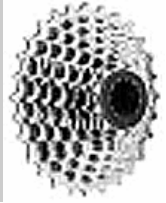




Bartlesville Pedalers Gazette



June, 2006

The Newsletter of the Pedalers Bicycle Club, Bartlesville, Ok

Fishing with Dad, Riding with Dan

By Bruce Sturges



As many of you know, on a recent Saturday dad and I went to Lake Bluestem in Pawhuska to fish for bass. This was the first time in 2 years I have been in a boat with him fishing. This used to be a common occurrence for the two of us, to hook up and go fish wherever. We fished in tournaments, jackpots but mostly competed amongst ourselves. We have lots of fishing stuff to say the least and have even gone to BASS SCHOOL to learn to do it like the pros. But most important to us both are the memories of all those times we shared together in that boat. These times took a back seat to nursing school (1 year) and now cycling with the Pedalers (2 years) and it finally dawned on me just how much I missed bass fishing and those times with dad. Yes, I love riding and enjoy the company I keep on those LONG rides, and would not trade anything for the memories and friends I have now for the world. I guess it all comes down to a choice of what to do when, and hope we don't hurt anybody along the way.

A couple of weekends ago Dan Schultes and I went to Tulsa and rode in the Tour de Cure. This was a ride where we had to raise some money to enter. The

donations went to help find a cure for diabetes. The ride started at OSU-TULSA a beautiful campus to say the least. We tooted down around Port of Catoosa and out on 166 HWY made a loop and back in thru some very expensive housing additions. After about 40 miles or so we decided to do the KILLER HILL. About a 7% grade hill and only about a ¼ mi long, THANK GOD! At the top we received an I SURVIVED KILLER HILL button and got our picture taken. I thought I heard them say at the start they were giving out money at the top of that hill. We went thru MOHAWK PARK and then back to the campus for pizza and drinks. Why I believe we even saw a baby alligator on the side of the road (ask Dan about that). I want to thank Dan for waiting for me at times and making a fun day to remember. Dan and I will gladly show you guys our BUTTONS!!!! Hey DAN, should we show them our tattoos?

A Special Invitation to you, FreeWheeling Bartlesville Pedalers!

Darlene and Wayne Clayborn have graciously invited all FreeWheeling Bartlesville Pedalers to a hamburger cookout and camp-over, Friday, June 15th, the last night of FreeWheel!

Shuttling will be available to their lake home six miles out of Grove and back to the FreeWheel campsite at the new High School. This will help cyclists avoid the heavy traffic on Highway 59. Please let the Clayborns know how many hamburgers to cook a couple days in advance!!

Thank you so much, Wayne and Darlene!
We really appreciate your hospitality!

Report from the Road Director *By Kevin Doggett*

The Freewheel Training Rides have been going great. I continue to count more than 20 riders at several of the rides. We are now up to 30 miles on Tu/Th rides and 60+ miles on Saturday rides. The start of the Saturday morning rides will change to 7:30 am in June. The Sunday afternoon rides will continue to start at 5 pm but we have changed the start location to Jo Allyn Lowe park; those present will determine the route. These rides will continue after Freewheel at least through June.

Keith will be leading us on the ride to Pawhuska this Saturday May 27. There might even be an opportunity to swing through Nelogoney some where to or fro.

The Tulsa Tough rides will be Saturday June 3 and Sunday June 4. The two-day event



Saturday rides will be at 7:30 for June, July & August, unless it's raining

includes two challenging 100-mile routes with shorter 50 km and 100 km alternatives. Riders may participate in one or both days. For more information, go to <http://www.tulsatough.com/ridedetails.html>.

The Pedalers Freewheel Training graduation ride to Wynona is also June 3. Tim Harper will be unable to lead the ride this year as he injured his calf muscle, but he and Katie have graciously offered to mark the route and provide maps at the start (7:30 a.m. at Johnstone Park). Bill Estes has volunteered to take over as ride leader. I'm looking forward to this ride as I have heard it is a great ride.

