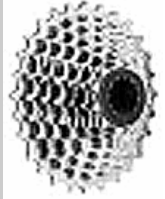




Bartlesville Pedalers Gazette



January, 2005

The Newsletter of the Pedalers Bicycle Club, Bartlesville, Ok

Spinning Wheels

By Dale Munn



I hope everyone has had a very Merry Christmas and received lots of bicycle items that you are now anxious to test out on some of our upcoming rides. Now that we are past the really hectic time of the year, we can get back to a normal routine which hopefully includes some rides with your fellow Pedalers.

We are planning another great year of activities. In addition to our normal rides, there is the possibility of a spring fling, Winona Ramble, Firecracker Century and the Credit Card Campout. Also we will be promoting Oklahoma 2005 FreeWheel with a special visit from Libby Stalter in March and newspaper coverage in the Examiner. In addition we hope to have a new club jersey. If you have any other activities, send them to one of the officers or come to one of the Pedalers board meetings at the Pizza Hut on Madison.

A goal of each of us should be to promote bicycling in the Bartlesville area. Offer to help Boy Scout Troops with their Cycling merit badge or volunteer to help with a bike rodeo. Invite friends to ride with the Pedalers. If you ride your bike to work, encourage others to join you. Help them find a safe route to work. If you don't ride to work, consider trying it for a day or two

each week. Many companies have casual Fridays which would make great times to cycle to work.

We hope that your New Year's resolutions include spending more time with the Pedalers. Hope to see you on rides this year. Ride safely and courteously. — Dale

Cycling-Sage-Clarence's Good Health Sense for 2005!

By Joanne Estes

How many times do we read or hear about a new diet or way to keep healthy? I'm always puzzled with all the various views, so decided to call our senior cycling authority, Clarence Lanning, who just celebrated his 91st birthday the first week of December!



Phyllis & Clarence at the Pedaler's Annual Meeting, Dec 7, 2004

The "Atkins Diet" the "Zone" didn't mean anything to him. He said he doesn't do anything special, but eats normally, and he does best if he stays on pretty much the same diet everyday and gets regular exercise. Since it has been extra cold this week, he was lamenting the fact that he couldn't golf, nor bicycle, so would have to go to the Mall to walk today. This, of course, would tie in nicely with his last-minute Christmas shopping!

Thanks for the tips, Clarence!

Don't forget the New Years' Day Ride. It leaves *Johnstone Park* at *1:00 pm*. Start the New Year right!

Report from the Road Director

By Bob Lummis

January being our least active month of the year, there isn't a whole lot to report. We will again this year be having our New Year's Day Ride to help all of the hardy souls who can get out to start off their 2005 riding season at the first possible day. This year's ride will depart Johnstone Park at 1:00 pm on New Year's Day. If it is icy or snowy, bring your mountain bike; we'll take a spin on the Pathfinder on mountain bikes.

Our Saturday Ride time for January is 1:00 at the entrance to the Pathfinder Parkway in Johnstone Park. Our rides have been tending to be in the 30-40 mile range when the weather is cool.

If you were at the Annual Meeting, then you heard that Patsy & I are planning to move away from Bartlesville in 2005. We are building a new house on our property in Missouri and will be moving into it when it is completed. Our current best guess is that this will be sometime in June.

This development will leave a vacancy for the Road Director's position in the club. I anticipate that I will be spending much more time in Missouri this spring, and will very quickly reach the



Saturday rides will be at 1:00 for the months of December — February

point that I will not be able to fulfill the responsibilities of Road Director. I intend to resign from the position when this point is reached or sooner, if a new candidate for Road Director is located.

The responsibilities are not awesome, but they do involve a minimal amount of time every month. The big responsibilities are to arrange for Ride Leaders during the FreeWheel Training Rides, scheduling our club rides, maintaining the Road Calendar on the club website, and writing a Director's report each month for inclusion in the newsletter. That sounds like a lot when I write it down, but in reality, I doubt that it averages more than one hour per month over the year.

If you can serve in this capacity, please let Dale know and he'll take it from there. I will be glad to assist in any way that I can.

That's all for this month. Have a safe ride!

Bob

Flat Tire King

By Bob Lummis

At our recent annual meeting, the traveling Flat-Tire Award was presented by Dan Schultes, last year's Flat-Tire King, to our 2004 Flat-Tire King, Dale Munn. Dale worked during the year, spending many hours on the side of the road putting patches on top of patches, just hoping that he could be the Pedalers' Flat-Tire Award winner for 2004. Congratulations Dale!

Now it appears that Dale has concocted a devious scheme to be the first ever Flat-Tire King to keep the award two years in a row! His first scheme involved hiding a piece of glass in the rubber of his rear tire in such a way that it defied all but the most critical inspection. He then proceeded to have three flat tires on his very first ride after receiving the Flat-Tire Award. (Not counting the fourth time that he had to stop and air up the tire.)

