



Ride & Celebrate the 25TH Anniversary!

***Lunch with Tour Director
Libby Stalter on March 12th!***



Libby Stalter, Tour Director of Oklahoma FreeWheel since 1989, will be featured speaker at this month's special club meeting, 12:00 noon, Wednesday, March 12, in the large upstairs meeting room at the Bartlesville Public Library.

The public is invited to attend this informal time. You may want to bring a sack lunch along with your friends who are interested in experiencing beautiful Oklahoma scenery to its fullest during this 25 anniversary cross-state ride.

Libby tells us that "For the past 24 years, bicyclists from across the country have been gathering for the annual Oklahoma FreeWheel Bicycle Ride. This year, the ride will celebrate it's 25th anniversary with cyclists meeting in Denison, TX for the 400-mile ride that will end in Coffeyville, Kansas. The ride will be held June 8-14.

FreeWheel has traveled more than 10,400 miles in it's history and has visited more than 300 Oklahoma cities and towns. Bicyclists travel an average of 60 miles a day for seven days, camping in host towns throughout the week.


Towns for this year's FreeWheel are Denison, TX, Tishomingo, Ada, Wewoka, Drumright, Hominy, Dewey, and will end in Coffeyville, Kansas. The

first three days of the ride will recreate most of the first three days of the original route.

Civic organizations in host communities will serve dinners and breakfasts as fund-raisers for the cyclists and small towns along the routes will set up rest stops for the travelers. Bicyclists camp on football fields, around schools or at city parks. For 2003, some 1,200 cyclist are expected for the event."

Our club is proud to join with the "Tulsa World," Tulsa Bicycle Club, Stillwater Red Dirt Pedalers, Central Tech Truck Driver Training, Oklahoma Bicycle Society, Desert Rose Design, Jefferson Bus Lines, and Chickasaw Telecom in sponsoring FreeWheel.

For additional FreeWheel information, e-mail okfreewheel@prodigy.net or call 918-592-BIKE or visit the website at www.okfreewheel.com

Pedalers, come ready to share your own scrapbooks and photos of YOUR FreeWheel experiences with the visitors and enjoy an indoor re-creation of a typical FreeWheel Rest Stop! (Lemonade, anyone??!) 

Oklahoma FreeWheel 2003 Feb. Planning Meeting Report

The monthly planning meeting for the Oklahoma FreeWheel 2003 was held Feb. 3, in Tulsa. Pedaler representatives present were Ross Snider and Joanne Estes, and former Pedaler president, Michael Smith.

Chris Younger, a Tulsa Wheelmen who is also a member of the 13-member CTE racing team, reported on their plans to sponsor the SpeedWheel races in Drumright that Wednesday evening of FreeWheel. The likely site will be at the Central Tech truck drivers training course which is about a mile from FreeWheel campsite at the high school.


A series of six FreeWheel Informational Seminars begin Monday, February 10 through April 24. The new location is in West Tulsa at the OSU Center for Health Sciences. See the FreeWheel web site for more details.: www.okfreewheel.com. Due to popular request, Libby is presenting three similar seminars in the Oklahoma City area for the first time this year.

Libby showed art by famous Hominy Native American artist for the 25th anniversary jersey. She also, passed around the poster art of all 25 FreeWheel routes! Dr. Tom Campbell will ride again this year - hasn't missed a one - so has about 10,500 FreeWheel miles to his credit!

The Girl Scouts are excited to be helping with rest stops again this year. The lunch stop coordinator, Bill Burke from Stillwater, has had recent heart surgery, so FreeWheel needs a volunteer to fill his worthy capacity!


Libby reviewed the recent travels along this year's route and visits with the various Chambers and the fun awaiting each stop. The optional Century day may be on Friday, from Hominy to Dewey. Riders can wait to make their distance decision at about mile 40. Ross is coordinating the possibilities - with lots of the Pedaler's favorite training scenery!

FreeWheel office space is coming available soon at the American Lung Association, 3805 East Skelly.

Bicycle shops on FreeWheel will be T-Town, Bicycles of Tulsa, Lees, and Rivertrails. Next meeting will be 6:30 p.m March 3. 

"Suzy" Harris submits this tidbit...

Thought I'd share something from a friend of mine who lives in Houston. Karen is a cardiac Registered Nurse and works in Houston's medical center. Here are her recent views on bike riding in Houston:

"Oh, how I wish the air were a bit cleaner here in Houston. Sometimes I wonder whether smoking isn't an equivalent to biking in the Houston smog. I do this for my health after all! I've seen too much heart disease to sit complacently at home with my Cheez-Its at my side. What the medical field says about 'eating a good diet, getting plenty of exercise and not smoking' really is true. After working this many years in cardiology, I've seen the results! So someday when I'm out riding my bike and get creamed by a passing vehicle you can know at least my heart was probably in good condition!" 



