



BARTLESVILLE  
PEDALERS

# Gazette

APRIL 2004 • THE NEWSLETTER OF THE PEDALERS BICYCLE CLUB, BARTLESVILLE, OK

## Spring Fling Campout set for April 24th

The Board members of the Pedalers met for their regular monthly meeting on March 22.

President Dale Munn called the meeting to order with Joanne and Bill Estes, Jack Tatum, Walt and Betty Bohn, Shirley and Joel Martin, Vincent Hennigan, Rod Harwood and Joyce Fogel in attendance.

The Annual Spring Fling Campout – a kind of shake down cruise for members preparing for OK FreeWheel will be April 24 & 25 at Copan Lake (Washington Cove). More details of the weekend (with multiple rides and camping) will be e-mailed to all members.

Treasurer Joel Martin reported \$1328.38 in the treasury. He reported that there are five new members that have joined the club, please welcome:

- Michael Smith**
- Reva Fury**
- Bruce Sturges**
- Bob Booth**
- Tim Harper**

A group registration for the April 10th Flower Power Ride in Muskogee was discussed. We should have a great turnout of Pedalers this year!

The group discussed Ride Rules suggested by Bob Lummis. Bob was absent from the meeting, but had sent a group e-mail suggesting that Saturday Rides in the Winter Months be determined by specific times and temperatures, Look for more information about these suggestions elsewhere in the newsletter. The group decided that the "official" temperature source for determining rides be the Arvest Time & Temperature line at 918-336-9400.

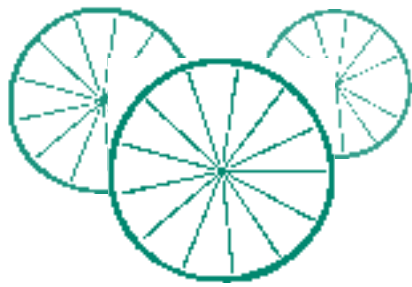
Vincent Hennigan volunteered to be a resource for communicating cycling needs to the city government. Any members who want to work on cycling-related issues to help Bartlesville become more Cycling Friendly, then please contact Vince at 338-0604.



*Joanne Estes, right, presents a special award to OK FreeWheel Director Libby Stalter after her presentation to the March 9 Pedalers' meeting at the Bartlesville Library. Libby described the upcoming ride to more than 30 people in attendance at the special meeting.*

## Special Thanks From The Pedalers!

The Bartlesville Pedalers wish to thank the following for helping make the March 9th "Freewheelin' It" Noon Meeting at the Library a big success: Thank you, Denise, for the great meeting room! Thank you, Bartlesville Chamber of Commerce, "The Examiner Enterprise," Charlie Taraboletti and KWON Radio, the "Sunrise Reporter," Cable One, Albertson's, and Libby Stalter of Oklahoma FreeWheel. From our Pedalers, Shirley Martin, Barbara and Malcolm Joyce were the capable hosts. Over 30 people attended, including several guests and new members and new friends!




# Spinning Wheels

Hope to see you all back on your bicycles this month as we come to the ideal spring riding season. Greetings Pedalers, if you weren't at the Martin's tonight, you missed a real feast and some great fellowship. Ask Jack about the cake!

Bob has graciously provided us with several maps that can be used on the Tues/Thurs rides. They were available for inspection at the feast. If you missed them or want to look and see what's available, they are available at:

[http://bartlesvillepedalers.com/  
FWTraining.php](http://bartlesvillepedalers.com/FWTraining.php)

If you have a dial up connection, you may require some time to down load as the average size is probably about 500K. 

*Dale Munn*, President

## Profile of a Litterer

He drinks Pepsi or Dr. Pepper soft drinks.

He drinks Budweiser, Bud Light or Bush beer.

He smokes Marlboro cigarettes.


He frequently gets to-go food at McDonalds and at Sonic.

He buys his auto parts at O'Reilly Automotive.

He buys his sacked goods at Wal Mart.

He doesn't secure his load when hauling tree limbs and/or wood.

He has loose hubcaps. (Just three of them now.)

This profile is the result of observation of the "decorations" found on Hill 44 during a quarterly trash pickup. 

