasurer:** Charlene Angel;

**Newsletter Editor:** John Price [coastineditor@yahoo.com](mailto:coastineditor@yahoo.com).

*Note that the President-elect for 2008 will serve as President in 2009.*

**Club officers for 2009:**

**President:** Roy Peche; **President-elect:** Jim Weant; **Treasurer:** Charlene Angel;



## Club Christmas Party Monday December 1, 2008 6:30 p.m.

We are excited to be having our annual Christmas party at a new restaurant in Gastonia:

**Cantlupe's; 141 W Main Ave; Gastonia NC 28052**

Cantlupe's is opening on Dec. 1 exclusively for the GCC.

The menu choices are excellent, price is reasonable, and we will have door prizes and some other surprises!

**But, You Must RSVP  
by November 17 in order to attend!**

All meals must be ordered in advance –  
nobody will be able to order food at the party.

Please see page 5 for complete details and RSVP instructions!



### In Memory of Ricky Painter

It's with sadness that we report the passing of club member Richard Milton Painter Jr., age 65, on Aug. 27, 2008. Ricky was active with local cyclists in the earliest days of our club, when it was a chapter of the Catawba Valley Cyclists. He was also a race car enthusiast, driving competitively at area tracks. Ricky had rejoined our club earlier in the year, and began to renew some of his longtime friendships. The club made a donation to the MS Society as a memorial to Ricky. He will be missed.

### Memberships 2009 !

Please consider renewing or joining the Gaston County Cyclists today.

#### 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
- ◆ **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.

#### 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](mailto: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](http://www.gastoncountycyclists.com/elist_information.htm)

#### GCC Ride organizers for 2009

Polar Bear January 11 – Margot Rott

Crowders Mtn Metric April ? - Jack Moore (date to be determined, as the usual date falls on Easter in 2009)

Ride of Silence May 20 – Doc Bradshaw

Dog Days of Dallas July 13 – Tim Knight

Carl Andersen Metric October 12 – Melissa Magee & Jay Gresham

Polar Bear January 11, 2010 - Roy Peche

## Dog Days of Dallas

Club member Tim Knight organized the club's annual Dog Days of Dallas Metric Century on Sunday, July 13, 2008. Members of the Myers Memorial Scout troop provided all the organization and support for the ride, and the club received numerous compliments for the outstanding support and well-marked course. The ride also featured the traditional pizza lunch afterwards. 122 riders were registered, and the Scouts plan to organize the 2009 event to be even better than 2008, with the possibility of moving the lunch to the Courthouse Square lawn area. Proceeds from the ride, which were \$1500, benefited the Scout troop.

## Carl Andersen Memorial Metric

The club sponsored the seventh annual version of the Carl Andersen Memorial Metric on Sunday, October 12, 2008. Club members Roy and Nancy Peche organized the event, which was held at its traditional start/finish location of Crowders Mtn State Park. The Park continues to be a gracious host for the event, and provided traffic control at the beginning of the ride. 58 riders were registered, which included 18 on the 37 mile route and 40 on the 60 mile route. 26 riders were members, and 32 riders were non-members. Special thanks go to club member Susanna Sisk for the delicious home-baked goodies at the rest stops. Several riders e-mailed the club with their compliments on the excellent aid stations.

## GCC Donates \$1000 to Support Pfeiffer Cycling Team

from Tommie Brock ...

Dear Gaston County Cyclist,

I wanted to let all of you know that because of the GCC the collegiate varsity racing team at Pfeiffer University had a fantastic 2008 season. Getting to the races became very difficult. Travel means and entry fees nearly stopped the team from attending the last three races.

Then the GCC stepped in and saved the day!! With your donation Team Pfeiffer Cycling paid entry fees, food and gas. Some went to the huge expense of hotel rooms. The fact is, without your wonderful help our season would not have ended as well as it did.