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1st Annual Rocky Mountain Recumbent Bicycle Rally

Best Of Bents of Arvada, Colorado, the largest recumbent bicycle dealer in the Rocky Mountain Region along with a group of recumbent enthusiasts are kicking off the Summer cycling season with the inaugural Rocky Mountain Recumbent Rally June 13 -15, 2003 in McIlvay Park Arvada, CO.

Recumbent bicycles are making their presence on the streets and trails of the United States in greater numbers each year, and we want to celebrate and explore their unique imprint on cycling through the Rocky Mountain Recumbent Rally! Whether you already ride a recumbent or are a recumbent wanna be, the rally will satisfy your recumbent curiosities and imaginations!

Numerous major recumbent bike manufacturers will be bringing their latest bikes for demo test rides, offering the largest assortment of two and three wheeled recumbents for inspection and test rides in one place!

A series of seminars will be available to entertain and educate. Seminar topics include Recumbent 101 Primer, Cycling Maintenance and Repair, Recumbent Self-Contained Touring, and Cyclist Fitness and Conditioning. In addition there will be representatives from local bicycle clubs and organizations.

Local guided rides will be available to explore the back roads and trails on your bike. For the competitive spirited souls there will be recumbent trike races, and King of the Hill Climbs!

The Arvada Gold Strike Festival will be ongoing along with our Rally offering arts, crafts, and live contemporary jazz performances by Nelson Rangel and Dotsero!

Please check out the rally website for details: www.bestofbents.com/RMRR.HTM or contact Best Of Bents (303) 463-8775 for further information.

See this website for great cycling photos:
http://www.munns.us/gallery/view_album.php?set_albumName=Cycling

Oklahoma FreeWheel Presents...

A series of free Bicycle Information Seminars! Whether you're a beginner or an expert, the sessions are geared towards cyclists of all levels. They are free and open to the public, Bicycling experts will be on hand to answer all your questions.


All programs are held from 7 to 8:30 pm at the OSU Center for Health Sciences, 1111 W. 17th St., Center for Advanced Medical Education Bldg., Rm. #D-007 (on the west side of Tulsa).

March 10: Bike Maintenance - Do you know how to change a flat or clean and lube your chain? You will learn how as well as other important bicycle maintenance information.

March 20: Nutrition and Being Comfortable on and OFF the Bike -A FreeWheeling nutritionist will give some ideas on how not to "bonk" during long rides. And a cycling yoga teacher will give some tips on stretching before, during and after those rides.

April 14: Nickies' FreeWheel packing demo - Even if you're not going on FreeWheel, Nickie's FreeWheel packing demonstration is a must-see!

April 24: FreeWheel Q & A and anything else you want to talk about! - This evening is for YOU - You ask any FreeWheel or bicycling questions or anything else you want to know!

You will need to check in with the security desk upon entering the building where the classes are held. For more information or questions, contact Oklahoma FreeWheel at (918) 592-BIKE or Tom's River Trails at (918) 481-1818 

Visit our Pedalers' web page

We have the entire 2002 newsletters and now a "Members Only" page. This page contains things like the membership list, current newsletter, club bylaws, maps of various Bartlesville routes. (Thanks to Bob Lummis & he is going to get more together).


Check it out!! - www.bartlesvillepedalers.com

Coming soon could be a classified page where members can advertise surplus bicycle items, so be sure to send in your dues soon! - Dale Munn

Mountain Biking...

From the Mountain Biking Director...

By George Harris

Snow, snow everywhere and not a trail to ride. That's how I feel as I look out on last Sunday's accumulation. I'm just not getting any knobby tire mileage between weather and work. (That is the same woe I had last month.) I have been doing biking on the web and ran across a couple of site that you might find interesting. One is Web Mountain Bike, at <http://www.webmountainbike.com>. It contains a wide variety of bits and pieces. Their trail riding tips section is pretty good, even has information about riding on snow. MTB Tips and Tricks is another good section they have. 

See you on the trail!

George

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

A new trail at Osage Hills needs evaluating. But to break the Osage Hills monotony we will mix in a little dirt road riding.

March 2 - Osage Hills State Park. I've got a new trail cut out of the woods that needs some volunteer riders to fine the impossible points. Meet at 2 pm, OHSP Horse Stables.

March 9 - Eagle Rock Mountain Bike Trail. There is four miles of trails looping through the sycamore and oak trees along the Elk. No rocks on two of the trails. Meet at parking lot below the dam, Elk City State Park, KS. Note: this ride will be rescheduled if it looks like the trails will be muddy.

