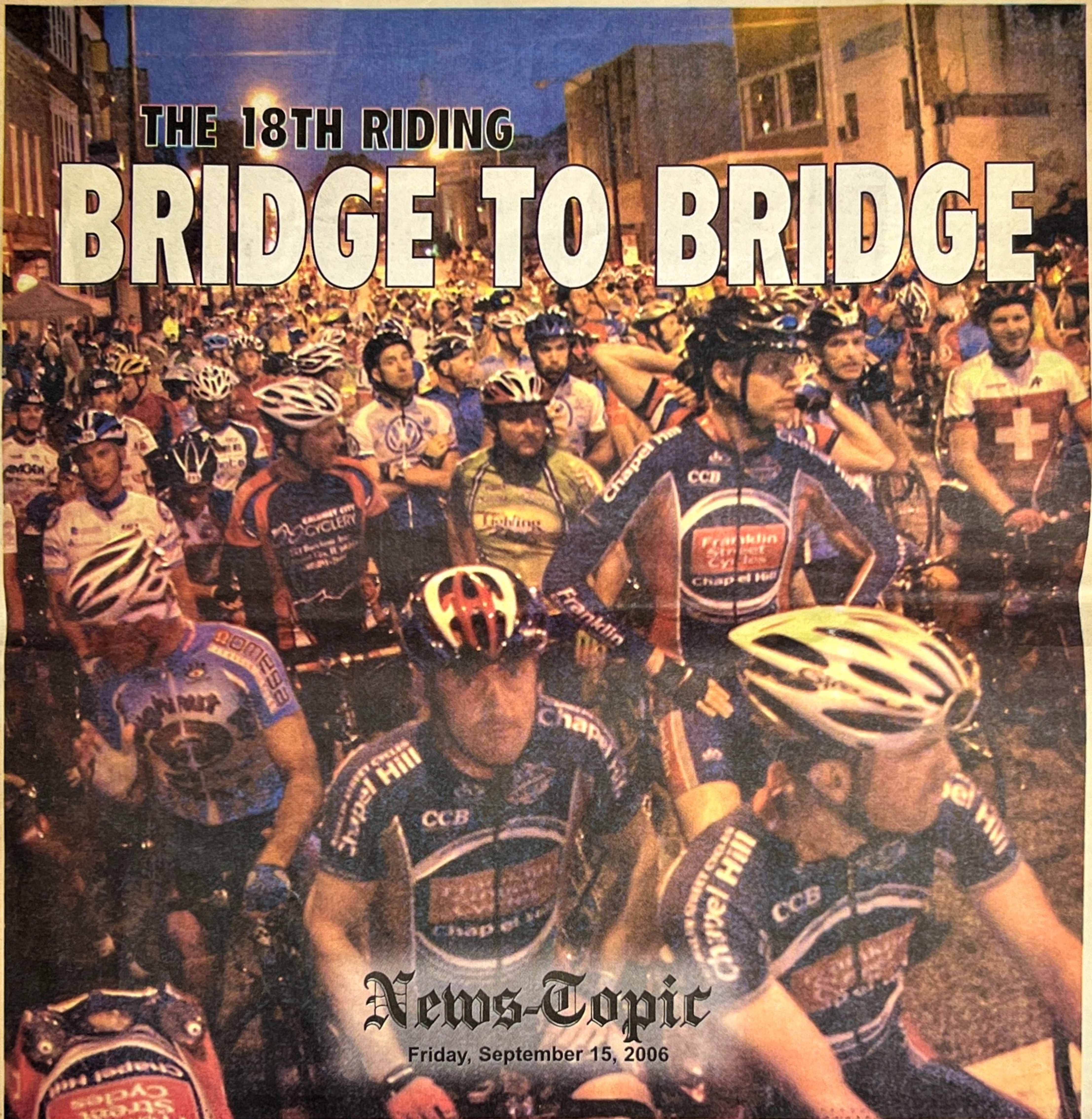


# THE 18TH RIDING BRIDGE TO BRIDGE



News-Topic

Friday, September 15, 2006



# The man and his mountain

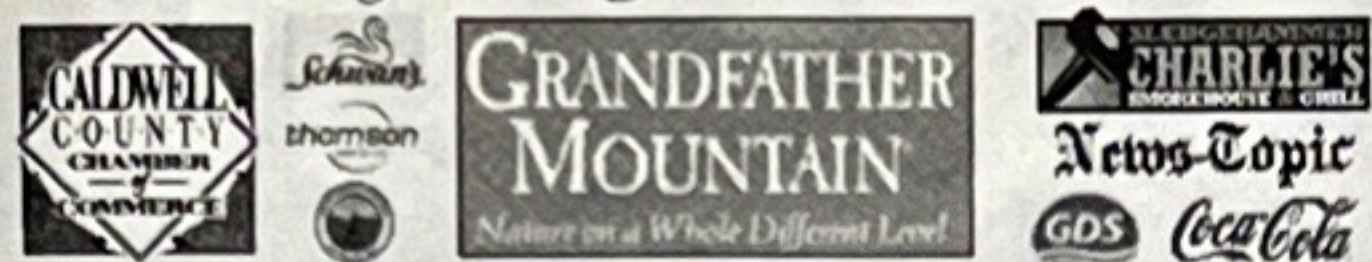
**H**ugh MacRae Morton Sr., and Grandfather Mountain are two legends that will always be remembered together. To our extreme sadness, the world lost Mr. Morton this year, but his legacy will live on as long as his beloved mountain.

He was not only a nationally-renowned photographer, but also a tireless custodian of the environment. He was a man who stood up to the National Park Service and said, "No." That simple "no" led to the creation of one of the most photographed and amazing spots of the Blue Ridge Parkway - the Linn Cove Viaduct. He was a shining star, kind and caring.

His love of all things living brought Mildred the Bear to Grandfather Mountain and opened up a whole new world of education for all who visit the animal habitats. If not for Mr. Morton, the Bridge to Bridge would not exist. Sounds like an insignificant detail in the history of Grandfather Mountain, but Mr. Morton was always at the summit to greet the first finisher with his camera. Mr. Morton's love of Grandfather Mountain was also evident in his son, Hugh MacRae Morton Jr., and now in his grandson,

## The Man and His Mountain

In memory of Hugh MacRae Morton, Sr.



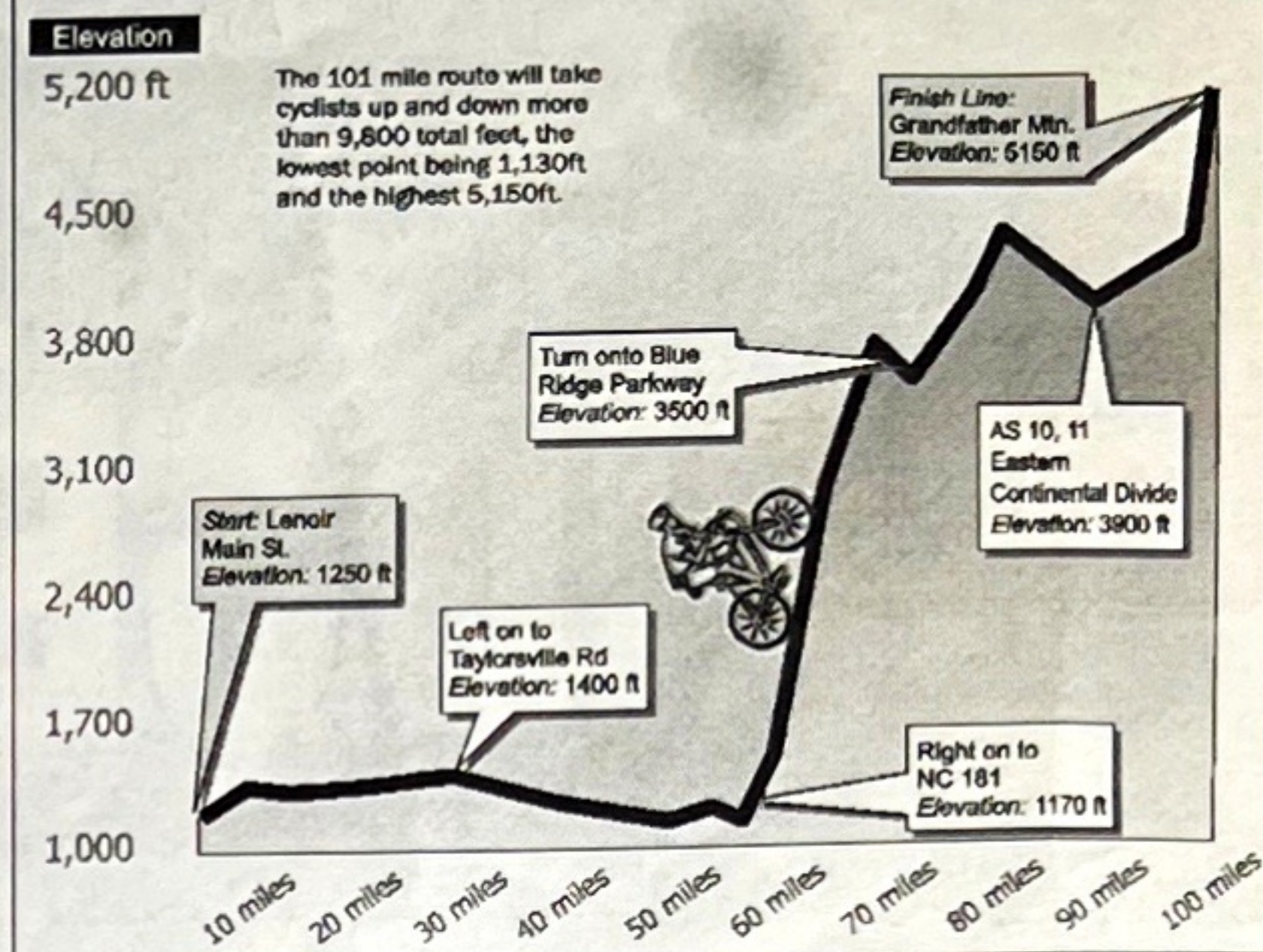
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See MORTON | 11

### BRIDGE TO BRIDGE: ELEVATION



## Best of luck! 2006 Bridge To Bridge Riders

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### Rider Profiles: Caldwell County residents

