



Annual Christmas Party Dec. 9th

Come to the Pedalers Annual Christmas Pot Luck Party, December 9th, at 6:00 p.m., at the Disciples Christian Church, 5800 SE Douglas Lane. Bring a favorite family dish and the family for the festive gathering! Drinks, napkins, disposable plates, cups, & flatware will be provided.

This is the time to give special recognition to memorable riders during the year! You may want to have an unusual gift to honor them!

Come for some fun door prizes and other surprises and receive your annual Mileage Certificate (Be sure to have your miles in to Vince by Dec. 1!)

Renew your family membership for 2004 and get your name in the drawing for the FREE membership!

A limited number of Oklahoma Bicycling Coalition 2004 Calendars will be on sale, too, at this time! (All proceeds go to OBC.)

A short business meeting will conclude the celebrations. At this time the 2004 slate of officers will be voted and confirmed.

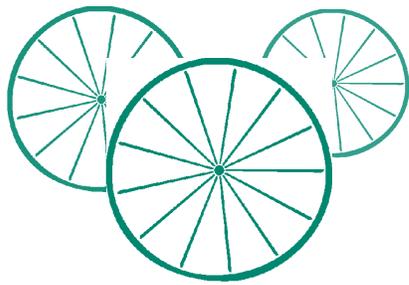
Mark your 2004 Calendar for Oklahoma FreeWheel 2004 - June 13-19th. The route should be official soon! 



New Leadership for 2004

It's that election time of year and the candidates are battling. For the Bartlesville Pedalers, the by-laws require an annual election for a new Board of Directors, which happens each December at our annual meeting. At the last Board meeting in October, a tentative slate of officers was discussed. Those who have already agreed to serve if elected are here presented for your consideration. Other members will be contacted by the current Board to fill the open positions. If you want to volunteer to serve in some capacity, or have an idea about someone else, please contact a current Board member. Formal nominations will be made and voted at the meeting.

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Spinning Wheels

Share the road with bikes!

That's what the bumper sticker says that each Pedaler can have with their paid 2004 membership. We have a supply of stickers from the League of American Bicyclists to distribute to members at the annual meeting, December 9th. In fact you will want one for each vehicle that you own. In addition, one lucky Pedaler will receive their membership free! The way to be entered in the drawing for a free membership is to have your 2004 dues paid either at the December meeting or if you can't attend the meeting, send your \$16 dues in before the meeting. The goal for the club is to have everyone paid up by the December meeting. So far we have three paid up memberships for 2004.

There have been some new faces on rides during the later part of the summer. Make sure that these fellow cyclists know of the benefits of joining with the Pedalers. As a benefit anyone who joins now for the 2004 year will receive membership for the rest of 2003. Also, they will be included in the drawing for a free membership.

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;
- Camaraderie with many area cyclists;
- Part of a collective voice for cycling in the Bartlesville area.
- Discounts at bike shops in Tulsa.

During the last year Performance Bike has had two sales for bicycle club members. This resulted in a 20% savings on any merchandise purchased during a single day at Performance. Participating in these sales could more than save the price of a Pedalers membership. 

Submitted by Dale Munn

Fair Weather Friends

So far this fall there have been some gorgeous cycling days. During the fall and winter, we will be having Tuesday and Thursday rides leaving from Sooner Park at 2:00 PM. These rides will normally be about 2 hours or 25-30 miles.

If you have some time, contact one of the Fair Weather people to see what is going on: Dale, Bill, Bob, Jack or hopefully Walt. These afternoon rides will continue until daylight savings time returns. However, if it's rainy or too cold and windy we'll be staying inside.

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Suggestions for 2004 Board positions:

- | | |
|-------------|-------------------------------------|
| Pres: | Dale Munn (currently VP) |
| VP/Treas: | Joel Martin |
| Secy: | Rod Harwood
(currently road guy) |
| Road Dir.: | open |
| Mtn. rides: | open |
| At large 1: | Joanne Estes (currently Secy) |
| At large 2: | open |
| Past Pres.: | Jim Black |
| Editor: | Vince |



OFFICERS/DIRECTORS

- Jim Black, President
335-3553 (hm) rmjblack@bartnet.net
- Dale Munn, Vice President/Treasurer
333-5693 (hm) dmun@swbell.net
- Joanne Estes, Secretary, 333-6524 (hm)
- Rod Harwood, Road Biking Director, 335-7546 (hm)
- George Harris, Mountain Biking Dir., 331-9080 (hm)
- Brad Cobb, Director at Large, 336-5046 (hm)
- Shirley Martin, Director at Large, 333-8294 (hm)
- Vincent Hennigan, Newsletter Editor
338-0604 (hm) vhennigan@yahoo.com

Mountain Biking...

