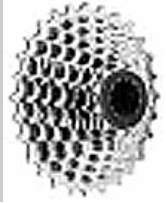




Bartlesville Pedalers Gazette



March, 2007

The Newsletter of the Pedalers Bicycle Club, Bartlesville, Ok

President's Corner

By Norman Farrell



Spring is just around the corner or at least that's what I keep telling myself. And, I could actually believe it last Sunday (February 18) riding in 60 degree sunshine and a Southwest wind. Keith Clark led us up Cemetery Hill in Ocheleta for no good reason except to climb a hill and to see where the road would take us. The breeze gave us a huge push all the way home.

We all ride for our own reasons; some shared, some personal. Ask me why I ride on any 10 Saturdays and I might give 10 different reasons. I do ride for fitness and I ride for the sheer enjoyment of the outdoors but mostly I ride for the people I get to know and the stories we can tell. Sometimes they're stories on each other and sometimes just funny or scary things that happened on a ride. Sometimes, they might turn into a nickname or maybe an award at the Christmas Party. After your hundredth metric century, a ride is just a ride, is just a ride if you don't come home with some kind of tale.

But, none of this amazing shared experience of cycling would be possible if we rode by ourselves. None of that would be possible except for the community we all help to create. It is a community of the carefree and the fanatic, the kind and the kooky, the rookie and the seasoned veteran. I have ridden countless miles with each of these unforgettable characters from Arizona to Ireland and points in between. And I am grateful to have known all of them with every hill that I climb.

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Ellen makes announcements during FreeWheel 2006

FreeWheelin'IT *Tuesday, March 6th* *Bartlesville Public Library*

Oklahoma FreeWheel 29 is just down the road OR, in the case "UP and down the road!" as this years challenging cross-state, week-long bike trek will be an en-core performance for each overnight, host town! Many of these favorite communities are nestled in a valley of or on top of quite elevated terrain! But what fun it will be to take in all that incredible scenery along the way!

The Bartlesville Pedalers are giving our honored guest speaker, Oklahoma FreeWheel Tour Director, Tulsan, Ellen Proctor, free rein Tuesday, March 6th during the noon hour at the library. Bring your interested friends to the upstairs meeting room. Come early to get the front row seats and share Ellen's enthusiasm!

Learn all about the route, the campgrounds, the FOOD, the upcoming seminars and local training rides which are guaranteed to get you ready to ride from Commanche, Oklahoma to Coffeyville, Kansas that most fun week, June 10 through 16.

Along with our guests, we Pedalers may bring sack lunches, and any FreeWheel memorabilia, photo albums, and maybe a plate of cookies or brownies. Bottled water and bananas will be furnished, ala your typical FreeWheel rest stop!

See you there! (Plus! Don't miss the Sunday "Examiner Enterprise," March 4th for our special Pedalers' Oklahoma FreeWheel 2007 feature!)

The Oklahoma FreeWheel website is www.okfreewheel.com

Report from the Road Director *By Kevin Doggett*

We have had our share of bad weather this fall/winter, but I am hopeful better conditions are on the way. Some of the more memorable rides include:



Saturday rides will be at 10:00 for March & 9:00 for April, unless it's raining. Check the calendar for updates.

- Saturday, Nov 18 – Several of us rode to Wann, then up to Tyro and back through Caney and then to Bartlesville. Jack was the ride leader but no one followed him on his detour into Copan. He said he looked around after a couple of minutes and no one was there. Jack reminded me later that he was the ride leader.
- Friday, Dec 8, 7 p.m. – Christmas Parade. This was a cold ride. Those I remember being present include Tim Harper, Dan Schultes, Keith and Achsah, Corey, Alan and Donna, Randall, and Shrek. Tim displayed the Pedalers banner on his recumbent trike.
- Monday, Jan 1 – First Ride of 2007. As Keith put it: 22 miles – 21 people – 20 bikes. Special recognition went to Tim Welch for 2 flats before the ride even started and to Caleb Clark for the first Pedaler of the year to fall over while clipped in.
- Saturday, Jan 6? – Several of us rode to Wann and back. A little chilly but the hamburger was great.
- Saturday, Feb 3 – After not riding 3 weekends in a row due to bad weather, Karl and I rode 15 miles in 25F. Part of my Gatorade had frozen by the time I got home.
- Saturday, Feb 10 – Nine of us rode 40+ miles in 33-37F temperatures: Alan, Karl, Dewayne and his son Caleb, Karl, Jeff, Terry, Keith, and me. It was a nice ride, sunny with very little wind.
- Sunday, Feb 18 – Bob, Joel, Keith, Norman, Dan, and I rode from Sooner Park to Ochelata via Oglesby. The latter four of

us continued out west up Cemetery Hill and rode until we ran out of paved road. The round trip back to Sooner Park was 43 miles.

Keith and I recently traveled to Miami, OK to meet with representatives of 5 other cycling clubs from the four corners of Oklahoma, Missouri, Kansas, and Arkansas. We formed a loose coalition whose purpose is to promote our rides to other cyclists in nearby communities. Many thanks to Michael Schooling for creating a Yahoo Group website for the coalition to use. I have posted information about these rides on the Pedalers Calendar.