What unsavory tactic will Dale come up with next? Fellow Pedalers, we cannot let Dale get away with this! Who knows what diabolical ruse he will use next to cause his tires to deflate on our club rides?

The only solution that I see is for one of us to step forward and to have more flat tires in 2005 than Dale. I want to caution this individual though; be forewarned that Dale can be very devious, and if you are not careful, he will overtake you while you are not looking. I do think though, that we will have to count his flats from the other day's ride as practice flats since they occurred in 2004. Dale should have to wait with the rest of us until the first of the year before he can start racking up his new total.



Pedaler Profile

Kevin Doggett

When Joanne asked if I would write a couple of paragraphs for the January 2005 newsletter, I really did not know what I would write about. I finally decided I would give a short history of myself, then talk about bicy-

cling and a couple of memorable events.

I was born and raised in Ardmore, Oklahoma. I graduated college in 1991 from Southern Nazarene University in Bethany, Oklahoma. That summer I moved to Bartlesville and soon became an employee at NIPER where I worked until 1998. In 1999 I began working in Ponca City at the Refinery where I continue to work today.

I got my first bicycle when I was around four years old. By age 8 or 9, I was spending summer days riding bikes around town with my friends. There were not a lot of regimented activities for kids back then. Sure, there was YMCA baseball, but that was about it, so we used our imagination to make up things to do.

When I moved to Bartlesville in 1991 at age 22, I brought my old Murray 12-speed with me. I would regularly ride the Pathfinder Parkway, but I resisted buying a better bike. That changed in 1996 when I borrowed a Fuji road bike from a friend to ride the 10k cycling event in the Corporate Challenge at Mohawk Park. I was amazed at how well the bike rode and how smoothly everything worked (shifters, brakes, crank, ...).

I bought my first road bike in 1997 (a Giant Kronos) and rode the 10k cycling event again that year in the Corporate Challenge. I rode my first FreeWheel in 1998 with my friend Dan Maloney. I followed up with the Hotter-n-Hell Hundred in August, 1998 and FreeWheels in 2000, 2001, and 2004. I rode the 2004 Freewheel on the Cannondale R800 road bike I purchased earlier in the year.

My most memorable Freewheel story would have to be the night in 2004 we all spent in

Thomas, Oklahoma. I have a low-profile Kelty tent in which I have gotten in the habit of setting the stakes for the rain fly, but leaving the rain fly drawn back if it is not raining. My strategy here is to allow a gentle breeze to flow through the tent to keep cool, while relying on my senses to wake me up in the event I need to put the rain fly down. Well on this particular night in Thomas, I woke up to the roar of thunder, the vision of lightning, and the whistling of a wind that was any thing but "gentle." I hurriedly put on my head-mounted flashlight (which I highly recommend) and proceeded to roll down and latch the rain fly in record time. The wind was pretty strong, but the rain had not begun to fall at that time. I was just about to get back in my tent when I realized I needed to go to the bathroom, so I made the 50 or so yard trek to the portable toilets. I was in the portable toilet for no more than 5 seconds when I realized this was not a good place to be. The whole box was shaking violently and the side facing the wind kept lifting up off the ground several inches. Furthermore, I realized that if this thing turned over, it was going to land on the door, and I would be stuck in it! My desire to not let that happen soon overcame all other urges, so I made my escape and trekked back to my tent. By this time, the wind was really strong (70 mph I later learned), so I covered my head and hoped for the best. After another 30 minutes or so, it was all over, I was still intact and so was my tent. I felt fortunate because many tents were damaged or destroyed that night. The next morning I realized how fortunate I really was, as all of the portable toilets had turned over on their doors!!

What impresses me most about cycling is how forgiving the sport really is. There have been several times when I have had an injury of some sort or another that limited me in other sports, but with which I could continue to ride my bicycle. One injury that really sold me on cycling was when I tore my anterior cruciate ligament (ACL) playing softball in July, 2001. I chose to delay reconstructive knee surgery until No-

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The Oklahoma FreeWheel Corner

January is here at last! This is the month we've been waiting for! My poor bike has been "mothballed" over the November-December holidays. So it's time to dust it off, air the tires, and gradually start racking in those miles for 2005 – most of them will be aimed toward riding hopefully another successful annual trek across Oklahoma – South to North!!! Libby is still waiting for two host towns to confirm their availability, but, with the other, familiar spots, we KNOW this is going to be an awesome ride, June 12 – 18.

I'm serious about MORE training for me this year 'cause I hear it's going to be extra-challenging, being EAST of I-35. Plus, Michael Schooling of Tulsa has graciously volunteered to take over the Rest Stop Coordinating. We have already shared strategies and are poised and ready for the official route!!

The Pedalers will again host a "FreeWheelin' It" NOON HOUR informative gathering at the Library, WEDNESDAY, MARCH 9th, so mark those new calendars now! Tour Director, Libby Stalter, will be our guest speaker. "The Examiner Enterprise" and other local media will feature good coverage of these spring-time events.