Pfeiffer Cycling finished the season with a total of 15—1<sup>st</sup> place wins, 11—2<sup>nd</sup> places and 16—3<sup>rd</sup> place finishes. The team raced nine weekends, in five states, a total of 56 races for a total of 42 Top Three podium finishes!!!! The team raced a total of 1,650.4 miles against 29 D1 and D2 ACCC schools. Team Pfeiffer Cycling ended the season with great results. The ACCC conference had Pfeiffer Cycling placing 3<sup>rd</sup> overall. The team was also featured nationally in USACycling.

The team took the Men's C Overall title—A.J. Pearson, with Matt Tyndall placing 3<sup>rd</sup>. The Women's B Overall—Steph Rynas, and Sam Rynas 5<sup>th</sup>. Nikki Taggart took the Overall Women's D2 Champions Jersey. BJ Harris took 2<sup>nd</sup> Overall in the Men's D field.

Pfeiffer Cycling would not have finished this racing season without your help. From the bottom of my heart I want to tell you that I am forever grateful. You help a great bunch college kids go farther than any of us imagined.

I am very proud to say that I am a member of the greatest bicycle club in North Carolina, the Gaston County Cyclist.

The '08-'09 cycling team will triple in size with 12 cycling scholarship racers along with four returning racers.

Mountain Bike racing starts in September, CycloCross racing in November and then The 2009 ACCC Road season in February.. Stay tuned for our 3<sup>rd</sup> year of racing.

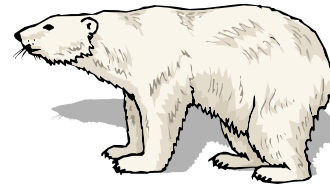
Tommie Brock; Head Coach Varsity Cycling; Team Pfeiffer Cycling; C :704-640-9316; O: 704-463-3187

## Donation to Local Duathlete

Due to his top ten placing in the National Duathlon championships earlier this year, Forestview High School teacher Patrick Strothmann qualified to compete in September's World Duathlon championships held in Rimini Italy. Various fundraising efforts were held to support Patrick, and the Gaston County Cyclists were pleased to donate \$300 to help this local teacher, coach, and amateur athlete represent our community in Italy. Patrick sent a letter to the club, expressing his gratitude for the assistance.

# Polar Bear Bike Ride

Sunday January 11\*, 2009  
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

**Distance:** 50 miles,  
with 39 mile option

GCC Members \$5  
fee + membership renewal \$20

**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](http://www.gastoncountycyclists.com) after Nov. 30.

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.

**GCC Christmas Party: Monday, December 1, 2008  
RSVP Required by November 17!**

Social: 6:30 p.m.; Dinner: 7:00 p.m.

Location: Cantlupe's, 141-w Main Ave., Gastonia, NC  
(near intersection with Marietta St.)

RSVP: No later than Nov 17 to Charlene Angel with name(s) of persons attending & menu selection(s):

E-mail: mcaangel@hotmail.com

Phone: 704-867-9992

US Mail: GCC; PO Box 122; Lowell, NC 28098.

***Due to the restaurant's need for pre-ordering, we will be unable to accommodate anyone who does not RSVP by November 17.***

I / we will attend as follows:

Name(s):

Phone:

E-mail:

(we need at least one way to contact you)

Your Menu Selection(s) - circle as appropriate, and note quantity if ordering the same item for more than one person:

--Lasagne

--Shrimp Picatta over Linguine

--Pasta Primavera with Penne

--Grilled Chicken Breast with Proscuitto, Provolone and Marsala Sauce over Fettuccine

Each entree is priced at \$15.00 and will include salad, bread and your choice of tea, coffee or soft drink. Each person is responsible for the cost of the meal and his/her bar tab.

**There will be door prizes and other surprises!**

# Gaston County Cyclists/Gaston Road Runners

P.O. Box 122, Lowell, NC 28098

Annual GCC Christmas Party: Dec 1

⇒ To attend, you must RSVP by Nov 17.  
Please see inside for details.  
Don't Miss Out!

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

<b>Name:</b>	<b>Additional Names (for family membership):</b>
<b>Street</b>	
<b>City:</b> <b>State</b> <b>Zip</b>	
<b>Phone</b>	
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.	