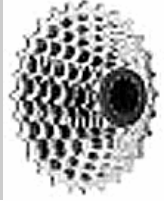




Bartlesville Pedalers Gazette



April, 2007

The Newsletter of the Pedalers Bicycle Club, Bartlesville, Ok

President's Corner

By Norman Farrell



It happens every year at about the same time but I'm always caught by surprise. That first glimpse of our state tree, *cercis reniformis*. Sometimes it's not the redbud first off with their winter coats. It can be the chartreuse white of the flowering dogwood glowing as if under a black light from deep in the woods. Barely a hint of pea green limns the forest bones and the neon blooms of redbud and dogwood announce that the Spring of our centennial year has arrived in Oklahoma.

Redbuds have been known as long as there have been North Americans to be amazed at their annual magenta parade for a redbud bloom is anything but red. What has been known as the Eastern Redbud *cercis canadensis* flowers in colors from pink to purple with every shade in between. Legislation proclaiming the redbud as our state tree was enacted in 1937 but it was not until 1964 that the true Oklahoma redbud was discovered in the Arbuckle Mountains. Our true redbud is a deciduous under story tree that seldom reaches more than 18 feet in height with heart shaped leaves.

These are the trees I have so enjoyed while walking along Pathfinder Parkway and have especially caught my eye these last two weeks riding South of Bartlesville. Every time I looked into the woods today I saw either redbud or dogwood. And in town or anywhere there are suburban lawns, the Bradford pears are a riot with blooms of bridal white. I can't remember ever seeing the pear trees so heavy with blooms. The fallen petals have made snowdrifts at the curbs.

There are unique rewards to riding in Okla-

homa at any time of year but right now is a time of special unassuming beauty. It is a fleeting time that will not last long; disappearing as soon as the forest canopy begins to leaf out. As our web pages remind us "it's time for riding". Reward yourself with a taste of natural splendor.

Keep pedaling,

Norman

FreeWheel Countdown *6:00 P.M., Monday, June 6th,* *Bartlesville Public Library*



Picture yourself in the above photo from last year's event! See all the smiling, happy faces! They have earned those big smiles by logging in many training miles and are looking forward to a great week riding across Oklahoma on FreeWheel.

This year, June 10 - 16, Comanche to Coffeyville, promises to be an exceptional ride with a big Friday night celebration planned for the Dewey overnight! The Pedalers' FreeWheel Countdown is a don't miss, as we'll congratulate you on your riding achievements, take a group picture of all this years adventurers and provide some last minute tips to help make your week on the road most enjoyable! Stay tuned for more details!

Report from the Road Director *By Kevin Doggett*

We have had our share of welcome rain this spring, let's hope it's not overdone.

The most memorable ride so far was the ride celebrating Jack's birthday. To celebrate his 70th birthday, 17 riders met at Johnstone park for a birthday ride. There were 8 that went up to Tyro and back through Caney to do the 70 miles. Several more only went to Wann. Six riders had lunch at the Caney Kitchen and they did not abandon Jack at the turnoff north of Copan this time (it was for his B-day remember).

The run up to Freewheel is going to be very busy with many opportunities to cycle and learn about cycling. We will ride Tuesdays from Johnstone Park at 6 p.m. and Thursdays from Sooner Park at 6 p.m. These are listed on the Pedalers website at <http://bartlesvillepedalers.com/WebCalendar/>.

Saturday ride times starting from Johnstone Park move to 9:00 a.m. in April, then to 8 a.m. in May. The No-Drop rides will continue on Sundays at 2 p.m. from Sooner Park. I hope to see you on the road!

Besides the Freewheel Training Rides, here are the special rides/events I know about over the next couple of months:

- Thu Apr 19, 7 p.m. – FreeWheel Seminar in Tulsa: Nicky's FreeWheel Packing Demonstration.



Saturday rides will be at 9:00 for April & 8:00 for May, unless it's raining. Check the calendar for updates.

