

FreeWheelin' across Oklahoma in 2004

Bartlesville Pedalers and interested guests are welcome to come to the Bartlesville Public Library on the noon hour, Tuesday, March 9th to get a sneak preview of the 26th annual, yet all-brand-new, family bicycle tour across Oklahoma June 13 through 19th. Our honored guest speaker will be Libby Stalter, Tour Director for Oklahoma FreeWheel!

Libby will bring her big map, describe the new route and points of interest, and be on hand to answer any questions and take even take registrations!

This year the riders will explore more western vistas of our Sooner State. The official starting line will be Sunday morning in Duncan, then approximately 400 miles later, the following Saturday, cyclists will proudly cross the finish line in Anthony, Kansas!

Our Bartlesville Pedalers is one of several area bike clubs sponsoring this challenging and exciting event. Road bike director, Bob Lummis, is scheduling FreeWheel Training Rides beginning with Daylight Savings Time in April. Anyone who has ever dreamed of riding across Oklahoma or other similar tours, can easily begin with the short rides and gradually be quite capable of the longer mileages closer to June.

You may want to bring a sack lunch and certainly any friends who are interested in finding out more about Oklahoma FreeWheel! We will be serving the typical FreeWheel Fruit stop "bill of faire:" Bananas and lemonade! FreeWheel veterans, feel free to bring your photos and scrapbooks to share with the visitors and maybe a plate of brownies, cookies or Rice Krispie Treats!

Then in JUNE our Bartlesville Pedalers will be hosting a "FreeWheel Count Down" at 6 pm, Tuesday evening, June 8, again at the Bartlesville Public Library. Mark your calendar!


We are excited to have FreeWheel veteran, Jeri Mills, instructor, dietitian and nutritionist from



Bob Lummis, left, with Libby Stalter and Pres. Dale Munn

Hillcrest Hospital in Tulsa. She will share her tips for eating the right stuff to keep up your best performance on FreeWheel. (She has family reunions with her sisters on FreeWheel and heartily endorses the massage at the end of the day!)

Don't miss either of these fun programs! They will help put you in peak riding form for 2004!

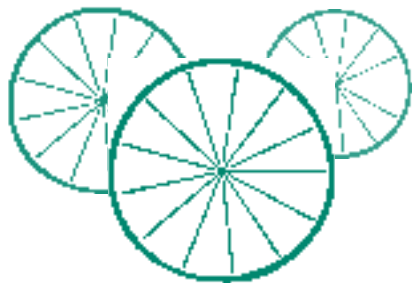
The Oklahoma FreeWheel website is www.okfreewheel.com. 

PLANNING FOR OK FREEWHEEL 2004

Bartlesville Pedalers representatives attending the OK Freewheel 2004 February Planning Meeting at Tina Birch's home in Tulsa 6:30 p.m. Monday, February 2, were Ross Snider, Michael Smith, Bob & Nickie Hall-Hensley, and Joanne Estes.

With about 16 in attendance, Tour Director, Libby Stalter began the meeting with the good news that Jefferson Bus Lines, is now Jefferson Charter and Tours and will be offering FreeWheelers transportation to and from the start & finish in June: Tulsa to Duncan - \$55, Oklahoma City to Duncan - \$30;

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Spinning Wheels

Here we are already starting March which will surely give us warmer days for more cycling activities. It seems like this winter has produced fewer riding opportunities than the last few years, except for our snow riding mountain bikers. Speaking of riding in the snow, I was in Calgary in early February (temperature about 10 degrees) and one of the first things I noticed when I got to the building where I worked was a bicycle rack with two bicycles. During the week I was there, I observed several cyclists riding to work in the snow and even browsed at a local Trek/Giant Bicycle store. So I guess we don't really have any excuse for not biking to work with our relatively mild temperatures.

You never know what the fair weather friends riders will try. There was this gorgeous Thursday with 70 degree temperature, but a 30-35 mile wind out of the south. Taking advantage of the conditions, seven pedalers arranged bicycle transportation to Vera (Thanks Bob & Jim!). From there it was mostly down hill all the way back to Bartlesville. It was a great way to travel although we still had to pedal hard to get up

the hill on Rice Creek. If you have spring fever on a nice Tuesday or Thursday afternoon come on over to Sooner Park with your bicycle and join in a pleasant ride.

We had a great board meeting during February. The time and location have been changed to 6:30pm at the Madison Pizza Hut on the Monday about a week before the 25th (newsletter deadline). If you have an interest in club activities, want to make some suggestions or just want to fellowship with other Pedalers, you are welcome to come to the meeting - bring your spouse. Check the web calendar for the exact date.

