

Riders Wanted!

By Bob Lummis

Are you looking for some different scenery? How about a change of pace? Want to do something different?

For several years now, mountain bikers in our club have been holding cross-country rides on dirt roads. While it is true that we spend a good part of the cold-weather months bouncing through the rocks at Osage Hills State Park, during the warm-weather months we ride the dirt roads in the area. These rides are very similar to the road rides most of us are used to on our road bikes. All you need to participate in the Knobby Tire rides is a bicycle with fat tires, a helmet, hydration and the urge to ride. We stay together for these rides and go at the pace of the slowest rider. On hot days, we've even been known to stop under a shade tree to cool off a bit.

When do we ride and where do we meet? We ride Wednesday evenings at 6:00 and Sunday afternoons at 2:00. The meeting place varies every week due to the fact that we have to travel a ways out of town to get to the dirt roads. The ride calendar on club webpage shows where each week's ride is and where it will meet.

Some of our more popular routes are:

The Wann America Route meets at the Post Office in Wann, rides a couple of miles out of town and then makes a complete loop around Wann. The total mileage is 19 miles. It starts out hilly, but then turns into a fairly level ride after a couple of miles. The average elevation is high, so you have great vistas of the surrounding countryside for most of the ride.

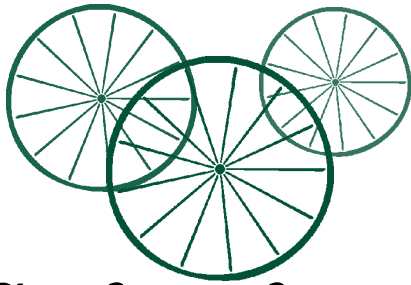


The Paseo de Nowata route meets at the junction of Road 2400 (Moose Lodge Road) and Road 4020 near Oglesby. We ride out past Diamond Point School (a restored one-room schoolhouse) in Nowata County and loop around and back to the beginning. Since Nowata is just a few miles from Diamond Point, we have been known to ride on into Nowata on Sunday afternoons to relax at the Texaco C-Store. The route is mostly flat, with one really tough hill to climb. The good part is that while you are at the top of the hill gasping for breath, the view is spectacular.

The More Moore Ranch Route is similar to Paseo de Nowata only it is north of Highway 60. Our meeting place is at the junction of Nowata County Road EW 405 and NS 20. This is at the first big curve on Highway 60 after you cross into Nowata County. There aren't any really tough hills on this route, but overall it is a more hilly route. We ride out past the Moore Ranch headquarters and have a number of different roads to choose from.

The Mullendore Ranch Route meets in the parking area for the spillway of Copan Dam. The ride started out as just being an out-and-back ride to the Mullendore Ranch. Since that time, we've made a loop of part of it out into western Osage County. The last time I was out there, I rode down another

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Spinning **Wheels**

A letter from the President

Doing a little more...


Sometimes we have an opportunity to do a little more. This may be one of those times. For several years members of the Bartlesville Pedalers have discussed community involvement at our Christmas Dinner, but no one has been able to come up with a good project for us.

We now have two Club members who are League of American Bicyclist Certified Cycling Instructors, Rod Harwood and Joyce Fogle. Joyce has volunteered to head an Education Committee for the Club and pursue ways to take this to the community. This could potentially give us a way to give back our knowledge of cycling to the greater community and maybe even draw new members in as well.

Let's put this into perspective. Have you ever seen a kid screaming down the street without a helmet? Notice, as he runs the stop sign and is narrowly missed by a car that never saw him, how

you wonder what it will take to get him to wear a helmet and obey traffic laws? How about the driver who refuses to give you the lane a cyclist is entitled to and makes some gesture as he squeezes by within inches? Both the young cyclist and the old "experienced" motorist have a similar problem. It's not that they maliciously ignore the law, so much as they are ignorant of the facts and rules of the road.

We, the Bartlesville Pedalers, as the experienced cyclists in the community have a responsibility to pass on our knowledge to those around us, and if we don't, then we have no right to complain about their behavior.

Joyce will be evaluating the environment and trying to determine what the needs are within our area. Please help her with any ideas you may have, and look at how each of you can best help her conduct programs that can better educate those we share the roads with. This effort needs to be more than one or two people, and have more support than just the Bartlesville Pedalers' name. Let's get behind this fully and make a difference for all Bartlesville cyclists. 