Don't forget Monday June 5 we will have the

(Continued on page 4)

THE FREEWHEEL COUNTDOWN IS FINALLY HERE!

All those long miles and hours of pedaling-practice, up and down those Washington, Nowata, Osage, Tulsa (ad infinitum!) County roads, are about to be rewarded! If you are excited about being THIS close to FreeWheel 2006 as many of us are, make sure you come to the BARTLESVILLE PUBLIC LIBRARY— to the upstairs meeting room — **MONDAY, June 5th, 6:00 p.m. until closing at 9:00** — to our very fun Bartlesville Pedalers FreeWheel Countdown!

Many of you have seen Tulsan and veteran FreeWheeler (she has been on ALL FreeWheels!), NICKIE HALL-HENSLEY, entertain masses with her famous FREEWHEEL PACKING DEMONSTRATION. And now, by your special request, she is bringing it to Bartlesville and will inspire and inform you, AND, time permitting, answer your queries! So come early!

From the "Cornstarch Shuttle," to her creative uses for denture cleanser, Nickie reveals tour-packing secrets accumulated over her lengthy cycle-touring career! Her reflections on "Hills are Our Friends" and other similar themes will be pure poetry to you cyclists!

Equally informative will be DAZZLING DALE MUNN, with his award-winning, FIX-A-FLAT FAST

first-hand experiences! Please take notes! Flats DO happen on FreeWheel, so Dale's tips are most important!

For you FreeWheelers taking the bus to the start at Hugo, Saturday morning, June 10th, don't miss ROSS SNIDER, who will also be on hand to present his excellent BOXING YOUR BIKE time-tested methods.

In addition to this "star-studded evening, the Pedalers will be drawing the names of TWO lucky attendees to give away TWO \$50.00 "REBATES" toward TWO FreeWheeler's "tuition!" So you just gotta be there!

Wear your new FreeWheel shirt and come for fun, refreshments, GROUP PHOTO, & goodie bags, guaranteed to help make your week of cycling across Oklahoma a favorite time to remember!

FreeWheel 2003 Countdown Group picture





Pedaler Profile

Walter
Bohn



The Profile Person has attacked me!!
I received a surprise E-mail from the Club Profiler person asking me to reveal all sort of data about my cycling history such as what was my first bike, how I got started cycling, favorite rides, a photo, etc, etc, etc. When you're pushing 80 you have a tough time remembering a lot of things. I'll try!

I recall that my first bike was from a Gamble Hardware Store (some of you may not even recognize the Gamble Store chain of the 30's) I must have been 7 or 8 years old. It was a single speed, balloon tire, coaster brake animal that go me back and forth from the farmhouse to the country school I attended in NW Wisconsin. After grade school it was about the same distance to the City High School from the farm and the bike was still working and I rode it there until it got too cold. The real reason I quit riding it then was that the city students poked fun of my long-johns when changing for gym class. Peer pressure was tough even in the early 40's. Sporadic riding after High School was off and on due to moving around while in the Air Force.

Fast forward to the 70's. After retiring from the Air Force in 1970 in California and getting another job, my daughter was attending College at the UC @ Riverside and came home from school for the weekend with a Ni-

shiki 10 speed. I tried it and thought this is neat and bought one for myself. I rode a couple of miles to work and home until again retiring in 1990. During that time period I met a lot of other cyclists and did many weekend rides with them. Several of us ventured into touring. I bought a Gitane touring bike and we did a lot of overnight camping rides in Joshua Tree National Monument. We were self sustained and carried our camping equipment and food. We toured in Colorado starting @ Boulder, went through Estes Park to Granby and southeast to Golden and back to Boulder. The highlight of that tour was a side trip up Mt. Evans where snow plows



were still clearing the road in July. The rocky mountain trip was one of the best of any tours except for one in Oregon starting @ Medford making a circular trip to Crater Lake and return to Medford. Did some long distance one riding trips in Mexico from Tacate to Ensenada (about 90 Miles). My longest one day trip in California was from Indio to San Diego over the Santa Rosa Mountains (about 120 miles).



