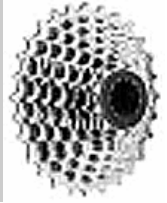




# Bartlesville Pedalers Gazette



March, 2005

The Newsletter of the Pedalers Bicycle Club, Bartlesville, Ok

## Spinning Wheels

By Dale Munn



The big news for February was that the 2nd Street Bakery has closed! This was a favorite meeting place of the fair weather friends on non far weather mornings. Anyone knowing of another place to gather and fellowship on those cold or rainy days, let the depressed fair weather friends know. It has depressed Bob so much that he is moving to Missouri.

The good news is that spring is coming and good cycling weather is right around the corner. Also, we will be starting our FreeWheel training rides in April. If you know of someone interested in FreeWheel, invite them to the library meeting and to the Tuesday/Thursday training rides.

Since no one has volunteered to be the newsletter editor, I am going to investigate a mechanism to have an interactive web site where members can add current information to the content. Let me know what you think of the idea.

As you will notice in another article, we also have a vacancy for Road Bike Director. If you are interested in the position, let me know. This is an opportunity to implement any ideas you might have. Plus Bob has already planned the FreeWheel

*(Continued on page 2)*

## FreeWheelin'!

*Wednesday, March 9th, Noon Hour  
at the Bartlesville Public Library*

Hold on to your horses! Oklahoma FreeWheel 27 is just down the road or, in this case "UP and down the road!" as this years challenging cross-state, week-long bike trek will be an encore performance for each overnight, host town! Many of these favorite communities are nestled in a valley of or on top of quite elevated terrain! But what fun it will be to take in all that incredible scenery along the way!

The Bartlesville Pedalers are giving our honored guest speaker, Oklahoma FreeWheel Tour Director, Libby Stalter, free rein, Wednesday, March 9<sup>th</sup>, during the noon hour at the Library. Bring your interested friends to the upstairs meeting room. Come early to get the front row seats and share

*(Continued on page 2)*



*Libby Stalter at Pedalers' Noon meeting last year*

### **MARCH SATURDAY RIDE TIME - 10:00 A.M.**

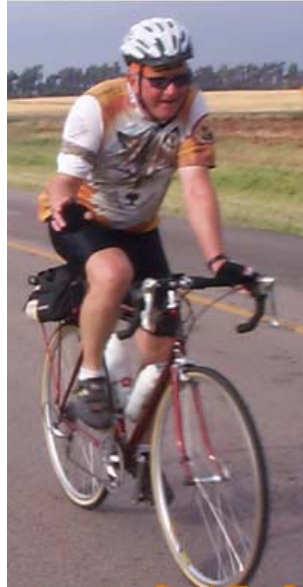
(Check the temperature on the Arvest Time and Temperature number, 336-9400. If the temperature is 40° or less at 9:00, the ride will be at 1:00 P.M.)

## Report from the Road Director

By Bob Lummis

I guess my big news is that March will be my last month as Road Director. I mentioned in the January newsletter that Patsy and I would be moving to Missouri this year. If all goes as planned, our new house will be started on March 4. Once this occurs, we will be spending much more of our time in Missouri. Accordingly, I have submitted my resignation from the board to Dale. My last day on the board will be March 31.

Our club will again sponsor FreeWheel training rides beginning in April. The rides will be the same as last year; starting out on April 5 with 7 miles on Tuesday and Thursday evenings and gradually increasing the ride each week until mid-May, when the ride lengths will be 30 miles. As we did last year, we will require ride leaders for each of these rides to ensure that they are conducted safely, that everyone knows the route, and that nobody gets left behind.



Saturday rides will be at 10:00 for March if 336-9400 temperature is above 40° otherwise 1:00

While our Saturday rides are also considered to be FreeWheel training rides, the ride lengths for Saturdays will remain our normal 40 to 60 mile rides. The only difference will be that we will make a special effort to accommodate newer riders who may not be up to a 40 or 60 mile ride.

Speaking of our Saturday rides, the Saturday ride time for March will be 10:00 in the morning. Check the Arvest Time and Temperature number (336-9400) for the temperature at 9:00. If the temperature at 9:00 is 40° or less, the ride will be at 1:00 in the afternoon.

Well, that's it for this month.

Have a safe ride! —Bob

## FreeWheelin' It!

(Continued from page 1)

Libby's enthusiasm!

Thursday evening, the 24<sup>th</sup>, at the Tulsa OSU Osteopathic Center, at the kick-off of a series of FreeWheel informational seminars in Tulsa, Libby talked "a mile a minute" describing the route, the campgrounds the FOOD the upcoming seminars and training rides in store. Any cyclist, new or seasoned, can be ready to ride from Paris, Texas to Caldwell, Kansas the week of June 12<sup>th</sup> to 18<sup>th</sup>.

