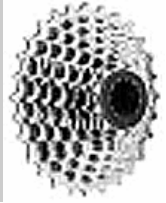




Bartlesville Pedalers Gazette



April/May, 2005

The Newsletter of the Pedalers Bicycle Club, Bartlesville, Ok

Spinning Wheels

By Dale Munn

As you probably notice, the newsletter is a bimonthly edition this time. There are two reasons why this happens: One is that there have not been a large number of articles submitted. Second is that we still do not have a newsletter editor and it is hard for the substitute to get motivated. So, if you would like to volunteer for the rewarding job of Newsletter editor, you will be much appreciated.

We have an interim Road Bike Director, Joel Martin, however, he is just filling in and we would like to find someone to fill the position on a more permanent basis. If you are interested, talk to Joel or myself. We will be happy to assist you in getting started.

It has been a great start to FreeWheel training with a large number of riders showing up on the Tuesday/Thursday training rides. We have also had some new members join the club as part of the training rides. It does look like the March winds are running a little late as we have had some windy rides in April

We had several riders in the Flower Power ride in Muskogee. Be sure to ask Bill about the wall! It was a near perfect day for cycling as compared to last year which had heavy storms. A week later would have been cold and windy.



There will also be a large Bartlesville contingent at the River Shops Bike Ride in Tulsa. We sent in 11 group registrations for a start.

That's it for now, hope to see you on some of the upcoming club events. — Dale

FreeWheel Corner

Annual Packet Stuffing Pizza Party, Monday, May 9th

For free pizza, while doing our part to help with the annual FreeWheel packet stuffing, call Joanne 333-6524, or e-mail: wbestes@aol.com if you'd like to car pool!. The more Pedalers, the merrier, and the faster we can complete the long-awaited packets! Bring your own packet home with you, or let us know & we can save you the postage. Start wearing your 2005 T-Shirt asap! Get it broken in and nice and soft, so you'll be comfy on FreeWheel!

Deadline for early registration is May 31st. After that, the fee increases ten dollars per person.

FreeWheel Count Down, Tuesday, June 7th

Plan on joining your FreeWheel training partners at the Library, Tuesday evening, June 7th, 6:00 to 8:00. Lots of last minute tips, along with fun and surprises in store! There will be a special recognition and group photo of all those well-trained cyclists heading to Paris, TX on June 11th. Congratulations to each of you who have trained so diligently! This is a DON'T MISS!

MAY SATURDAY RIDE TIME – 8:00 A.M.

FreeWheel evening Training Rides:

Tuesday's at 6 pm from Johnstone Park

Thursday's at 6 pm from Sooner Park



Pedaler Profile

Tim Harper

I would say, "Let's start at the beginning." However, I don't want to make a novel out of this, so we'll start in 1987. A good friend of mine had asked me to help her train for some bike ride I had only vaguely heard of called FreeWheel. I borrowed a friend's bike, donned some of my best cutoffs, and headed out on my first 18 mile ride as an adult. To say the least, I was hooked! I promptly went to Anything in Sports, now out of business, and bought my first real road bike. A 1987 Centurion Accordo in a white and yellow paint scheme. First year for index shifting too. I was in hog heaven. This was the first of many bike purchases over the next several years, but we'll get to that later.

Well, after spending so much time training, I decided to bite the bullet and pay my \$1.00 entry fee. (I think it went up to \$2.00 the next year) I was now FreeWheel bound. As a newbie, I had no clue what to expect. I bought a small tent at Walmart, a large duffle bag at the Army surplus in Tulsa, and proceeded to pack it with everything I could stuff in it. Good thing I took money, as I thought all the meals were free. I really researched this one, didn't I?

A friend drove me down to Broken Bow and dropped me, my bike, and my duffel off, and left. Talk about reality sinking in! Here I am, 480 miles or so from where I'll be picked up, with nothing but this bike to get me there. Unknown to me, they were taking bets at work to see what day I would call for someone to come and pick me up. It came real close on Tuesday, as I was a bit dehydrated, and didn't feel good.

That day, my friend, and former Pedaler, Dean Ransbottom showed up. He'd have come sooner, but as fate would have it, his daughter's birthday always fell on the same week as FreeWheel. He was a FreeWheel veteran of many years, and the first place he introduced me to was The Dollar Hamburger Shop in Talihina. That was the catalyst I needed to make this ride fun. From then on we literally ate our

way across the state of Oklahoma. From jawbreakers to chili cheese dogs, nothing was off limits.

