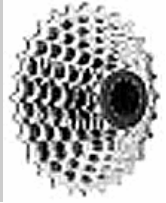




Bartlesville Pedalers Gazette



April, 2006

The Newsletter of the Pedalers Bicycle Club, Bartlesville, Ok

Welcome,
2006 Pedalers

By Bruce Sturges



As many of you know Cindy and I celebrated our 25th wedding anniversary recently by cruising to Jamaica, Grand Cayman and Cozumel on the Very large Carnival Conquest. We snorkeled with the stingrays just off the barrier reef (Cindy kept looking for sharks), we even climbed a 950 ft water fall (I pulled Cindy up most of the way) and we visited a turtle farm and drove on the wrong side of the road (Nascar style). After all this fun we ended up in HELL (not really) this is a small place in Grand Cayman with a rock formation that is quite unique to the area (cool) and we even had our picture taken with satan (cardboard cutout, HA HA). We had dinner in the main dining room and hit the midnight buffet several times (food was awesome) partied each night (I can still shake a leg, its funny though) bought lots of souvenirs, got lots of sun and took lots of pictures (450 to be exact). I even hit the workout room several times. The hurricane damage to all islands is still quite extensive, but the trip was very well worth it and needed. Since returning Cindy and I have had a severe case of PCD (post cruise depression), this is a very real thing, in fact we have already scheduled the next cruise. SOON!!!!

Having said that, it is once again that time of year to dust off the bike and ride. Hope-

fully, many of you have started considering the Free-wheel route this year. Several meetings and rides have already taken place, but it is never too late to get with family and friends and start riding so we can EAT!!!!

I know that we already have several new members in addition to the present ones. The club seems to be headed for some growth this year and I look forward to meeting each of you either on my bike or in the chow line. Please check the website for rides and food, after all this is a great way to meet your fellow riders.

Recently, the Pedalers became members of the Chamber of Commerce. They can provide some exposure to the club this year. Very soon we will have a GROUP PICTURE made at the Chamber and a ribbon cutting ceremony to acknowledge our membership. EVERYBODY should be in your best bicycle attire, bring your cameras and smiles for this event. The date has not been released as of yet, but soon.

I have been in contact with TBC (Tulsa Bicycle Club) to get some rides planned with them on some Saturdays. This can be a great way to see new routes as well as make new friends.

T-Shirts for the club will be available soon.

I hope each of you are riding with the club or by yourself to get that bottom in shape.

See all of you guys soon, BRUCE, DA' PREZ

Dues Reminder

The Pedalers Membership is based on the calendar year. Unless you joined in the last quarter of the year, your dues for 2006 are due. Dues can be sent to P.O. Box 793, Bartlesville, Ok 74005. ... a mere \$16.00 for the whole family.

During the month of April, those who are not current on dues will be removed from the members email list and the members access password will be changed.

Report from the Road Director

By Kevin Doggett

Pedalers,

We are out of the Winter schedule now for Saturday rides, so the ride times will be as posted on the Pedalers website (drill down to Club Information for ride times). As a reminder these are:

- * April 9:00 am
- * May 8:00 am
- * June thru August 7:30 am
- * September 8:00 am
- * October 9:00 am



Saturday rides will be at 9:00 for April, unless it's raining

For the summer ride schedule, we will ride at the posted time unless it is raining.

I hope to see you this Saturday April 1 at 9:00 am. Then don't forget the Potluck that same evening at the Martins at 6 pm.

Kevin

FreeWheelin' at the Library

By Joanne Estes, FreeWheel Fan since 1989

We put out chairs and more chairs and needed more chairs noon Tuesday, March 7th at the local Library upstairs meeting room! Shirley Martin hosted the welcome table and registered at least 30 attendees - not everyone had time to sign in!

Amongst the guests were Bill Kittrell, Rick Tussing, Tom Prusator, Eric Morrison, Harry Farnsworth, Suzanne Weaver, Dave Breibeck, Jim Leinen, Jim Fisk, Gene O' Rear, Merideth Frazer, Marci Piper, and new member, Dwight Ritter.

It was great to meet these new cycling enthusiasts and we're looking forward to getting better acquainted on some of our rides - possibly getting REALLY well-quainted on FreeWheel this June!

President Bruce presided, welcomed everyone, introduced the officers, and the Pedalers' FreeWheel planners, Bill & Joanne Estes, Dale, Norman Hinsdell and himself.

