

## March Meeting Focuses on OK FreeWheel 2003

By Joanne Estes

Almost 30 interested cyclists and guests joined FreeWheel Tour Director, Libby Stalter at noon March 12 at the Bartlesville Library.

She presented the 2003 OK FreeWheel route, (the ride's 25th Anniversary) with first hand narrative, and overhead photos from previous years to give those present a sampling of what it's like to ride a bike and camp all week crossing Oklahoma.

Vice President, Dale Munn, made the introductions and club announcements. Lemonade and other refreshments accompanied the attendees sack lunches!

A trail of the perfectly ripened bananas helped guests find their way from the elevator to the meeting room!

Previous to the noon hour meeting, Charlie Taraboletti interviewed Libby on radio station KWON 1400 AM. The broadcast aired Thursday March 13th.

Approximately 9 guests were present and the Pedalers are very happy to welcome new members and veteran FreeWheelers - the tandeming Thurmans, Clay and Dawn!!!

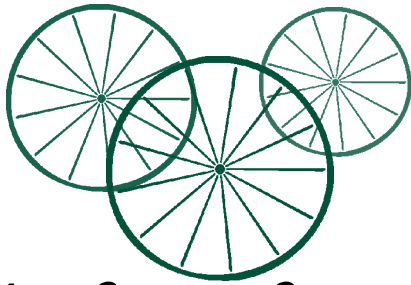
It was great to see everyone at the March meeting! Libby Stalter with FreeWheel enjoyed seeing new as well as familiar faces and excitedly unveiled Oklahoma FreeWheel 2003, the 25th Anniversary Ride, scheduled for June 8 - 14 - from Denison, TX

*Right, Libby Stalter, tour director of OK FreeWheel 2003, makes her presentation of the tour to Pedalers at their March meeting.*



to Coffeyville, KS - all across Oklahoma! Bananas, cookies, water, and lemonade were served, to provide those in attendance their FIRST FreeWheel 2003 Rest Stop. Our Pedalers have been one of the many long-time sponsors, so thanks to all who help make this great event possible!

I'm also having the privilege to attend a few of the excellent free FreeWheel Seminars in Tulsa. Find them listed on the [www.okfreewheel.com](http://www.okfreewheel.com) web site and learn how to be better prepared for FreeWheel as well as any bike touring and camping. A Big THANKS to Libby, the folks at the Library, and to all who helped make this meeting a success! 🚲




# Spinning Wheels

## A letter from the President

They're here! The maps are here! I don't know who was more excited, Donna or myself, but we both went crazy when the maps showed up last week. What maps? The Adventure Cycling maps of the Lewis and Clark Bicycle Trail, from Hartford, IL to Astoria, OR.

If you haven't seen Adventure Cycling's maps before you should really come look at these. This is the most detailed and useful Bicycle map you can imagine. Since this Trail covers so much ground it is actually a set of eight maps. Each chart has a depiction of how this section fits into the overall trail, Field Notes that cover history of the area traversed, an Index Map to show where each Panel fits in, Climatology Charts, a Service Directory, and individual Panels for the day's ride. The folks at Adventure Cycling have been researching this route for at least five years that I know about and their efforts clearly show in these map products. What a way to tour!

What really sets these maps apart from a regular highway map is the cycling specific information included. Start with the idea that the route is chosen to be as bicycle friendly as possible, then add information that cyclists need. Their Service Symbols include the locations of Campgrounds, Hostels, Bed & Breakfasts, and Bicycle Shops. Then in the Service Directory for each town they list emergency numbers, and address and phone numbers for each of the campgrounds, bike shops, etc. Did I mention that these maps are waterproof? These guys have thought of everything.


So, we've got the maps and are now working on our plans for the summer tour. If anyone wants to see part of the country from the seat of your bike this summer give us a call. 

Keep 'em Spinning...

*Jim*

---

## Spring Fling set for May

In another item, Vice President Dale Munn reports the Pedalers have the pavilion at Osage Hills State Park reserved for three days, May 30, 31 and June 1. This will be a good shake down time for FreeWheel. The rent is \$40 per night, of which we have a \$40 deposit already paid. I would like to get a preliminary indication of how many plan on attending this week end activity. So if you could e-mail me (dmaunn@swbell.net) and let me know what level of participation you are currently planning. Possibilities are camping both nights, not camping - riding Saturday and/or Sunday, just camping or can't make it. 