No.	Name	Sex	Age	City	ST	No.	Name	Sex	Age	City	ST
14	Robert Allen Annas	M	26	Granite Falls	NC	762	Troy E. Tomlinson	M	35	Lenoir	NC
301	Dale Hamby	M	44	Granite Falls	NC	36	Randal Bast	M	40	Lenoir	NC
13	Mark Annas	M	47	Granite Falls	NC	279	Rob Goodwin	M	37	Lenoir	NC
165	Jason Crawford	M	38	Granite Falls	NC	345	Mark J. Hites	M	48	Lenoir	NC
481	Edmund W. Mangan	M	57	Granite Falls	NC	568	Marshall J. Nord	M	40	Lenoir	NC
628	Wayne Rash	M	33	Hudson	NC	34	Richard M. Barlowe	M	49	Lenoir	NC
442	Lanny Lambert	M	47	Hudson	NC	289	William Scott Grogan	M	32	Lenoir	NC
629	Arlen Roy Rash	M	36	Hudson	NC	470	Travis Lowe	M	30	Lenoir	NC
434	Nathan Kohring	M	40	Hudson	NC	215	Maxwell Kincaid Dyer	M	30	Lenoir	NC
579	Tommy Lee Page	M	31	Hudson	NC	336	Charles Daniel Hicks	M	30	Lenoir	NC
497	Michael J. McClinton	M	48	Lenoir	NC	615	John David Powell	M	40	Lenoir	NC
806	Waters S. Waters	M	34	Lenoir	NC	173	Robert M. Dacus IV	M	41	Lenoir	NC
515	John McMenemy	M	39	Lenoir	NC	234	Jimmy Farr	M	38	Lenoir	NC
85	David Coulter Brown	M	42	Lenoir	NC	535	Monty R. Minton	M	51	Lenoir	NC
7	Ron Jackson	M	24	Lenoir	NC						
686	Wyatt Seals	M	44	Lenoir	NC						

(No females from Caldwell County registered)



# Route change, expo highlight 2006

**Joshua Harris**  
Local News Editor  
jharris@newstopic.net

• **SEE PAGE 12 FOR  
NEW ROUTE MAP**

The route is a bit different. The Saturday expo will be a bit bigger. But the cyclists still will have to cover more than 100 miles this Sunday from the foothills of Caldwell County to the top of Grandfather Mountain to complete the Bridge to Bridge Incredible Challenge.

The distance is 101.8 miles to be exact, said Cathy Rhuberg, Caldwell County Chamber of Commerce program director. The course is different this year because of construction on the Blue Ridge Parkway that cut eight miles off the ride. But Rhuberg said a four-mile and a three-mile section were added to extend the ride beyond 100 miles.

Riders also will experience a change Saturday during the "pasta feed" expo. In addition to the free spaghetti dinner, riders will be able to enjoy live music in the courtyard behind Hog Waller Marketplace in downtown Lenoir and browse merchandise from several new vendors,

Rhuberg said.

"The courtyard was poured last night," Rhuberg said on Sept. 8. "That's ready to go."

Downtown business owners worked hard to prepare for the event, and Rhuberg said she appreciated all the effort.

"We have had great reception from the merchants," Rhuberg said. "They are very proactive in helping make (the ride) work."

"We are very proud of the merchants of Lenoir."

Hog Waller Development Program Director Monte Willis said the company has put in extra hour to complete the court yard.

"We did step it up to get ready for Bridge to Bridge registration," Willis said.

Willis said she, other business owners and government staff want local and out-of-county residents to see the changes being made in downtown.

"It's completely different," Willis

## 2006 Bridge to Bridge Aid Stations

Following is a list of Bridge to Bridge aid station locations with the approximate opening and closing times. Spectators are encouraged to stop by the stations and cheer for or talk with cyclists.

Aid Station	Location	Race mileage	Open	Close
No. 1	Start of ride	0.0 m	6 am	7 am
No. 2	Oak Hill Underground	30.5 m	7:20 am	9:45 am
No. 3	American Legion	39.2 m	8 am	10:15 am
No. 4	The Bluffs Entrance	50.3 m	8:15 am	11 am
No. 5	Near Steele Creek Park	59 m	8:45 am	Noon
No. 6	11 miles to Parkway sign	63 m	9 am	12:15 pm
No. 7	Brown Mtn. Overlook	65.9 m	9:15 am	1 pm
No. 8	Cool Springs Lodge	68.6 m	9:30 am	2 pm
No. 9	Grandmother Mtn Overlook	78.5 m	10 am	2:15 pm
No. 10	Eastern Continental Divide	90.8 m	10:15 am	3:30 pm
No. 11	U.S. 221 picnic area	96 m	10:30 am	4 pm
No. 12	U.S. 221 picnic area	99 m	11 am	4 pm
No. 13	Grandfather Summit	101.8 m	11 am	5:30 pm

said. "It looks so nice, and we want people to be proud of our town."

The public is invited to the expo from 1 p.m. to 5 p.m. Saturday to check out the vendors and listen to the music. But the spaghetti dinner from 4 p.m. to 6 p.m. is for riders only.

Rhuberg said 850 people signed up for the ride, and this year's challenge filled up quicker than ever. The Blue Ridge Parkway actually allows only 750 riders, but Rhuberg said many riders don't make it to the Parkway.

Riders who need a break can

stop at the aid stations along the route for something to drink, a snack or just a quick rest. Rhuberg said local residents can drive to and stop at the stations to cheer riders or just to talk to cyclists who need a break.

"The riders love the people at the aid stations," Rhuberg said. "(The spectators) don't have to stay and work."

Riders also love seeing friends made during past rides, and Mark Hites said that's just one reason he keeps taking on the Bridge to Bridge.

"It's also a fun ride, and there is a lot of camaraderie," Hites said.

Hites works at Greer Labs and moved from Phoenix to Caldwell County 10 years ago. This will be his sixth or seventh ride, he said.

"To me, there is nothing like being in a big pack of riders," Hites said. "It's an amazing feeling, especially when you are in the big pack."

When riders get to N.C. 181, that pack starts to thin and inexperienced or untrained riders may fall

See **ROUTE | 11**

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# How I geared up for my first ride

It's only a matter of days before the long wait is finally over.

After a year of dedicated training, I am ready for my first crack at the Bridge to Bridge Incredible Challenge.

Many know the ride as "100 Miles of Pure Hill," but others may replace that "i" in hill with a totally different vowel. For me it will be pure joy, and I look forward to every mile.

Many people have asked me, "Are you ready?" The answer is simple: "If I am not ready now, I never will be."

By no means will it be an easy task, but my rigorous training schedule has made sure that I am battle-tested and up for the challenge. For those who will miss out on this year's cycling extravaganza but wish to give it a try in 2007, I have a few tips that may be helpful.

If you never have attempted a long ride, start out slow.

I started out last year riding 20 or 30 miles three to five times a week and gradually increased the work load. Over the summer I was able to work up to riding six days a week. Each ride ranged from 40 to 80 miles, and I did have the occasional 100-miler. Despite the distance, I always avoided the hottest times of the day and made sure I had plenty of water. You want to have about 32 ounces for every hour.

Once you become more acclimated to long rides, step up the mileage and number of days you ride. The only way to improve is to ride more, and the more you ride the better you will get. If weather is ever a problem and you still want to give it a go, invest in a trainer or use a stationary bike at the gym.

While it is important to work

hard, do remember to schedule recovery days and periods of complete rest. You don't want to overdo it.

Another tip is to not always fly solo. Group rides are great for conserving energy and riding at a set tempo, and you may just learn something from your fellow cyclists.

When training, keep in mind that Bridge to Bridge involves a lot of elevation change. Some of the route has hills with very steep grades, especially N.C. 181 and the switch-backs leading to the peak of Grandfather Mountain.

Just like riding in general, the more you do the better you will perform. So, the only way to improve your ability to conquer the hills and mountains is to incorporate that type of terrain into your training regimen. Even pushing yourself that extra inch in the rolling hills and flat areas can boost your stamina and power, which are key in surviving the long climbs.

OK, you now know what you are getting into and even if you are ready to put in the time, there still are two important things to remember.

No matter how hard you are willing to train, you must maintain your bike and keep your body fueled.

Even if you have the world's fastest bike, it won't matter if the engine is not taken care of.

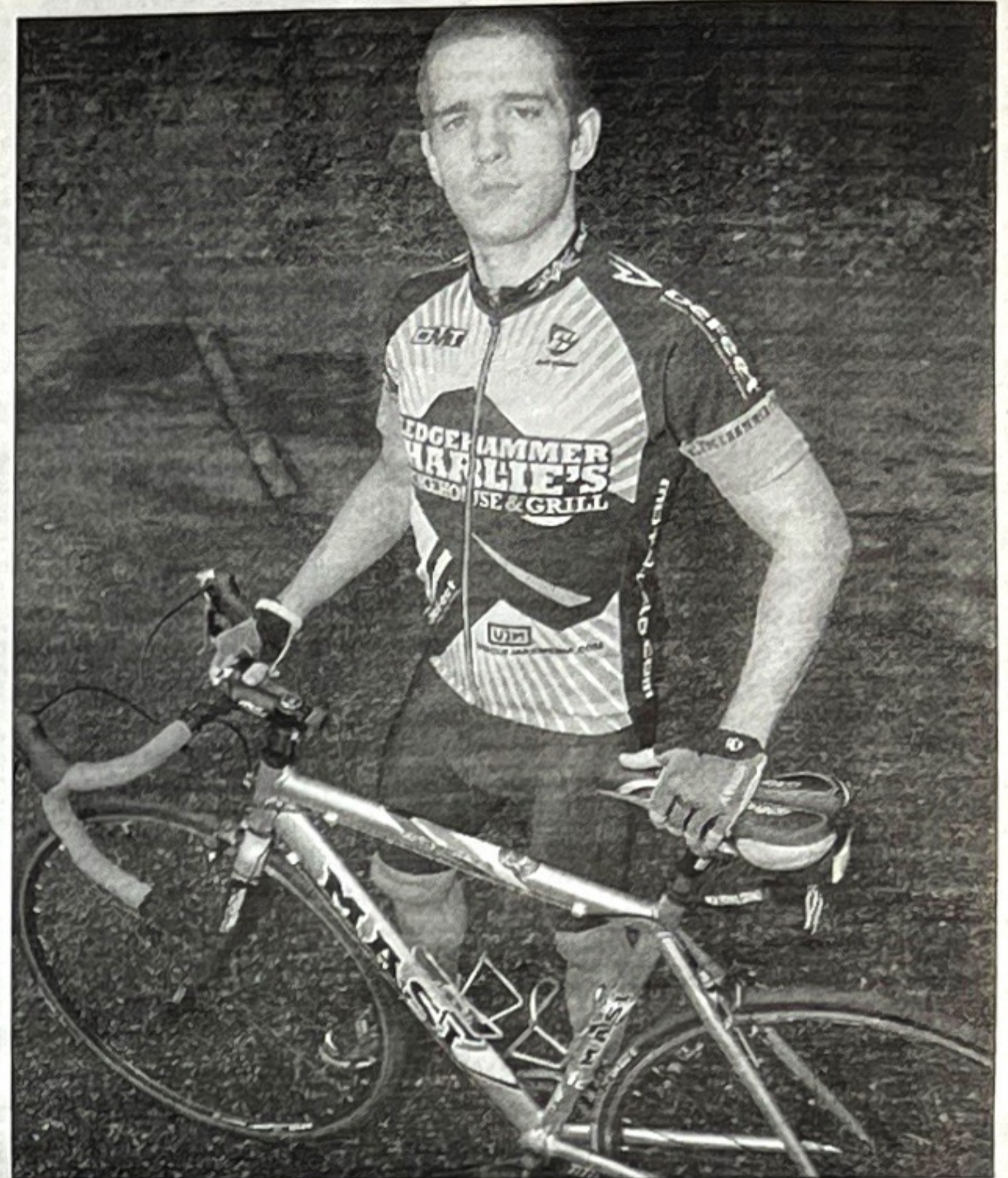
Cycling has great potential to burn thousands of calories over a