Neither rain, nor sleet, nor Snow deters Walt!! Here he is checking out the conditions on Mt Evans in 1983

Upon my second retirement we had enough of California and started looking for a place to retire. Bartlesville was decided in 1992 after my son-in-law was transferred to Bartlesville from Houston. Shortly after joining the Pedalers I decided Freewheel would be fun and have participated in a number of the Freewheel rides. On one of the Freewheel rides, which also ended in Baxter Springs, as this year's will, I was awarded a trophy by the Bike Club for being the only Club member

(Continued on page 7)



The Oklahoma FreeWheel Corner

By Joanne Estes

One of the neatest things happening THIS year on FreeWheel will be seeing the Bartlesville Pedalers in their BRAND NEW YELLOW T-SHIRTS! THANK YOU, to all who have helped pool your great ideas over the years and especially to Bruce da Prez! who brought our dreams to life!

We're looking forward to a few more great training rides and then the FREEWHEEL COUNTDOWN Monday, June 5th, 6 p.m, at the Library when we'll cap off our diligent training season. (Read all the details on page 2!)

When packing for FreeWheel this year, remember to include patriotic colors to wear Wednesday, on FLAG DAY, and, for you creative

ones, think of something clever to wear for "CRAZY DAY, Tuesday!" Have your cameras on hand that day and vote for your favorite! Clay and Dawn Thurman and their tandem usually get MY vote!

It's no secret that FreeWheel is my FAVORITE time of year! But, come to think of it, Bill & I will be celebrating our 44th wedding anniversary then, so maybe THAT'S why! What better way than on FreeWheel! The gift of health we give each other by training and it's many benefits, is easily maintained when we are able to ride several other excellent area cycling events in months that follow!

But FreeWheel is STILL my favorite! THANK YOU, Libby and ALL those who spend endless planning hours so we Pedalers can get ready to ROLL again across beautiful Oklahoma, that most breath-taking week of the year!

Youth Ride Sponsorship

On The Rock Ministries is again planning a June bike trip for twenty or more young boys and girls from our area. This year the intended route encompasses various rails-to-trails and bike routes in Pennsylvania's Allegheny Mountains. Unlike FreeWheel, however, the trip is jam-packed with other activities as well, to make it a once-in-a-lifetime experience. Local groups and individuals are being asked to consider sponsoring individual participants. The cost per person is budgeted at \$300.00 (adult participants pay their own way) with the youth asked to come up with \$50.00. Malcolm and Barbara Joyce will be going along and would like to ask the Pedalers to consider helping them to sponsor one or more of these young adults. Donations can be sent to Bill Estes and earmarked for On The Rock.

Note: The individual riders are also encouraged to subscribe "mileage" sponsors, so the trip is

actually funded in four ways; 1) by the adults covering their own costs, 2) by donations like yours, 3) with the kids' \$50.00 and 4) by any money the kids raise on their own. From personal observation last year, Malcolm attests to the value of the experience (compare it to your completion of your first FreeWheel). Each youth is encouraged to make every mile and is recognized for their accomplishment at an "awards ceremony" after the group gets back to Bartlesville.

On The Rock is a faith-based ministry and this trip is just one of their programs designed to help make a difference in the lives of local youth. For more details feel free to ask Malcolm.

Checks should be made out to "On The Rock Ministries" with a notation on the check about being for bike scholarship. Contributions are tax deductible and you will receive a contribution receipt from On The Rock Ministries.

Checks can be mailed to Malcolm Joyce, 403260 W 2380 Drive, Bartlesville, Ok 74006.

