



Gazette

January 2003 • The newsletter of the Pedalers Bicycle Club, Bartlesville, Oklahoma

A New Year – it's time to ride!

It's a New Year and, as cyclists, I think we always tend to look ahead to the New Year as another opportunity to RIDE!

As in the past, the Pedaler's continue to offer Road Bike and Mountain Bike rides every week throughout the new year. Many special events are being finalized and planned - we'll announce details as they become available.

The challenge put forth by President Jim Black is that we individually set goals for mileage, ride events, conditioning levels and fitness. One benchmark is to review how many miles that you rode in 2002 and then set new goals for mileage in 2003. As you know, members are acknowledged at the Annual Christmas Dinner for the miles ridden in that year.


One of our premier events that our Club is involved in is the Oklahoma FreeWheel. At December's monthly meeting, the planning committee revealed the following:

The Oklahoma FreeWheel 25th anniversary route includes Dennison, Tishomingo, Wewoka, Ada, Drumright, Hominy, Dewey and Coffeyville.

Hominy is not totally confirmed, but has been favorite host town in FreeWheels past. Total mileage will be slightly over 400 miles, and there will be choices of distances, including a century, two days. Details, along with location, are forthcoming. Libby is well-along with procuring the sponsors for the 2003, June 8 - 15th ride across Oklahoma.

A collectors map wall poster of all 25 FreeWheels will be available for purchase as it be-

comes available.

Area rides on the 2003 calendar are Great Tulsa Bike Ride - Sunday, May 1, and Tour de Tulsa, Saturday, May 31 




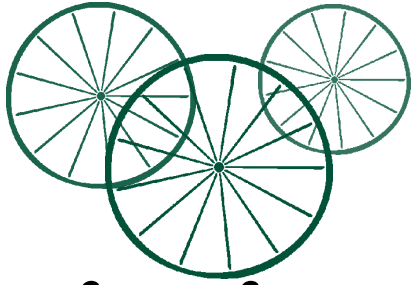
Joanne and her bike on a White Christmas!

Some Holiday Greetings from Club members:

Happy New Year to one and all. In the upcoming year may all your hills be small and the wind be at your back. - *Bob Booth*

Hope you enjoyed the white Christmas. I have been on my exercise bike at least. I hope to put in more miles on my bicycle soon. - *Shirley Martin*

If you have missed any newsletters, the entire 2002 year has been placed on www.bartlesvillepedalers.com, along with a few minor & interesting updates to the web page. This would be a good time to review the previous year's activities by reading the newsletters. Also, if you have not paid your dues this is a friendly reminder. Hope you have had a Merry Christmas and have a Happy New Year - *Dale Munn* 



Spinning Wheels

A letter from the President

Well, it finally decided to get cold and wet. Nice snow, eh? But before that we had some great December riding days. Thanks to the Fair Weather Friends, and some really "fair weather" we got a little start on 2003 miles. Who's going to at least ride that number of miles this year?

Which reminds me, it's time for New Years Resolutions. Anybody making any about their bike? How many miles? What days to ride? Particular rides to make (either club, or special events)? How about those Senior Olympics? Many "helpers" last year noted that if they just ride they could medal. Better be ready!! How about how we care for our bikes? As a mechanic and rider, I for one can vouch for how much better your bike performs if it's well maintained. Maybe this is the year to see how clean and ready you can keep your bike. Whatever we do, this is a good time to get started. (Hey, it works for everybody else!) Most importantly, let's go ride.

I need the miles. My bike needs the miles. My Stoker needs the miles. And none of us wants to ride alone. See you on the rides. 

Keep 'em Spinning,


Jim Black, President



Riding's a lot more fun with friends! This nostalgic photo is courtesy of www.thewheelman.org

Annual Mileage Report

Congratulations to Bob Booth for riding 4,371 miles. Here's a report of how 11 other club riders did in the year 2002: Dale Munn - 3819 miles, Bob Lummis - 3663 miles, Jim Black - 2751 miles, Bill Estes - 2600 miles, Laurie Smith - 2252 miles, Joanne Estes - 1440 miles, Donna Black - 1055 miles, Clarence Lanning - almost 1000 miles, Vincent Hennigan - 750 miles, Michael Salazar - 622 miles, Reva Fury - 510 miles.