- Sat Apr 14 – Joint Ride with the Ponca City Wheelmen – time and location TBA.
- Sat Apr 21, 8 a.m. – Tour de Tick. Road Tour starting in Neosho, Mo. Choose your route: Seed Tick Tour - 13 mi, Deer Tick Tour - 27 mi, Wood Tick Tour - 62 mi, or Dog Tick Tour - 100 mi. For more info, email <mailto:gweld@joplin.com>. Also, I have application forms if you want one.
- Sat Apr 28, 8 a.m. – Flower Power Ride in Muskogee. For more info call (918) 684-6302. Go to http://www.oklahomabicyclesociety.com/maps/fp03_set.htm for route maps from 2003.
- Sat Apr 28, 8 a.m. – Osage Prairie Tour. Starts in Parsons, KS. 15, 40, and 70 mile courses. Go to <http://www.osageprairietour.com/> for more info.
- Sat Apr 28, 8:30 a.m. – Dewey Walk this Way—meet in Dewey for the club ride following the event, if you aren't at one of the other rides.
- Sat May 5, 8:00 a.m. – Tour de Tulsa, Tulsa Bicycle Club, 30, 50, 62, 100 miles. Go to <http://www.tourdetulsa.com/>
- Sat May 12, 8:30 a.m. – Tour de Cure. Benefits Diabetes Research. Ride starts at OSU-Tulsa. Route distances of 12, 23, 40, and 66 miles. Pedaler participants so far include Bruce Sturges, Keith Clark, Kevin Doggett & Dan Schultes. Go to http://tour.diabetes.org/site/TR?pg=entry&fr_id=4389 to support us and/or join our team.



Riding the Osage Hills *By Keith Clark*

There are many interesting stories about the great land just to the west of Bartlesville - known as Osage Hills. Some of these stories happened many years ago and some have been more recent.

One of my first "Real Bike Rides" happened in the Hills of the Osage over 25 years ago. So what is a "Real Bike Ride" my old definition was a ride that went from Point A to Point B at a fast rate of speed. My

new definition is taking the time to talk to people and hear their stories and seeing the beautiful outdoors.

Osage Hills Trivia : Have you ever heard of Lovers' Leap - one mile northwest of Pawhuska. There is a story!



Rhonda & Alan at FreeWheel 2006 finish line, Baxter Springs, KS

Pedaler Profile

Alan Freeman

formula is: A = X + Y + Z. X is WORK. Y is PLAY. Z is KEEP YOUR MOUTH SHUT. For me, bicycling is a healthy mix of all three components.

The only bicycle I have worn out was a Royce Union. Growing up in east Tulsa, I put thousands of miles on that bike mostly to get out of the house (freedom and adventure), and to pick up pop bottles (so I could buy comic books). The exercise was a side effect. Though exercise plays a bigger role now, the freedom and adventure are still my major motivators. The camaraderie is a wonderful side effect!

The few words of wisdom I have about training, goal setting and bicycling in general are these:
 1. With moderation, ride every chance you get and hang as long as you can with riders who are better than you. You get lots of opportunity to do this with the Bartlesville Pedalers!

2. You may get discouraged, but under no circumstances are you permitted to quit.
 3. Inevitably, you will be invited to participate in a ride you don't think you could ever do, nor would you ever want to. THAT KIND OF THINKING IS SO COMMON, AND SOOO WRONG!! Keep your mind open and KEEP RIDING!! You never know what you're capable of doing when you're having fun.
 4. As you ride, don't forget to (carefully) look behind to see who's back there.

Believe it or not, cycling is an individual/team sport (does that make sense?) and we're all in it together!

KEEP PEDALING AND BRING A FRIEND!!

My name is Alan Freeman. My wife is Rhonda. We have been married nearly 22 years. We have three sons, two of which are married with families. The youngest is a college student in Tulsa. We have three grandsons with a granddaughter on the way.

For reasons only God knows, three years ago I was delivered into early retirement after 30 years with Phillips. Two years ago, out of the blue a friend challenged me to do FreeWheel with him. He wisely said that the first thing to do to prepare for a feat such as FreeWheel was join the Pedalers.