Report from the Road Director

(Continued from page 2)

Freewheel Countdown at the Bartlesville Library starting at 6 pm. Thanks to all of you have volunteered in helping with the FreeWheel Training rides this year.

Oklahoma Freewheel is June 11-17 this year.

Visit their website at <http://www.okfreewheel.com/> or ask one of the Pedalers for more information. Wayne and Darlene Clayborn have graciously invited us to visit their home during our stop-over in Grove. Please let them know a couple of days in advance so they will know how many to plan for. ((918) 333-9222)



Kendal & Rori

FreeWheel Adventure By Kendal Kelly

When I accepted my internship at Tulsa World for summer 2004, I had no idea that within a few weeks, I would be biking 60-plus miles across Oklahoma, from Cordell to Cheyenne, in one day.

Before that muggy June day, my experience with biking had been limited to childhood, when I proudly displayed my pink bike within in one-block radius in my neighborhood, and vacations, when my family would, on occasion, rent bicycles and go see the sights.

My assignment was to cover the first four days of FreeWheel, finding, writing and turning in a story each day by 5 p.m. Each day I sought out and discovered interesting stories. Everyone I talked to had a story. I wrote about a man with injured legs who determinedly rode the route pedaling with his hands, and dedicated an entire article to bikers' backsides and the inevitable soreness they experience during FreeWheel. I also wrote an article about one hardy woman, a Ms. Joanne Estes of Bartlesville. She has had not one – not two – but three hip replacement surgeries, and has a personality as bouncy as a sunbeam. She at once reminded me of Mary Poppins, with her gleaming smile, rosy cheeks and high-pitched laughter that can crack up anyone in the vicinity. Her passion for biking, along with the urging of other FreeWheelers who insisted there was no way I could write an authentic article about the trek unless I had experienced it for myself, convinced me to try biking for one day – my last day of covering the journey.

Someone lent me a bike, I purchased a pair of padded bike shorts (after someone lovingly warned me, "If you don't wear padded shorts, you'll never feel your crotch again!") and Joanne graciously provided me the rest of the needed gear.



Kendal Kelly, Cordell to Cheyenne! Her first Free-

I set off at 5:30 a.m. with a family of six – my story of the day – and my biking adventure began. No one expected me to make it. Sagging in would have been respectable, but I was bound and determined to finish the route. By the time we stopped for lunch at noon in Elk City after numerous potty breaks, minor crashes and rests, I had to go ahead and leave the family, which included four children aged 12 and under, if I wanted to make it to Cheyenne in time to write and send in a story. I had more than halfway to go, so I pushed myself as hard as I could go the remainder of the way.

I reached Cheyenne at 3:30, hot, tired and sore. I felt like crawling into an air conditioning vent and sleeping for a week. Instead, I rushed to my hotel and wrote the story. I celebrated my victory later that night with Indian tacos and ice packs on my knees.

If me, a pure novice, can ride over 60 miles in one day, anyone can! I encourage anyone who has even the dimmest flicker of desire to attempt FreeWheel this year to do it! And if you can't make the whole route, sagging is a respectable option!

I'm going to attempt the whole route this year, if 1.) I can get a bike, and 2.) I can get my mom to act as a sag and babysitter for my 6-month-old! (Come on, Mom! What could be better?) Hope to see you there!

Kendal is our guest journalist for this month. She is a recent Oklahoma University School of Journalism graduate. She has worked with the Associated Press, Summer of 2005 and with the Tulsa World in 2004.



Bruce arranges for the Pedalers Ribbon Cutting at the Chamber of Commerce

Board Meeting

Bartlesville Pedalers Board Meeting Minutes
6:30 p.m. May 22, 2006

The Pedalers' esteemed president, Bruce Sturges, and bride, Cindy; Walt and Betty Bohn; Joel and Shirley Martin; Dale and Judy Munn; Bill & Joanne Estes; Jack Tatum; Suzanne Weaver; Barbara Joyce; Kevin Doggett; Dana Jordan, accompanied by handsome sons, Brad and Ryan; Darlene Clayborn; and Keith Clark, all enjoyed a tasty Pizza Hut supper at the downtown location, Monday evening, May 22, 2006.