Be sure to record your miles and turn it in at the end of November 2003. 



OFFICERS/DIRECTORS

Jim Black, President

335-3553 (hm) blacksbikes@bartnet.net

Dale Munn, Vice President/Treasurer

333-5693 (hm) dunn@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



Lance Armstrong

Named AP Male Athlete of the Year

“I would never have won one Tour de France if I hadn’t had it. No doubt.”

Winning one Tour would have secured his place in cycling history. Capturing four in row put him among the greatest riders ever. A victory in 2003 — the 100th anniversary of the race — would tie the record of five. Spain’s Miguel Indurain (1991-95) is the only rider to win five in a row. Armstrong raced in three of Indurain’s victories and holds the Spaniard in high regard.

“He was an incredible time trialist, the best that ever lived,” Armstrong said. “I can win a time trial today, but I would do it by seconds. He could win by a couple of minutes.”

Armstrong was a time-trial specialist himself before the cancer. It was during his recovery that he amazingly turned himself into a dominator on the Tour’s punishing mountain stages, where his breakaways up steep climbs separate him from the rest of the pack.


Tour officials already have added mountain stages for the 2003 race, but there are fewer severely steep climbs. That still bodes well for the 31-year-old Armstrong winning No. 5. While he’s already eyeing a possible sixth title in ’04, Armstrong won’t get caught daydreaming.

“The illness taught me to focus on what’s going on now,” he said.

Away from his bike and his cancer-related work, Armstrong is a proud family man. He met wife Kristin while taking chemotherapy. His son, Luke, was born in 1999, when Armstrong won his first Tour. Twin girls Isabelle and Grace were born last year.

It’s his family, and the realization that he almost never had one, that drives Armstrong.

“Seeing your kids tomorrow isn’t guaranteed,” Armstrong said. “Look at this life like it’s a gift. That’s the way I try to view my life, my family — as a gift.”

Cancer, however, ultimately gave Armstrong the thing he’s maybe most proud of: the label of survivor. “Sports will come and go, and I will be forgotten,” he said. “But something like the illness will never go. I’ll always have that tag.” 

Our regular Pedaler Profile returns next month. -Ed.

AUSTIN, Texas — To this day, Lance Armstrong insists cancer was the best thing that happened to him.

By beating the disease that spread from his testicles to his lungs and brain, Armstrong gained the courage and will to conquer the Tour de France, considered one of the most grueling events in all sports. Armstrong went from having a 50 percent chance to live in 1996 to four straight Tour championships, earning worldwide praise and admiration from sports fans and other cancer survivors. On Thursday, he was named The Associated Press Male Athlete of the Year.

Armstrong and Barry Bonds were the top two vote-getters for a second straight year, only this time the San Francisco Giants’ star finished second. Armstrong received 45 first-place votes and 292 points from sports writers and broadcasters. Bonds had 31 first-place votes and 233 points.

Armstrong’s comeback has given him the platform to lead public-awareness campaigns against cancer. He started the Lance Armstrong Foundation, which funds cancer research, and fills his rare free time with hospital visits and fund-raising speeches. While he has no stump speech, his message is the same: Cancer made him the person he is today.

“When I came back, I said if I ever get a chance to do this, I’m going to give it everything. I’m going to train correctly, eat right. I’m not going to mess up,” he said. “That’s why I say all the time that the illness is the best thing that ever happened to me.”

Mountain Biking...

From the Mountain Biking Director...

By George Harris

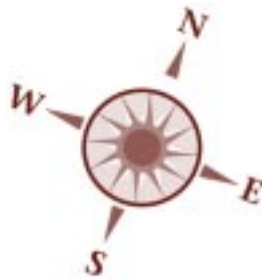
Following Bob as Mountain Biking Director will be difficult. He has done an excellent job for so many years that we mountain bikers think of Bob as our leader. I've already told Bob that I will need his help to insure that everything rolls as smoothly as it has in the past. I would also like to ask for your help.