(Joanne Estes, OK FreeWheel volunteer)

Recognition

I just think we need to recognize the Lumisesessessssss – they have really done a lot for bicycling in Bartlesville! – he served various capacities on the Pedalers – including President probably 2 terms – ride director – mountain bike, too, - all those wonderful maps we now have – THAT alone should earn him an Oscar or whatever – (a "Lance!")

- all the trips to Tulsa to help with the Oklahoma FreeWheel planning, carefully bringing our by-laws up to date, etc. – all with his not-always so trusty "ticker!" I believe he was the one who stretched our visions beyond our locale – bringing us the Katy Trails adventures in Missouri – plus trying out other great state rides. Even if we couldn't go with them, we enjoyed reading about them and seeing the photo gallery with those fun times re-

corded there! Patsy was right there beside him – bringing her yummy homegrown, hand-picked goose berry pie and other yummy treats!

Bob has always provided new ideas to benefit our club. His fun, FireCracker Century is now an annual classic!

And now we learn they will be building a new home in Missouri soon. The Bartlesville Pedalers are very sad to see them move east, but are most grateful for the much service and countless contributions they have given our appreciative fellow cyclists.

Beverly & Paul Woollett serve beverages at the Pedalers' Annual Meeting, Dec 7, 2004.



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member of that year, which freed me up to ride a metric century during the October fall bike fest at Quartz Mountain. The ACL's main purpose is to keep you from hyperextending your leg (which never happens during cycling, provided you stay on the bike and don't fall off. Ha!), so the knee held up great, no brace needed. The knee brace did come in handy after the ride, however, when Dan and I elected to climb up the 400-ft tall rock mound across the street from the campsite!

In the past I never properly prepared for Free-wheels, but in 2004, with my new bike, I did attend several of the Tuesday and Thursday training rides. During this fall and winter, I have continued to do Saturday rides whenever I can. This is the longest stretch of riding I have ever done (close to 1,900 miles since Feb-2004). I have really enjoyed getting to know other members of the club, and I enjoy riding, so please pester me to get back out there if you haven't seen me in a while. I am amazed at the longevity of some of you guys. My goal is to still be cycling as well as guys like Jack, Paul, and Walt when I am their ages. Heck, my goal is to be able to cycle as well as those guys right now!

You Know You're Addicted To Cycling When...

10. Your surgeon tells you you need a heart valve replacement and you ask if you have a choice between presta and schrader.
 9. A measurement of 44-36-40 doesn't refer to the latest Playboy centerfold, but that new gear ratio you were considering for your Cobra.
 8. A Power Bar starts tasting better than a Snickers.
 7. The bra your significant other finds in your glove compartment belongs to your Trek and not the cute waitress at Denny's.
 6. You wear your heart monitor to bed to make sure you stay within your target zone during any extracurricular activities.
 5. The funeral director tells you "NO!" you can't ride your Cannondale in the funeral procession, even if you keep your headlight on.
 4. You experience an unreasonable envy over someone who has bar end extenders longer than yours.
 3. You're too tired for hanky-panky on a Friday night but pump out a five-hour century on Saturday.
 2. Your wife tells you the only way she'll let you ride across the country is over her dead body and you tell her, "If that's the case, you'll be my first speed bump!"
- AND the number-one reason you know you're addicted to bicycling...
1. You no longer require a hankie to blow your nose.

2004 Mileage Report

Here are the mileage numbers reported for 2004.

Ross Snider	5,670 miles
Dale Munn	4,378 miles
Bill Estes	4,074.8 miles
Bob Lummis	3,850 miles
Joel Martin	3,413 miles
Paul Woollett	2,776 miles
Joanne Estes	1,866.04 miles
Kevin Doggett	1,865 miles
Shirley Martin	1,717 miles
Tim Harper	923 miles
Katie Harper	923 miles

Dale Munn - 2005 Flat Tire Award Winner



Pictures from the Annual Meeting & Pot Luck Dinner on Dec 7, 2004



OFFICERS/DIRECTORS

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Joel Martin, Vice President/Treasurer

Rod Harwood, Secretary, 335-7646 (hm)

Bob Lummis, Road Biking Director

George Harris, Mountain Biking Dir, 331-9080 (hm)

Bob Pinnick, Director at Large

Joanne Estes, Director at Large, 333-6524(hm)

(Open), Editor

BARTLESVILLE PEDALERS BICYCLE CLUB

P.O. Box 793, Bartlesville, Oklahoma 74005

Dues Reminder

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.

The Pedalers Membership is based on the calendar year. Unless you joined in the last quarter of the year, your dues for 2005 are due. If you have any doubts, down load the membership directory. Those names with a grey background have not paid their dues for the new year. Dues can be sent to the P.O. Box or to Joel Martin, 636 SE Kenwood Rd, Bartlesville, Ok 74006. ... a mere \$16.00 for the whole family.