Fortunately for me, the only heavy rain we had was the day we went from Morris (great little town) to Cushing (another favorite.) At Quinton it rained very lightly, so my Wally World tent didn't exactly need bailing out, but it did get damp in a few spots. On the way to Cushing, we got soaked. About the time we hit Bristow, the rain had ended and hunger had set in. This is where I learned another, valuable Freewheel trick.

Sometimes if you go just 2 blocks off of the main route, you can find a restaurant that has few or no bikes there. In Bristow, we found Cotton's restaurant. No lines for the bathroom, quick service, and good food. Plus they didn't complain about the puddles we were leaving. From then on, the rest of the trip was a breeze. I was hooked! I never imagined that you could ride a bike that many miles, visit so many towns, and actually feel like part of the scenery. No glass between you and the sights. No landscape flying by so fast you just ignored it, unless you're a racer. The only view they get is the tire and rear end in front of them. No offense intended, but I am a die hard tourist. Fast is nice down hill, but I'm not in so much of a hurry to get there that I'm willing to sacrifice the view.

With my first FreeWheel behind me, I was next drawn to the MS 150, a charity ride to support multiple sclerosis research and provide for client needs. Talk about an organization that begs, borrows or steals to keep overhead and administrative costs down. This is a good one. The ride was 2 days. The first day I got soaked and found out that 150 miles doesn't mean 75 one day and 75 the next. we put in over 80 miles the first day and ended up at Osage Hills State Park. Had home baked lasagna and my first round of indoor camping. Next day we road to Bartlesville, down 123, and then to Wolco, where I met one of my future, favorite roads. It leads 9 miles from highway 11, just outside of Wolco to Ramona, after a breathtaking decent down "Clarence's" mountain. (It's pretty breathtaking going up it too, but for different reasons.) The next year, rain was forecast again, so I didn't go, haven't missed one since. This year, if all goes right, it will be my 19th consecutive FreeWheel, and my 18th MS 150.

Many times I've stated after FreeWheel that this was my last one. Nothing more to prove. And yes, it's not always fun out there in the hills and sun. But after a short

(Continued on page 3)

time, the urge hits again and the planning starts. And as previously stated, I've gone through my share of bikes from the first Centurion, to Cannondale to a Bianchi that I had everything color matched on, including the socks I put on the water bottles to keep them cool. Somewhere around 2000, Rob Dahlgren turned me onto recumbents and I haven't looked back since. I now own a Kawasaki green LoGo trike, 2 wheels up front, and the drive wheel in back. It's a blast, especially at 42MPH downhill.

Training for FreeWheel has introduced me to some of my favorite one day rides, as well as added to my wardrobe, AKA T-shirts. We always start out with Flower Power in the Spring. Usually we do the 38 mile route and throw in the option of climbing Norwood Mountain and taking the road to the Norwood school and back. That makes it a 44 mile ride, which is just about right for those of us that don't do any winter riding. Next is what I still refer to as T-Town Trek. The name has changed over the years as have the routes, but like some hills, this ride has become a friend of mine. The 50 or the 65 are both worth the time. Next is Wynona Ramble, a ride I adopted because of the variety of scenery. I believe Chris Smith, a Pedaler from days gone by, was the first to lead us on this ride, which takes a spectacular back road from Barnsdal to Wynona. At one point, you look out and see that you're at the top of the Osage hills looking at a panorama that defies description. Sheer beauty. That's why it has become the semi-official Bartlesville, FreeWheel graduation ride. 65 miles of hills, towns, scenery, and best of all, food. Last on my list, but still dear to my heart, is the DAM Jam ride, held in Pryor every September. Beautiful ride, well supported, and great T-shirts. Also great training for the MS 150.

Both of my daughters, Shonna, 21, and Katie, 13, started riding, at first on tandem with me at age 10, then on their own road bikes. Both have a love for FreeWheel and the other rides I've mentioned. Both girls have done the MS 150 and raised their own donations in order to go. Shonna, at age 16 opted to spend the weekend doing this with Dad instead of being left alone to her own devices for the weekend. See, cycling is good for kids. Keeps them out of trouble. Katie did her first one this year. She was still 12 at the time, and completed the 82 mile first day, including the climb up my old friend, Braggs mountain, with no problems whatsoever. That was a personal best for her as far as mileage goes.