Was he ever right!!! No where else will you get the opportunities to train, receive so much encouragement and free advice as with this group. As it turned out, my friend was unable to make the trip, but he was an effective catalyst to help me return to an activity I had always loved. I am now a veteran of two FreeWheels and looking forward to the NEXT one!

One of my favorite quotes is by Albert Einstein: If A equals SUCCESS, then the



Rhonda & Alan Freeman



Scenes from the April Fools Pot Luck Diiner on March 31, 2007

Energy Bars

By Cindy Morrison

- 1 cup oats
- ¼ cup whole wheat flour
- ½ cup wheat germ
- ½ cup nuts and or seeds (almonds, sunflower seeds)
- ½ cup apricots
- ½ cup dates
- ½ cup raisins
- ½ cup non fat powdered milk
- 1 T cinnamon
- ½ cup maple syrup
- 3 eggs

Mix together in food processor. Press onto a cookies sheet and bake for 20 min on 350o. Cut into bars and enjoy.

Tour de Cure Update

By Dan Schultes

Several members of the Pedalers will be biking in the American Diabetes Association's Tour de Cure in Tulsa on May 12th, with a few of us riding the 66 mile route. The link below is to our team's TdC web-site: http://main.diabetes.org/site/TR?pg=team&fr_id=4389&team_id=197368&JServSessionIdr001=rw5dblae52.app23b Thanks to the generous donations from a number of Pedalers, as well as others, we've currently raised \$1,050 and our team is in 2nd place for those teams participating in the Tulsa area event. If you'd like to sponsor any member of our team, or join our team, please use the link above. Thanks for your financial and other support!

Ragbrai Update

By Dan Schultes

6 Pedalers have registered and are anxiously waiting to see the results of the May 1st Ragbrai lottery. The 476 mile ride promises to be packed with sun, pie, corn fields, pancakes, Lance, pork chops, rain, outlandish bicycling attire, watermelons, outdoor camping, corn on the cob, high-way patrol controlled intersections, homemade ice cream, well decorated team buses, pork tenderloins, bands, and maybe a little food. It must be a great ride if you can only participate in it if you win a lottery :-). Keith has asked for more memory for his blackberry so he can keep the club up-to-date on our group's latest shenanigans.



cookies

Flourless Peanut Butter/Chocolate Chip Cookies (A Southern Living recipe and Texas State Fair winner)

Submitted by Ross Snider

Preheat oven to 350 degrees.

- 1 cup firmly packed brown sugar
- 1 cup chunky peanut butter
- 1 large egg
- 1 tsp baking soda
- 1/2 tsp vanilla extract
- 1 cup milk chocolate morsels



Stir together first 5 ingredients in a medium bowl, using a wooden spoon, Stir in chocolate morsels. Drop cookie dough by rounded tablespoonfuls onto a baking sheet. Bake at 350 degrees for 12 minutes or until puffed and golden. (Cookies will still be soft in the center). Cool cookies on baking sheet 5 minutes, then move to a wire rack.

Makes 1 1/2 dozen cookies.

Walk This Weigh

By Dale Munn



I'm sure you all remember last fall's "Walk This Weigh" event. The support of the pedalers in that event was acknowledged by the organizers and through that activity we have an opportunity to promote a healthy activity that we all love.

To increase the opportunity for other communities to participate there is going to be a spring event in Dewey. The Dewey "Walk This Weigh: Find your Path to a Healthier You" event is planned from 8:30 am to noon on April 28th at the OSU Extension Office on Bulldogger Road. The theme is to walk, run or ride your way into a healthier you. There will be several booths, including blood pressure measurements and healthy snacks. Adventure Bicycle will be giving Bicycle inspections for kids. As a special incentive, there will be a cash drawing of \$100 for each event. So I'm sure you will all want to participate

(Remember a pedaler won the cash in the fall and there were other nice drawings.) This should involve other members of your family as they can walk, ride or run.

The ride is going to be a short 3 miles to attempt to get more people involved. Also, there are a number of other rides that day, so there will probably be very few pedalers to participate.

