



BARTLESVILLE  
PEDALERS

# Gazette


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

*FreeWheel is almost here...*

## Countdown set for June 6th!

Come to the FreeWheel Count-Down Tuesday 6 to 8 p.m. upstairs at the Library! The public is invited to attend this informative, fun-packed two hours which will put your mind at ease! See Rod Harwood Fix a Flat in Five Minutes! Check out Bob Lummis, who will share all his FreeWheel packing secrets!

And, in case you're wondering what to EAT on FreeWheel to keep your energy and stamina up all week, we're excited to have guest speaker, Jeri Mills, Nutritionist from Hillcrest in Tulsa. She and her sisters will give us the pro's advice and maybe some tasty samples, too!

Wear a FreeWheel shirt, bring a buddy, and enjoy light refreshments (Smoothies!) and several handouts, PLUS a special gift for each person registered for FreeWheel - Come early for the group picture! 




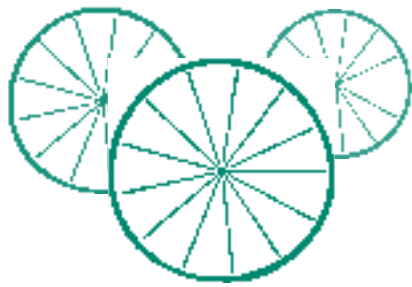
*Above, Jeri Mills, this meeting's featured speaker, with her sister. Find out which one is Jeri at the June 6th meeting!*



## A Credit Card Campout?

What is a Credit Card Campout, you might ask? A Credit Card Campout is where you leave your tent at home and use your credit card to rent an air-conditioned hotel room. This is the perfect way to camp on a hot July day.

The Pedalers Annual Credit Card Campout will be held July 10 and July 11 this year. We will depart Johnstone Park at 6:30 a.m. for Independence Saturday, July 10. The Apple Tree Inn in downtown Independence is holding a block of rooms especially for the Pedalers. The block will be released July 1, so make your reservations now. The room rate is \$61.95 plus tax for a single, and \$67.95 plus tax for a double. The Apple Tree can be reached at 620-331-5500. Be sure and tell them you are with the Bartlesville Pedalers! 



# Spinning Wheels

## President's Article


May has been a great cycling month. There was the senior Olympics, many good training rides, lots of good FreeWheel weather winds, super publicity in the Examiner-Enterprise and I am in the running for the flat tire trophy\* (although I think the president should be ineligible). I've left the international travel to Bob as I've stayed pretty close to town.

Let's start with the senior Olympics. We had super participation, if only the weather would have been better. Volunteers for the cycling events included Andrew and Dale Munn, Tiffany Ketchum, Bill and Joanne Estes, Laurie Smith and two from ConocoPhillips - Patty and Candy. Senior Pedalers participating were Jack, Walt, Rob and Paul. All won medals - be sure to congratulate them, check the results on the Bartlesville Pedalers web page. The 40K race took place in a heavy rain that started about 10 minutes after the start. The weather outlook Friday morning was not very good, so our brave Bartlesville

Pedalers allowed the out of town guests to compete with themselves.

Then there was the bike to work week activities. The Examiner treated us very well with a front page picture and an article in the paper. With all of that, I was still the only bicycle on the bike rack where I am working. I have to admit that the wind has made it somewhat challenging to make it on some of the days. The Examiner liked our picture so much that they ran it again on the next Monday edition, but I think Bill and Bob paid them to crop me out of it.

The turnout on the FreeWheel training rides has been very good. Everyone seems to be picking up the pace as the Tues/Thurs rides have reached the maximum 30 miles with about the same amount of wind. I've found that you can have 3 flats and still make 28 miles between 6pm and 8:45 pm. I left my tire bars on one driveway, thinking I could stop there on the way back to fix a flat, but when we stopped to pick them up they were gone.

June will be a busy month as many will be participating in FreeWheel. Be sure to make it to the 6 pm FreeWheel count down meeting on June 8th at the library. Hope to see many of you during the month at FreeWheel. Also, don't forget that you can continue to ride with many of the Pedalers after FreeWheel. There will be many fun rides and activities during the summer. So long for another month. 

### Dale Munn

President

*May 29 Addendum: Even though I had two flat tires today, I'm not in the running for the flat tire trophy. I figure that just like any election, by December everyone will have forgotten about my flat tires!*



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Lets get up a group of Pedalers this fall and do a great weeklong ride in Tennessee. This is a fun ride. The nights are cool, the days warm, and the scenery is outstanding. This year's ride will be a loop north and east of Nashville. The ride is fully sagged, most camping facilities are in state parks, warm showers and lots of fun. For more info on the ride, go to their website at <http://www.state.tn.us/environment/parks/BRAT/>. Bob Lummis and Rod Harwood have done the ride; ask them for their opinion of the ride.