That's it for this month. Hope to see all of you at the FreeWheelin'it meeting on March 9th and at some of the club rides this month. 

Dale Munn, President

The **Bartlesville Senior Olympics** is scheduled for **May 12-15th** with competitions for all interests, including bicycling events. There will be a hospitality suite and the Cattle Women will again provide their delicious barbeque Friday the 14th. Informational brochures will go into the mail starting Feb. 26. Many volunteers and athletes are encouraged to participate!

*Joanne
Estes
reaches the
Gulf of
Mexico at
Galveston
on a recent
trip.
Where in
the world
will Jo be
next?*

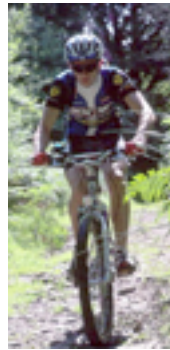


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Mountain Biking...

From the Mountain Biking "Director"...



By George Harris

Some of you have seen me riding around with a GPS unit on my bike. Sure, it's a play toy, but a somewhat useful one at times. Besides keeping me entertained on long solo rides, I have been using it to explore new routes. I'll go to a new area and start riding, not having any particular course in mind, and let the GPS keep track of where I am and the route taken. That information is downloaded to my computer after the ride if it looks like the route will make a good club ride. Then I can print out route maps, altitude profiles and route directions. I've found a new route down at Avant, and a couple between Wann and South Coffeyville that way.

I had the GPS with me at Wann on Sunday when Jack and I rode one of the new routes. Just for the fun of it, I downloaded the data to a website, Endless Pursuit, which does training analysis based upon GPS data. (The website gives one freebie analysis then its \$149 for a lifetime membership) Well the website analysis told me more about that ride than I want to know. Along with overall average speed there was average speed for uphill, downhill and the flats. Distances are broken down the same way. You get a route map and altitude profile to go along with all the speed and distance information. And there were all kinds of graphs. Like I said, the analysis told me more than I wanted to know. The program says that the average power output was a paltry 57 watts. And the total calories burned were only 364. But all that technology didn't tell the complete tale. It didn't take into account the 16 to 20 mph head winds. So I'm sure that the power output and calories burned were much, much higher than what modern technology indicates. 

E-mail me at george-harris@sbcglobal.net
George

Speed	2/22/2004
Average speed (mph)	11.45
Maximum speed (mph)	28.18
Uphill speed (mph)	9.46
Downhill speed (mph)	14.07
Flat speed (mph)	11.89

Distance	2/22/2004
Total distance (miles)	18.12
Uphill distance (miles)	7.01
Downhill distance (miles)	6.82
Flat distance (miles)	5.21

> **More on Saturday Ride Rules ...**

As I promised in a past newsletter, I am seeking input for Saturday ride rules for NEXT winter. Some of the possibilities I've thought of are:

1. Use the system we currently are using: Ride time is 9:00 IF the temperature was 40° or above by 8:00. If the temperature is not 40° by 8:00, ride time is at 11:00 IF the temperature was 40° or above by 10:00. After 11:00 you are on your own. The official thermometer is the temperature displayed on the club website.
2. Similar system to #1 (above) only substitute 1:00 for the 11:00 ride time, with 12:00 being the time to check the thermometer.
3. Same as above for the 9:00 ride, with no fallback time later in the day.
4. Have winter rides in the afternoon rather than in the morning.

Let me know what you prefer. If you have ideas different than what I've suggested, send me those; I'll run them by everybody as well.

Keep in mind that what we are searching for is how the rides will be conducted NEXT winter. We are not planning to change our procedures for this winter riding season.

Questions? Contact Bob Lummis, bob@lummis.cc

Pedaler Profile

Malcolm & Barbara Joyce

Malcolm (from Austin, TX) and Barbara Joyce (a native Bartian), live SE of Bartlesville. We have six sons and five daughters and will soon have 23 grandchildren living in OK, TX, MO, CA and Bolivia.

We joined the Pedalers in 1988. We like the club because it's more enjoyable to have someone to ride and talk with plus it makes the miles go by faster and the hills seem easier. Since there are all levels of riders it's nice to know that there are those who are willing to check on the new members and slower riders. Then there are the Watermelon Feast, Camping, Credit card rides, and great Potluck gatherings. We think Clarence is an inspiration and hope to be going strong like him as we grow older. We can remember passing him on Freewheel and several hours later passing him again. Never could figure out how he always passed us. We think God picked him up and put him ahead of us to help give us the will to pedal on down the road when we thought we would never make it to camp. Then you can't help but love Joanne for her never-ending positive attitude. She always seems to have a smile or good thought to share. How does she do it Bill?