Plan on meeting in Dewey for our Saturday ride. We will do the short Walk This Weigh ride, stick around for the drawing and who ever is there will finish with a club tail wind ride.

Mark your calendars for this event and help to support cycling as a form of exercise in Oklahoma.

FreeWheelin' It at the Library

Many excited Pedalers and eager guests turned out to greet and hear Tulsan, Ellen Proctor on the noon-hour, March 6th at our local Library upstairs meeting room. All listened attentively as Ellen, the new FreeWheel Tour Director, presented an interesting overview of this years tour! FreeWheelers will cycle from Comanche, to Apache, to Hinsdall, to Kingfisher, to Perkins, to Hominy, to Dewey, and ending in Coffeyville, Kansas the week of June 10-16. This 2007 FreeWheel, will celebrate Olahoma's 100 years of statehood.

The Pedalers wish to thank Albertson's for the great bananas and bottled water, the Chamber of Commerce, Cable One, the "Examiner Enter-

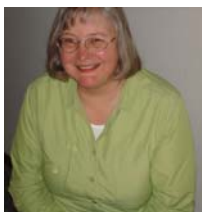


prise,"and KWON for the most-appreciated advertising! And a special "thank you" to recent ConocoPhilips retiree, Ross Snider, for driving our honored

speaker to our Bartlesville meeting and giving her a sneak preview of the exciting Bartlesville Pedalers' Playgrounds which will, no doubt, be the highlight of this 29th annual award-winning event!



Chauffeur Ross & Ellen at FreeWheelin'it 2007



Who has an April Fools day Birthday?



Additional shots from the FreeWeelin' It Meeting

Secrets of the Leakey Death Ride 2006

Or How I learned to stop worrying and just eat the banana pudding *By Norman Farrell*

I first heard of the Leakey (pronounced Lake E) Death Ride in 1996 and had no sooner read about than I lost all optimism for completing it. It wasn't the 60 miles of punishing climbs from Bandera to Leakey or the slightly less challenging return to Bandera by way of Utopia that discouraged me. It wasn't the hilliest century in Texas neatly sandwiched in between like smoky brisket on a toasted sourdough bun. But I get ahead of myself. It was the whole package, 215 miles in 3 days; an annual festival of self torture faithfully brought to the Texas Hill Country by the Fort Worth Bicycling Association.

I lived at the time on flattest of coastal plains within 10 miles of the Gulf of Mexico in a county with no naturally occurring rock outcroppings where the greatest available natural elevation change was 30 feet. There was no hope whatsoever of training for the Death Ride. It would have to wait until I lived somewhere with rocks that did not have to be imported from 500 miles away. Oh, how little I knew of the Death Ride.

Fast forward 10 years and I have been riding a lot, Freewheel, the Osage Hills, Colorado. When the call came from my Brazoria County biking buddies, I knew this was the year to do it or die trying. This was the year for the Death Ride even if I had to drive 9 hours worrying all the way if I would survive. Once in Bandera, Texas, I found the motel where team BBC (Brazosport Bicycle Club) had arranged for our pre-Death rituals. I was immediately handed a beer. What a weekend this was going to be. Thirsts sufficiently slaked, we made our way to dinner hoping it would not be a last meal. All was washed down with a little red wine.

Sleep came quickly and thoroughly. Breakfast at the Old Spanish Trail Café was a perfect start to a bright Hill Country morning. Just one more cup of coffee and we packed our bags off the to the city park and loaded all onto the support truck. The first secret of the Leakey Death Ride is that it's a pretty casual affair. Surprisingly casual considering that at this point we still thought that death was a distinct possibility. There is no ceremony or official start time. You put your posterior on the saddle when you are ready and start pedaling. Everyone leaves when they want and they all want to leave at different times.