*Submitted by Bob Lummis*

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**Our FreeWheel Training Rides  
start Tuesday evening at 6 pm and  
departs from JOHNSTONE Park.  
Thursday's ride will depart  
SOONER Park (near the tennis  
courts) at 6 pm.**

	<p><b>OFFICERS/DIRECTORS</b></p> <p>Dale Munn, President 333-5693 (hm) <a href="mailto:dmunns@swbell.net">dmunns@swbell.net</a> Joel Martin, Vice President/Treasurer Rod Harwood, Secretary, 335-7546 (hm) Bob Lummis, Road Biking Director George Harris, Mountain Biking Dir., 331-9080 (hm) Bob Pinnick, Director at Large, Joanne Estes, Director at Large, 333-6524 (hm) Vincent Hennigan, Editor, 338-0604 (hm)</p> <p>BARTLESVILLE PEDALERS BICYCLE CLUB P.O. Box 793, Bartlesville, Oklahoma 74005 <a href="http://www.bartlesvillepedalers.com">www.bartlesvillepedalers.com</a></p>
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# Mountain Biking...

*From the Mountain Biking "Director"...*



*By George Harris*

## Quality


I decided to get a mountain bike for my ConocoPhillips 25-year service award to use for commuting back and forth to work. Now I knew that it wouldn't be the best of bicycles. You see, I did some checking around and found out that the brand was normally sold at discount stores. What I didn't expect was what the differences that "quality," or the lack of it, makes.

I spent about a week fixing up my commuting bike – stuff like street tires, rear rack and bar ends – before I rode it any further than the end of the drive. Then came the big day, my first commute to work.

About a block from the house I'm saying to myself, "Man, I'm stiff this morning, or way out of shape." And with each gear shift, on the way west to the Washington-Nowata Road stoplight, there was a distinct "Clunk!" Downhill on Nowata Road was fun until it was time to slow down, which was about all I could manage to get out of the brakes.

By the time I got home from work that day I had decided that my "low quality" commuter bike was harder to pedal, harder to shift and harder to stop. There is a world of difference between riding it and my other bikes, which as most of you know are older, mid-price range bikes, not top-of-the-line models. But look on the bright side, it provides more exercise per mile than I get on my other bikes and it is truly a free ride.

## Wednesday and Sunday MTB Rides

Wednesday mountain bike rides will start on April 14<sup>th</sup> instead of the seventh. We have about 18-20 mountain bike routes to ride, not counting the single tracks at Osage Hills and Eagle Rock. The lengths vary from a warm-up 13 miles to a dirt metric. Several of these routes are new. We will start the Wednesday rides with some short routes close to home and as the daylight hours increase so will the ride lengths. Osage Hills will frequently be on the Sunday ride schedule until bugs and heat drive us out of the woods. And we will start riding some of the longer gravel road routes as the summer heats up. Plans are to throw in some late evening and moonlight rides to break some of the monotony of the summer heat. 

E-mail me at [george-harris@sbcglobal.net](mailto:george-harris@sbcglobal.net)

*George*

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## > > > > **We need Ride Leaders** < < < <

We need Ride leaders for the unfilled Tuesday - Thursday rides in April and for all of the Saturday-Tuesday-Thursday rides in May. If you could be a ride leader for one of the rides on April 15, 20, 22, 27 or 29<sup>th</sup> it will be greatly appreciated. These are FreeWheel Training Rides: the 15<sup>th</sup> is 10 miles, the 20<sup>th</sup> & 22<sup>nd</sup> are 13 miles and the 27<sup>th</sup> & 29<sup>th</sup> are 16 miles. The Ride Leader and riders will decide the route at the time of the ride.

For the Month of May, all of the Tuesday -Thursday rides and all of the Saturday rides are available. May 4<sup>th</sup> & 6<sup>th</sup> will be 20 miles, May 11<sup>th</sup> & 13<sup>th</sup> will be 25 miles, May 18<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup> & 27<sup>th</sup> will be 30 miles. The Saturday ride lengths vary, but are generally in the 40-60 mile range, with the distance increasing as we get closer to FreeWheel. Call Bob at 333-4374.

# Pedaler Profile

## Ralph Bergstad

My first bicycle was a brand new single speed fat-tire Schwinn that I used to deliver papers with when I was a kid growing up in Astoria, Oregon back in the 1950's. A little later I got a used \$5 single-speed skinny-tired bicycle that we referred to as a "racing bicycle". It was a lot more fun to ride than my new fat tire Schwinn.