### OFFICERS/DIRECTORS

- Jim Black, President  
335-3553 (hm) blacksbikes@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



## **Flower Power set for April 12**

You've probably received a Muskogee Flower Power flyer and note the discount for groups of 4 or more to register by April 4th.

Contact Joanne Estes if you'd like to send in your entry with others of your fellow-Pedalers to get the \$13 entry and save \$2.00! This includes (usually!) a very nice long-sleeve t-shirt!

There are 100, 68, 38, & 15 mile routes - all at the time of the beautiful Azalea Festival, at Honor Heights Park starting 8:00 and 10:00, Saturday morning, April 12. The day of the ride entry will be \$17 and there are only t-shirts for the first 200 who register.

Or see the website: [www.cityofmuskogee.com](http://www.cityofmuskogee.com)  
or [www.muskogee.com](http://www.muskogee.com)

---

## **13th Annual SWTR set for April 25-27**

Tulsa Bicycle Club would like to invite you to join us April 25-27 for the 13th Annual SWTR. A post-tour, "Tour of the Lakes", will follow on April 28-May 2. For information & registration form, please visit our website at:

[www.tulsabicycleclub.com](http://www.tulsabicycleclub.com).

If you have any questions please contact Bob & Jo Carol Williams at 918-446-3255 or [wetandem2@webtv.net](mailto:wetandem2@webtv.net). We hope to see you in Tulsa! Want to ride tandem anyone?



---

## **Visit our Pedalers' web page**


It's Spring time and there's rides-o-plenty out there. Sometimes info on rides comes too late to be placed in the newsletter so to find out more information periodically see our website at - [www.bartlesvillepedalers.com](http://www.bartlesvillepedalers.com)

## **From the Road Biking Director...**



Spring and riding season are here. Daylight savings time and Tuesday/Thursday evening rides return the second week in April. And, according to the countdown on our web site, Oklahoma Freewheel 2003 is only 2 months and 18 days away as of this writing (26th Apr)!

I have put together a Freewheel training ride schedule that appears in this edition of the newsletter. I am, again this year, asking members to share the ride leadership. Everyone I have asked has been willing to join in, so we ought to have some fine rides. I have started the rides off at shorter distances, to increase gradually as we approach the Big Ride. No excuses for not getting in shape.

I have also put together a list guidelines for the rides and for the ride leaders. Please read them carefully. They are intended for the safety and enjoyment of all our riders. 

Let's ride,

*Rod Harwood*

---

## **Great Tulsa Bike Ride**

Pedalers have always participated in the Great Tulsa Bike Ride sponsored by, and benefiting, the River Parks Authority. This year you have a great opportunity to become an active partner with River Parks and the Tulsa Wheelmen in sponsoring this ride scheduled for Sunday, May 4.

We are fortunate to have two great spring bicycling events in Tulsa, the Tour de Tulsa, and now the Great Tulsa Bike Ride, that we can help sponsor as a club and enjoy riding in. You can help by participating in both rides, promoting them to other cyclists, and volunteering to help. To volunteer for the Great Tulsa Bike Ride, contact Dale Reynolds at 918-492-2262.

# Mountain Biking...

## From the Mountain Biking "Director" ...

By Bob Lummis



Why is Bob writing the Mountain Biking Directors stuff??? Well... George is relaxing (on a production platform in the middle of the Cook Inlet) in Alaska for a while, so I told him I'd fill in for him.

Starting the second week in April, we'll resume our Wednesday Evening KnobbyTire rides. In case you are not familiar with them, the Wednesday Evening KnobbyTire rides are 15-20 mile rides on some of the local unpaved roads. We meet at various locations and take a different route every week. See the KnobbyTire schedule for directions to the meeting place or call me at 333-4374. (Or call George at 331-9080 when he gets back.)

As summer approaches, our Sunday afternoon rides will change too. As the weeds, snakes and ticks come out, we'll give up trying to ride the single-track trails at Osage Hills State Park for the summer. We will continue to meet on Sunday afternoons though; we'll just be doing more riding on unpaved roads in the area, but have more miles than the Wednesday evening rides. Again, see the schedule for the time and place.

In past years, many of us have gone to Madison, Kansas to ride the Flint Hills Death Ride. I haven't heard if it is on or not this year, but the assumption is that the ride will be held. Last year it was held on July 14, so I am assuming it will be on about the same time of July this year.

Their website is at <http://www.deathride.org/> if you want more info on the ride. (The website hasn't been updated for this year yet.)