Wednesday, the 9<sup>th</sup>, she will give Bartlesville and the Pedalers our own special, entertaining presentation, complete with lots of pictures, the BIG MAP, and time for all your questions and answers

Along with our guests, we Pedalers may bring sack lunches, and any FreeWheel memorabilia, photo albums, maybe a plate of cookies or brownies. Bottled water and bananas will be furnished, ala your

typical FreeWheel rest stop!

See you there! (Plus! Don't miss the Sunday "Examiner Enterprise", March 6<sup>th</sup> for our special feature!)

The Oklahoma FreeWheel website is [www.okfreewheel.com](http://www.okfreewheel.com)

## Spinning Wheels

(Continued from page 1)

Training rides, so the new director will have a jump start on activities.

The Pedalers Board meetings are at the Pizza Hut on Madison. All members are welcome, check the calendar for date and time.

That's it for now, hope to see you on some of the upcoming club events. — Dale





Bob and Nickie first met on a Parents-Without-Partners canoe trip. They soon found they shared a great love for bicycling. They had both gotten 'side-walk' bicycles before they were ten years old. They even rode their bicycles to school.

Bob worked with the Boy Scouts on Bicycling Merit Badges and Nickie, with the Camp Fire Girls on their Torch Bearer Bicycling award. Both have done extensive self-contained bicycle rides. Nickie worked at summer camps and took teenagers on bicycle trips in Nova Scotia and Denmark.

Bob and Nickie both joined the Tulsa Bicycle Club and went on the very first Oklahoma FreeWheel ride. It appealed to them greatly because of their past bicycle and camping experiences. They have also taken bicycling trips in many states and countries.

In the United States, they have cycled in Arkansas, Louisiana, Colorado (Nickie), Minnesota, Wisconsin, Kansas, and Texas. Nickie has ridden the "Hotter 'n Hell Hundred" rides in Texas. She has been on ALL the Oklahoma FreeWheel rides! (Bob had to miss eight of these because of his work in Louisiana. Before Bob was transferred to Louisiana, he commuted to his office at Texaco, averaging 10,000 bike miles a year!) They have also attended all the Fall Bike

## Pedaler Profile

*Bob & Nickie  
Hall-Hensley*



Fests in Oklahoma.

Bob and Nickie have been on five tandem rallies in the United States and one in England and have led a bike tour for teenagers in Ontario, Canada.

In Europe, they have cycled Denmark, German, Holland, Ireland and England, where they belong to the Cycle Touring Club of England. They ride touring-style bicycles and have self-contained equipment as well as hostel cards

Cycling has meant so much to Bob and Nickie. They ride first to enjoy their cycling friendships, and next to enjoy their love of the out-or-doors and nature! "It is a good way to exercise without realizing it! And one can eat guilt-free!" says Nickie!

Bob and Nickie hope that by sharing these experiences and enjoyment of cycling, that they can encourage others to find the same rewards!

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(Editor's note: Anyone who has ever ridden Oklahoma FreeWheel, is most likely well-acquainted with "Nickie," her bicycle, "Sara Ruth," and maybe even her husband, Bob, from Tulsa! They are true Cycling Sweethearts, because their love of bicycling brought them together not so many years ago. Now in their mid-seventies, they are strong advocates of bicycling and it's benefits to those of all ages.)

# The Oklahoma FreeWheel Corner

## FreeWheel 2005 February Planning Meeting

Bartlesville Pedaler representatives attending the OK FreeWheel 2005 February Planning Meeting at Tina Birch's home in Tulsa 6:30 p.m., February 7<sup>th</sup>, were Ross Snider, Michael Smith, Bill and yours truly, Joanne, Estes.

Libby reviewed the finalized route, Paris, TX, to Antlers, (less than 60 miles); Antlers, OK, to Talihina, (60 – 65?); Talahina to McAllester (61 miles?); McAllester to Wetumka (55-60 miles?); McAllester to Drumright (68 miles?); Drumright to Ponca City (76-77 miles? & an option for a century!); and Ponca City to Caldwell, KS (50 miles?) – from June 12<sup>th</sup> – 18<sup>th</sup>. She described where the city campgrounds will be. (All will have indoor camping, for those who prefer it, for sure!)

Michael Schooling, the new Rest Stop Coordinator, is also creating a very nice monthly FreeWheel Newsletter for those signed up for the FreeWheel e-mail.

Kraft Tours Bus Service will be furnishing transportation from Tulsa to Paris, and Paris back to Tulsa. Ellen on the committee will be the ticket contact, so will give a thorough check on passengers and the bus service.

Tom Brown of River Trail Bike Shop, set up the informational seminars, the first being Thursday, February 24<sup>th</sup> at the same location as last year – 7-9 p.m. at the OSU school, 111 W. 17<sup>th</sup>, off Southwest Blvd.