## Ron's Riding Tips

- Train, train, train ... most professional riders train by riding 4-6 times a week.
- Start off slow to maintain your energy and set a good tempo.
- Avoid the hottest times of the day and year.
- Have plenty of water, about 32 ounces for every hour.
- Schedule recovery days after long rides.
- Be aware of elevation changes and adjust accordingly.
- When you can, ride with a group. Group rides are great for conserving energy and keeping a good tempo.
- Maintain your body and bike; eat healthy to keep up your energy and get regular bike tune-ups.
- Finally, train, train, train ....

long ride. During a 70-mile race back in August I burned off nearly 3,500 calories, and the course was not as hilly as Bridge to Bridge. Be sure to eat plenty of food and make sure it includes quality carbohydrates, protein and fat. You want your calories to be about 60 to 70 percent carbs, 20 to 30 percent from protein and 10 to 20 percent from fat. Also be sure to pack an energy bar or two, or use an energy gel when riding hard for more than an hour. Energy bars can be

See RIDING TIPS | 11



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## Rider Profiles: Miscellaneous

- Rider ages range from 15 to 72 in 2006
- 8.879% female riders
- Oldest female rider: 57
- Youngest: Bridgette McLean, 15 (Boone, NC)
- 30 riders are from Caldwell County
- 61% of the riders are from North Carolina

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GREGG FLOYD | NEWS-TOPIC

Co-owner of Luna Cycle Jeff Welch tunes the tires on a bike getting it ready for the 2006 Bridge to Bridge Incredible Challenge.

# Filling a niche

*Luna Cycles stays busy with the growing number of cyclists in Caldwell County*

**Ron Jackson**  
Staff Writer  
rjackson@newstopic.net

Since the inception of the Bridge to Bridge Incredible Challenge, both the ride and the cycling community have grown tremendously in Caldwell County.

During the previous Bridge to Bridge event, local cyclists and those from abroad had Yellow Dog to look to for their cycling needs, but the bike shop changed into a fitness studio, leaving a need for a new local shop.

In late April, Shawn Moore and Jeff Welch opened a new bike shop in downtown Lenoir in hopes of filling that void, and Luna Cycles was born.

"We felt there was a niche to be filled," Welch said. "We felt the area was going to grow and there would be a need. We felt there was going to be growth in outdoor activity, and we wanted to be on the ground floor for that."

Luna Cycles will play a pivotal role in Saturday's pre-ride festivities.

The plaza located on Church Street, which is in front of the bike

shop, will host a cycling expo starting at 1 p.m.

Welch said the expo will give cyclists and others in the community an opportunity to see the latest products as well as relax and socialize with others while enjoying live music. He said the shop will be open for any last-minute needs such as tire tubes and nutritional products.

Welch and Moore are not Caldwell County natives. The Luna Cycle co-owners have known each other since the late 1980s. Moore said both he and Welch worked in the same shop in Flagstaff, Ariz., before he moved to Caldwell County four years ago to teach.

Welch said he moved to Caldwell County about 15 months ago. He said he was attracted to the area after visiting Moore on business trips. He said he thought the area was perfect for road riding, and the real estate prices were much lower.

Luna Cycles is more than just a bike shop. It also serves as a hub for advice and a meeting place for group bike rides. The cycling community still continues to mature in Caldwell County, but things were completely different in Flagstaff. Moore said

See LUNA | 11

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# Bridge to Bridge Incredible Challenge Parking & Info Map

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Saturday packet pickup is from 1 until 5pm in the Courtyard marked in green on the map.  
Pasta Feed is from 4 until 6pm in the same area.

Family fun continues with a **Downtown Cruise-In** from 5 pm until 9 p.m.

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# 2006 BRIDGE-TO-BRIDGE RIDER ROSTER