Then Tulsan, Libby Stalter, Tour Director of Oklahoma FreeWheel, shared interesting overviews of this year's tour, and fielded many questions. This year, June 11th through 17th, on the 28th trek, FreeWheelers will experience the kind communities of Hugo, Atoka, Wilburton, Warner, Tahlequa, Pryor, Grove and Baxter Springs, Kan-



sas, and all the exciting roads and scenery in-between!

We presented her a non-wilting flower - just like her - along with some ConocoPhillips gas money, as she headed off to Grove to put the finishing touches on the Friday, June 16th, host town!

Generous Randall Clayborn, our Mountain Bike Director, and Adventure Bicycling Center brought a huge array of door prizes for many lucky attendees! The Pedalers even contributed an annual family membership to Jim Frisk, who's name was randomly drawn from those present. Congratulations, Jim!

Randall has a good supply of FreeWheel Brochures as well as Flower Power Brochures at their shop at 111 Washington Blvd.

(Continued on page 3)



Dr Raymond Heiser receives a trophy for winning a 6 mile run while a professor at MSU in 1977

Pedaler Profile

*Raymond
Heiser*



daughters would prefer to have me around for awhile longer.

As a former runner/jogger I decided after 35+ years of doing that form of exercise that I needed to change to something else to preserve my knees. I've only been cycling for about a year now. I spent the first half of 2005 getting in shape on the recumbent exercise bikes at the YMCA and then on a mountain bike and a trainer in my garage. After retiring as pastor of Vine Life Church in Bartlesville last July, I had a bit more time to try out my wheels. In the middle of last July I took the mountain bike out and began riding on the roads primarily southeast of Bartlesville and you might say I really got hooked on cycling. With the help of Adventure Bicycle Center I got an old 12 speed road bike up and running and took to the roads with it in mid November. Just recently I upgraded to a new Trek 2200. Wow, what a difference. I am looking forward to doing a couple of centuries this cycling season beginning with Flower Power and to keep up with Jack Tatum on the Saturday Tailwind rides.

When asked by Joanne, Raymond said that "Lanora and I both grew up on farms in south central Nebraska, about 60 miles west of Lincoln."

My first bicycle was a second hand 26" Schwinn type bike that was the style in the early 50's. I was either 8 or 9 years old when I received this bike. Since I grew up on a farm, all of my riding was done on either dirt or gravel roads. Of course slamming on the coaster brakes and seeing who could make the biggest skid marks in the gravel was big things when some of us kids got together with our bikes. Pedaling over to my cousin's house who lived 3 miles away or several other friends who lived in the area or just riding on our property was the extent of my riding. However, when the junior high and high school sports came along, the bike just sat in a shed.

For several years in the early 70's when I was teaching at Mississippi State University, I rode 4 miles to and from campus except on rainy days. I abandoned the bike riding after several near misses from vehicles turning in front of me, deciding my wife and

and be a great time to get acquainted, not to mention share yummy dishes!

The Pedalers wish to thank Albertson's for the great bananas, the Chamber of Commerce, Cable One, the "Examiner Enterprise," and KWON for the most-appreciated advertising!

Mark your calendars for Monday, June 5th, 6:00 p.m., also at the Library, for the annual "FreeWheel Count-Down!" when all well-trained riders will be congratulated and given last-minute information and goodie bags for the upcoming Oklahoma FreeWheel 2006 adventure!

FreeWheelin It! At the Library

(Continued from page 2)

Even though absent, Road Bike Director, Kevin Doggett, supplied bright green schedules of the FreeWheel Training Rides, beginning with Daylight Savings Time. Dale Munn, Webmaster, has put this information on the Pedalers Website.

Vice Pres. Keith Clark asked that we fill out current information for our membership lists and had appropriate forms available.

Shirley Martin furnished flyers about the "April Fools - No Foolin' Pot Luck" at their home. This will launch the spring riding season

The Oklahoma FreeWheel Corner

Many of you turned out Tuesday, March 7th at the Library on the Noon-hour to enjoy our Pedalers "FreeWheelin' It" with tour director, Libby Stalter, from Tulsa, bringing everyone up to date on the big 28th annual ride this June 11th through 17th. The route looks quite interesting as it begins in Hugo, winds to Atoka, Wilburton, Warner, Tahlequa, Warner, Pryor, Grove and Baxter Springs Kansas. Keep your eye on the latest, by referring often to www.okfreewheel.com. You may interact with other riders to learn tips on camping, training, cycling quipment, and other helpful ideas to make your FreeWheel 2006 the best ever!