We will be gearing our Wednesday and Sunday rides toward getting in shape for this grueling ride. Our distances will increase each week and the difficulty will increase until we feel like we are up to the challenge.

Last year we had scheduled a metric century

ride as our graduation ride before the Death Ride. Since none of us wound up actually doing the Death Ride, we cut the century to a shorter distance and just took it easy. Maybe we can schedule the Metric Century Ride again this year and do the whole thing! 🚲

*See you on the Trail!*

*Bob*

## Wednesday Evening 6 pm Knobby-Tire Rides

Our Wednesday evening knobby-tire rides are similar to the Tuesday-Thursday road rides, only these are for mountain bikes on local dirt roads. We meet at 6 pm at various locations for 15-30 mile rides on dirt roads. See the following for meeting location and description of the ride.

**April 9 - Mullendore Ranch Route.** An approximate 20 mile route, from Copan Lake Dam to Mullendore Ranch and back. Shorter options available. Meet at the parking area below the spillway at Copan Dam.

**April 16 - Onion Prairie Road.** A loop through Ochelata, mostly on gravel roads. This route has a GREAT downhill on it. Approximately 18 miles. Meet at the radio towers & Onion Prairie Road, at the top of the hill on Highway 123 as you leave toward Woolaroc.

**April 23 - The Wann America Knobby-Tire Loop.** A pleasant 20 mile loop around Wann that begins and ends at the post-office. Visit Six Flagpoles over Wann America while you are there! Meet in the parking lot of the Wann post-office on Hwy. 10.

**April 30 - Paseo de Nowata Loop.** An 18 mile loop in western Nowata County, South of Highway 60. Meet in the triangle at the junction of Road 2400 (Moose Lodge Road) and Road 4020.

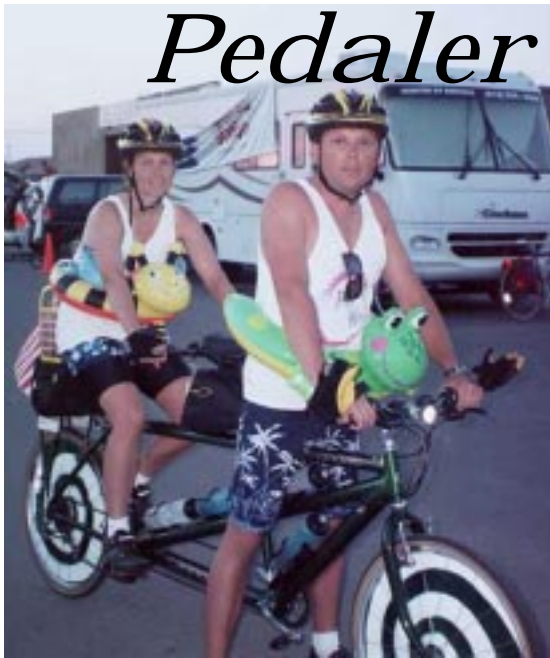
**May 7 - Cotton Valley Loop.** Meet at the junction of County Roads 0700 and 3990. (One mile East of Highway 75 on the road just North of the Copan Truck Stop.) About 20 miles rambling through northern Washington County.

*Continued on next page*



# Pedaler Profile

## Dawn & Clay Thurman



*Left, Crazy Day at OK FreeWheel 2002 brings out the "craziest" in the Dawn & Clay Thurman.*

Like most kids, we both grew up riding bicycles. When we got married we bought two bikes just to ride around town for a little exercise. Since Clay was working part-time at the local bike shop so we got a really good deal. We then had to add two trailers to accommodate the three children over the next several years. After the children got too heavy to pull in the trailers, we had to give up riding and started camping instead.

In 1999 we decided to try our first FreeWheel. We bought two Diamondback Mountain bikes and

started training. We loved the experience but noticed tandems on the route and thought that it looked like a fun way to do the ride. We bought a Cannondale Mountain bike tandem to do the 2000 FreeWheel and we were hooked. It is much easier to carry on a conversation when both riders are on one bike. Also, Clay likes it because he always beats me to the finish.

This year we have bought a new Cannondale Road tandem. Our girls want to try to ride FreeWheel on the other tandem and our son wants the chance to drive across Oklahoma. (All of this is just in the planning stages). 🚲

See you on the uphill!

*The Thurmans*

---

*Continued from previous page*

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

Rides Meet at 2:00, see descriptions below for meeting location.

**April 6 - Osage Hills State Park.** One of our last chances to ride there before the bugs and heat take over the hills. Meet at the stone building by the horse stables.