Tell me what you would like in the way of mountain bike activities this year. Are there some new routes that we need to include on the schedule? Also what route(s) are your favorites? Is there anything, any route that we have done in the past that you don't like? That way I can adjust the schedule accordingly. I am open to any and all suggestions. What do I have planned? Well, there are a couple of new things that I would like to try. One is Wann-South Coffeyville ride. Bob discovered this route while he was scouting out a mountain bike century. It is about 45 miles round trip. Another thing that I would like to try is a night ride, maybe sometime in late summer when it is too hot during the day. Also I would like to see more Eagle Rock rides. Its single track is completely different from that at Osage Hills. And a Mountain Bike Century is another idea. We could invite participation from Ponca City and Tulsa riders.

One new thing for sure. Keep track of your knobby tire mileage. There will be a special award at the 2003 Christmas party for the individual with the greatest knobby mileage. 🚲

See you on the trail!

George



Sunday Afternoon Cross-Country Rides & Knobby Tire Ride at 2 pm

For January, and the first Sunday in February, all of our Sunday afternoon rides will be at Osage Hills State Park. Two new trails are under development and should be marked and ready to ride soon. I'm sure that we will lose a ride or two to weather which, with the new trails, will help break up the monotony. We will continue to meet at the old stone building near the horse stables at 2:00 pm.

Calendar - 2:00 pm for all rides

Jan. 5 - Osage Hills

Jan. 12 - Osage Hills

Jan. 19 - Osage Hills

Jan. 26 - Osage Hills

Feb. 2 - Osage Hills



Fair Weather Friends Ride

This is our off-season ride for those who can get away for a few hours on Tuesday and Thursday afternoons. It is a relaxed ride that normally goes 20 miles or less. We meet both days at Sooner Park near the tennis court at 2:00. Those present decide where to go and how long of a ride. Like the name implies, we only ride when the weather is nice. Normally, nice is defined as above 40 degrees with no rain, mist, snow, high wind, etc. (But this is subjective!) If you are in doubt as to whether or not there will be a ride, check with Bob Lummis (333-4374), Walter Bohn (333-5904), Jack Tatum (338-0079) or Dale Munn (333-5693). 🚲

Congratulations, Malcolm & Barbara!

Malcolm Joyce won a drawing for a free membership for 2003 based on his renewal the night of the Christmas potluck! Please renew your membership now if you haven't already.

To pay your dues for 2003, print & fill out the membership application / release form from the back page, attach a \$16.00 check made out to the Bartlesville Pedalers and mail it or bring it to: Dale Munn, 217 Quail Ridge Loop, Bartlesville, OK

74006

Annual Christmas Dinner Report



Bartlesville Pedalers Bicycle Club, December Meeting Minutes from December 10, 2002. More than 30 Pedalers and family members enjoyed a potluck supper to celebrate the Christmas season, renew annual memberships, elect slate of nominated officers and share ideas for 2003. The Blacks and the Martins provided festive table decorations, prepared and served the beverages and trimmings. Betty Bohn's chocolate dessert was still to die for!

A rousing chorus of "Happy Birthday to You!" acknowledged Clarence Lanning's recent 89th birthday! He had played golf earlier in the day and ridden his Trek 10 miles the day before! Way to go, Clarence!!! Blowing out that candle on his fluffy birthday cake really was for him "a piece of cake!"

CJ Black's awesome BMX trophy he earned over Thanksgiving was more stunning than a Christmas tree! Congratulations, CJ! And thank you, Blacks, for ever setting the high benchmarks for many of the rest of us fledgling cyclists!

The new officers for next year are Jim Black, president; Dale Munn, Vice-President/Treasurer; Rod Harwood, Road Bike Director; George Harris, Mountain Bike Director; Joanne Estes, Secretary; Board Members at Large - Shirley Martin and Brad Cobb, and the unelected offices - Vince Hennigan, Newsletter Editor and Joyce Fogle, Trash Pick-up Coordinator.