Keep 'em Spinning

Jim

Welcome new members!

Welcome Mark Beckwith & Vic Scullaw to the Bartlesville Pedalers. You can download an updated membership list from:

www.bartlesvillepedalers.com/Members/pdf/pedalers2003.pdf



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From the Road Biking Director...



Recently, Joyce and I completed the training to become League Cycling Instructors (LCI's), a League of American Bicyclists bicycle education certification program. We spent two full days in class and on our bikes learning how to teach the principles and techniques of what the League calls "Vehicular Bicycling", the concept that "bicyclists fare best when they act, and are treated in return, as drivers of vehicles, with the same rights and responsibilities as motorists".

We plan to explore some ways to share this new knowledge with the Bartlesville community in the future. I've included a sampling of what we learned below.

Bicycling Safety: The "ABC" Attitude Check

Here's a clever new way to think about insuring a safe ride, particularly when riding among others, be they other cyclists, motorists, or pedestrians on a recreational trail.

A is for **AWARENESS** ... of road conditions and obstructions, of intersections, and of other traffic, be it pedestrians, motor vehicles, or other cyclists. Get in the habit of doing the 'quick scan', a periodic brief turn of the head looking back over your shoulder to keep aware of what's behind you.


B is for **BE PREDICTABLE** ... maintain your line and speed when riding among others, with no abrupt changes. Under most circumstances, keep to the right and pass on the left.

C is for **COMMUNICATE** ... be visible, signal all changes (turns, stops, etc.) both visibly and orally, warn others of hazards, announce your intentions to those nearby you.

Finally,

ABC is for **ALWAYS BE COURTEOUS**. There is no room for any other attitude when bicycling. We're basically all out there to enjoy the sport at whatever level we're participating. It's not a race or a competition (unless formally declared such). Relax and enjoy yourself and one another, and give a friendly wave to the sourpusses.

(Hint: There will be a pop quiz on this at one of our upcoming rides. Rewards for a passing grade!)

Have a great ride at Oklahoma Freewheel this month. 

Let's ride,

Rod Harwood

Special FreeWheel Send-Off Meeting June 4th

Pedalers, first-time as well as seasoned FreeWheelers and guests, come to the upstairs meeting room in the Bartlesville Library - at least by 6:30 p.m. on June 4 - for a special FreeWheel Send-Off! Learn up-to-the minute tips on how to fix a flat and how to pack and snack!

Wear your FreeWheel t-shirt and we'll get a group photo and will be sure to take one again at the FINISH LINE in Coffeyville of all you smiling faces!

See the BIG ROUTE MAP laid out all across the floor! Members who can, please bring snacks, as some will be coming directly from work! Yes, we

will have Questions and Answers, Door Prizes and a Lemonade Rest Stop!

Price of Admission: Bring a written FreeWheel "reflection" or "anticipation" - we will present from the Pedalers to Libby Stalter, Tour Director, to commemorate the 25th Anniversary of the annual cross-state ride.



Visit our Pedalers' web page

Sometimes information on rides comes too late to be placed in the newsletter so to find out more information periodically see our website at - www.bartlesvillepedalers.com

Mountain Biking...

From the Mountain Biking "Director"...

By Bob Lummis

Still no George!!! I talked to Suzy the other day and found out that he expects to be back soon.

We still don't have any word on the Flint Hills Death Ride. I just sent an e-mail request for information, but they haven't had time to respond yet. On the assumption that the ride will be held this year, I've gone ahead and scheduled a metric century on dirt again this year. We had it on the schedule last year and then abbreviated it to 45 miles since nobody was doing the Death Ride. This year we plan to do the whole century (metric) regardless of what transpires with the Death Ride.

Our ridership on the mountain bike rides is really down! I don't know if that is because the rides are perceived as being "hot dog" rides (not so!) or what the problem is. As most of us know, the rides are really pleasant rides through countryside that we never get to see on our road bikes. If you've been tempted to try it but haven't, now would be a good time to find out what it is all about. The riding is non-technical, although it is sometimes more difficult to ride in gravel than on pavement. We compensate for that by maintaining slower speeds, especially when loose gravel is encountered. See the article "Riders Wanted" elsewhere in the newsletter.