**April 13 - Avant Loop.** There are some nice loops with varying distances leaving from Avant. We'll meet near the Avant House of Prayer and decide there how far we want to ride.

**April 20 - Osage Hills State Park.** Maybe our last chance to ride there before the bugs and heat take over the hills. Meet at the stone building by the horse stables.

**April 27 - Tall Grass Prairie Preserve.** Ride where the buffalo roam! We'll meet at the Park Headquarters and decide at that time which route we want to take. (I'll see if I can arrange a SAG for the ride.)

**May 4 - We'll call it Avant,** but what I really want to do is to check out the progress of the new rail trail going through Barnsdall, Avant and locations South. If the trail is still closed, we'll ride the Avant Loop like we did three weeks ago. We'll meet near the Avant House of Prayer. 🚲



*Judy and Dale Munn, Joel Martin, Malcolm Joyce and Vincent Hennigan enjoy the April Fools' Potluck at the Estes' home.*

### **Secretary's Notes:**

"All Pedalers, 55 and older, are encouraged to compete in the Senior Olympics here in Washington County, May 28-31. Walt, Jack and Jim made us proud last year - and more of you could give area riders some real competition!"

"Pedalers have been invited to participate in the Washington County Fair, August 28-30. We could bring our bikes and set up a booth to inform attendees about benefits of bicycling and our local Pedalers Club!"

---

## **EarthRide 2003 is April 26TH**

The Tulsa Zoo's annual Earth Day EarthRide set for April 26th offers rides in 5-, 15- and 30-mile lengths.

The activities begin with EarthRide. The 30-mile ride begins at 9:00 a.m., 15-mile at 9:15 a.m.; 5-mile begins at 9:30 a.m. All rides start just west of the zoo's main entrance, in the parking lot. There will be a final sweep of the course at noon. Inside the zoo, there will be Earth Day activities from 10 a.m. until 2 p.m. Fees for all adult participants/ all rides are \$15 pre-registration and \$20 ride day. Ages 11 & under/all rides: \$10 pre-registration/\$15 ride day. Register 8 am ride day near the Zoo front.

Ride Packet includes a commemorative 2003 Earth Day bandana and discount zoo admission coupons. T-shirt available ONLY to riders registered by April 19th. For more info contact Mimi de Castro 918-669-6635 (events@tulsazoo.org) or Jay Ross, Ride Director 918-669-6215 (jross@ci.tulsa.ok.us).

## **March Pedalers Board Meeting Minutes**

The March Board Meeting was held March 24 with the following members: Jim Black, Donna Black, Dale Munn, Vince Hennigan, Shirley Martin, Joanne Estes and honored guest, Michael Smith, an esteemed Pedalers Past President!

While enjoying tasty lunches, Jim presided over the following agenda:

He handed out Flower Power forms and suggested the group rate - Joanne will collect and send in the entries for the discount - April 4 deadline. - an e-mail has produced several wanting to participate - so the 4-person minimum has been met.

Jim passed around maps for anyone interested in joining Donna and him on a spring-through-summer Adventure Cycling tour along the Lewis and Clark trail, starting in St. Louis, MO.

Dale mentioned last years payment to Osage Hills State Park to reserve camp grounds for a 2003 Memorial Day Weekend Pedalers Spring Fling. Dale will poll members to see how many are interested.

Joanne reported that the Pedalers' FreeWheel informational meeting at the library and the interview with Libby Stalter, FreeWheel Tour Director, and Charlie Taraboletti on KWON went very well! - had several visitors and new members and those joining on Saturday rides.

Dale reports the new web page is billed by the month.

No one has received any information regarding Bike Month in May.

Jim, Donna and Dale adjourned to the Post Office to update the Pedalers post office box information.

Next board members meeting will be Monday, April 21, same time, same place! 🚲

Respectfully submitted,

*Joanne Estes*

Pedalers Secretary



## From the Webmaster

By Dale Munn

I hope you have been enjoying the info on the [www.bartlesvillepedalers.com](http://www.bartlesvillepedalers.com) web page. The web page was moved to a new hosting service with more space and much more capability. We now have a picture gallery. Check it out, try the slide show. The picture gallery even allows you to order reprints of your favorite shots. If you have pictures which you think would be of interest to the Pedalers, let me know and an account will be set up for you to upload your picture album for sharing. Along the same lines, check the [www.okfreewheel.com](http://www.okfreewheel.com) web page and under the picture albums you will see a link back to the two recent FreeWheel albums.