From the Mountain Biking "Director"...



By Bob Lummis

George had to be out of town this month, so here I am again. As George said last month, our mountain biking participation has been really down this year. I know that I have been part of the problem, not part of the solution. I didn't mountain bike hardly any through the summer due to the heat. Then Patsy & I went on a long vacation last month and the only biking I did the whole month was on my road bike. The end result is that it has been so long since I've ridden it I'm not sure which one is the mountain bike. Is it the one with those fat knobby tires that I saw as I walked by last week?

All kidding aside, all of us with those fat knobby tires need to get back into it now that the weather has cooled down. The Sunday afternoon ride that has always been the most popular with our club is riding

at Osage Hills State Park. This month, we'll dedicate ourselves to re-defining those trails we like so well and also work on developing new trails. I've scheduled the entire month of November at Osage Hills State Park so we can work on that.

Also, there will be no more Wednesday evening mountain bike rides until Daylight Savings Time resumes in the spring.

Have a safe ride!

Bob

Wednesday Evening Mountain Bike Rides Postponed

NO WEDNESDAY EVENING MOUNTAIN BIKE RIDES UNTIL SPRING!

Sunday MTB Rides

Sunday Afternoon MTB Cross-Country Rides
2:00 pm each Sunday afternoon.

The entire month of November is dedicated to our trails at Osage Hills State Park. Meet at the old stone building near the horse stables at 2:00. 🚲

OKFreeWheel Planning

Bartlesville Pedalers attending the OKFreeWheel 2004 Monthly Planning Meeting at Tina Birch's in Tulsa, 6:30 p.m. November 3; were Dale Munn, Nickie Hall-Hensley, Bill and Joanne Estes, (and prospective Pedaler member, Michael Smith!)

Libby reported successful Tulsa Run Expo event at the Double Tree, October 24. Michael even bought a beautiful new blue bicycle there!

Tom Brown of River Trails Bike, told that the 2004 FreeWheel Seminars are well in progress - Starting January through April, on the 2nd Monday and 4th Thursday evenings of each month, same location as last year. Lots of topics will be presented to the interested cyclists beginning their training for the June cross-state event.

Richard announced that the Tulsa FreeWheel Training Rides will begin March 13, with the 5 mile starter, and conclude with the Tour de Tulsa on June 5th. The Great Tulsa Bike Ride is set for May 2nd.

Libby reviewed the projected 2004 route, which is 90% approved - just needing the "yesses" confirmed by a couple town committees. Therefore, no announcement can be made until ALL towns have confirmed - which should be SOON!

Plans for the Tulsa Christmas Parade are set and all bike riders are welcome to join in on the fun Saturday night, December 13th. The Central Tech big flat-bed trailer will be decorated to resemble a FreeWheel campsite and well lit riders of ALL kinds of bicycles, tricycles, unicycles, etc. are encouraged to ride along side.

The Oklahoma Bike Events Calendar should be ready early December. All profits go to the Oklahoma Bicycle Coalition - these should sell for \$10-12, will be full color, comb-bound wall calendars - 11" X 17" when opened. Great Christmas gifts for your cycling buddies!

This weekend in Tulsa, is the National Bike Tour Directors Convention. The attendees will be staying at the Double Tree Hotel and Libby invited any interested riders to join them at 3:00 p.m. at the Double Tree (Nov. 8) and her husband, Royce, will lead a casual ride - various turnarounds, south and back. (Libby will host shopping excursion for the non riders.)

The meeting was adjourned and those present enjoyed various snacks including candle-lit pink cupcakes for Jo Carol Williams special birthday!

Next planning is Monday, Dec. 1st in Tulsa.

Submitted by Joanne Estes

Pedaler Profile

Jane Ramey

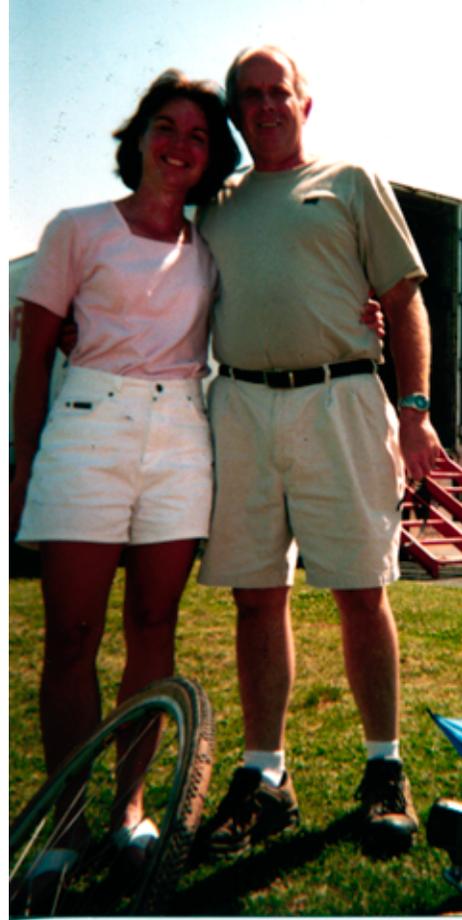
One of the most inspirational new members of the Pedalers is Mrs. Jane Ramey! She attended our FreeWheel Informational Meeting at the Library in March and decided right then that her goal was to ride across Oklahoma this June with FreeWheel. Many of us enjoyed getting acquainted with her on the training rides and were pretty impressed how she pedaled down from her rural home in Dewey and arrived at the parks with energy to spare!