## Racing in the streets of B'ville!

Look out B'ville, here they come! The Oklahoma State Criterium Championship will be held Sat. June 5th with events starting at 8 am. Prize purse is \$2,500. A .7-mile loop will start at 6th and Keeler with ten categories of riders.

June 6th offers the Oklahoma State Road Race on a 21-mile loop over county roads. Once again a prize purse of \$2,500 is offered over ten categories. Volunteers are needed, call Rod Harwood at 336-7546. Come out for some cycling action!



## Report from the Road Director

By Bob Lummis


Our FreeWheel Training rides continue to have really good turnouts for both the Tuesday-Thursday rides and the Saturday rides. As I sit here writing this, I am recovering from our Saturday training ride that went to Nowata. In spite of the brutal wind (22 mph with gusts to 29 mph), we had ten hardy riders go all the way to Nowata and back. I hate to even think it, but knowing western Oklahoma, today's conditions were probably about what we can expect for FreeWheel this year.

When FreeWheel is over, don't lose track of the fact that all of our Tuesday-Thursday rides and our Saturday rides continue throughout the summer. The only changes will be that there will be no designated Ride Leader for the Tuesday-Thursday rides and the ride time for the Saturday morning rides will shift to 7:30. The Tuesday-Thursday rides will all be Tailwind rides; those present for the ride will pick the route and a Ride Leader, if needed.

Don't forget... the Pedalers' Wynona Ramble is coming June 5th. Tim Harper is going to lead us through some of the best scenery in Osage County to Wynona and back on the 5th. This is a ride that used to be traditional with the Pedalers, but fell to the wayside in recent years. The ride time will be our normal 7:30 a.m. summer schedule.

And... the 4th of July is creeping up on us. That means our annual Firecracker Century will be held on the 5th. (HUH??? - You read it correctly, since the 4th is on a Sunday, the ride will be held on Monday the 5th.) We will leave Johnstone Park at 6:30 a.m. and ride to Mohawk Park in Tulsa and back. If our luck holds as it has in the past, we'll be getting to Tulsa just about the time the wind picks up. The plan is to have little or no wind on the way to Tulsa, and then a good tailwind coming back.

Speaking of things creeping up on us... our annual Credit Card Campout ride to Independence and back is coming in July. Mark July 10 & July 11 on your calendar for this event. More info coming soon.

That's all for this month! Have a safe ride! 

**Bob Lummis**

# Pedaler Profile

## Michael Smith

After almost 7 years of being in Houston, it's great to be back in Oklahoma again and among cycling friends.

The first couple years there, I hung my bike up after narrowly missing being run off the road - twice - by crazed drivers down there. It wasn't until Ross Snider moved down to Houston that I dusted off that bike and got to riding again.

In looking back at the time in Houston, I think the most memorable ride was when Ross and I were quite a few miles south of Houston and a huge thunderstorm started brewing up behind us. I think that was the fastest I've ever moved. Amazing how big bolts of lightening and thunder off in the distance motivate you. The mountain bike I was riding that day just flew home. We didn't quite beat the rain as the storm caught up to us within about 5 miles from our homes. Luckily there was an office building with a nice overhanging doorway we could get under and just let the storm pass.


When Phillips transferred me from Denver to Bartlesville in the late 80's, I was fortunate enough to meet up with several riders on the MS150 that were members of the Pedalers. They talked up the group so much, that I just had to find out more about it. Wasn't long until they had me hooked riding on a regular basis and even got me to be President for a few years.

All those rides lead up to finding out what FreeWheel was all about. That old mountain bike



I moved down with from Colorado just had to go. Luckily, Black's Bikes had just what I needed to get up and down those hills in eastern Oklahoma.

Don't think how I will ever forget on FreeWheel how the group from Bartlesville gave me such a hard time about the trains in Vinita. Not that I believe any of them that trains really did come through town almost hourly that night we stayed there.

Now that I'm back, I'm starting to loose my flatlander legs and get back into riding all these hills around this area. Good friends are hard to beat and it's great to be riding with so many of them again. While I haven't gotten a chance to ride with the Pedalers here yet, I still see a lot of you on rides in and around the Tulsa area. Keep cycling and I will see y'all on the road. 

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## Ride for the Red

Get ready for the RIDE FOR THE RED a 25-50-100-mile bicycle ride to be held Saturday, June 26th, 2004 in Coffeyville.

Sponsored by: PIONEER CHAPTER, American Red Cross, 128 West 8 th St, Coffeyville, KS 67337. Pre-registration fee: \$ 20 per rider or \$35 per couple. (\$25 on day of ride) .