Rider #	First	Last	M/F	Age	City	ST	Rider #	First	Last	M/F	Age	City	ST	Rider #	First	Last	M/F	Age	City	ST
3	Patrick	Hugh	M	46	Davidson	NC	126	Robert	Charton	M	35	Columbia	SC	250	Beth	Frye	F	37	Boone	NC
4	Kim	Akers	F	42	Winter Haven	FL	127	Delacy	Blair	M	56	Greensboro	NC	251	Will	Fyfe	M	27	Huntsville	AL
5	Paul	Alagna	M	49	Queensbury	NY	128	Wesley	Chavis, Jr.	M	32	Norfolk	VA	252	Robert	Gaegler	M	39	Baltimore	MD
6	Mike	Albrecht	M	53	Bradenton	FL	129	Michael	Cheney	M	59	Charlotte	NC	253	Laura K	Gagel	F	41	Sherrills Ford	NC
11	John	Anderson	M	47	Winston-Salem	NC	130	Joe	Clark	M	52	Asheboro	NC	255	Theodore Paul	Gagnon	M	42	Reston	VA
9	Victor	Anderson	M	39	Alto	GA	131	Gary	Claxton	M	53	Ayden	NC	254	Joseph	Gagnon	M	45	Katonah	MT
10	Bill	Anderson	M	52	Charlotte	NC	132	David	Clay	M	53	Greensboro	NC	256	Jerry	Gala	M	37	Apex	NC
12	Lisa M	Angel	F	38	Raleigh	NC	133	Jimmy Willard	Clayton	M	39	High Point	NC	257	Chip	Galliano	M	48	Cape Canaveral	FL
13	Mark	Annas	M	47	Granite Falls	NC	134	Michael Ray	Clegg	M	48	Morganton	NH	259	David Brian	Galloway	M	54	Lagrange	NC
14	Robert Allen	Annas	M	26	Granite Falls	NC	135	Kip	Cline	M	44	Morganton	NC	258	Nicholas	Galloway	M	27	Apex	NC
15	Egidio	Antonacci	M	53	Boone	NC	136	Daniel Robert	Clyburn	M	39	Taylorsville	NC	260	Wes	Garbee	M	64	Asheville	NC
16	Jonathan D	Armstrong	M	39	Raleigh	NC	137	David Charles	Clymore-Greene	M	15	Chapel Hill	NC	261	Mark	Gatehouse	M	46	Greensboro	NC
17	Vaughn	Arthur	M	44	Forest	VA	139	James Jeffrey	Coar	M	50	FL Wayne	IN	262	Stephen	Gatesman	M	33	Durham	NC
18	Juan	Ascoli	M	42	Ruckersville	VA	138	Darryl A Cobb A	Cobb	M	52	Gastonia	NC	261	John S.	Gaul	M	50	Charlotte	NC
19	Judy	Ascoli	F	43	Ruckersville	VA	140	Buck	Cobb	M	43	Mt. Pleasant	SC	264	Chip	Gaul	M	17	Charlotte	NC
20	Craig	Ashley	M	33	Statesville	NC	141	Ben	Cochran	M	46	Greensboro	NC	263	Bruce	Geltman	M	48	Hickory	NC
21	Gar	Atchison	M	40	Hickory	NC	142	James Logan	Cockfield	M	48	Gastonia	NC	265	Edward Robert	Gera	M	56	Gambrills	MD
22	Tony	Atkins	M	42	Mars Hill	NC	143	Ron	Coke	M	72	Jonas Ridge	NC	266	Nick	Gernert	M	24	Winter Haven	FL
23	Caroline	Atkins	F	44	Mars Hill	NC	144	Gregory Norman	Coker	M	45	Clarkesville	GA	267	Billy D	Giblin	M	37	Carboro	NC
24	Harold Lee	Atkins	M	66	Danville	VA	145	James	Cole	M	43	Raleigh	NC	268	Earl	Giblin	M	51	Mooresville	NC
26	Jim	Austin	M	42	Banner Elk	NC	146	Rom	Cole	M	40	Charlotte	NC	269	Bill	Gilmer	M	42	Virginia Beach	VA
25	Cyndi Heath	Austin	F	39	Banner Elk	NC	148	Jacob Michael	Collins	M	24	Durham	NC	270	Robin	Giordano	F	39	Roanoke	VA
27	Jackie	Auzias De Turenne	F	38	Garner	NC	147	Joseph Harrison	Collins	M	19	Conyers	GA	271	Paul G	Giordano	M	39	Roanoke	VA
28	David	Bacon	M	43	Durham	NC	150	David	Collins	M	55	Winston-Salem	NC	272	Daniel Corwin	Gloster	M	40	Winchester	VA
30	Cheri	Bailey	F	40	High Point	NC	149	Zandy	Collins	M	29	Efland	NC	274	Jana L	Glover	F	40	Mt. Pleasant	SC
29	Christian	Bailey	M	38	Dublin	OH	151	Joe	Condrey	M	30	Gray	TN	275	Danny	Glover Jr	M	35	Elizabeth City	NC
31	Ron	Baines	M	52	Cambridge, Ontario,	Can	152	David	Conner	M	45	South Boston	VA	276	Matthew Bryan	Glover	M	33	Charlotte	NC
32	Scott	Baker	M	36	Cullowhee	NC	153	Tom	Connors	M	42	Mount Pleasant	SC	277	Tony	Golding	M	49	Mocksville	NC
33	Bruce L.	Barker	M	51	Arnoldsville	GA	154	Jeff	Cook	M	42	Spartanburg	SC	279	Rob	Goodwin	M	37	Lenoir	NC
774	Buddy	Barlow	M	40	Morganton	NC	155	Larry E	Cooke	M	57	Charlotte	NC	278	Jim P	Goodwin	M	44	Greer	SC
34	Richard M	Barlowe	M	49	Lenoir	NC	156	Vince E	Cooke	M	46	Gastonia	NC	280	Steve	Gragg	M	46	Taylorsville	NC
35	James D.	Barlett	M	50	Charlotte	NC	157	Bradley	Cooley	M	45	Greensboro	NC	281	Tom	Graham	M	30	Cary	NC
36	Randal	Bast	M	40	Lenoir	NC	158	Jim	Core	M	45	North Lewisburg	OH	282	John	Gray	M	48	Bridgeton	MO
37	Wayne T.	Baucino	M	46	Greensboro	NC	159	Darrell	Corl	M	35	Charlotte	NC	283	Kenny	Greene	M	44	Marion	NC
38	Jeff	Bauer	M	46	Nashville	TN	160	Tony	Cottrell	M	27	Lewisville	NC	284	Jeff	Greene	M	41	Kernersville	NC
40	John Louis	Bauer	M	51	Fort Lauderdale	FL	161	John	Covington	M	48	Huntersville	NC	285	Claude	Gregory	M	46	Hickory	NC
39	John Phillip	Bauer	M	47	Hickory	NC	162	Craig Harness	Cox	M	47	Westfield	NC	286	Douglas Scott	Gregory	M	38	Leesburg	VA
41	Jay	Beam	M	47	Gastonia	NC	163	Chip	Coxe	M	35	Weaverville	NC	287	Robert	Grimes	M	48	Hickory	NC
42	Montl	Beasley	F	40	Clemmons	NC	164	Dennis	Crain	M	53	Chapel Hill	NC	289	William Scott	Grogan	M	32	LENOIR	NC
43	Brian R	Beatty	M	42	Hillsborough	NC	165	Jason	Crawford	M	38	Columbus	NC	290	Kenneth Travis	Gulledge	M	53	High Point	NC
44	Robert M	Beatty	M	49	Cockeysville	MD	166	Peter W	Craymer	M	49	Hickory	NC	291	Barrett	Gunter	M	53	Durham	NC
45	Ray W	Bedford	M	57	Blacksburg	SD	167	Dave	Cruz	M	46	Sumter	NC	292	John Casey	Gunter	M	49	Banner Elk	NC
46	Brian E	Beduhn	M	36	Black Mountain	NC	168	Julian Carter	Culton	M	41	Durham	NC	293	Greg Lee	Gustafson	M	42	Miamisburg	OH
47	Carl Edward	Behan III	M	37	Statesville	NC	169	Brian W	Curran	M	39	Columbia	SC	294	Tom	Gutmann	M	40	Alton	IL
48	Robert J	Beil	M	41	Titusville	FL	170	James	Curtin	M	43	Mount Pleasant	SC	295	Yuans Binck	Halaixt	M	36	Greenville	SC
50	Stacy Friend	Bell	M	35	Lynchburg	VA	171	Charles	Cushman	M	53	Camden	SC	296	John B.	Haley	M	44	Nashville	TN
49	Sean William	Bell	M	37	Lynchburg	VA	172	John L	Cushman	M	51	Camden	SC	297	Paul	Haley	M	42	Nashville	TN
51	Ralph	Benedetto	M	43	Goldsboro	NC	173	Robert Mabry	Dacus, IV	M	41	Lenoir	NC	298	Robert	Haley, III	M	45	Nashville	TN
52	Chris Edward	Berfield	M	50	Conover	NC	174	Kevin	Daggett	M	42	Knoxville	TN	299	Grady	Hall	M	45	Rocky Mount	NC
53	Lawrence Lirk	Bennett	M	47	Blythehood	SC	175	Paula J	Dahl	F	46	Forest	VA	300	Jason	Halsey	M	29	Durham	NC
54	Scott	Bensinger	M	51	St. Louis	MO	176	Timothy M.	Dahl	M	48	Forest	VA	302	David	Hamby	M	36	Roswell	GA
55	Randolph A	Benson	M	41	Chapel Hill	NC	177	Ryan	Danell	M	31	Greenville	NC	301	Dale	Hamby	M	44	Granite Falls	NC
56	David	Berkoff	M	36	Chapel Hill	NC	178	Andrew B	Danfy	M	43	Spartanburg	SC	303	Christopher	Hamilton	M	41	Mount Pleasant	SC
57	Ed	Billings	M	44	Chapel Hill	NC	179	Robert Clayton	Dassing	M	48	Mt. Pleasant	SC	304	Gil	Hammond	M	46	Hickory	NC
58	Richard	Blackburn	M	42	Newland	NC	180	Jim	Daves	M	59	Morganton	NC	306	Brandon	Hammond	M	24	Chapel Hill	NC
59	David	Blackman	M	43	Charlotte	NC	181	Charissa A	Davidson	F	29	Winter Haven	FL	309	Graeme	Hampton	M	55	Greensboro	NC
60	Carson Mcmillan	Blackwelder	M	24	Boone	NC	182	Jesse	Davidson	M	56	Winter Haven	FL	310	Justin	Hand	M	25	Columbia	SC
61	Jeff	Blasser	M	45	Burlington	NC	183	Jed	Davidson	M	33	Roanoke	VA	311	Joey	Hand	M	33	Charlotte	NC
62	Stacy	Blastic	M	34	Winter Haven	FL	184	Sandi J	Davies	F	43	Winter Haven	FL	307	Michael Evan	Hand	M	54	Chapel Hill	NC
63	Emory Keith	Boaz	M	36	Reidsville	GA	185	Doug	Davis	M	47	Napies	FL	308	Hand	Hand	M	54	Goldsboro	NC
64	Dwight	Bolton	M	50	Marietta	GA	186	Wesley B	Davis	M	35	Mooreville	NC	311	Jens Alstrup	Haney	M	57	Goldsboro	NC
65	Mark Thomas	Bond	M	47	Smyrna	TN	187	Andrew Calvin	Davis	M	52	Greensboro	NC	312	Joseph E	Hansen	M	31	Clayton	NC
66	Mark	Borkowski	M	37	GASTONIA	NC	188	Steve D	Davis	M	45	Morganton	NC	313	Rick	Hanson	M	36	Lexington	VA
67	Greg	Born	M	33	Denver	CO	189	Kara Smith	Dawson	F	28	Durham	NC	314	Gretchen E.	Harbin	F	40	Newman	GA
69	Kathryn Jayne	Boughton	F	24	Mount Pleasant	NC	190	David Takashi	Day	M	42	Greensboro	NC	315	Cole	Harbin	M	22	Newman	GA
70	Andrew	Brackett	M	28	Naples	FL	191	Guy	De Gent	M	45	Charlotte	NC	316	James	Harmon	M	61	Blacksburg	VA
71	Richard L	Bradshaw	M	50	Clarkesville	GA	192	Chris	De Falco	M	39	Greensboro	NC	317	Thomas A	Harris	M	63	Vilas	NC
72	Lynn C	Bradshaw	F	50	Roanoke	VA	193	Christina	Dekraay	F	40	Roanoke	VA	318	Patrick Mark	Hart	M	43	Shelby	NC
73	Laura	Brayfield	F	26	Roanoke	VA	194	Joel	Denny	M	35	Charlotte	NC	319	William Andrew	Hart	M	42	Kernersville	NC
74	Robert	Brennan	M	55	Kenneshaw	VA	195	Brian	Denny	M	34	Rocky Mount	NC	320	Haski	Hart	M	44	Raleigh	NC
75	Jennette	Brice	F	48	Lynchburg	VA	196	Jason	Devine	M	31	Allantia	GA	321	Joe Calvin	Hathcock	M	34	Matthews	NC
76	William	Bridger	M	47	Denton	NC	197	Michael	Dickinson	M	57	Cherryville	NC	322	Stephanie	Haumesser	F	48	Matthews	NC
77	Daniel Kirk	Bridges	M	39	Johnsom City	UT	198	John J	Digiovanni	M	30	Hickory	NC	323	Alfred	Hausladen	M	45	Pennsauken	NJ
78	Patrick S	Brittain	M	32	Helen	GA	199	Jim	Dille	M	58	Hickory	NC	324	Dan	Hawse	M	38	Durham	NC
80	Brandon	Brittain	M	38	Hickory	NC	200	Dillon	Dill	M	64	Arlington	VA	325	Brad	Hecker	M	35	Lexington	KY
81	William Stanley	Brooks	M	52	Boone	NC	201	Michael	Doss	M	47	Clemmons	NC	326	John D.	Hecker	M	35	Mebane	NC
85	David Coulter	Brown	M	42	Lehigh Acres	FL	202	Bruno	Dosso	M	47	Hickory	NC	327	Chad	Henderson	M	54	Columbia	SC
88	Scott W	Brown	M	38	Monroe	NC	203	Stanley	Dover	M	33	Abingdon	VA	328	D Scott	Hendricks	M	38	Hickory	NC
82	Phil	Brown	M	36	Charlotte	NC	204	Bo	Dowdy	M	48	Alton	IL	329	Mark Christopher	Herman	M	43	Boone	NC
90	Stacy Ingram	Brown	F	53	Burlington	NC	205	Cyle J	Downing	M	31	Belmont	NC	330	Alan J.	Herrick	M	45	Danville	VA
86	Joey C	Brown	M	41	Greensboro	NC	206	Dennis Patrick	Driscoll	M	51	High Point	NC	331	James Curtis	Herrin	M	46	Rutherfordton	NC
83	Michael Reid	Brown	M	44	Clarkesville	GA	207	Steve	Driver	M	57	Clarkesville	GA	332	Dean	Hesterberg	M	46	Harrisburg	NC
84	Sena L	Brown	F	41	Banner Elk	NC	208	Hal	Drumheller	M	49	Evergreen	CO	333	Susan Bair	Hesterberg	F	42	Cary	NC
91	Jack D.	Brown	M	37	Russellville	AR	209	Ralph Howard	Duckett	M	47	Mount Airy	NC							