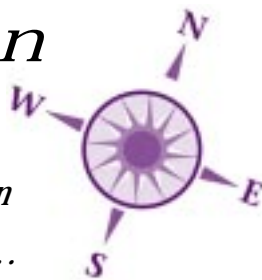
That's all for this month. When George gets back, be sure to tell him that you REALLY missed him!

See you on the Trail! 

Bob

Wednesday Evening 6 pm Knobby-Tire Rides

Our Wednesday evening knobby-tire rides are similar to the Tuesday-Thursday road rides, only



these are for mountain bikes on local dirt roads.

We meet at 6:00 pm at various locations for 15-30 mile rides on dirt roads. See the following for meeting location and description of the ride.

June 4 - Cotton Valley Loop. Meet at the junction of County Roads 0700 and 3990. (One mile East of Highway 75 on the road just North of the Copan Truck Stop.) About 20 miles rambling through northern Washington County.

June 11 - FreeWheel Week. No ride scheduled.

June 18 - More Moore Ranch Loop. Some fun loops to choose from West of Nowata and north of Highway 60. About 20 miles with shorter options available. Meet at the junction of Nowata County Roads 4050 & 0200. (Go straight on the gravel road at the first big curve on Highway 60 after crossing Hogshooter Creek.)

June 25 - Almost to Hulah. Approximately 20 miles. This is a new route that starts out the same as the Mullendore Ranch Route. Meet at the parking area below the spillway at Copan Dam.

July 2 - The Wann America Knobby-Tire Loop. A pleasant 20-mile loop around Wann that begins and ends at the post-office. Visit Six Flagpoles over WannAmerica while you are there! Meet in the parking lot of the Wann post-office on Highway 10.

2 pm Sunday Afternoon Cross-Country Rides & Knobby Tire Ride

Rides Meet at 2:00, see descriptions below for meeting location.

May 30, 31 & June 1 - Spring Fling Weekend! While this is mainly a road bike weekend, Mountain Bikes can have fun too. Bring your mountain bike and your tent out to Osage Hills State Park for a fun weekend with your fellow club members.

June 8 - FreeWheel Week. No ride scheduled.

June 15 - Ride to Nowata. Meet at the junction of County Roads 4020 and 2400 (Moose Lodge Road.) This will be about a 30 mile round trip to

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Pedaler Profile

Ross Snider

I started riding with the Pedalers in 1980, the year the club was founded. Members from the first year that I believe are still in town include the Leathermans, the Borks, Jim Fangmeir, Clarence Lanning, Ralph Bergstaed (I think he was on this ride) and others I'm sure to miss. My first club ride was a trip to Copan to eat at Ruth's Country Kitchen (it was across the street from the C-Store just west of Highway 75). Seventy (yes, seventy!) riders or so showed up and overwhelmed the wait staff and kitchen. For years afterwards the owner would panic anytime a group of cyclists stopped in.

That first ride was made on a 30-plus pound Schwinn (steel rims and no quick release wheels) while wearing cutoffs, tennis shoes, and a Bell Biker helmet that probably weighed twice what my current helmet weighs. Later that year I bought toe clips, riding shoes, cycling shorts. No Lycra or artificial chamois in the early 80s, we are talking wool shorts with real chamois. Ever wonder why cyclists used to wear suspenders with their shorts? Get caught in the rain with wool shorts and you'll understand! Later on I upgraded to a much nicer Takara bicycle.

However, I did the first club century on the old Schwinn. It was a joint century with the Tulsa Wheelmen. We named it the cattleguard century, we crossed seven or eight cattleguards in Osage County. The start/finish line was at Birch Lake. We went west on Highway 11, and then took back roads to Osage Hills State Park and on to Copan.

This was before Copan Lake was built and there was an old wooden bridge over the Caney River (it was blown up before the lake was filled). The group I was riding with stopped a lot, and always ended up passing Clarence again (and again and again...). We even stopped and ate lunch in Copan (guess where). There was a pretty stiff wind blowing from the southwest and several riders headed back to their houses in Bartlesville to avoid the trip up 44 hill to Barnsdall. I was just out of



college a year and didn't have many tools - I rode the ride with a 10-inch Crescent wrench in my bike bag in case I had to get the wheel off to change a flat. I did learn a couple of things that day - don't eat huge meals on a ride, drafting is good (I found a couple of Tulsa Wheelmen to follow in to Barnsdall from Woolaroc), and plan centuries with a tailwind finish!