The Bartlesville Pedalers only have one day to help supervise baggage loading again this year. It will be Monday morning, the Atoka to Wilburton day. Registration rates have increased this year to a nice round \$100 per adult. This is to help alleviate ever-increasing costs - gasoline, being just one! If you check similar rides in other states, this is still the best bargain around!

On FreeWheel Friday, the 16th, we Bartlesville Pedalers have received an exciting invitation to dine with the Clayborns, of Adventure Bicycling Center, at their lovely lake home near Grove as we pedal into town. Darlene has so graciously extended an invitation to

even camp out and enjoy their personal shuttling from the Grove FreeWheel campsite.

We hear Wayne is a champion burger griller and hopes each of you will come over to relax and refresh and maybe pitch your tent by the shores of beautiful Grand Lake! Baxter Springs, Kansas will then be "a piece of cake" and "all down hill" on that last Saturday of FreeWheel! Now THAT's something to keep you pedaling for, all those miles from Hugo, right!!!

As we anticipate the training rides beginning after the April Fools yummy pot luck at the Martin's and Daylight Savings Time, we are thankful to all those volunteering ride leaders, those who have attended the planning meetings in Tulsa (Norman, Hinsdell, Bill Estes, Dale Munn, Bruce Sturges, and Joanne, too). We're excited to look forward to our "Graduation Ride," the Wynona Ramble, led by our illustrious, Tim Harper and Katie. Then we'll celebrate being ready for the big FreeWheel week of the year! Come to the "FreeWheel Countdown," Monday, 6:00 p.m., at the Library. Stay tuned for more details!

We're excited to be riding with new cyclists and making new friends, as well as renewing old cycling friendships as the warm weather arrives!

Joanne Estes

From the WebMaster



I hope everyone is enjoying the new Bartlesville Pedalers Web Page format. The new look uses an open source content management system called Joomla. We have been able to do a lot more things with this design than could have been done with the old fixed format web page.

One of the things you may have noticed is the extra banner adds on the top. We are now affiliated with some advertisers and if you purchase an item from them using the link on the web page, the pedalers should get a percentage

of the purchase for the referral. I'm not sure of all the rules and how well it works, but if you need to make an online purchase, try using the pedalers affiliates. There is also a list of them under the top menu links, so you do not have to wait for the banner add to come up.

When you are navigating the topmenu, in addition to the drop down menu, you can click on the main menu item also. So there is a link to Calendar, Week and Year under the Calendar menu item. Also, when you get to an internal page, there is a pathway on the top which gives a way to go back up the tree.

Two of my favorites are the slick deals under News (top menu) and the NWS Weather

(Continued on page 7)

Pancakes and More in Pawhuska *By Joanne Estes*

The best time to ride your bike to Pawhuska has got to be in early November when the fall weather is perfect! The first Saturday in November, several energetic Pedalers convened at Johnstone Park with a round trip to Pawhuska, via Okesa, the destination for the day.

I had never experienced the famous Bluestem Cafe's excellent bill of fare, so finally, after much coaching and encouraging and kind, patient Pedalers waiting on me to inch up those challenging hills - whether by foot or slow pedaling, I found myself happily joining Dale, Bill, Joel and Shirley at the

cafe! The Hungry Man's Breakfast, sounded like a lot of food - but you can't imagine how yummy it was & how quickly it disappeared off my plate!

On our return trip home, being cautious of various patches of gravel and potholes, we met our neighbor Jeff & a friend visiting from California. They were sight seeing on his Harley and enjoying our favorite backroads, too!

We hope he will join us on his bicycle next time! Thank you, Bill and Joel for leading us that beautiful day and Thanks for waiting for me, Shirley!



Dale, Shirley, Joanne & Bill at the Gateway to Pawhuska

2006 - The Year to Ride

By Keith Clark, Vice President

Looking forward to a "Great Year" seeing Washington, Osage, and the rest of Northeast Oklahoma counties from a Bicycle. We have some of the best paved roads in Oklahoma and also a "Great"



Bicycle Club so with that I challenge everyone to ask a friend to go for a ride. We all have extra bicycles or know people that have one so get those bicycles out of the garage and talk someone into going for a ride.