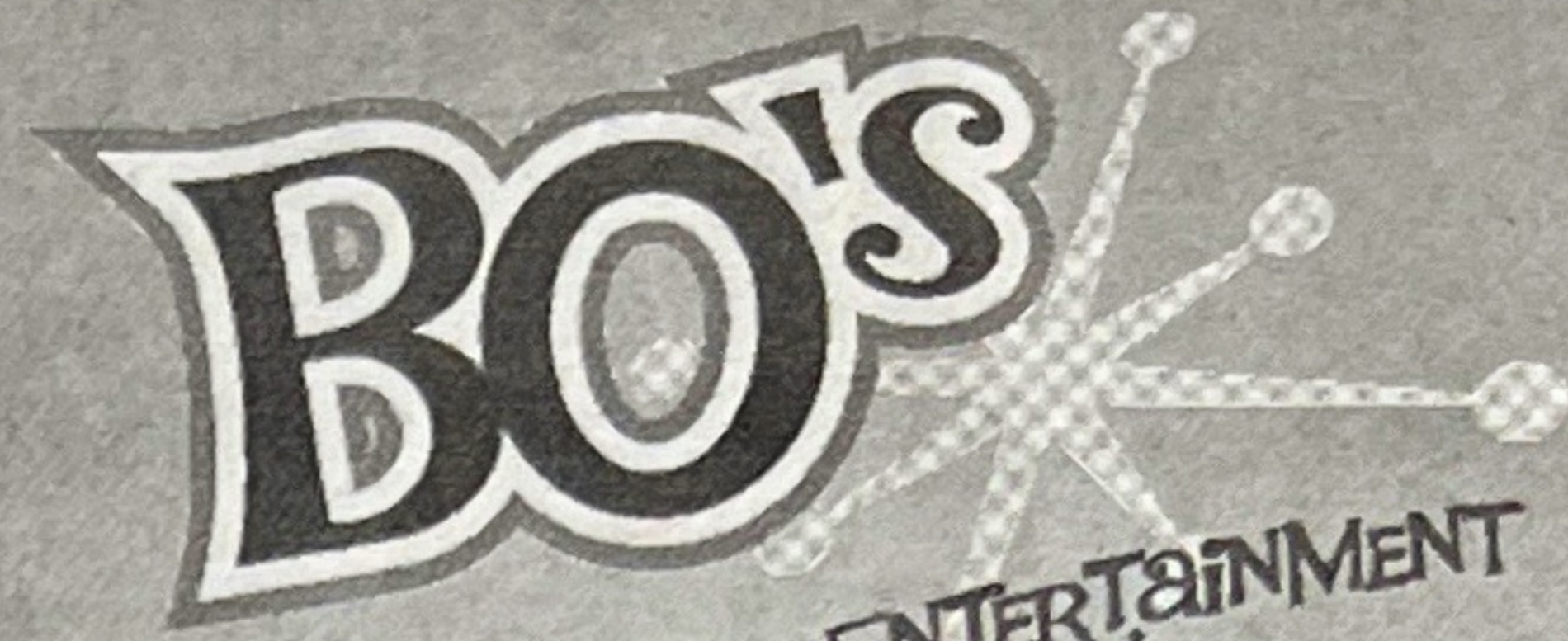
# 2006 BRIDGE-TO-BRIDGE RIDER ROSTER

Rider #	First	Last	M/F	Age	City	ST	Rider #	First	Last	M/F	Age	City	ST	Rider #	First	Last	M/F	Age	City	ST
372	Thomas	Keith	M	59	Burlington	NC	494	Scott	McAllister	M	37	Durham	NC	620	Joe	Price	M	54	Concord	NC
373	Doug	Huskey	M	54	Santa Cruz	CA	495	Matthew	McCain	M	36	Fort Myers	FL	619	John	Price	M	42	Gastonia	NC
374	Terry	Huss	M	27	Raleigh	NC	496	Jackson	McCarter	M	67	Travelers Rest	SC	618	Joel L	Price	M	43	Gaffney	SC
375	Douglas	Hustad	M	41	Arden	NC	497	Michael J	McClinton	M	48	Lenoir	NC	621	Jeremiah	Prudich	M	22	Lynchburg	VA
376	Christie	Hutchens	F	25	Moravian Falls	NC	498	Kathie	McClure	F	51	Atlanta	GA	622	Paul	Pugliese	M	54	Chapel Hill	NC
378	Mark	Hutson	M	56	Liburn	GA	499	George Joseph	McConnell	M	24	Maytown	PA	623	Richard	Pumphrey	M	59	Lynchburg	VA
379	Patrick Sai	Ide	M	38	Eden	NC	500	Robert Farris	McConville	M	25	Sanford	NC	624	Scott F	Querin	M	51	Arden	NC
381	Robert	Jackson	M	41	Raleigh	NC	501	Coy	McCurry	M	38	Morganton	NC	625	Roger	Rabey	M	51	Huntington	WV
380	Mike	Jackson	M	38	Weaverville	NC	503	Duffy	McDonald	M	53	Durham	NC	626	William	Rabley	M	56	Denton	NC
7	Ron	Jackson	M	24	Lenoir	NC	502	George	McDonald	M	43	Hickory	NC	627	Rob	Ransom	M	43	Columbia	SC
382	Gina	Jacobs	F	48	High Point	NC	504	Andrew G	McDonald	M	40	Greenville	SC	628	Wayne	Rash	M	33	Hudson	NC
383	Bobby Ray	James	M	61	Hickory	NC	505	Tom	McDonnell	M	37	Sugar Grove	NC	629	Arlen Roy	Rash	M	36	Hudson	NC
384	Bobby	James	M	61	Hickory	NC	506	Adam Paul	McFalls	M	27	Marion	NC	630	James	Ratchford	M	57	Blowing Rock	NC
385	Stephen	Janes	M	33	Asheville	NC	507	Stephen D	McGee	M	34	Oak Ridge	NC	631	Richard L	Rauch	M	50	Winston Salem	NC
386	Geoffrey	Janes	M	35	Asheville	NC	508	Jan Louise	McGilliard	F	57	Blacksburg	VA	421	Ron	Ray	M	50	Ft Lauderdale	FL
387	Daniel Kelly	Jeffords	M	56	Athens	GA	509	Joseph K	McGowan	M	34	Winston-Salem	NC	632	Robert	Rayburn	M	56	Winter Haven	FL
388	Ryan S	Jenkins	M	33	Salisbury	NC	510	Terrence John	McLaughlin	M	44	Ft. Myers	FL	633	Gill	Reames	M	49	Rambert	SC
389	Sam	Jenkins	M	48	Mount Holly	NC	511	Bridgette D.	McLean	F	15	Boone	NC	634	Brian H	Reck	M	38	Raleigh	NC
390	Matt	Jernigan	M	37	Knoxville	TN	512	John	McLeland	M	37	Waynesville	NC	635	Chris	Reese	M	47	Conover	NC
391	Patrick	Jodice	M	44	Central	SC	513	Jon	McLeod	M	38	Fort Myers	FL	636	Jim	Reid	M	47	Asheville	NC
394	Lew	Johnson	M	40	Jamestown	NC	514	Michael	McMahon	M	40	Norfolk	VA	637	Ray	Reid	M	45	Vilas	NC
393	Tom Craig	Johnson	M	56	Clayton	MO	515	John	McMenemy	M	39	Lenoir	NC	638	Emerson	Rhodes	M	57	Perkasie	PA
396	David	Johnson	M	32	Simpsonville	SC	516	Donald	McNeill	M	42	Raleigh	NC	639	Daniel A	Rhule	M	38	Delaware	OH
395	Jon R.	Johnson	M	45	Winter Haven	FL	517	John M	McSwain	M	55	Ridgeway	SC	642	Steven	Richardson	M	36	Charlotte	NC
397	Gerald	Johnson	M	68	Trinity	NC	518	Jim	Mead	M	46	Davidson, Nc	NC	641	Kyle	Richardson	M	30	Asheboro	NC
392	Kenneth W.	Johnson	M	37	Boone	NC	519	Beth	Meenaghan	F	42	Fairfax Station	VA	640	Gary Eugene	Richardson	M	56	Greensboro	NC
398	Herman Richard	Jolink	M	50	Cambridge Ontario,	Can	520	Rory L	Mellinger	M	50	Cuyahoga Falls	OH	643	Matthew Shane	Richardson	M	33	Raleigh	NC
399	Tommy	Jonas	M	45	Greensboro	NC	521	Sean Rae	Mevin	M	29	Naples	FL	644	John	Riddle	M	46	Hickory	NC
400	Martin C	Jones	M	46	Stockbridge	GA	522	Steven	Mendelson	M	43	Asheville	NC	645	John	Rider	M	39	Clayton	NC
403	Tommy	Jones	M	40	Gastonia	NC	523	Gordon	Mendelson	M	42	Chapel Hill	NC	646	Ginger Lyn	Rimmer	F	39	Concord	NC
405	David Preston	Jones	M	49	Sanford	NC	2	Reid	Merrill	M	46	Morganton	NC	288	Don	Rinus	M	48	Murfreesboro	TN
406	Loren	Jones	M	70	Jacksonville	NC	524	Brad	Messenger	M	25	Charlotte	NC	648	Michael Scott	Ritch	M	45	High Point	NC
402	Shane E.	Jones	M	46	Durham	NC	525	George	Meyer	M	47	Wellford	SC	649	Keith	Roach	M	39	Oak Ridge	NC
407	Richard	Jones	M	49	Matthews	NC	526	Adrian	Meyer	M	35	Carboro	NC	650	Jody	Roach	M	33	Huntersville	NC
401	Mike	Jones	M	52	Marietta	GA	527	Sean	Meyers	M	41	Salisbury	NC	651	Jeff	Roberson	M	33	Pine Mountain	GA
404	Bryan Andrew	Jones	M	25	Raleigh	NC	528	Gary	Michael	M	45	Troutville	VA	653	Scott William	Roberts	M	38	Gastonia	NC
408	Avery Larue	Jones	M	52	Conway	SC	532	Jerry	Miller	M	57	Gaithersburg	MD	652	William H	Roberts	M	50	Charlotte	NC
409	Michael G	Jones Jr.	M	34	Maiden	NC	530	Scott A	Miller	M	40	Winter Haven	FL	654	Stephen T	Roberts	M	53	Greer	SC
410	Robbie	Jones, Jr.	M	40	Gaffney	NC	529	Michael J	Miller	M	39	Durham	NC	655	Eric A	Robidou	M	23	Conyers	GA
411	Michael T	Jordan	M	44	Beaufort	SC	531	David S	Miller	M	56	High Point	NC	656	Troy Lynn	Robinson	M	46	North Augusta	SC
412	Carl	Kabbe	M	63	Summerville	SC	533	Cobb	Miller	M	52	Blowing Rock	NC	657	Louis	Rodeia	M	46	Chattanooga	TN