The run up to Freewheel is going to be very busy with many opportunities to cycle and learn about cycling. Fair Weather Friends rides will continue the first week of March at 2 p.m. from Sooner Park. Daylight Savings time begins March 11 this year and the Freewheel training rides begin that week. 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/calendar.html>. Saturday ride times starting from Johnstone Park move to 10:00 a.m. in March, then to 9 a.m. in April. 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:

- Tue Mar 6, 12 p.m. – FreeWheelin It at the Bartlesville Library.
- Tue Mar 6, 7 p.m. – FreeWheel Seminar in Tulsa: Effective Cycling, Road Riding & Cycling Etiquette”, presenter TBD
- Sat Mar 31, 6 p.m. – April Fools’ Potluck

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Pedaler Profile

Norman Farrell

You will enjoy getting to know Norman better by reading this interview:

("Pedalers Gazette" Re-

porter:) *How did you get started in bicycling? Do you remember your first bike?*

(Norman:) *Oh, I remember. The first bike that was really mine was a Schwinn Stingray, blue with a banana seat and coaster brake. I still have a picture of me, my brothers and cousin all lined up on our bikes. We thought we were too cool for school and we rode everywhere all the time.*

The next bike I remember was a yellow Volkscycle 10-speed that Santa brought when I was in Junior High. I rode it to visit friends which was a necessity in the country. The nearest school age neighbors were miles away from 41st and Garnett in Tulsa. A few of us would take longer trips in the summer. We would ride from Tulsa to Sapulpa.

We would ride down to my friend Ray's grand parent's house on Saturday morning and stay overnight. Grandma would fix lots of really great food and we would ride back home Sunday morning. Sort of "Credit Card Camping" for the Junior High set. I rode that bike all through college and beyond it's useful life.

Many years passed with failed attempts at making riding a regular part of my adult life. When I got transferred to Bartlesville and discovered the Bartlesville Pedalers, I got my first really good bike, a Miele with a 7-speed free-wheel. Remember those days? I struggled with knee problems then, but knew that I loved cycling and would find a way to do it.

For those more recent Pedalers, Nancy, my wife at the time, was also into cycling, so

when we transferred to Sweeny, Texas, another Phillips "garden spot" it was only natural that we join the bike club in Brazosport, the BBC. One thing led to another, and I eventually was riding with the fast group and putting in 5000 plus miles a year.

(PGR:) *What is your favorite bike now?*

(N:) *My beloved Lemond titanium is my favorite bike ever. I bought it 10 years ago when Clark-Kent in Boulder was making them. It has seen a few upgrades since then, new wheels and most recently a 10-speed rear hub. Still riding with only two chainrings but I use a '39' for the hills.*

(PGR:) *What are your favorite training routes, techniques, just-for-fun things to do on a bike, etc.? - maybe about your family, some of your FreeWheel experiences or other fav. rides or bike-related tidbits?*

(N:) *I really like many of the Osage County loops the Pedalers have introduced me to this Summer. We are blessed with a huge variety of great low-traffic, paved roads - more, I think, than any other place I've ever lived.*

For fun, I think variety is the key. I have a Klein mountain bike that

I love and enjoy some off-road riding. I also have about 10 years tandem experience. The latest adder to that list was doing the HHH with Kevin Doggett. What a sport and great rider! Kevin is such an asset to the club.

My favorite Freewheel ride is without a doubt from Warner to Tahlequah. If I were stranded on a desert island with only one road to ride, that would be it! My favorite rides this summer were in Eureka Springs and Estes Park. I hope to do some more of that next year. I have already signed up for Bike Tour of Colorado.

My most extreme riding experience of this last year was just this last weekend; three days in the Texas Hill Country for the Leaky death Ride. It's 215 miles in three days with a Century



From the Leakey Death Ride: Al, Norman, Mike, Warren, Steve with Melinda kneeling

No Drop Ride Report

By Laurie Smith

Sunday Afternoon "No Drop Ride" Report

*There once was a Pedaler named Keith
Who could ride like the wind, oh so fleet.
But after stopping for Gatorade
The wind swept his balance away
And pavement, man, and bike did meet.*

(Editor's note: And we thank Keith for the entertainment even though it gave us all scary or humiliating flashbacks!)

Safety Alert

One Minute Riding, the Next Second Wondering What Went Wrong!!! By Keith Clark

One of our fellow Pedalers crashed in February and the good news is he is OK -- a little beat up and bruised!!!

This is a good time to remind everyone to always be careful and an accident can happen in a split second.

Also watch out for vehicles: It doesn't matter who had the right of way - you will always come out on the bad end of the road.

Animals: watch out for Dogs even if they don't bite you they can cause you to crash. Especially when you are talking on your cell phone - Right Jack!

Cell Phones - if you get a call just STOP and answer it or ignore it until you can stop.

Camera's - just stop and take the picture. Riding and Picture taking is not very safe. (This is one area I need to work on!)

Pace Lines - be very careful it only takes one mistake and you can go down and the people behind you may go down on top of you.