This will be a great ride on all paved lightly traveled county roads.

Full SAG support with rest stops, snacks and

refreshments. For more info: [www.terraworld.net/cvilleksredcross](http://www.terraworld.net/cvilleksredcross) Contact person: Rex Holeman [rholeman@cox.net](mailto:rholeman@cox.net)

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## Correction

Last issue placed Kyle Whipple as a graduating high school senior. This isn't the case, here's the new info:

Kyle Whipple, son of John, is graduating from the University of Oklahoma with a degree in Physics. He has ridden FreeWheel with his dad the past two years. May not get to go this year because of summer job offer - research in Alabama.



# ***Riders... Get ready to Ramble!***

## ***Wynona Ramble 2004***

Date: June 5, 2004

Time: 7:30 am

Place: Entrance to Johnstone Park

Distance: Approximately 67 miles


By *Tim Harper*

It's back again! The Bartlesville Pedalers FreeWheel Graduation Ride, aka, The Wynona Ramble. This is an excellent chance to see if all that FreeWheel training has paid off.

***This ride has it all...*** Smooth highway shoulders, little traveled backroads, cattle guards, hills, fantastic views, small towns, and best of all, places to eat. This ride used to be a yearly staple of the Pedalers' bike club and a favorite of all. We'll leave Johnstone park and travel west on Lupa to Virginia, south on Virginia to 14th street, and out south on Highway 123.

At Barnsdall, we can stop at the C-store and get some fluids and snacks and then take a beautiful little backroad to Wynona. There will be some hills, but the view makes the climb worth it. We'll cross a few cattle guards (watch out for those cows) and a low water bridge on our backroad trek, ending up on the south side of Wynona. They have a very nice little C-store there and rumor has it that a new café has opened. I'll scope it out the day before. If it's true, we'll lunch there. If not, the C-store in Barnsdall makes a mean cheese burger along with other fast food type items. Eating and riding is a must on FreeWheel, so it is on the Ramble as well. After that, we'll re-trace our path back to the park, with the exception that we'll go down the new 44 hill via Highway 123 where as going out, we'll take the old highway up the hill via Gap Road turn off.

As in the past, the route will be marked in various shades of fluorescent paint, including turns, food, and road hazards (provided it's not raining on Friday evening.) If it's raining, calling for a 40% or greater chance of rain, or it's 40°F outside, blow off the ride. Also, if the low water bridge is impassable, we'll turn around there and make it a 56-mile ride. Otherwise, prepare for a most enjoyable "ramble" through the beautiful Osage Hills.

Bring some sunscreen, water, snacks and money for food. If you really want to make it feel like FreeWheel, set up your tent when you get home, take a cold shower, ride to the nearest eating establishment, go home and spend the night in your tent. It doesn't get any closer to the real thing than that. See you Saturday! 



## ***In the News...***


Dr. Brad Cobb, a Bartlesville Pedaler, qualified to compete for the U.S. Olympic/Paralympic cycling team by beating the qualification time by two-tenths of a second in a recent olympic trial in Texas. He's off to Colorado Springs to train this summer. He and his team will head to Athens Greece for the Olympics in early September. We wish you the best of luck! We'll be rooting for you, Brad!

## **Rainy Day Riding!**

*Our helmets are off to these volunteers and competitors, right, who braved cold and rainy conditions at the annual Senior Olympics held at Woolaroc in mid-May. Way to go guys!*



## **Oh to be on the road!**

*The members of the Pedalers stage at Johnstone Park before one of our weeknight rides. Ridership has been up despite the typical Oklahoma high winds and sometimes its threatening weather. Want to have fun, get in shape, meet people, and see the sights of northeastern Oklahoma? The join us at Johnstone Park at 6 pm Tuesdays and Sooner Park (near the Tennis Courts) at 6 pm Thursday. Longer rides start at Johnstone Park at various times, see our website: [www.bartlesvillepedalers.com](http://www.bartlesvillepedalers.com) for more info. *

## **A FreeWheel Reminder**

This is a reminder that you have one week to register for FreeWheel before the late fee goes into effect on June 1.

If you live in the Tulsa area - or have friends or family in the area - you can register and/or pick up your packet beginning Wednesday, May 26 at the FreeWheel Office. The office is located in the Mapco Plaza Building at 1717 S. Boulder Ave. in downtown

Tulsa. The office will be open from Noon-6 p.m. May 26, 27, 28, June 1, 2, 3, 4 and June 7, 8, 9.

You can also register and pick up your packet on Saturday, June 12 at the Simmons Center in Duncan, Oklahoma.

This year's route is fantastic and will surprise those who think Western Oklahoma is boring!!!

For registration questions or for additional information on FreeWheel, contact 918-592-2453.