413	Paul	Kammerer	M	44	Isle Of Palms	SC	534	Scott Joseph	Miner	M	43	Charleston	SC	658	Matthew Todd	Roe	M	39	Durham	NC
414	Jaroslav	Kanski	M	32	Blacksburg	VA	535	Monty R	Minton	M	51	Lenoir	NC	660	Jason	Rogers	M	43	Nashville	TN
415	John	Kaplar	M	34	Midland	NC	536	Greg	Mitchell	M	41	Durham	NC	659	Wayne	Rogers	M	47	Cary	NC
416	Eric	Kapitulik	M	34	Boston	MA	537	Derel	Monteith	M	37	Fletcher	NC	661	Steve	Rohrbeck	M	47	High Point	NC
417	John V.	Kalsaras	M	41	Lakeland	FL	538	Ernesto	Morales	M	37	Cornelia	GA	662	John Travis	Rohrer	M	28	Johnson City	TN
418	Jeff	Keating	M	34	Apex	NC	539	Whit	Morison	M	43	Bristol	VA	663	George	Rooney	M	47	Evergreen	CO
419	Mike Murray	Kealey	M	43	Shelby	NC	540	David Andrew	Morken	M	37	Chapel Hill	NC	664	Daniel (Dan) Patrick	Rooney	M	54	Orlando	FL
420	Greg V	Kerr	M	46	Greensboro	NC	542	Scott	Morris	M	36	Lewisville	NC	665	Robert W	Ross	M	39	Rock Hill	SC
422	Robert Jay	Kilby	M	43	Los Gatos	CA	541	Dana	Morris	M	49	Camden	SC	666	Steve	Rothwell	M	46	Chapel Hill	NC
423	Thomas Middle	King	M	47	Raleigh	NC	543	Barry	Motsinger	M	48	Winston-Salem	NC	667	Brett	Rumble	M	32	Charlotte	NC
426	Andrew	Kinney	M	37	Kings Mtn	NC	544	William	Muddle	M	45	Cape Canaveral	FL	668	John E	Rundell	M	50	Simpsonville	SC
424	Daniel	Kinney	M	45	Freeville	NY	545	Paul Justin	Mueiler	M	33	Saint Louis	MO	669	Tommy	Russell	M	43	Kingsport	TN
425	Charles	Kinney	M	60	Eden	NC	546	William	Mulligan	M	45	Knoxville	TN	670	Brett	Rutledge	M	44	Westboro	MA
427	William Dean	Kinzley	M	60	Columbia	SC	547	Frank David	Mullins	M	28	Greensboro	NC	671	Christopher S	Ryan	M	47	Jacksonville	FL
428	Phillip James	Kirby	M	34	Taylorsville	NC	548	Patrick Thomas	Mumford	M	42	Charlotte	NC	672	Terry Hugh	Saine	M	49	Newton	NC
429	Jonathan	Kiser	M	35	Advance	NC	549	Eddie	Murphy	M	32	Reidsville	NC	673	John	Sanders	M	52	Kemersville	NC
430	Bob	Kitto	M	51	FL Wayne	IN	550	Brad	Murphy	M	32	Raleigh	NC	674	Dana	Saucier	M	38	Dublin	OH
431	Gregory A	Kiziah	M	51	Taylorsville	NC	551	David	Murray	M	39	Fairview	NC	675	Timothy G	Saunders	M	51	Charlotte	NC
432	Solomon	Kobes	M	31	Chapel Hill	NC	552	Rory	Murtagh	M	43	Chapel Hill	NC	676	David J	Sawicki	M	39	Magnolia	DE
433	Tony	Kochert	M	38	Columbia	SC	553	Anthony	Myers	M	52	Atlanta	GA	677	Robert	Sawyer	M	40	Va Beach	VA
434	Nathan	Kohring	M	40	Hudson	OH	555	Thomas D.	Myrick	M	51	Charlotte	NC	678	Matthew John	Schalla	M	30	Mcdonald	TN
435	Shawn	Kolitch	M	37	Portland	OR	554	John	Myrick	M	35	Clemmons	NC	679	Daniel	Schad	M	41	Raleigh	NC
436	Harald	Kowa	M	44	Arden	NC	556	Jerry Alan	Nagelkirk	M	46	Simpsonville	SC	680	Jeffrey Lloyd	Schlaetus	F	40	Knoxville	TN
438	David Matthew	Kraft	M	40	Bridgeville	PA	557	Shawn R	Nally	M	49	Greer	SC	681	Liz	Schlepper	M	27	Norfolk	VA
439	Justin	Kraft	M	31	Charlotte	NC	558	Gary	Nario	M	35	Kernersville	NC	682	Jimmy Robert	Schneider	M	67	Durham	NC
437	David William	Kraft	M	36	Waxhaw	NC	559	Michael Raymond	Nash	M	46	Cornelius	NC	683	Robert	Schoolcraft	M	67	Lancaster	SC
440	Lynne J.	Krulich	F	47	Blacksburg	VA	560	Jeff	Needham	M	44	Loveland	CO	684	Heidi	Schronce	F	19	Chapel Hill	NC
441	Scott	Lail	M	43	Hickory	NC	561	Kenneth Lamont	Neely	M	42	Philadelphia	PA	685	Patrick	Scully	M	38	Asheville	NC
442	Lanny	Lambert	M	47	Hudson	NC	563	Greg Reid	Nelson	M	38	Denton	NC	686	Wyatt	Seals	M	44	Lenoir	NC
443	David	Laprade	M	36	Thomasville	NC	562	Shane	Nelson	M	37	Knoxville	TN	377	Bill	Sebastian	M	51	N. Wilkesboro	NC
444	Lance	Lassiter	M	36	Matthews	NC	564	Walter	Newton	M	49	Bahama	NC	687	Jeffrey	Selinger	M	47	Greensboro	NC
445	Ben D.	Lawrence	M	41	Hickory	NC	565	Jamie	Newton	M	46	Gastonia	NC	688	John J	Sellinger	M	49	Hatfield	PA
446	Grant	Lawyer	M	38	Summerfield	NC	566	Kevin B	Nicholson	M	36	Thomasville	NC	689	Tommy	Seymore	M	54	Abingdon	VA
447	Grant	Lawyer	M	39	Summerfield	NC	567	James David	Nicoll	M	60	Buffalo Junction	VA	690	Brent William	Shaver	M	24	Locust	NC
448	Stephen P	Layton	M	41	Columbia	SC	568	Marshall J	Nord	M	40	Lenoir	NC	691	Carolyn	Shaw	F	44	High Point	NC
449	Sherry Russ	Lee	F	37	Winston-Salem	NC	569	Dennis Alan	Norris	M	45	Connelly Springs	NC	692	Donald	Shaw	M	46	High Point	NC
450	Greg Lynn	Leister	M	34	Burlington	NC	570	Todd	Norris	M	43	Yadkinville	NC	693	Chris	Sheehan	M	37	Blowing Rock	NC
451	Don	Levinson	M	44	Jacksonville	FL	571	Amy	Novinc	F	38	Gastonia	NC	694	Shell	Shell	M	40	Youngs Rock	NC
452	Brad	Lewallen	M	39	Clarksville	GA	572	Jeff	Nunnaley	M	37	Huntersville	NC	695	Phillip O.	Sherrill	M	51	Charlotte	NC
453	Donna Alice	Lewis	F	45	High Point	NC	573	Tara	O'Dwyer	F	37	Ormond Beach	FL	696	Tracy	Sherrill	F	43	Concord	NC
454	John	Lilly III	M	36	Gainesville	GA	574	Anna	Olivier	F	25	Carboro	NC	697	Dan	Shiels	M	47	Southport	NC
455	Jon	Limbird	M	54	Dunwoody	GA	575	Francisco	Ortiz	M	38	Myrtle Beach	SC	698	Mark E	Shirey	M	45	Clover	NC
456	William Denton	Lindsay Jr																		