The morning is beautiful and we have a few miles of beautiful roll-

ing Hill Country scenery and a stop at the Cider Mill in Medina to enjoy before the climbing really starts. An apple strudel and a cup of hot cider are just the thing to boost our resolve and send us on our way to a seemingly certain rendezvous with knee surgery. The second secret of the

Leakey Death Ride is that the first day has the longest and steepest climbs and descents. The views are breathtaking but don't worry; there is nothing in Oklahoma to prepare you for these climbs. Except, maybe the climb into Wilburton from Sardis Lake. You get to do that about three times on Friday, the first day. Our bonus on day one was, thanks to road construction, about a mile of dirt and gravel making us the envy of Gravel Dan.

From the final turn at Lost Maples store it's an easy run into Leakey as you coast over the low water crossing at the Frio River. Check into your cabin and clean

up in anticipation of the third secret of the Leakey Death Ride – It's the food. Armed with our libations of choice, team BBC rides back across the Frio to the Pecan Farm which serves as the nerve and calorie center for the next 2 days. Eunice and her culinary magicians are already turning out food from their self-contained open-air kitchen. It starts with a selection of salads, pasta, 3 kinds of sauce and garlic bread and launches almost immediately into wok sauted shrimp and pasta with garlic cream sauce.

About every 45 minutes some new comestible issues from the café alfresco. First, it's pork chops followed by the absolute best ribs I have ever tasted. Then, it's baked potatoes and roasted corn. Up next are the Cornish game hens, then salmon. In between are more side dished and breads. Dessert brings groans of pleasure as Art's famous banana pudding is devoured. There are cookies, bread pudding, chocolate, cakes and all this is just on the first day. How can we eat this much? How can we drink this much? How will we ride tomorrow? Stay with me for another episode of "As the pedals turn."

With rather improvised lights and flashlights, we ride back across the Frio and crash into bed. Morning arrives and Dr. Mike (a real doctor) has the Starbucks coffee going. Bagels with peanut butter and Nutella, oatmeal, eggs, fruit and cereal all disappear in anticipation of a grueling day in the saddle. We ride to the crossroads and begin the climb over the mountains to Camp Wood for the first leg of

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Al, Norman, Mike, Warren, Steve with Melinda kneeling



Secrets of the Leakey Death Ride 2006

(Continued from page 6)

the century. Everyone climbs at their own pace; it is way too long a climb to stay together and we enjoy the descent (on fairly rough chip and seal pavement) into Camp Wood. Thirty miles into our day, we regroup at the convenience store; the only convenience store on the century ride.

It is in Camp Wood that we learn the fourth secret of the Leakey Death Ride. Not everyone is going to attempt the century. In fact not everyone is going to ride all three days. **IN FACT, some people are NOT GOING TO RIDE A SINGLE MILE.** Some folks rode to Camp Wood and turned around for a 60 mile ride. One tandem team was hauled to the top of the climb out of Leakey to start their day. Team BBC and the four Fort Worth Club members who roomed with us accounted for half of the 20 or so people (out of 80) who rode every single mile.

So the fourth and most important secret of the Leakey Death Ride is that there are no rules of any kind except to have fun. Forget any preconceived notions you have of bike tours and, absolutely necessary, leave any and all notions guilt at home. There is no place for any of that on this ride.

The next 25 miles past exotic animal ranches and spreads that make the Ponderosa look like your back yard highlight the most challenging section of rollers I have ever ridden. Two of the guys stopped for a bio-break and I sprinted on ahead. It was a thrill that it took them almost to the lunch stop to catch me. Thank heavens that Art was waiting for us at mile 55 with a hot lunch, dessert and drinks.

Freshly refueled, we set off on the only non-scenic stretch of the entire weekend; twelve miles of Texas Highway 41. Our group of 8 riders worked a disciplined paceline in a strong crosswind and reached Farm to Market 336 with only two pulls each. What a relief it was to turn South into the wind. The remaining 30 miles are a place where you can get into trouble on this otherwise idyllic weekend. There are no towns or stores and only a few ranch houses on the way back to Leakey. There are however, several challenging climbs left with spectacular vistas overlooking the Frio River valley before you reach the final downhill run into Leakey and the ice cream that awaits you in the general store at the north edge of town.