After a couple rides, she invested in a new red Trek, red helmet and the other necessary accessories to be comfortable on this week long ride. For Mothers Day her son presented her with a coordinating pair of bicycling gloves! She was set!

At last June rolled around and her husband, Joe, drove her and her bike and bags to Denison, Texas, the start of the 25th Oklahoma FreeWheel! He helped her pitch her tent on a covered sidewalk right next to the school building and got a taste of the fun week to come by participating in the camping out that first night! A rain shower in the night well-oriented the Rameys - their first FreeWheel night!

On "Day One," Sunday, Denison to Tishomingo, it just happened to be their wedding anniversary - so Joe hugged his bicycling bride good bye at the starting line, and had to head back to the job in Bartlesville. Jane did us proud by riding like a pro all week! She set the pace for many of us not nearly as well-trained and met her goal of crossing the finish line in Coffeyville, Kansas that following Saturday! Congratulations, Jane! We are proud of you, fellow Pedaler! 🚲

- Submitted by Joanne Estes



*Jane and Joe Ramey on Day One of 2003
OK Freewheel in Denison, TX*

Pedalers at the Fall Bike Fest in Fairview, OK

Bartlesville Pedalers Dale Munn, Bill and Joanne Estes, Ross Snyder, Clay and Dawn Thurman, John and Kyle Whimple, and Bob and Nicki Hall-Hensley enjoyed great Fall Bike Fest at Fairview, OK, October 10-12th.

This was the second year for having the Fall Bike Fest at Fairview. Joanne provided gourmet breakfasts and super snacks for Bill and Dale. She also won the tent decorating

contest. Similar to last year a cold front came through town resulting in strong north winds after riding south into south winds.

Ross managed to get a century in that day, riding so fast that he managed to miss most of the riding into the north wind. Saturday night there was a dinner near the Gloss mountains (moved inside because of the cold wind). With the dinner was a wine tasting from a local winery. Sunday turned out to be a beautiful day although most riders rode shorter rides to allow time to drive back to their homes. 🚲

“Fall Leaves” Trash Pick Up

Members of the Bartlesville Pedalers got out to spruce up our section of Highway 123 one last time this year. They met for a special pancake brunch on Saturday, November 1, hosted by Rod Hardwood and Joyce Fogle, trash pick-up coordinator. It's been a long summer and there is a lot of work to be done, but sprinkles and cool weather dictated having a brunch first! Then it was off to pick up trash. Those in attendance were Dan Schultes, Dale and Judy Munn, Neal Johnson, Rod and Joyce, Bill and Joanne Estes, Shirley and Joel Martin, and Walt Bohn. Recipes for the pancakes are listed below! 🚲



Pumpkin Pancakes

- 1 C White Flour
- 1/2 C Whole Wheat Flour
- 1 t. Baking Powder
- 1/2 t Baking Soda
- 1/2 t Salt
- 1 T Sugar (optional)
- 1 t Cinnamon
- 1 Egg
- 2/3 C Canned Pumpkin
- 1/2 C Yogurt
- 1 C Milk (vary this to make the consistency you like)

You may combine dry ingredients ahead of time. Use Blender to mix the remaining liquid ingredients. Spoon onto hot “Pammed” or greased griddle. Serve with dollops of yogurt and drizzle with REAL maple syrup!

Orange Whole Wheat Pancakes

- 2 C Whole Wheat Flour
- 1/2 t. Soda
- 1/2 t. Salt
- 2 Eggs
- 1/4 C Oil (Vegetable - Canola)
- 1 1/2-2 C Orange Juice

Oatmeal Pancakes

- 1 C Oatmeal
- 1 C Whole Wheat Flour
- 1 C White Flour
- 3 Eggs
- a little oil
- 1 t Baking Powder
- 1/2 t Baking Soda
- 1/2 t Salt