One more thing when you go for a ride (ie Flowerpower, MS 150, or any other organized or non-organized ride) take some pictures and write a short story about it and share it with the club. You can send it to Dale via e-mail and he will put it in the newsletter and on the web page.

Keep those wheels rolling - Keith Clark (Vice-President)

2005 Mileages

Here are the mileages reported by pedalers; Congratulations to all on their cycling accomplishments.

Katie Harper	546
Tim Harper	902
Norman Hinsdell	1064
Dwight Ritter	1236
Shirley Martin	2046
Bob Lummis	2154
Keith Clark	2214
Joanne Estes	2321.49
Dan Schultes	2735
Kevin Doggett	2800
Bruce Sturges	3200
Joel Martin	3306
Bill Estes	3907
Bob Pinnick	4007
Dale Munn	4381
Paul Woollett	4789
Terry Johannesen	6475

Board Meeting

6:30 p.m., March 20, 2006

To celebrate the first day of Spring, the following hungry, sociable Pedalers met at the Madison Pizza Hut for a refreshing time of planning and reviewing and sharing cycling stories and dreams: Jim and Donna Black, Dale and Judy Munn, Rod Harwood and Joyce Fogle, Walt and Betty Bohn, Bill and Joanne Estes, Paul and Beverly Woollett, Dana and handsome teenage heart throb, son Ryan Jordan, Joel and Shirley Martin, Kevin Doggett, Keith Clark, Randall Clayborn, Jack Tatum and Jack Perry, AND our honorable newest, Raymond Heiser!

In President Bruce's absence, Vice President-Treasurer Keith Clark opened the business meeting with suggestion that the monthly board meetings move to the Downtown Pizza Hut location. This should allow for more flexible seating. All present concurred. (Please pencil in appropriate reminders on your "Blackberries!")

Kevin Doggett gave the Road Bike Director Report: Randall warned of several patches of road repair on the Okesa to Pawhuska route. Kevin circulated ride leader sign-up sheets for the upcoming FreeWheel Training Rides, starting in April with Daylight Savings Time.

Randall, our Mountain Bike Director, was pleased to report that his predecessor, George Harris, had recently contributed GPS maps with mileages for the mountain bike courses. Also, the Osage Hills course is close to completion and will be ready for the Sunday, May 7th races – our local part of the "Tour de Dirt." Races begin at 8 a.m. and will schedule every hour. Enthusiasts are invited to come out to watch this exciting event!

The day before, Saturday, May the 5th, will be the annual Stray Cats Car Show in Dewey and the Bike Build-off and Bike Show, also for cycling fans!

The Little 100 will be starting soon. Madison needs a sponsor. Central's sponsor is the well-appreciated, Mr. Tom Rovenstine. Pedaler volunteers are needed to help with the valuable training – track training, 2 times a week. The youngsters will join enjoy the Pedalers' scheduled rides and, likewise, all ages will benefit from the each ones various skills! We're proud the Bartlesville team

won second place in Tulsa last October. (Thank you, Randall for sharing your time and talents with these young riders!)

Dale, our Web-Master, Interim Newsletter Editor, requested articles to be submitted to him by Saturday, the 25th, for a most-interesting, upcoming April Edition!

Shirley announced the April Fools' No-Foolin' Pot Luck at their lovely home, 6:00 p.m April First! We're ALL looking forward to then!

Keith announced our new affiliation with the Chamber of Commerce and suggested we set up the official ribbon cutting shortly before our Tuesday evening ride from Johnstone Park, possibly on April the 11th.. As many Pedalers as possible, along with their bicycles, will be photographed in front of the nearby, picturesque Chamber Building, This time will be confirmed soon and Pedalers will be notified! Don't miss!

Joanne thanked everyone who attended the Library "FreeWheelin' It" noon hour event with Libby Stalter on March the 7th. At least thirteen guests were on hand, along with many Pedalers. The "FreeWheel Count Down" is on the calendar for 6:00 p.m. June 5th. This will also be at the Library.

Several Pedalers plan to participate in the Muskogee Flower Power, April 15, the day before Easter. Joanne is collecting early registrations and checks & will assure these Pedalers will receive the special group rate & save \$5.00 each! Deadline is March 31st, with a little leeway, so contact Joanne soon! This list will be finalized at the April Fool's Pot Luck at the Martins!

We're excited to know that Tim Harper plans to mark the route and lead the annual "Wynona Ramble," 7:30 a.m., Saturday, June 3rd. This is our "Graduation Ride" for all those training for FreeWheel.