# 2006 BRIDGE-TO-BRIDGE RIDER ROSTER

Rider #	First	Last	M/F	Age	City	ST
738	Roger Alan	Stewart	M	56	Lugoff	SC
739	Brent Anthony	Stine	M	46	Hickory	NC
740	Michael John	Strasleski	M	51	Carthage	NC
741	Paul Michael	Sullivan	M	34	Morganton	NC
742	Michael Richard	Svatek	M	48	Safety Harbor	FL
743	Bill	Sweeney	M	47	Anderson	SC
744	Clive Roger	Sweeney	M	58	Durham	NC
745	Bill	Talmadge	M	36	Apex	NC
746	Doug	Tart	M	57	Lakeland	FL
747	John Tyler	Tatum	M	31	Alpharetta	GA
748	John S.	Taylor	M	42	Lewisville	NC
749	Ed	Taylor	M	65	Elizabeth City	NC
750	Michael Edward	Taylor	M	31	Raleigh	NC
751	Avery	Telligman	M	28	Winston-Salem	NC
752	Peter	Tempest	M	63	Virginia Beach	VA
753	Sally	Tempest	F	29	Virginia Beach	VA
754	Glenn	Thaller	M	48	Burlington	NC
755	Christopher K	Thomas	M	37	Stony Point	NC
756	James	Thomas	M	34	Chapel Hill	NC
757	Paul Lee	Thomas II	M	45	Moore	SC
758	Anne Jones	Thompson	F	47	Blacksburg	VA
759	Kevin	Thomson	M	52	Vesuvius	VA
760	Wood	Thomton	M	39	Richmond	VA
761	Scott Lynn	Titlow	M	47	West Liberty	OH
762	Troy Edward	Tomlinson	M	35	Lenoir	NC
763	Dave	Tomsky	M	59	Asheville	NC
764	Lars K	Tonnesen	M	39	Charlotte	NC
765	Steven Lee	Tranham	M	47	Fletcher	NC
766	Alan	Tripp	M	26	Greenville	NC
767	Troy Linford	Trotter	M	42	Winston-Salem	NC
768	Gary Michael	Troup	M	59	Burlington	NC
769	Stephanie D.	Truell	F	40	Thomasville	NC
770	Zorda	Tucker	M	31	Salisbury	NC
771	John	Turbek	M	38	Georgetown	KY
772	Cheyne	Turbyfill	M	30	Eik Park	NC
773	Peter Smith	Turk	M	47	Charlotte	NC
775	Randall Dwaine	Tuttle	M	37	Conover	NC
776	Suzanne	Unger	F	34	Durham	NC
777	Michael	Valenti	M	42	Clinton	NC
778	Bill	Van Every	M	42	Valle Crucis	NC
779	Elliot	Van Patten	M	41	Wake Forest	NC
780	Scott J	Vanek	M	35	Kennesaw	GA
781	Wilmar Omar	Vargas Chaparro	M	28	Greenville	SC
782	John R	Vaughan	M	55	High Point	NC
783	Ramon	Vazquez	M	25	Cornelia	GA
784	Casey	Vedder	M	32	Mt. Airy	NC
786	Mark	Verwoerd	M	38	Chicago	IL
785	Christopher	Verwoerd	M	40	Winston Salem	NC
787	Kevin W	Viars	M	32	Draper	VA
788	Mark	Vinette	M	48	Bethesda	MD
789	Chris	Voeller	M	36	Denver	CO
790	Gary D	Vogin	M	43	Atlanta	GA
791	David	Vreeland	M	52	Wilmington	NC
792	Mike Bruce	Wachtel	M	47	Cary	NC
793	Tom	Wade	M	58	Jacksonville Beach	FL
794	Angie	Wade	F	41	Jacksonville Beach	FL
795	Trond Kydd	Waerness	M	38	Apex	NC
797	Gary	Wagoner	M	53	Auburn	AL
796	Steve D	Wagoner	M	48	Moore	SC
799	Tracie	Walker	F	26	Cary	NC
800	Steve	Walker	M	58	Cary	NC
798	Kevin	Walker	M	37	Cary	NC
801	Todd	Wallace	M	43	Chapel Hill	NC
802	Shaun D	Walsh	M	39	Myrtle-Beach	SC
803	Keith	Walther	M	41	Lewisville	NC
804	Jeff Walther George	Walther	M	45	Lyman	SC
805	Mark	Wartski	M	40	Raleigh	NC
806	Waters Shawn	Waters	M	34	Lenoir	NC
807	Amanda	Watkins	F	35	Charlotte	NC
808	Steven	Watkins	M	38	Charlotte	NC
809	Bill	Watkins	M	34	North Wilkesboro	NC
810	Terry	Wayne	M	49	Charlotte	NC
811	James H.	Weant	M	48	Gastonia	NC
812	Charles	Weaver, Jr.	M	37	Astoria	NY
813	Jerry Neal	Webb	M	51	Danville	VA
814	Robert Kim	Weckbacher	M	51	Mt Pleasant	SC
815	Eric	Weiser	M	34	Lititz	PA
816	Robert	Wells	M	36	Springfield	TN
817	Jane	West	F	41	Hanahan	SC
822	Richard Dennis	White	M	52	Spartanburg	SC
820	Steve	White	M	36	Boone	NC
823	Jon E.	White	M	35	Connelly Springs	NC
821	Jim	White	M	48	Roanoke	VA
818	John Rae	White	M	58	Nashville	TN
819	Jimmy Michael	White	M	51	Gaffney	SC
824	Randy	Whitt	M	59	Charlotte	NC
825	Geoffrey E.	Wile	M	38	Winston-Salem	NC
826	Kari S	Wilkinson	F	45	Mebane	NC
829	Rusty	Williams	M	39	Charlotte	NC
832	Daniel Burke	Williams	M	23	Durham	NC
830	Jamie	Williams	M	26	Raleigh	NC
827	Steve	Williams	M	57	Murfreesboro	TN
831	Debra	Williams	F	47	Hendersonville	NC
828	Clint L	Williams	M	37	Demorest	GA
833	Mark	Willis	M	30	Charlotte	NC
835	Greg Pigman	Wilson	M	39	Germanatown	NC
834	Harry	Wilson	M	53	Pilot Mountain	NC
836	Jodi	Winterton	F	31	Charlotte	NC
837	Jim	Wilko	M	51	Halifax	VA
838	Tommy	Wofford	M	51	Clemmons	NC
839	Kent	Wohler	M	51	Geneva	IL
841	Thomas	Woller	M	54	Thomasville	NC
840	Melissssa	Woller	F	50	Thomasville	NC
842	TJ	Wood	M	34	Kannapolis	NC
843	Bill	Woodhouse	M	47	Virginia Beach	VA
844	Rick	Woods	M	45	Gloucester Ct	VA
845	Jeff W	Wright	M	41	Blacksburg	SD
846	Charles Ancel	Wrinkle II	M	37	Jamestown	NC
847	Robert	Wurm	M	50	Durham	NC
848	Glenn	Wysock	M	48	Winter Haven	FL
849	Kevin	Yates	M	36	Goldsboro	NC
850	Roger Scott	Yates	M	39	Denton	NC
851	Yong Ki	Yi	M	35	Winston-Salem	NC
852	Matthew Wray	Yoder	M	34	Philadelphia	PA
853	Craig	Young	M	34	Durham	NC
854	Joe M	Young	M	35	Athens	VI
855	Richard	Yow	M	51	Marietta	GA
8	Tonia H.	Yurkiewicz	M	36	Daytona Beach	FL
856	Steve	Zimmerman	M	37	Cary	NC



BODACIOUS FAMILY ENTERTAINMENT

## Everyday Café Specials

**Bridge to Bridge Food Special**  
Friday, Saturday & Sunday

- Shrimp Scampi over angel hair pasta..... \$9.95
- Pesto Chicken over spinach ling..... \$7.95
- Fettuccine Carbanara..... \$8.95

*Best of Luck Riders!*

## September Specials

<b>Sunday</b>	.25 cent Wings.....	.25¢
<b>Monday</b>	.25 cent Wings.....	.25¢
<b>Tuesday</b>	Beef Tips.....	\$5.99
<b>Wednesday</b>	All You Can Eat Pasta & Bread Sticks	\$8.95
<b>Thursday</b>	Half or Full Rack of Ribs	Half \$8.95   Full \$14.95
<b>Friday</b>	10oz. Prime Rib & Fried Shrimp.....	\$14.95
<b>Saturday</b>	10oz. Prime Rib & Fried Shrimp.....	\$14.95
<b>Daily Lunch Special</b>	Soup & Sandwich.....	\$5.95

1115 Blowing Rock Boulevard, Lenoir, NC 28645  
HWY. 321 N. 828-754-9000



FROM PAGE 3

**ROUTE**

back, he said. But, that's no reason to get discouraged, Hites said.

"If you have gone 60, 80, 90 miles, that's something to be proud of," Hites said.

His advice for riders is to keep eating and drinking through the ride.

Of course, riders will be eating Saturday and Sunday morning to stock up on carbs, and Rhuberg said that's one of the positive economic impacts of the event.

Local restaurants will be busy Saturday night, Sunday morning and perhaps Sunday evening, Rhuberg said.

"And there is a car show in Lenoir, and we expect a lot (of riders) will hang around for that," she said.

Several restaurants will be open extended hours Saturday and bright and early Sunday for the riders and spectators.

Java Joe's staff will open the doors on Main Street at 5:30 a.m. Sunday, according to, information from Rhuberg. Kamrons Lunch Box,

also on Main Street, and the new Our Place Restaurant, located at 813 West Ave., will open Sunday at 6 a.m.

Riders will start the ride at 7 a.m. at the intersection of Main Street and West Avenue. Parking is available for spectators at several municipal lots for people who want to cheer during the sendoff.

"It is fabulous," Rhuberg said about the start.

By about 7:10 a.m., the riders will pass McDonald's.

"From about 7:15 to 7:45 a.m. they'll be on U.S. 321-A in Whitnel all the way down to Granite Falls," Rhuberg said. "That will be a really nice area to watch. They'll be coming through there in the hundreds."

By 9:30 a.m. or 10 a.m., the cyclists will come back through Smith Crossroads around 9:30 a.m. or 10 a.m. and head back through downtown past the post office.

"They'll start getting (to NC 181) by 10 a.m., but they start spreading out," Rhuberg said.

FROM PAGE 5

**LUNA**

Flagstaff had a very well-established cycling community. He said his goal is to bring more people together and build that kind of cycling community here.

"I think we are trying to bring a sense of community," Moore said. "Where we come from cycling had its own culture and sense of community. I wanted to bring that here. We want people to feel comfortable coming in, and we don't want people to feel like they have to buy something every time they are here. We want this to be a place where people can come hang out and learn from others."

Troy Tomlinson is one of several local cyclists who frequents the shop. He said Luna Cycles is a very valuable asset to the cycling community because it offers services that cannot be found anywhere else in

Caldwell County.

"Knowledge and service. Those are the biggest and most important things," Tomlinson said. "You can't go to Wal-Mart and ask them about a bicycle."

In addition to bringing more cyclists together, Welch said he would like to see the entire community become more aware of cycling and the presence of more bikes on the road.

"I'd like to see more awareness," Welch said. "As Caldwell County continues to grow and become more popular (to cyclists), more people will need to come to the realization that many people will move to the area. This is a great community. The people are thoughtful and considerate in this area."

FROM PAGE 4

**RIDING TIPS**

found about anywhere, and gels can be found at nearly every bike shop.

I have forced myself to adhere to a pretty strict diet, but you don't have to be too strict as long as you are getting enough calories and carbs to avoid the dreaded bonk. I've been there before, and there is no feeling worse than being completely sapped out in the middle of nowhere with at least 15 miles to go.

Bike maintenance is crucial in preventing mechanical failure. Be sure that all parts are secure; gears shift smoothly; the chain is adequately lubricated; and tires are inflated properly. The guys at Luna Cycles are far more well-versed in mechanical expertise, and they can answer any mechanical questions and give pointers to help you get the most out of your road machine. And do leave the

mechanical work to the experts. Trying to perform your own tune-up work can make things worse.

Well, there are just a few tips to help get ready for the open road.

Wish me luck.

*Ron Jackson is a reporter at the News-Topic, a former wrestler at Appalachian State University and an amateur cyclist.*

FROM PAGE 2

**MORTON**

Hugh MacRae Morton III. As the third generation Hugh Morton takes control of the Mountain, I can assure you that Grandfather is in good hands.

As you cross the finish line at the summit of Grandfather on Sunday, you likely will see Hugh MacRae

Morton III, known as Crae, working alongside the rest of us to make the Bridge to Bridge one of the best rides in the country, just as his grandfather did.