Our first Freewheel was in 1988 (while we were still dating) with son David (who hasn't been on a bike since.) For training, Barbara's longest ride was to Copan Truck Stop and back riding an Otasco "Flying O" two days prior to FW's start. She didn't know how to shift gears much but certainly did by the time she finished the week. The following month she upgraded to a new Schwinn touring bike. She also decided she wouldn't be taking that blow dryer and curling iron along on Freewheel again (it's the one week a year when you really don't have to care about how you look because everyone else has helmet hair too.)

In 1989 we bought our Burley Tandem as a wedding present to ourselves, and after one week Malcolm and son Chad had a wreck ("endoed" and folded the front wheel). We tested it in the Texas Hill Country on a belated honeymoon and have ridden it on Freewheel ever since.

We've ridden other rides such as BRAN, Texas

*Malcolm
and
Barbara
Joyce
on OK
Freewheel
1991.*



Chain Ring and Freewheel back to back (talk about testing a marriage), Natchez Trace, Blue Ridge Mountain Parkway, Beauty & The Beast and Hotter N' Hell 100. We've also had some great trips with other Pedalers riding the Katy Trail in Missouri (where someone had to point Bob in the right direction some mornings and we learned "if you don't care where you are, you ain't lost" and Malcolm's breakfast fell off his bike in the middle of a busy bridge) and the Womble Trail. For a few years we rode to the start of Freewheel and back home from the finish. Malcolm also has done some mountain bike racing with son John.

Malcolm is always willing to lend a helping hand to those broke along the side of the road and considering the extra weight we carry on the bike, he usually has the tool or unusual part needed. There has also been a lot of contest with other Pedalers to see who could find the most valuable stuff on the road (it's a guy thing).

Even though life's demands (Church, farm, shop, kids, grandkids, and volunteer work) keep us from riding much, we enjoy the times when we can ride with the Pedalers. We're looking forward to Freewheel 2004 (although we don't know why, as old-time Freewheelers might agree) with all the new towns we'll be going through. Malcolm, however, has suggested we might try single bikes this year. Wonder why?

We're headed to Dallas, TX April 30 - May 2 to watch World Cup qualifying at the velodrome located a couple of miles from our son David. They claim the steepest banking in the world at 44 degrees.

God's Peace and Safe riding. 




Report from the Road Director

What can I say? It's been cold and windy this month. We have gotten in a few good rides; just not as many as we'd like, but warmer weather is just around the corner. Speaking of warmer weather, this is the time of year that those in our community who don't currently ride, but have been thinking of doing so, start thinking that now might be the time to start. I realized this yesterday while talking to a friend at church who is a long-time runner, but is now starting to ride. I told him about the club and hope to see him on our future rides. Talk it up with your non-riding friends and encourage them to start now and ride with us. This is a good time to share the fun.

Last Thursday's Fair Weather Friends ride was a

blast. The wind was blowing 25 mph from the south, with gusts to 40. Jim, Donna and Rod drove down to Vera, while Patsy drove Walt, Dale, Jack and myself there. We then rode back with the wind at our backs. The few miles of east-west we had to do were terrible, but more than made up for by the ride north. 20 to 25 mph was almost coasting speed.

I sent around a request for information to everyone we have e-mail addresses for. I am trying to get a feel for what you want to do for the winter riding season next year. I've already received a couple of suggestions and am waiting to hear from the rest of you.

Our Saturday rides for the month of March will continue to be at 9:00 from Johnstone Park. If the temperature is not above 40 degrees by 8:00, then the ride will be at 11:00. (Providing the temperature was over 40 by 10:00). 

Have a safe ride!

Bob

FREEWHEEL PLANNING (CONT'D)

Continued from page one

Anthony to Tulsa - \$25; Anthony to Oklahoma City - \$30 and Anthony to Duncan - \$40.

Check www.okfreewheel.com under "forum" to keep up with the latest! There will be a super sag! Under medical sponsors, Integris Health may fill the bill in St. John's absence.

Libby is considering providing a special reflective sticker for FreeWheeler's helmets to help identify registered riders during the week as well as help with safety. She said with new laws and insurance regulations, technically, helmets cannot be required for riders.

Nickie suggested subscribing to the Lawton newspaper for at least a month, since they will be a sponsor this year - their reporter will even ride each day as well as report!

Libby plans to come to Bartlesville, at noon, March 9th for the informational event, "FreeWheelin' It", at the Library - sponsored by the Pedalers.

Tom Brown gave overview of the many upcoming informational seminars, in Tulsa and in Oklahoma City - Check the web page for all details! There are various opportunities for all ages - even free spinning classes, youth classes with free helmets and proper fittings.