My next encounter with a bicycle was in the 1970's when Lois and I bought 10-speed Volkscycles. I rode this Volkscycle on my first club century ride and first FreeWheel in about the mid 1980's. Being a masochist, I really enjoyed my first century ride and FreeWheel. On my first FreeWheel I met Clarence Lanning. He stopped and helped me repair a flat tire. I learned it was a good idea to carry a spare tube after my next flat the following day when I exploded my tube trying to find the leak. Fortunately another kind bicyclist gave me a tube and got me on the road again.

It was not long after my first FreeWheel that we joined the Pedalers. Lois and I went with the Pedalers to Breckenridge, CO and rode the mountain passes with our Volkscycles. After that experience, we decided we needed a few more gears and we upgraded to 18-speed bicycles in the late 1980's. This is the bicycle I currently ride, a somewhat heavy, but very sturdy Specialized Expedition. Though it is somewhat dated, I once was on the cutting edge of bicycle technology and was the first one in the club to use LOOK pedals. But alas, now I do not even have indexed shifting. But I did finally buy a new set of tires after last year's FreeWheel. These tires take a mind boggling 110 psig. My old tires took only 80 psig.


For several years I was fairly active in the Pedalers and for two years was touring director. While leading a ride in 1991 in a close grouping of cyclists I crashed and broke a collar bone and three ribs and was out of action for about a month. Since then I try to keep a good distance between myself and the nearest cyclist. When active with the club, I rode about 1500 miles per year.

I graduated from Phillips Petroleum Company



*Ralph Bergstad gets a hug from his wife, Lois, before the start of OK FreeWheel 2003 in Dennison, TX.*

in 1992 and pretty much retired from everything except from working out at the Fitness Center. It is still an effort to get on the bicycle and get ready for FreeWheel.

The last two years I got in about 100 to 200 miles training before FreeWheel. I really prefer to walk. It does not hurt so bad when you fall. 



*Pedaler's Past President Michael Smith shakes hands with Clarence Lanning after the March meeting.*

# Bartlesville Pedalers Report from the Road Director

By Bob Lummis


It's here! It's here! Daylight Savings Time is finally here! This means that our regular Tuesday – Thursday evening rides are happening again beginning at 6:00, Tuesday, April 6. Just remember – Tuesday's rides begin at Johnstone Park and Thursday's rides begin at Sooner Park. Both rides leave at 6:00 pm.

All of our rides between April 6 and June 10 will be "FreeWheel Training Rides." We will start off with just a 7 mile ride the first week for the Tuesday – Thursday rides, and increase by approximately 3 miles each week afterward until we get up to 30 mile evening rides. Our Saturday morning rides will be the usual 40 – 60 mile rides, with shorter options for those who aren't yet up to a long ride or don't have time for the longer ride. The meeting place at Johnstone Park is at the trailhead of the Pathfinder Parkway, while the meeting place at Sooner Park is in the parking lot

for the new tennis courts.

For those who want longer, faster rides, I suggest that you ride out ahead for a few miles, then turn around and come back so us slowpokes can "catch" you. If you do this enough times, you'll get in the longer, faster ride that you wanted and the slower riders can still be part of the ride with you.

Remember Spring Fling is coming April 24 & 25. We will camp at Washington Cove at Copan Lake Friday and/or Saturday nights and ride Saturday & Sunday mornings. This is an excellent "shakedown weekend" to prepare for FreeWheel. It not only prepares you for the riding, it also gives you a chance to check out the camping gear that you'll be taking on FreeWheel. The ride length for both days will be around 60 miles with shorter options for those who don't want to do the full distance. More information will be e-mailed as we get closer to the 24 th .

And finally, our Saturday Morning ride time will be 9:00 am for the month of April. We will hold that time throughout the month then go to 8:00 am on May 1. 

Have a safe ride!

**Bob**




*Paul Woollett and his grandson, Kevin, were among the crew that pitched in to help with the Spring Cleanup of the Pedaler's two-mile section of Hwy. 123 on March 20. Kevin was a real trooper and even rode with Grandpa after the cleanup – even up Hill 39 and back! Thanks to all of the volunteers who helped.*

## Pot Luck Report

A hearty group of hungry Pedalers brought the best-ever dishes to the No-Foolin' April Fools Pot Luck 6:00 p.m. Thursday, April 1st! Joel and Shirley Martin graciously opened their Woodland View home to provide a cozy indoor setting for their guests – yet all could enjoy window views of their well-groomed gardens!