*Cathy Rhuberg is program director for the Caldwell County Chamber of Commerce.*

# Fuji Express

Japanese Restaurant



**Welcome Bridge To Bridge Riders!**  
Free Drink with any dine-in.

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*Good Luck  
from all of us here at...*

# CARS PLUS

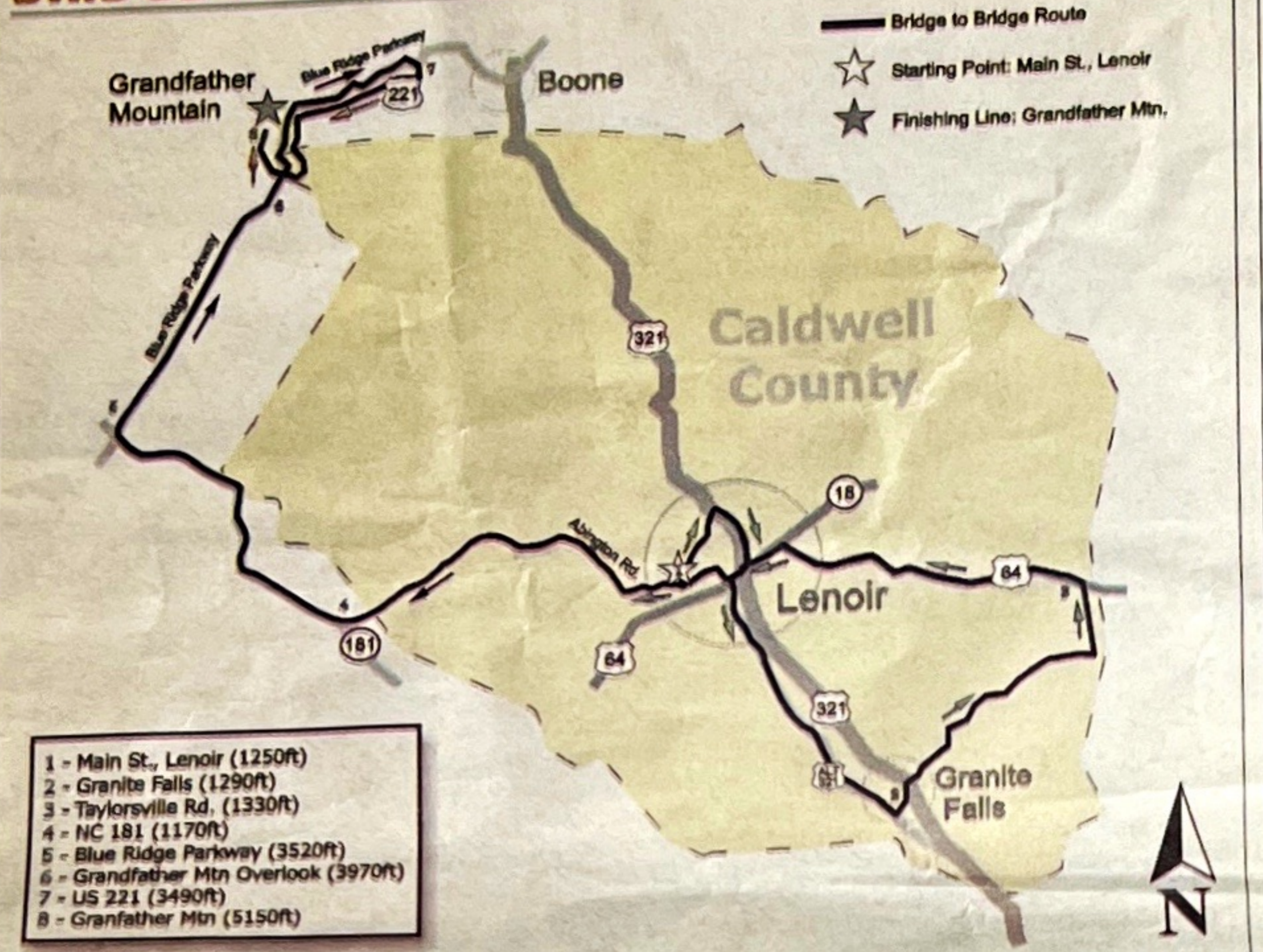
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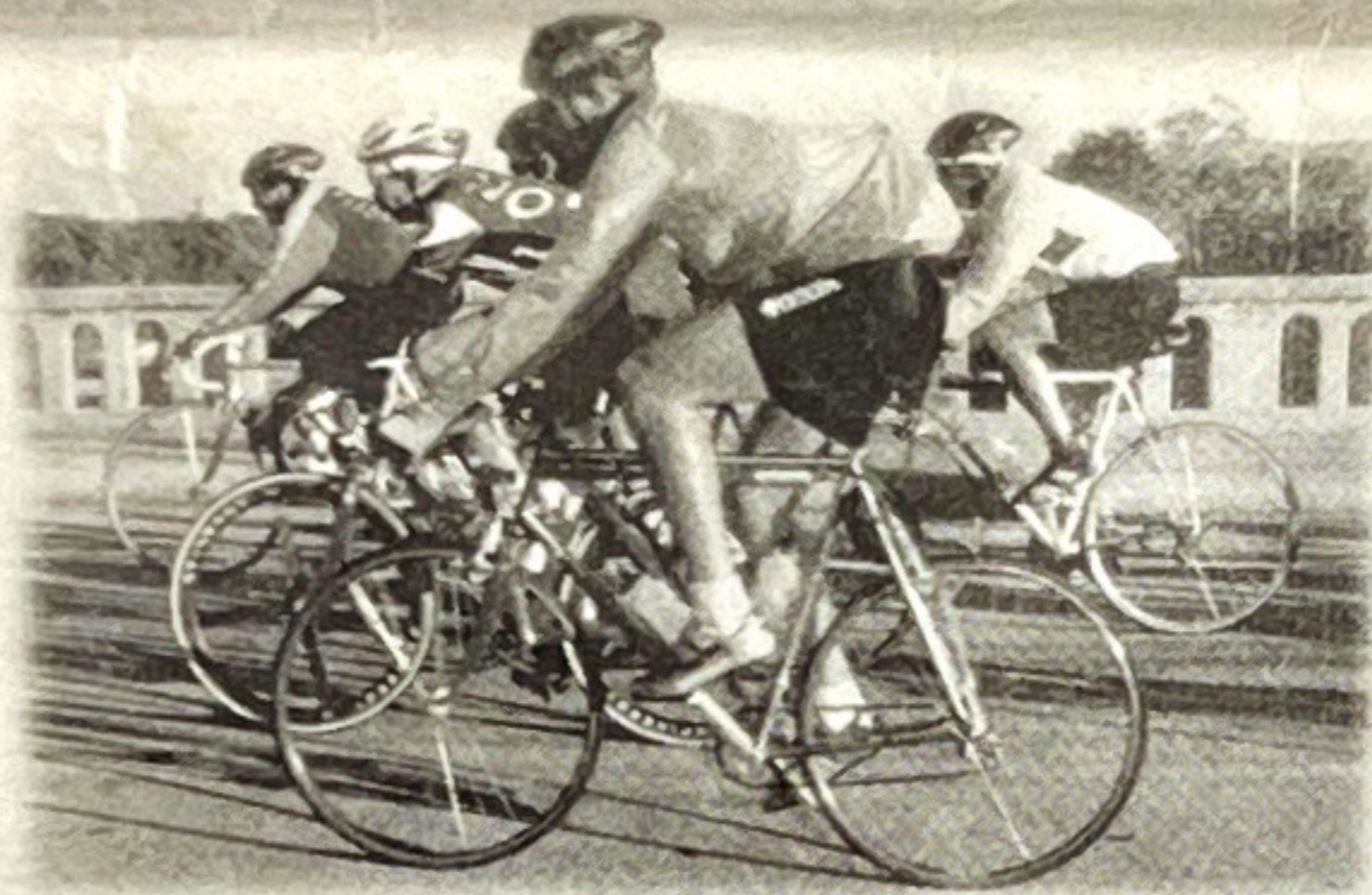
## BRIDGE TO BRIDGE: THE ROUTE



### Rider Profile: Locations

Riders from 30 states are represented, plus Canada and Denmark

State	No.	Pct.
North Carolina	546	60.94
South Carolina	76	8.48
Virginia	66	7.37
Georgia	49	5.47
Florida	43	4.80
Tennessee	34	3.79
Ohio	14	1.56
Pennsylvania	8	0.89
Maryland	7	0.78
Illinois	6	0.67
New York	5	0.56
Colorado	4	0.45
Missouri	4	0.45
Alabama	3	0.33
Arkansas	3	0.33
California	3	0.33
Indiana	3	0.33
Massachusetts	3	0.33
Michigan	3	0.33
West Virginia	3	0.33
Kentucky	2	0.22
New Jersey	2	0.22
Wisconsin	2	0.22
Delaware	1	0.11
Minnesota	1	0.11
Montana	1	0.11
New Hampshire	1	0.11
Oregon	1	0.11
Utah	1	0.11
Vermont	1	0.11



A special  
**Thank You**  
 to all the riders  
 and volunteers  
 that help make the  
 Bridge to Bridge  
 an Incredible  
 Event!



# PANCHO VILLA MEXICAN RESTAURANT

Sun. - Thurs. - 11 am - 10 pm  
 Fri. - Sat. - 11 am - 10:30 pm

2 LOCATIONS:

31 Pinewood Rd., St. 3  
 Granite Falls, NC 28630  
 (828) 396-8121

2153 Morganton Blvd.  
 Lenoir, NC 28645  
 (828) 758-5400



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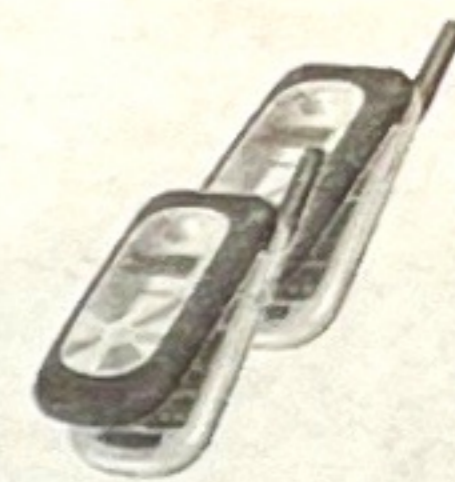
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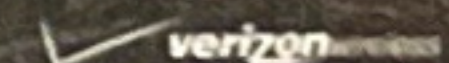
Lenoir #2  
 828-394-4211

Granite Falls  
 828-396-4001

Wickery  
 828-324-4067

Morganton  
 828-433-1977

Taylorsville  
 828-432-2433



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