The "ATR" (All Terrain Roadies) club will be hosting a rest stop on Tuesday of FreeWheel, the


Girl Scouts will be serving 2 fruit stops each day. Bill Burke will plan the lunch stops. Additional rest stops may be planned since the route this year is less habitated! Extra sponsors are welcome!

The schedule for supervising loading the baggage truck is as follows:

Sunday - Stillwater, Red Dirt Pedalers
Monday - Oklahoma Bicycle Society
Tuesday - Stillwater, Red Dirt Pedalers
Wednesday - Bartlesville Pedalers
Thursday - Oklahoma Bicycle Society
Friday & Saturday - Tulsa Bicycle Club

Cha Tullis is now a grandfather and would like your e-mail address if you'd like to be on his mailing list: cha@chatullis.com. We will MISS Moni Neville and her "Crazy Day" Tuesday this FreeWheel as she will be pedaling across the USA at that time!

The registration forms are on the internet, but Libby will get the printed ones in the mail early next week, if not by this weekend!

There is FreeWheel office space from May to early June for storage, packet stuffing, registrations, etc. The 2300 square foot office is at 1717 South Boulder, just north of Veterans Park! We are very thankful to Tina - as this is a new FreeWheel sponsor, as well! T-shirt and jersey designs are in the works. Next meeting will be Monday, March 1. 

Joanne Estes, FreeWheel Volunteer

FreeWheel 2004 Training Ride Schedule

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Mileage</i>	<i>Ride Leader</i>
April 6	6 p.m.	Johnstone Park	7	Joanne Estes
April 8	6 p.m.	Sooner Park	7	Dale Munn
April 10	9 a.m.	Johnstone Park	various	"Tailwind Ride"
<i>(Also FLOWER POWER in Muskogee)</i>				
April 13	6 p.m.	Johnstone Park	10	Rod Harwood
April 15	6 p.m.	Sooner Park	10	tba
April 17	9 a.m.	Johnstone Park to Barnsdall	40 & various	tba
April 20	6 p.m.	Johnstone Park	13	tba
April 22	6 p.m.	Sooner Park	13	
April 24-25	Bartlesville Pedalers Spring Fling - Camp out and Metric Century & various			
April 27	6 p.m.	Johnstone Park	16	Rod Harwood
April 29	6 p.m.	Sooner Park	16	tba
<hr/>				
May 1	8 a.m.	Johnstone Park to Wann	40 & various	tba
<i>(May 2 - GREAT TULSA BIKE RIDE)</i>				
May 4	6 p.m.	Johnstone Park	20	tba
May 6	6 p.m.	Sooner Park	20	tba
May 8	8 a.m.	Johnstone Park to Ochelata /Oglesby/Matoka	40	tba
May 11	6 p.m.	Johnstone Park	25	tba
May 13	6 p.m.	Sooner Park	25	tba
May 15	8 a.m.	Johnstone Park to Pawhuska	60	tba
May 18	6 p.m.	Johnstone Park	30	tba
May 20	6 p.m.	Sooner Park	30	tba
May 22	8 a.m.	Johnstone Park to Nowata	55	tba
May 25	6 p.m.	Johnstone Park	30	tba
May 27	6 p.m.	Sooner Park	30	tba
May 29	8 a.m.	Johnstone Park to Bowring	55	tba
<hr/>				
June 1	6 p.m.	Johnstone Park	30	tba
June 3	6 p.m.	Sooner Park	30	tba
June 5	8 a.m.	Johnstone Park	various	"Tailwind Ride"
<i>(also" TOUR DE TULSA")</i>				
June 8	6 p.m.	FreeWheeler's Send Off Rally at the Library! "Packing & Nutrition"		
June 10	6 p.m.	Sooner Park	30	tba
June 13-19	2004 OK FreeWheel! Duncan, OK to Anthony, KS!			

Ride for the Red planned in June

The Second Annual Ride for the Red will be held Saturday, June 26, 2004 with registration starting at Registration 7 to 8 am and the ride starting at 8 am.

The ride is sponsored by the PIONEER CHAPTER of the American Red Cross, located at 128 West 8th Street, Coffeyville, KS 67337.

All paved very low traffic roads. Full SAG

support, rest stops, snacks & refreshments. Some rolling hills-100 mile ride for experienced riders. 25 and 50 mile rides for all bikers.

Pre-registration donation \$ 20.00 each or \$ 35.00 per couple. Day of ride..... \$ 25.00 each.

For more information & registration form please contact: Rex Holeman e-mail rholeman@cox.net, 1216 West 6th, Coffeyville, KS 67337. 