Jack Tatum, Bob and Patsy Lummis, Paul and Beverly Woollett, Jim and Donna Black, Walt and Betty Bohn, Bill and Joanne Estes, and Dale and Judy Munn shared stories and a most delightful dinner, around Joel and Shirley's "Training Tables!"

After the scrambling for the recliners, Road Ride Leader, Bob, secured volunteers to round out the majority of the April, May, & June rides. He, also, provided dazzling full-color maps to assist the volunteers and riders alike! Way to go, Bob!!!

With only a very few leftovers to tote home, the guests enjoyed a spectacular alignment of the planets in the evening sky! THANK YOU, Martins and Pedaler Cooks! 

## **Oklahoma FreeWheel 2004 April Planning Meeting**

Ross Snider, Michael Smith, Bob and Nickie Hall-Hensley and Joanne Estes attended the Oklahoma FreeWheel 2004 Planning Meeting in Tulsa on April 5, 2004.

Tour Director LibbyStalter announced that the number of registrations is up one-third from this same time last year.

Four Tulsa Bike shops have confirmed to be assisting FreeWheelers: Lee's, Bicycles of Tulsa, Tom's, and T-Town Bikes. She is still waiting to hear from Al's in Oklahoma City who may also be on hand to help.

Video Man, Ken Campbell has confirmed that he will be on hand again.

Libby told that family of recently-deceased Tom Reese, a long-time FreeWheel enthusiast, wants to donate his 2 bikes and camping gear to a needy FreeWheel prospect!

Contact Libby if you have someone to suggest for this generous gift.

The town of Thomas has a few private homes that have offered for overnights. For info call 580-661-3685. Campground is set for the pretty City Park with shuttling to showers at High School a mile away.

She told that the bus will be going from Tulsa to Oklahoma City and will pick up passengers there, but be sure to get reservations. It is imperative that bikes transported on the bus are boxed!

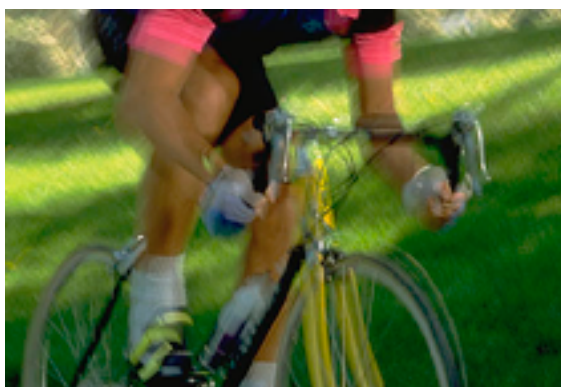
Camping in Fairview has been moved from the new school facilities to the City Park in order to enjoy all the established shade trees! This is a familiar spot to those Fall Bike-Fest campers! Shuttles will transport campers to the High School for the new showers!

Tom announced the last two Seminars to be April 12 on Nickie's "Unpacking" and "Putting a Box Around Your Bike!" and on the April 19, "FreeWheel - the Rest of the Story!"

Bill reported progress on the Lunch Stops and Joanne gave a brief Rest Stop review! Baggage handling is scheduled and should run smoothly!

The May issue of Bicycling will have a centerfold on Oklahoma FreeWheel. FreeWheel merchandise this year will be playing cards, socks, T-shirts, including bargains on vintage shirts! Both designs for 2004 FW Jerseys (\$60) and T-shirt (\$10) are now online.

The Packet-Stuffing Pizza Party will be 6:00 p.m., Monday, May 3, at the FreeWheel Office, first



floor of the Mapco Building, 1717 South Boulder, just north of Veterans' Park, in downtown Tulsa. Bicycle clubs may bring 1000 copies of any club information, such as upcoming rides, phone number, website, etc. - they'd like to distribute to FreeWheelers.

Duane thanked the great FreeWheel volunteers. At the packet-stuffing there will be a sign-up sheet for shifts to help at Registration in Duncan.

The FreeWheel office will open three days early to accommodate registrants wanting to avoid the \$10 late fee. (See Registration form for dates & location!)

Respectfully submitted,

**Joanne Estes**


### **Take the Century Challenge**

Now that spring and longer days have arrived, you're probably considering your cycling goals for 2004. Maybe those goals include centuries: riding your first century this summer ... improving your performance on your club century ... or even setting a PR for total century miles in a year!