As far as the club goes, I've seen it go through many changes over the years. Some good. Some not so good. When I started, the rider ship was mostly tourist types, with the occasional racer thrown in. Usually, we would see the four of them coming back from Caney as we passed Copan headed to Caney for breakfast. More people had riding partners of their own speed. A century time of 9+ hours was perfectly acceptable, as was the Chinese or Mexican celebration dinner at 6:30pm. We had some fun with trying to make best time up Circle Mountain

one week, and maybe have a mini time trial on the Bowering road the next. No hardcore competition. Just a chance to test yourself. Which reminds me. Never ride in hail! It hurts and leaves bruises. Also the lightening in the field is pretty scary too. Don't do it!!! I did end up with an average speed of 17.9mph that day though. Amazing what a little adrenalin can do. After a few years, some of the core members disappeared, and the club took on a bit of a pack mentality. Get dropped and someone came back to "catch you up" whether you wanted to ride that fast or not. About that time, Lee and myself decided we didn't need the club anymore. As he put it, "We ride with them for a couple of miles and never see them again. I can do that on my own."

Now I'm starting to see the pendulum swing back the other way. A wider variety of riders, more tourists that aren't interested in getting back in time to mow the grass. I wouldn't mind seeing a bit more of the old day stuff, where a spouse might be half way on the weekend ride with cold water, a couple of lawn chairs, some cold fruit. Joel roller blading up and down the highway working sag on a club century in the fall. Routes marked for the newbies so they don't get lost if they happen to lose sight of everyone. Ah the good old days. Pedalers, you still have it in you to relive them. Let's just do it.

Wynona Ramble is just around the corner. Will it be hamburgers at Wynona, or pizza at Barnsdal on the way back? That lawn will wait for tomorrow. Ride for the day. Ride for the adventure. Heck, just ride because you want to. See ya'll on the road, and remember, fluorescent road markings make everyone feel better. Hope you enjoyed the read. For the full archive, pull up and chat next time we're out riding. You can always pedal off when you've had enough.

Tim, Shonna, and Katie



Board Meeting

On Monday evening, April 18, at 5:30, at the Madison Pizza Hut, many Pedalers enjoyed replenishing their carb levels from the weekend Flower Power & other recent rides! President Dale Munn, & son, Andrew, Joel & Shirley Martin, Bob & Patsy Lummis, Jack Tatum, Bob & Roseanne Pinnick, Darlene Clayborn, Malcolm & Barbara Joyce, and later in the evening, Randall Clayborn and Adam from Lee's in Tulsa attended the cyclists' gathering!

Dale circulated flyers for the Parsons, Kansas, Osage Prairie Tour, Saturday, April 30. Pedaler Robert Booth will represent the club there. The River Shops Bike Ride in Tulsa, the following day, Sunday, May 1st, has 6 distances and routes, followed by pasta dinner, and the \$20 registration can be reduced by entering in groups of at least 5, and by early April 22nd deadline. (\$15 & \$13)

There is still an opening for Club Ride Leader – Joel has graciously volunteered. Individual ride leaders for the remaining FreeWheel Training Rides were filled. The Pedalers are thankful for Bob Lummis' leadership in previous years, as these volunteers can continue the training pattern he so carefully planned. Joel and Dale suggested a "Casual Rider" leader might be a possibility.

Likewise, the Newsletter Editor spot is still open. Dale will kindly compile what materials he has, as his time permits, sometimes combining two issues into one! Thank you, Dale! (Deadline for the next issue is April 25th, Monday! All Pedalers' photos and articles are welcome!)

Darlene requested permission to include the Pedalers' logo on their ABC jerseys being ordered this week. They are ordering various sizes and will

be the yellow, green & white ABC team jersey, which has other related logos in the design. There will be no charge for this advertising. The Pedalers present voted unanimously in favor. The jerseys will sell for \$69.

She also told of their involvement May 7th & 8th in Dewey – the Stray Kats Car Show – (Bicycle show & Frankenstein Bicycle Build-off) - any cyclist volunteers would be appreciated. – flyers are in the shop. Randall has plenty of bike boxes for FreeWheelers taking the bus. They will have a kids' race & bike check-up during the State Crit Championship here in Bartlesville, Saturday, June 4th. The Little 100 is getting underway with the first coach's training at Mid High running track. Jack and Bruce have offered their assistance. Randall will have regular monthly radio spots on KWON (9:20 a.m. Friday, (the first on April the 22nd,) possibly call-ins as well as any bicycle news.