Jim presented mileage award certificates to several present with Bob Booth, Coffeyville (who had to work that night), receiving the highest mileages for this year. Congratulations Bob!

A brief business meeting followed with discussions of ways of making Bartlesville a Bicycle-friendly community. Ideas for the website were pooled - such as easy access for all could help riders be aware of current road conditions, etc. - a more interactive calendar - maybe a "forum" site - for ease of communications.

The Oklahoma Bike Coalition meets January 11. Rod said he planned to attend and share information on same - club membership is \$50 and \$20 for individuals. Joyce suggested the board could decide whether the club would benefit from this membership.

Ideas for Saturday ride starting times were to set them at 9:00 a.m., then postpone til noon if temperatures were less than 40 degrees a 9:00. Contact Rod to be sure about the rides when in doubt!

Clarence was pleased when the club voted to continue the quarterly Trash Pick-up community service which he had helped launch in the early years! Thank you, Shirley, for leading that effort so often! And thank you, Joyce, for considering Jack's creative ideas to make 2003 trash-pick-up events those to inspire and remember!

Joyce and Rod invited all to come out for the Christmas Light ride 6:30, Saturday night and enjoy refreshments and fun gift exchanges afterwards at their home on Dewey and 14th.

Bob awarded Joel a special framed Minnesota photo to hang over his bike and Dale Munn has some new saddle oil! Thank you, Bob, for your creativity as well as a great job as our Mountain Bike director . . . and those great area maps you provide!

CJ got the Big Mac \$ award for his "hamburger" road rash from the most notable spill of the year.

Bill Estes had the best Flat Tire story and took over the traveling award from George Harris.

Jack received a fine compass to help him out on the distant roads - those with intersections!

Posters of the Pedalers' year in photos and the OK FreeWheel map for next year decorated the room.

After a few more door prizes, and full tummies, all in attendance pitched in to put away the tables and chairs and bid a fare adieu for the evening! A good time was had by all - but we DID miss you Donna Black! 🚲

Respectfully submitted,

Joanne Estes, Secretary



The **Bartlesville Pedalers** are proud to be affiliated with the League of American Bicyclists, a national organization that promotes the ideal of a bicycle-friendly America through sponsored bicycle rallies and tours, political advocacy, and education.

You are invited to join the **Bartlesville Pedalers**. All memberships are \$16 per year. Anyone joining in the last quarter of the year is also paid up for the following year.

MEMBERSHIP APPLICATION:

Please return application to: **Bartlesville Pedalers, P.O. Box 793, Bartlesville, OK 74003**

NAME: _____

SPOUSE & OTHER FAMILY MEMBERS: _____

ADDRESS: _____

PHONE: Home: _____ Work: _____ Other: _____

E-MAIL: _____ OK to publish this info in club directory? Yes No

I accept with pleasure this invitation to join the Bartlesville Pedalers. I agree to observe all traffic laws and to comply with the suggestions of the ride leaders about the safety and decorum of the club. I understand that my participation in club activities and rides is solely at participant's own risk. The Bartlesville Pedalers cannot be held responsible for any accidents that may occur during or as a result of their activities. Helmets are required on all club rides.

SIGNATURE: _____ DATE: _____

BENEFITS OF MEMBERSHIP:

Membership in the **Bartlesville Pedalers** brings numerous benefits:

- ☀ Meet and ride as a group with others who enjoy exercise, health, and being outdoors
- ☀ Share knowledge of bicycling skills and equipment
- ☀ Learn, and teach, bicycling rules of the road and safety practices
- ☀ Receive newsletter containing news, events, and contacts into the greater cycling community
- ☀ Select from a variety of regularly scheduled organized rides
- ☀ Contribute your personal energy to the bicycling lifestyle in the area
- ☀ Participate in community service through our Adopt-a-Highway cleanup and other projects



Bartlesville Pedalers
P.O. Box 793
Bartlesville, OK 74003

ADDRESS SERVICE REQUESTED