Bruce was beaming with his hot-off-the-press, brand-new, bright-yellow-with-red-and-black-trim Bartlesville Pedalers T-shirts! Great job, Bruce! Thanks for bringing these to us to help spread the word about the very cool Bartlesville Pedalers, whereEVER we are! Call Bruce on 440-1379 to get yours at \$15.00 each.

Meet at Johnstone Park on Tuesday, the 23rd, before the 6 o'clock evening ride for another Pedalers Group photo to go with upcoming Chamber of Commerce article, announcing recent ribbon-cutting. Members are requested to write suggested accompanying text and send to Bruce and Cindy who will compile and submit to Chamber for the "Examiner Enterprise" feature. Please send to Bruce by NOON Tuesday, the 30, after Memorial Day.

Darlene gave rave reviews of the recent off road event at Osage Hills State Park. Eighty six strong riders participated on this wet spring day! Thanks to Pedalers who helped, Malcolm and Barbara Joyce and others. Congratulations, Jack Tatum, for winning the Jim Marshall Memorial Award! On behalf of the Keystone Offroad Society, Darlene graciously presented the club a check for \$100 with thanks for helping make this first annual event a success!

Wayne and Darlene have also graciously invited all FreeWheeling Bartlesville Pedalers to hamburger cookout and campover, Friday, June 16th, the last night of FreeWheel.

Available shuttling to their lake home six miles out of Grove and back to FreeWheel campsite at the new high school, will help avoid the heavy traffic on highway 59. Please let the Clayborns know how many hamburgers to cook, a couple days in advance!! Thank you so much, Wayne and Darlene! We really appreciate your hospitality!

The Little 100 is going well, last spring practice, 3 p.m. today. Thanks to Bob Pinnick, Tom Rovenstine, Randall, and others for helping the Bartlesville team be ready for fall competition!

Kevin gave road report (watch north Virginia for gravel) and FreeWheel Training rides are up to 30 miles Tuesdays & Thursdays evenings. He suggested the 5 p.m. Sunday rides continue through June, but have starts at Jo Allyn Lo Park. All present concurred!

We're looking forward to "Pancakes in Pawhuska" this coming Saturday!

The Annual Wynona Ramble, 7:30 a.m, Saturday,

June 3rd, will be led by Bill Estes for Tim Harper who recently hurt his leg. See details in Newsletter for this fun, pre-FreeWheel "Graduation Ride!" Thanks for all the planning, Tim! We wish you well on your speedy mending!

Barbara Joyce reported for her and Malcolm (who was in the hay fields!) on the upcoming On The Rock supported bike ride on the Allegheny Trail, ten days in June. This adventure, similar to Oklahoma FreeWheel, involves camping out. Approximately thirty teens and ten adults, requiring \$250 each, raise their own minimum \$50 per person. Adults pay their own way. Adventure Bicycle is helping get bikes ready.

Pedalers would like to help by sponsoring at least one teen. Bill Estes is collecting tax-deductible donations for the Pedalers. Deadline will be NOON June 8th, Thursday before FreeWheel!

Keith gave our Treasury status:
May dues: \$52.00 T-Shirts \$467.71
Current Balance - \$1,348.27

Welcome, new members, Dan Walden, Eric Morrison, Shela Greenlaw, (see shela@thirdeyemirrors.com), and homecoming members, Norman and Past President!-Nancy Farrell!

Plans for the annual July 4th Fire-cracker Century will have a new, flexible ride on familiar scenic roads around Bartlesville, beginning a Sooner Park and ending later in the day at the Estes' backyard with homemade ice cream and trimmings for the entire family!