I served as president, touring director, board member at various times during the early years of the club. During my term as touring director I developed a reputation for going out of the way to seek out and include new hills on club rides.

Around 1983 (or 1984?) I did my first double century and did BAM (Bicycle across Missouri) in 1985. (St. Louis suburbs to Kansas City suburbs and back over Labor day weekend - 560 miles without sleep!).

During the late 80s I spent three years in Huntsville, Alabama before returning to Bartlesville. I then lived in Houston from 1998 to 2001. I now live in Tulsa, but try to make a portion of the annual 4th of July century and the credit card camping trips.



Board discusses new projects...

The Pedalers Board Meeting was held May 19, 2003 with Jim Black, Donna Black, Dale Munn, Rod Harwood, Joyce Fogle, Bill Estes, and Joanne Estes in attendance.

The following was discussed by those present:

Joyce told of the very informative classes she and Rod have taken in Tulsa, sponsored by the League, and proposed the Pedalers back her volunteering efforts to do a study in our area to see how we can best educate and train interested cyclists, with emphasis on safe riding techniques, etc. Jim Black will assist in her as this project unfolds! A possible target area where to begin, might be the Scouts, helmet give-aways at bike rodeos, etc. - Educational "modules" could include Trail Etiquette, Safe Trail Riding, "Driver's Education," State and Local Laws regarding cycling.

Joyce will proceed with her research and report back monthly.

We were reminded that those riding on club rides MUST wear helmets to protect club liability as well as the cyclists' noggins!

Our "Graduate" Rod, reported that Tues/Wed/Sat. training rides have been well-attended - several new folks out to participate in the fun! He recruited leaders for June rides.

Dale opened the Post Office Box mail and produced several area bike ride flyers.

We're excited to have two new families joining the membership this past month!

Spring Fling is slated for May 30 - June 1. Rod will coordinate details. Shelter is reserved for 1 night. Campers bring their own chow! The Tour de Tulsa is on that Saturday.


"May - Bike Month" activities have been, notices in Sunrise Reporter, KWON, Cable One, and very nice "Examiner Enterprise" feature by our own Vince Hennigan with photo credits to Dale Munn! This was strategically set in the midst of Bike-to-Work Week - (May 14th issue) and we've reserved that spot in the paper, same time, next year, as well!

Joanne reported FreeWheel rest stop plans are in place - baggage loading by our group will be Saturday morning in Dewey! Maybe some non-FreeWheeling club members would like to come up & participate while checking out the campground!

Library is reserved for 6:00 - 8:00 p.m. Wednesday, June 4th for a "FreeWheel Send Off" for local registrants and Club Meeting - Will include "How to Change a Flat", "How to Pack", etc.

Bartlesville Senior Olympics may be canceled this year.

Meeting was adjourned so that Bill Estes could continue his afternoon ride, and the Blacks could get back home to help Sara finish planning her wedding, help CJ finish up studying for finals and Graduation AND so that THEY could start packing for their ride across the Lewis & Clark Trail, beginning in St. Charles, MO! - to celebrate their 30th wedding anniversary, May 26! Congrats on EVERYthing, Blacks!!!

Next board members meeting will be Monday, June 23, same time same place! 

Respectfully submitted,

Joanne Estes

Pedalers Secretary

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Nowata and back.

June 22 - Eagle Rock Bicycle Trails. Independence, Kansas. This is some of the best singletrack we have in the area. Three trails are there for you to pick; Beginner, Intermediate and Difficult. The trail's close proximity to the north shore of Elk City Reservoir and a predominate south wind makes for cooler riding too! Meet at 2:00 p.m. at the spillway parking lot for the Elk City Dam.

June 29 - Metric Century on Dirt. We planned to do this ride last year, but cut it down to 45 miles. This year, we hope to do the whole thing. We'll tour some new country in northern Nowata County, Oklahoma and southern Montgomery County, Kansas. Meet at the Post Office in Wann at **8:00 a.m. **.

July 6 - 4th of July weekend, no ride scheduled.



Many Hands Make Short Work

By Joyce Fogle

A big thank you to the 12 Pedalers who helped with the second trash pick up of the year on hill 44. Many hands, did make the work go faster and a little more fun.