Our trusty Treasurer, Keith Clark, reports the following:

Deposits in 2006 (Club Dues) -	\$256.00
Expenses in 2006	- \$319.27
Current Bank Account Balance as of March 21, 2006 -	\$1,651.98
Currently 45 Members	
30 Members are paid for 2006	
15 Members still need to send in their dues	

Next Board Meeting will be at the new location, Downtown Pizza Hut, Monday, April 24th, 6:30 p.m. Next Pedalers' Meeting will be 6:00 p.m. April

Wynona Ramble 2006

Date: June 3, 2006

Time: 7:30am

Place: Entrance to Johnstone Park

Distance: Approximately 67 miles

It's back again!!! The Bartlesville Pedalers FreeWheel Graduation Ride, aka, The Wynona Ramble. This is an excellent chance to see if all that FreeWheel training has paid off. This ride has it all. Smooth highway shoulders, little travelled backroads, cattle guards, hills, fantastic views, small towns, and best of all, places to eat. This ride used to be a yearly staple of The Pedaler's Bike club and a favorite of all.

We'll leave Johnstone park and travel west on Lupa to Virginia, south on Virginia to 14th street, and out south on highway 123. At Barnsdal, we can stop at the C-store and get some fluids and snacks and then take a beautiful little backroad to Wynona. There will be some hills, but the view makes the climb worth it. We'll cross a few cattle guards (watch out for those cows) and a low water bridge on our backroad trek, ending up on the south side of Wynona. They have a very nice little C-store and possibly a café. Also, the C-store in Barnsdal makes a mean cheese burger along with other fast food type items. Eating and riding is a must on FreeWheel, so it is on

the Ramble as well.

After that, we'll re-trace our path back to the park, with the exception that we'll go down the new 44 hill via highway 123 where as going out, we'll take the old highway up the hill via the gap road turn off.

As in the past, the route will be marked in various shades of fluorescent paint, including turns, food, and road hazards (provided it's not raining on Friday evening.) If it's raining, calling for a 40% or greater chance of rain, or it's 40°F outside, blow off the ride. Also, if the low water bridge is impassible, we'll turn around there and make it a 56 mile ride. Otherwise, prepare for a most enjoyable "ramble" through the beautiful Osage hills.

Bring some sunscreen, water, snacks and money for food. If you really want to make it feel like FreeWheel, set up your tent when you get home, take a cold shower, ride to the nearest eating establishment, go home and spend the night in your tent. It doesn't get any closer to the real thing than that.

Tim Harper

From the WebMaster

(Continued from page 4)

forecast (Main menu). Recently I discovered a component called search engine friendly which takes all of the complicated, lengthy internal links and makes them into a short easy to remember link. So the nws link is just http://www.bartlesvillepedalers.com/external/nws_forecast.html. Also, most of the external links are inside of a wrapper which allows you to navigate back to your favorite page (www.bartlesvillepedalers.com).

Also, a cool thing to do is to put a feed from the Bartlesville Pedalers web page onto your Yahoo home page. This can be done by clicking on the "add to yahoo" idon on the left menu. Check out the news feeds and click on

bicycle news. Notice that you can see the last 5 articles and the last 5 additions to the photo gallery.

If you want to publish items on the web page, you can create a new user id which can then be given publishing privileges.

There is also the for sale section which hasn't been used lately, where you can list items for sale.

There will be a discussion forum available soon, although there was one on the old web page and no one used it.

Well that's it. Explore the page, click on menus and links, you don't know what you might discover.

—Dale—



We're on the WEB!
www.bartlesvillepedalers.com

OFFICERS/DIRECTORS

Bruce Sturges, President,
 440-1379, b_sturges5@hotmail.com
 Keith Clark, Vice President/Treasurer
 Joanne Estes, Secretary, 333-6524
 Kevin Doggett, Road Biking Director
 Randall Clayborn, Mountain Biking Dir, 333-9222
 Joel Martin, Director at Large
 Dan Schultes, Director at Large
 (Open), Editor

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



Pedalers gathering at Johnstone Park for a spring Saturday morning ride



April Fools Pot Luck dinner at the Martin's

Pedalers Membership

Membership dues are \$16 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.



Our gracious pot luck dinner host, Shirley, has time to join us on a morning training ride.

Thanks for your hospitality and all that you do for the pedalers.