March 16 - Osage Hills State Park. We are running out of time to ride the Osage trails before the bugs and heat are back. Let's have a good turn out. The horse stables at 2 pm.

March 23 - Onion Prairie Rd. - South. Meet at Hwy. 123 & Onion Prairie Rd., at 2 pm. We'll stay to the south and loop back close to or through

Ochelata. 20-30 miles, with a fair amount of pavement.


March 30 - Tall Grass Prairie. Bad weather got in the way last time we planned this ride so we will try again. We'll meet at the park headquarters and decide which way to go at that time. I will see if I can get Suzy to sag for us. About 25 miles.

April 6 - Osage Hills State Park. Last chance before the bugs and heat take over the hills. The horse stables at 2 pm.

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Anyway to make a long story short, I finished the whole route on my old mountain bike. I met some really interesting and nice people riding Free-wheel - some just as crazy or crazier than me. Also, I learned what Joel was trying to tell me about getting a road bike. I wimped out and bought the best road bike I could afford from Black's Bike Shop. It's a Trek 5200 - a replica of a Lance Armstrong bike that's made with a carbon composite fiber. It's very light and fast. I fell so much love with it, I went back and bought a new mountain bike made out of the same stuff.

I have gotten stronger and ridden every Free-wheel since 2001 on by road bike. A road bike like I now owned needed to be ridden and raced. I started racing it in the Senior Olympics. I've been racing for almost three years. I've even won a few races and have even qualified and been invited along with Walter Bohn to compete in the National Senior Olympics this year.

Probably because I'm so stubborn, I can now ride near and sometimes at the front of the pack with Brad Cobb in our club rides. 

Flat Tire Trash Pick Up May be Rescheduled

The first trash pick up of the year was set for 8 am Saturday, March 1st. As of press time, an official cancellation was not received from the committee chairperson. Inclement weather may postpone this event. For more information call Joyce at 336-7546.

Pedaler Profile

Jack Tatum

From the first time I heard about Oklahoma Free-wheel, I wanted to ride it. I wasn't able to because of work and other obligations. Then I retired and my mother passed away, who had been ill; I had been taking care of her for several years.

I got a bright idea, I would join the Bartlesville Pedalers to help me get into shape to ride Free-wheel. It always brings a smile when I remember my first ride with the club. I was anxious knowing that the club had strong cyclists and I might not fit in or be able to keep up. I arrived at the start a little late with my 1986 mountain bike, my only bike at the time. Met some nice people, I think it was Joel that spoke right up after eyeing my mountain bike said "Jack if you want to ride with us you might consider getting a road bike." "I thought at the time "Not me, I'm not wimping out and riding a road bike."

I had noticed that there were a few gals in the group, I started to feel more at ease that I would be able to keep up with someone. We got ready to start the ride when Brad Cobb arrived. I hadn't known Brad before that, I was impressed, but thought at least I will be able to keep up with him. Wouldn't you know we hadn't gone three miles when the whole group gals and all were going out of my sight while I was gasping for breath and pedaling like mad. And Brad was in the lead! Joel took pity on me and fell back to tell me and give directions about a shorter route only half the distance the group was riding that I could take if I wanted. I didn't hesitate to say "I'll take the shorter route." When I finally arrived back at the start everyone had finished and gone home.

I was a little dejected with my first club ride, thinking maybe I was out of my element and I wouldn't get strong enough to ride the OK Free-wheel. But being stubborn and sometimes not too bright, I wasn't going to give up easily. So, I continued to ride with the club on my old mountain bike at the tail end of the pack, much of the time taking the shorter routes.



Jack at the T-Town ride last Spring

After several club rides I couldn't help but get stronger. I registered and rode the 2000 OK Free-wheel on my mountain bike. It was everything I had imagined, you could write a book about all the exceptional experiences encountered. That year the rain was so hard some days you could hardly see the road much less ride in it. Then when I ate too much one morning at one of our overnight stopovers and it was over 100 degrees out on the road. I ended up in a ditch wrenching my guts out. A nice guy in a SUV stopped to help me, he and his wife took turns riding the route, he was very knowledgeable about what I was going through. He offered to SAG me into the next camp site. But like I mentioned, being stubborn I turned him down.

Later on I met some other mountain bikers exhausted and trying to catch their breath at one of the nice long Oklahoma hills we get to climb. They were laying down by the side of the rode, trying to catch their breath, when I rode up, I decided to do the same. They told me they had, had it and were calling their wives on their cell phones to come pick them up. They too, offered to SAG me into our next camp site. Again my stubbornness kicked in. I remember them seeing them with their wives driving by in their SUV's and waving to me as they passed, while I was gasping for breath going up the next hill.

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

ADDRESS SERVICE REQUESTED



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