The Easter Egg Hunt netted jelly beans, a few surprise treats and coupons off of dinner. A hearty Mexican meal followed at El Pueblito.

There are still some hidden eggs out there, due to extra high weeds contributing to poor visibility. We will hunt them down next time.

See you again in late summer, with new adventures in trash pick up, another great meal together, and a valuable community contribution from the Pedalers.

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road that took me almost to the town of Hulah through some beautiful open-range country. The route is mostly level with a few small hills.

For those who like hills, I've saved The Avant Route for last. The Avant route meets across the street from the Avant House of Prayer in downtown Avant. The ride starts out hilly and stays that way! We basically follow the route of Birch Creek through sparsely populated countryside. There are a number of different routes to take, but the one we do the most is about 18 miles long.

Come on out and join us next Wednesday or Sunday. (Or preferably, BOTH!) These rides are great fun and a change in pace from road biking.

Illness & accidents at Senior Olympic Nationals

Sorry to report Jack Tatum had to drop out of the 40K road race, due to an atrial fibrillation episode. Walter Bohn crashed while diving over several downed cyclist. He has a broken rib and stitches in his head. He will not continue racing for a while.

Both riders are very disappointed but glad to be alive and looking forward to riding with the Pedalers soon.

The “coolest” summer bike ride in the Midwest?

A COOL bike ride in **July**? In **Kansas**? You've got to be kidding!! NOPE! There is a catch, though. It's in the middle of the night! The Lenexa Midnight Bike Ride starts at midnight on Saturday night, July 12th, 2003.

More than 600 riders are expected to enjoy the cool ride in the middle of summer - by riding in the middle of night! In addition to starting the ride at the cool hour of midnight, the route starts in the historic Old Town section of Lenexa, Kansas, then meanders through the rolling hills and boulevards of Lenexa, winds through old limestone caves now an underground business park, and returns to Old Town! Now that's a COOL ride!

Two routes are available. The longer route is a 12.5-mile route that includes the underground caves. For slower riders or those desiring a shorter route, there is a 9.5-mile option. This is an excellent ride for riders of all ages. New this year is a Chris Cakes all-you-can-eat pancake feed following the ride. Online registration is available at www.ci.lenexa.ks.us.

This ride is sponsored by the Lenexa Optimist Club and the City of Lenexa Parks & Recreation and is one of the best-supported rides around. In addition to police escorts, major-intersection road-blocks, corner guards, ham radio operators, and walkie-talkies along the route, there are SAG vehicles to pick up riders who have any trouble. All riders must wear helmets. Bikes are required to have a front light and rear reflector.

Packets with a map can be picked up at registration time or prior to the ride. Early registration by mail ends May 31st and includes a ride T-shirt for \$15. Registrations received by mail between June 1st and July 11th or during walk-in registration and packet pickup on July 11th & 12th are \$20 and may include a T-shirt, subject to availabil-



ity. Walk-in registration will be held on July 11th 9 am-6 pm and July 12th 10 am-4 pm at the Lenexa Community Center 13420 Oak Street in Lenexa (just off Pflumm between 87th & 95th). Registration the night of the event starts at 10:00pm in Old Town Lenexa. T-shirts may be purchased the night of the event, subject to availability, for \$10. The sooner you sign up, the cheaper it is! Discounts available for families and for groups so get some friends together and sign up early for the cheapest tickets to the coolest ride in town! Those **under 18** receive a \$5 discount off the registration fee and must be accompanied on the ride by an adult. For registration information, call 913-541-0209 or visit our online registration site at www.ci.lenexa.ks.us. For group discount information, contact Susan at 913-541-0135.

Proceeds from this ride benefit youth programs supported by the Lenexa Optimist Club. Among these programs are the KU Med Center Pediatric Classroom, Keys Youth Services homes for troubled or abused children, Temporary Lodging for Children, Camp Quality for children with cancer, dictionary distributions to local fourth graders, Johnson County Community College scholarships, and many more youth activities in the community.

The Lenexa Optimist Club is a community service organization affiliated with Optimist International. The Lenexa Optimist Club meets the first and third Mondays of each month at 6 pm. Speakers for Club meetings, visitors, and new members are always welcome. Contact Jan Huff Soper, Lenexa Optimist Club president, at 913-492-5522 or jan@sopershosta.com, for more information.