Whatever your goal, there is a great set of resources at: [www.ultracycling.com/training/preparing\\_for\\_centuries.html](http://www.ultracycling.com/training/preparing_for_centuries.html) where you can find a series of articles cover training, equipment and nutrition for century riders.

If you've already ridden a few centuries, why not take the Century Challenge? How many centuries can you ride in 2004? The Ultra-Marathon Cycling Association (UMCA) runs an annual Mileage Challenge, where you can register your centuries and other long rides.

Crista Borrás and Chuck Wood rode 84 centuries in 2004, to take first place in the UMCA Mileage Challenge. They aren't professional athletes - she's 56 and he's 60, both have full-time jobs, and they live in Washington, D.C., not sunny California! For more information on the Mileage Challenge, go to:

[www.ultracycling.com/standings/umc.html](http://www.ultracycling.com/standings/umc.html) 

## **FreeWheel 2004 Training Ride Schedule**

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Mileage</i>	<i>Ride Leader</i>
April 8	6 p.m.	Sooner Park	7	Dale Munn
April 10	9 a.m.	Johnstone Park	various	"Tailwind Ride"
<i>(Also FLOWER POWER in Muskogee)</i>				
April 13	6 p.m.	Johnstone Park	10	Rod Harwood
April 15	6 p.m.	Sooner Park	10	tba
April 17	9 a.m.	Johnstone Park to Barnsdall	40 & various	tba
April 20	6 p.m.	Johnstone Park	13	tba
April 22	6 p.m.	Sooner Park	13	
April 24-25	Bartlesville Pedalers Spring Fling - Camp out and Metric Century & various			
April 27	6 p.m.	Johnstone Park	16	Rod Harwood
April 29	6 p.m.	Sooner Park	16	tba
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May 1	8 a.m.	Johnstone Park to Wann	40 & various	tba
<i>(May 2 - GREAT TULSA BIKE RIDE)</i>				
May 4	6 p.m.	Johnstone Park	20	tba
May 6	6 p.m.	Sooner Park	20	tba
May 8	8 a.m.	Johnstone Park to Ochelata		
		/Oglesby/Matoka	40	tba
May 11	6 p.m.	Johnstone Park	25	tba
May 13	6 p.m.	Sooner Park	25	tba
May 15	8 a.m.	Johnstone Park to Pawhuska	60	tba
May 18	6 p.m.	Johnstone Park	30	tba
May 20	6 p.m.	Sooner Park	30	tba
May 22	8 a.m.	Johnstone Park to Nowata	55	tba
May 25	6 p.m.	Johnstone Park	30	tba
May 27	6 p.m.	Sooner Park	30	tba
May 29	8 a.m.	Johnstone Park to Bowring	55	tba
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June 1	6 p.m.	Johnstone Park	30	tba
June 3	6 p.m.	Sooner Park	30	tba
June 5	8 a.m.	Johnstone Park	various	"Tailwind Ride"
<i>(also" TOUR DE TULSA")</i>				
June 8	6 p.m.	FreeWheeler's Send Off Rally at the Library! "Packing & Nutrition"		
June 10	6 p.m.	Sooner Park	30	tba
June 13-19	2004 OK FreeWheel! Duncan, OK to Anthony, KS!			

### ***Rides from all around***

• Clip into your pedals for the 4th annual Bison Bicycle Tour to take place on Saturday, April 17 starting at the Lloyd Noble Complex on the campus of Oklahoma Baptist University, Shawnee, OK. The tour will start at 9:00 a.m. with registration at 7:30 a.m. 10- and 25-mile tours, and a 50-mile untimed race. Registration for the event is \$20. The first 100 registrations will receive a t-shirt. For more information regarding the Bison Bicycle Tour contact

James Vernon at Oklahoma Baptist University (405)878-2317, or e-mail, james.vernon@okbu.edu.

- June 5-6th, road and time trial races around Bartlesville – call Rod Harwood at 336-7546.
- June 26th Century ride (25-50-100) Coffeyville, KS [www.terraworld.net/cvilleksredcross](http://www.terraworld.net/cvilleksredcross)
- Also, June 26 is the Tulsa Tour De Cure at OUS-Tulsa, 700 N Greenwood Ave. with check-in at 7 am. 100-km, 50-km and 25-km rides. [www.diabetes.org/tour](http://www.diabetes.org/tour)