### Bartlesville Pedalers Ride Rules

- 1) Helmets are required on all rides.
  - 1a) Strongly suggest carrying tire tools, pump, spare tube, money, snack, water.
- 2) Ride on right side of street, max. of two abreast (it's the law); ride single file in traffic.
  - 2a) Don't ride in gutter - you have a right to a lane of traffic.
- 3) Obey ALL motor traffic rules, esp. stop signs and traffic signals.
- 4) Signal ALL turns.
- 5) Warn fellow riders of road conditions - point and shout: "car back", "glass", "hole", etc.
- 6) Pass fellow riders on the LEFT, warn rider ahead when passing with "on your left."
- 7) All club rides will stay together as a group for first few miles or to the edge of town.
- 8) At least one rider should attend another rider who has mechanical difficulties.
- 9) Drink, drink, drink, especially in hot weather.


### Ride Leader Guidelines

- 1) Safety is your #1 priority; review the above rules with the group before each ride.
- 2) Ride leader will announce route and may change it at his/her discretion.
- 3) Ride leader will make sure no one is dropped.
- 4) On rides longer than 35 miles, ride leader will designate a regrouping point/rest stop (preferably coinciding with available cold drinks and snacks).



We also have the capability for a discussion forum or bulletin board. Check it out, either from the link on the main page or go directly to [talk.bartlesvillepedalers.com](http://talk.bartlesvillepedalers.com). This is a place to post messages about road conditions and other cycling information. If you would like a special forum topic, let me know and it can be created. Currently we are using [Members@bartlesvillepedalers.com](mailto:Members@bartlesvillepedalers.com) to communicate to the general membership. There could be other lists created such as roadrides, off-road rides, easyrider, etc. If you would like such a list created, let me know.

What I like most about the web page is the list of favorite rides and activities on the front page with the date and the time left for the event.

This page is for YOU, so if there is something else you would like to see, let me know. Visit frequently to keep up to date on upcoming activities. 



# **March Flat Tire Trash Pick Up anything but Flat!**

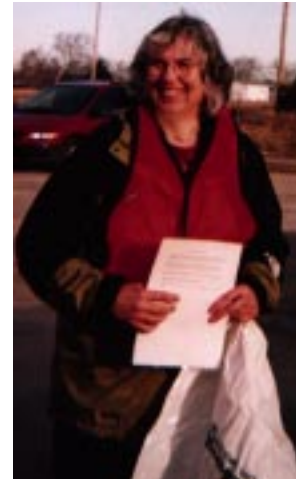
*By Joyce Fogle*

Eleven hearty volunteers turned out for the first ever "Flat Tire Trash Pick Up". The trash pickers found six treasures hidden along the route. This included coupons from well known Pedalers for a free flat tire fix, a brand new tire fix kit, treats to sweeten the pain of another flat tire, and a cloth to wipe that sweat from sunglasses so as to get down to the fixing task. Our efforts netted 40 bags of trash plus the usual several golf balls, a beach ball and a pant roller (I did not plant those there). Thanks to treasure donors Jim Black, Bob Lummis, JoAnne Estes, Joyce Fogle, Brad Cobb, and Rod Harwood.

Homemade Oat Meal Pancakes with Michigan

Maple Syrup were enjoyed by the group at Rod and Joyce's home. Heard among the comments of the morning, "This was the best, most fun trash pick up ever!" Who ever said it was supposed to be fun, but it was. Thanks to those seen on the hill that day, Joel and Shirley Martin, Patsy and Bob Lummis, Dale and Judy Munn, JoAnne Estes, Neil Johnson, Rod Harwood, Clarence Lanning, Joyce Fogle.

Didn't see your name among the loyal Pedaler volunteers? You will get another chance in May with an evening trash pick up and a new twist. We will take a broom along to sweep the shoulder where we find a lot of glass, especially the down hill portion. You better be there or we may leave a shard or two for your tire!!! I have heard that a clumsy and late Easter bunny will trip on his way into town and spill his eggs coming down hill 39. We will pick them up along with the trash and follow the "fun" with dinner out. 🚲



## **We're talking trash!**

*Special thanks to Pedalers who helped at the March trash Pick Up...Joel and Shirley Martin, Patsy and Bob Lummis, Dale and Judy Munn, JoAnne Estes, Neil Johnson, Rod Harwood, Clarence Lanning, Joyce Fogle.*