Malcolm & Barbara requested financial donations for scholarships as well as loaner bikes for On the Rock Ministries bike ride for youth on the Missouri Katy Trail, June 18-26. Bill Estes will collect any donations and submit them to On the Rock Ministries.

The FreeWheel early registration fee deadline is May 31st. Plans for Pedalers' "FreeWheel Countdown" 6:00-8:00 p.m. at the Library June 7th are underway.

May is Bike Month. Adam told of the "Ride of Silence" set for Wednesday, May 18th, 7:00 p.m., in Tulsa to promote public awareness of sharing the road with cyclists who share the same rules, responsibilities as motorists.

Dale announced next meeting date to be May 23rd, same time, same place!

Leisure Ride

Many who have been coming to the Tues/Thurs evening rides have noticed an obvious fact: we have many different paces and tend to ride in small groups where the pace is attainable and not too strenuous for our abilities. In terms of average speed, the three main groups are less than 12 mph, 12-15 mph and greater than 15 mph.

Many who are just starting to ride fall

into the less than 12 mph or leisure group. What we would like to do is find a time to schedule a Leisure Ride where those that want to ride at that pace will be able to ride with others riding about the same pace. The time and place could be the same as a normal club ride, but the route and ride leader would be different.

Let me know your views on this subject. If you are interested in being part of a Leisure Ride, let me know what days and times would work best for you.

Dale Munn, 333-5693 or dmunn@swbell.net

Little 100

Dear Bartlesville Little 100 Supporters,

We are currently soliciting schools for the 4th Annual Tulsa Little 100 Bicycle relays on Saturday October 1. The bicycle relays are for middle school kids. It is a fun and healthy program that introduces kids to a new and fun activity - bicycling! The need for volunteer bicycle coaches to work with the Bartlesville school teams are needed. Each coach will be asked to plan a minimum of four practices between now and next October. But there is no minimum on the number of practices a school can do. We would like to pair you with a faculty member or parent volunteer from each school to help you coordinate the kids and practices. For more information or concerns please email or call anytime...we need you!

Sincerely,

Randall Clayborn 918 333-9222
adventurebicycle@sbcglobal.net

Adam Vanderburg 918 810-5072
nimo61@sbcglobal.net

www.tulsalittle100.org



A Plea for Help

This summer On The Rock Ministries will be selecting twenty young boys and girls from disadvantaged families to go on a nine day 300 mile bike ride, June 18-26. The week will be spent riding bikes 30-50 miles a day along the Katy Trail.

The cost to sponsor a young boy or girl is \$250.00. Since the pedalers are interested in promoting bicycling and are certainly interested in helping under privileged young boys and girls, we would like to sponsor at least one youth by contributions from our members and friends. If you are interested, write a tax deductible check to "On The Rock Ministries" and get it to Bill Estes. Bill will turn them in as a group so the pedalers would get a report back from a sponsored youth.

Another area that you could help is by furnishing a usable Mountain Bike for them to use on the trip.

If you have any questions, contact Malcolm Joyce, 333-0430 or mjbjxj6@earthnet.net



Gathering for one of the First Free-Wheel training rides (April 7, 2005)

Well, it is the designated turn around spot. Where's Jack?



Jo & Dale. How do you suppose she does it?



First Flower Power

By Paul Woollett

My daughter, Lilla Abbey, has decided to accompany me on FreeWheel this year. To determine if we were anywhere ready for FreeWheel, we decide to ride the 68 mile Flower Power Bicycle Ride. In order not to have to drive so far the morning of the ride, April 16, my wife, Beverly, and I drove to my daughter's house Friday evening and spent the night. My daughter lives between Claremore and Owasso.

Saturday morning, the day of the ride, my wife stayed at my daughter's and corralled the grandkids while Lilla and I headed for Muskogee. We found Honor Park and headed for the registration tent where we picked up our tee shirts and maps for the 68 mile ride. We rode to the banner that said **START** only to find out that was for the runners and we were to start at another location.