Saturday is more relaxed at the Pecan Farm; if that's possible. Dinner doesn't get underway until about 5:30. This left time for showers, naps, and plenty of relaxing before we had to swing a leg over the top tube and migrate across the Frio once again. Eunice and her gurus of the groceries did not disappoint. No ribs on Saturday night but there was plenty of everything else you could imagine plus another chance to snag a taste of Art's banana pudding. More wine followed by a soaking of the feet in the cool, clear Frio River and it was time for thank you

to all of the volunteers and cooks followed by the ceremonial unveiling of the 2006 t-shirt design.

By 9:00 PM on Saturday night, anyone on the ride has learned the true secret of the Leakey Death Ride. It's the one-man celebration-of-life committee, Art Colson. Art has been the driving force behind this ride for over a decade and has been battling cancer for every bit of that long. Art, the Fort Worth Club and everyone in attendance constantly dare you not to have a good time. They dare you to go away hungry and they dare you to go away without realizing that riding, eating, drinking, dangling your toes in the water of this heavenly slice of creation are about as far away from being dead as it's possible to get in this life.

But, the ride is not over. We still have 60 miles to go. Another great breakfast with great coffee. We make sure our bags are going to get on the baggage truck and it's off down the valley to Bandera. Down, being a relative term. Some of you may remember TV commercials from many years back with the tag line "Beef, it's what's for dinner". One such advert highlighted Utopia, Texas, first stop on the return trip to Bandera. We're out too early to even think of breakfast at the café so on we roll.

The valley route provided some shelter from an increasingly cruel headwind blowing diligently from the Northeast. This had been the most consistently challenging three days of riding I had done in some time, perhaps ever, and it was fitting that we would be tested until the final mile had been completed. The last significant climb over Tarpley Pass was more difficult than I had imagined. I was sure ready to see that Bandera City Limits sign.

Once to the outskirts of town, I recognized sights from just two days ago, the motel, the café. Downhill, I coasted to the Medina River for the end of the ride ritual, a dip into the actually, really, truly, awfully cold waters of the Medina river. It will take your breath, what little you have left, away.

Our group was the first to arrive but we could not get cleaned up and ready to go before the chuck wagon was once again in full swing. Rib eye steaks and stir-fried veggies were the first things off the grill. Followed by more of the best ribs I have ever tasted and spaghetti and banana pudding and cake and you get the idea. We sat in the warm Texas sun and the cool North wind and once again ate more than our fill. To our distinct pleasure, Art conceded that Team BBC could really put away the groceries. He said we ate like a bunch of pigs. We basked in the ultimate Leakey Death Ride compliment!

This ride can be challenging. It could be very challenging depending on the weather, your physical condition and how many miles you choose to do. Some folks can't get away on Friday and only come for the weekend. Some folks only come for the century. This weekend is a big end

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Bartlesville



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

Newsletter Information

Newsletter submissions are encouraged. If your article is missing, type it into word or word pad. Submit your work with pictures as an attachment to

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BARTLESVILLE PEDALERS BICYCLE CLUB
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news@bartlesvillepedalers.com by the 25th of the month. This format and email address will help to get the newsletter out on time. Please only submit digital pictures.

As a reminder, we currently have an interim Newsletter editor. If you would like to work on the newsletter, let one of the officers know of your wishes.

Secrets of the Leakey Death Ride 2006

(Continued from page 7)

of season party for the Fort Worth club and some people only come for the fun. Some will accept nothing less than riding every mile and tasting every course; guilty as charged.

I never knew I could eat that much food and only gain one pound. I never knew I could drink half a bottle of wine and ride the best century of my life the next day. I didn't know I could ride 215 miles in three days. I didn't know the impossible optimist that is Art Cowesen. I did not that anyone could prepare food with all the love that my grandmother put into it until I tasted Eunice's cooking. I had no idea that the parents of my Finnish friends would put me up on Sunday night at their Dripping Springs ranch and feed me and throw me in the sauna and make me play the mandolin and listen to Finnish Tango music until midnight. I had no idea that the Leakey Death Ride was really a celebration of being alive.

Pedalers Membership

Membership dues are \$16 for an individual, \$20 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.
- Accident/Liability Insurance