The Mailbox Report

By Norman Farrell



Starting this month, I'll do short report on the contents of the Pedalers' mailbox. We received renewal paperwork for the League of American Bicyclists and the Bartlesville Regional Chamber of Commerce.

Adverts were received from Incident Catering Services in Washington State and from Costa Rica Rios. Costa Rica Rios is an adventure tour company providing multi-sport vacations in Central America. The ad includes a DVD in case anyone is interested.

We receive copies of club newsletters and ride announcements from all over including the Tulsa Bicycle Club newsletter.

We received a solicitation form Adventure Cyclist for a spot in their annual Cyclists' Yellow Pages.

As Chamber of Commerce Members, we receive invites to Chamber activities including the monthly Business After Hours receptions. Anyone interested in this opportunity to rub elbows with Bartlesville business leaders please contact Norman Farrell.

Passing other Riders - Always pass on the left and communicate to the person that you are passing.

Always wear a Helmet no matter what! Also if your Helmet is over 5 years old then it should be replaced. If you have crashed and your helmet hits the ground - you should replace it.

Be Safe and Enjoy the Ride!!!!

President's Report (Continued)

(Continued from page 1)

It has been a long and cold Winter but now we've had a taste of that sun peeking around the corner. Let us all take a moment as we anticipate the excitement of another wonderful season of bicycling to cherish all the cycling characters past and present who make our sport and our community such a richly colorful experience.

Keep on pedaling,

Pedaler Profile (Continued)

(Continued from page 3)

in the middle. Oh, and did I mention it has hills? I'll, do a write up on that epic weekend for a future newsletter.

(PGR:) Okay, Norman, we REALLY want to know how it's so easy for YOU to go up & down those HILLS! and why do you love them so much! - - does this involve "practice, practice?"

(N:) Sorry to say, practice IS required! Even though I am not the best climber in the club, I can say that starting a long climb slowly at your own pace is key. If it's not a race (and sometimes it is a race) then why attack the hill? I guarantee that the top of the hill will still be there when you get to it!

On climbs that approach a mile or more in length (we had several in Texas) it's so easy for negative self- defeating thoughts to creep in. I

tried something this summer on the 16-mile climb from Lyons to Allen's Park that was purely accidental but has really helped me. I was really starting to suffer about 8 miles in, and had miles left to go when I relaxed for a moment to take in the astounding beauty of the scenery all around.

I just started listing off all the things that I was thankful for; the quaking aspen, the tumbling stream the awesome granite boulders, the cooling breeze, on and on, I even thanked the men and women who were out working on the road in the blazing summer sun making my ride possible in the first place! By the time I got to the top I had listed about everyone I knew and most people I had ever ridden with. And that includes all the wonderful Pedalers!

Now this has become a habit and is something I do on any climb where I feel those negative thoughts coming in. I don't know that it makes me climb any faster but it sure makes the climbing better.

Tim Harper—Remembered

It is with great sadness that we report the passing of long time club member Tim Harper. Tim died unexpectedly in his home on Wednesday, February 7, 2007, at the age of 47.

Over the years he participated in

several FreeWheel rides and was known for supporting the Wynona Ramble ride the week end before Memorial Day.

We will miss him. Our prayers and deepest sympathy go out to Katie and all of Tim's family



Road Bike Report (Continued)

(Continued from page 2)

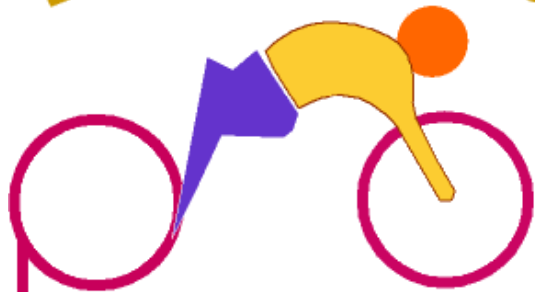
Supper at the Martins. Contact Shirley for more info.

- Thu Apr 19, 7 p.m. – FreeWheel Seminar in Tulsa: Nicky's FreeWheel Packing Demonstration.
- Sat Apr 14 – Joint Ride with the Ponca City Wheelmen – time and location TBA.
- Sat Apr 21, 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 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. – Osage Prairie Tour. Starts in Parsons, KS. 15, 40, and 70 mile courses. Go to <http://www.osageprairietour.com/> for more info.
- 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.

Bartlesville



pedalers

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

Thanks

Eastern Heights Baptist Church and the Morrison Family wrote to acknowledge the Bartlesville Pedalers' gift to World Changers in memory of Russell Morrison.

The Rock Ministries wrote to acknowledge the Bartlesville Pedalers' 2006 gift of \$50.

OFFICERS/DIRECTORS

Norman Farrell, President, 766 2025
 Keith Clark, Vice President/Treasurer
 Mike Maloney, Secretary
 Kevin Doggett, Road Biking Director
 Randall Clayborn, Mountain Biking Dir, 333-9222
 Joel Martin, Director at Large
 Dan Schultes, Director at Large
 Bruce Sturges, Past President
 Dale Munn, Editor/Web Master

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

news@bartlesvillepedalers.com by the 25th of the month. This format and email address will help to get the newsletter out on time.

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.

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