Joanne thanked (Uncle) Norman Hinsdell, Shirley Martin, and Dale for helping stuff FreeWheel packets in Tulsa recently. She recommended the Monday evening, June 5th, "FreeWheel Countdown" at the Library to come celebrate the finish of training and help send off all local registered riders. The Pedalers will give two \$50 FreeWheel registration rebates as door prizes.

Thank you for meeting the June Newsletter articles deadline by NOON, Thursday, the 25th, per Dale. Anything submitted AFTER that will go into subsequent issues!

Next Board Meeting will be Monday, June 19, 6:30 p.m. at the downtown Pizza Hut! Bring your FreeWheel photos and stories!

Respectfully submitted,
Joanne Estes, secretary



Dana & Laurie



Walter in the Snow



Walter on a Break

Wynona Ramble 2006

Date: June 3, 2006
 Time: 7:30am
 Place: Entrance to Johnstone Park
 Distance: Approximately 67 miles

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 travelled 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 Pedaler's 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 Barnsdal, 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 and possibly a café. Also, the C-store in Barnsdal makes a mean cheese burger along with other fast food type items. Eating and rid-

ing 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 the 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 impassible, 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.

—Tim Harper—

Pedaler Profile

(Continued from page 3)

crazy enough to finish the last day in a rainstorm that started in Grove during the night and continued through most of the next morning. The rest of the club members wimped out and had themselves picked up in Grove. In the late 90's I heard about the Senior Olympics. I rode in the age group 70 to 74 in the 40K, 20K, 10K & 5K in the local Senior Olympics. Several riders from Colorado told me about how one qualified for the National Games and that you had to qualify either 1st or 2nd in each event at the state game held in Tulsa. I have been fortunate enough to qualify for the Nationals for the 2001, 2003 and 2005 in each event and will hope to qualify for the 2007 games this year. I went to the Baton Rouge games in 2001 in the 70 to 74 age group and in the 75 to 79 age group at the Virginia Beach games in 2003 and the Pittsburgh games in 2005. The best I ever did any of the years was a 6th place in Virginia Beach in the 40K. I

don't like to talk about where I placed in the rest of the events in any of those years except to say I didn't come in last.

Over my years of cycling I have cycled on rented bikes while we vacationed in Norway, Germany and Switzerland.

I was asked to include something about my family. My wife, Betty, who I have known all of my life, and I are from a small farming community, about 120 miles east of Minneapolis. We will be attending our 60th High School Class reunion over July 4th this year. Our daughter, Sandra, our only child, is married to a ConocoPhillips employee who has been fortunate enough to not be transferred to Houston. We have one grandson who is now living in Norman.

Enough from me. "May you always have a tailwind when you ride"

—Walt—



OFFICERS/DIRECTORS

Bruce Sturges, President,
440-1379, b_sturges5@hotmail.com
Keith Clark, Vice President/Treasurer
Joanne Estes, Secretary, 333-6524
Kevin Doggett, Road Biking Director
Randall Clayborn, Mountain Biking Dir, 333-9222
Joel Martin, Director at Large
Dan Schultes, Director at Large
Dale Munn, Editor/Web Master

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

BARTLESVILLE PEDALERS BICYCLE CLUB
P.O. Box 793, Bartlesville, Oklahoma 74005



Group gathering for a recent Tuesday Ride at Johnstone Park



Group of pedalers at the Chamber of Commerce Ribbon Cutting picture.

Top 10 Reasons to Join OUR Club

By Bruce, "Da Prez"

1. Meet new people with the same interest, and make some friends
2. Exercise, and relieve that stress
3. Discover roads, eating places, shops and scenery not on the map
4. 10% off at Adventure Bicycle Center right here in Bartlesville
5. Very cool Tee shirts
6. Safer to ride in numbers
7. Stay up on the latest rides, get together and such
8. Increase your knowledge on cycling and products
9. Its FUN
10. IT'S A FANTASTIC CLUB

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.