After finding the right spot, we started with about 100 bicyclists. It was a pretty day, a little chilly at the start, but it warmed as the day progressed and the hills really warmed us. Honor Park was beautiful with all the azaleas in bloom.

Bill, Dale, Lilla and I rode together for the first half. When we got to Hulbert, Dale and Bill knew what was ahead and stopped to rest. Lilla and I, not knowing about the hills on Hwy. 80, went on ahead. We were able to ride up the hills (the hill they called "the wall" was the worst I think I have ever ridden), but we were dragging from Ft. Gibson back to Muskogee.

We were extremely happy to see the Veterans Hospital in Honor Park, as it sits on top of a hill and is visible from a distance. Seeing the azaleas in the Park was really a beautiful sight this time.

By the time we got back to the park, all the hamburgers and most other food was consumed, but we did get some food and plenty of water. We visited with some of the riders before loading our bicycles in my truck and heading back to the Claremore area, with a short stop at the McDonald's on the turnpike for a little nourishment.

I showered at my daughter's and later we ate supper. Beverly and I then drove back home to Bartlesville. It was a satisfying day and I hope we can participate in Flower Power next year. Lilla and I are now planning on doing the River Shops Bike Ride on May 1st.

Paul Woollett



Randall poses at the official ABC Ribbon Cutting
Randall, Wayne & Darlene in front Row



I think Walt missed breakfast! He really enjoyed the snack table

FreeWheelin' It" Fun at the Library!

Many Pedalers and guests gathered at the Bartlesville Public Library over the noon hour, March 9th to hear the latest plans for the Oklahoma FreeWheel Cross state ride, June 12- 18th. Guest Speaker, Tour Director, Libby Stalter, was unable to attend, and Ross Snider, seasoned FreeWheeler, was gracious to share many of his tried and true cycling and camping tips.

Ross gave first-hand descriptions of the familiar, challenging roads on the route this year. Beginning in Paris, Texas, on Sunday and climaxing at the finish line in Caldwell, Kansas the following Saturday, riders will have a choice of distances and plenty of planned rest stops, lunch breaks, and welcoming overnight host town. The FOOD promises to be one of the highlights of the week, as usual! And the SCENERY will be most spectacular!

Dale presided over the gathering, announcing that the FreeWheel training rides will

begin the first week of Daylight Savings Time. Shirley welcomed our guests at the registration table. Randall, from Adventure Bicycle Center, provided gifts to the grateful attendees! He is saving a limited number of empty bike boxes for those who will be traveling to the start on the bus. Contact him soon to reserve a box!

Pedalers in attendance were Dale Munn, Bill Estes, Bruce Sturges, Paul Woollett, Randall Clayborn, Ross Snider, Michael Smith, John Whipple, Tim Harper, Malcolm Joyce, Shirley Martin, and Joanne Estes. Guests included Tom Zastrow, Sue Welch, Lee Kobylinski, Mark Rovenstine, Keith Clark, Jan Hodges, Carolyn Townsend, and Tom from Barnsdall.

Pedalers are grateful to the Bartlesville Public Library, the "Examiner Enterprise," the Bartlesville Chamber of Commerce, KWON am radio, the "Sunrise Reporter," Cable One, and Albertson's for helping make this event a success!



Dale welcomes Sue Welch
Bill, Paul, Bruce, John



Ross describes the route with a
Parissian Flair!



Shirley greets guests

Dale
Presides





We're on the WEB!
www.bartlesvillepedalers.com

OFFICERS/DIRECTORS

Dale Munn, President

333-5693(hm) dmunn@swbell.net

Joel Martin, Vice President/Treasurer

Rod Harwood, Secretary, 335-7646 (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)

(Open), Editor

BARTLESVILLE PEDALERS BICYCLE CLUB

P.O. Box 793, Bartlesville, Oklahoma 74005



Jack & Wayne at the ABC Grand Opening



Joel & Shirley Martin with Grand darlings at a Pizza Hut Board Meeting.

Pedalers Membership

Membership dues are \$16 per household for the calendar year. Anyone joining during the last quarter of the year is paid through the next year.

Among the super reasons for joining the Bartlesville Pedalers are:

- Access to the members area of the web page;
- The super newsletter you are reading;
- Many club activities;
- Comradery with many area cyclists;
- Part of a collective voice for cycling in Bartlesville;
- Discount at Bartlesville Adventure Bicycle Center.