Tom is also coordinating the bike shops for FreeWheel – since last meeting, more have voiced interest to come now. Libby regrets that she cannot contribute any gas money for the bike shops. But in return for their services, business for the shops should benefit from the FreeWheel week. All agreed that the bike shops benefit more from the week-long ride than for 1-day ride services.

Susan, with the Tulsa group, reported that all their FreeWheel training rides are now scheduled and has volunteer leaders for each ride. The first, the 5-miles ride, will be March 19<sup>th</sup>. The Tour de Tulsa is scheduled for Saturday, June 4<sup>th</sup>.

Bill from Stillwater will again be the capable Lunch Stop coordinator! Tina Birch graciously accepted the Water Sag Queenship again!

Everyone enjoyed yummy refreshments and will reconvene March 7<sup>th</sup>, same time same location!

# Board Meetings

January Pedalers Board Meeting Well-Attended!

On Monday evening, January 24<sup>th</sup>, at 5:30, at the Madison Pizza Hut, many Pedalers enjoyed the "\$5.00" medium pizza special suggested by our President Munn! The Board Members in attendance were Joel and Shirley Martin, Bob Pinnick, Dale Munn, Bob Lummis, Jim and Donna Black, Joanne Estes, along with Bill Estes, Judy and Andrew Munn, Walt and Betty Bohn, Jack Tatum, Patsy Lummis, Roseanne Pinnick and Randall Clayborn.

Dale and Jim circulated information on Bike Virginia and other rides and newspapers. Dale encouraged us to continue to inviting new members and old members to renew their dues.

He reminded us that the position of Newsletter Editor is still open! (Dale you ARE doing a great job for the interim!)

Bob reminded us of 1 o'clock starting times for Saturday rides in February.

There is no new report on the club jersey progress.

Randall presented excellent information for our community to start a mid-high school level "Little One Hundred Bicycling Relay Racing," a popular event in Tulsa, and is based on the movie "Breaking Away." This is a very good encouragement for the bicycling community and Randall has details for those wanting to assist. Bikes and helmets are furnished.

The February board meeting will be same time (5:30) same place, on Monday, the 21<sup>st</sup>.

February 2005, Pedalers' Board Meeting Well-Attended

On Monday evening, February 21<sup>st</sup>, at 6:30, at the Madison Pizza Hub, many Pedalers enjoyed the weekly coupon specials. President Dale, Judy and Andrew, Joel and Shirley Martin, Walt & Betty Bohn, Bill and Joanne Estes, Bob and Patsy Lummis and Jack Tatum were in attendance. Rod e-mailed that he will be in classes at this time the rest of the semester.

Dale generously shared his stash sack of energy bars to the cyclists and reminded us of the newsletter deadline on the upcoming 25<sup>th</sup>. Last month there was no newsletter because of lack of

(Continued on page 5)

(Continued from page 4)

articles submitted.

Bob and Patsy will be moving to the Springfield area this summer, creating the need for Ride Director replacement soon. Bob has done an excellent job defining this position and securing wonderful cycling routes. His dazzling maps have spoiled us all!

Upcoming annual rides are Sunday, May 1<sup>st</sup> for the River Shops Ride; and June 4<sup>th</sup> for the Tour de Tulsa.

The recent news of our favorite Second Street Bakery closing had some of the "Fair Weather Friends in a blue mood.

Joanne announced that plans for our "FreeWheelin It" noon meeting, Wednesday, March 9<sup>th</sup>, at the Library are running smoothly. In their Sunday, March 6<sup>th</sup> issue, the "Examiner Enterprise" will be featuring the Pedalers, Oklahoma FreeWheel, and our special event on Wednesday.

Libby Stalter, FreeWheel tour director from Tulsa, will speak. The public is invited and encouraged to bring a sack lunch.

Our local FreeWheel training rides begin in April with the arrival of Daylight Savings Time. These Tuesday - Thursday evening rides start with a 7-mile distance on April 5<sup>th</sup>, 6:00 pm., from Johnstone Park. On Thursday evenings, rides will begin at Sooner Park, same time. Participating in longer rides on Saturday mornings from Johnstone Park, is recommended. This schedule will be available on the Pedalers' web site as well as linked to the OKFreeWheel page, [www. Ok-FreeWheel.com](http://www.OkFreeWheel.com).

All present were eager to endorse the annual Pedalers' "April Fools - No Foolin' Pot Luck". Shirley and Joel graciously volunteered to host this at their lovely home on Kenwood.

Joel reported no revision on the treasury balance.

Jack invited us to a free Stomp Dance, March 12, 5:30-7:30 p.m. at the Delaware Center here. A tasty will be served as well!

Next meeting will be March 21, same time, same place. This will probably be Spring Break for our area schools.

## Little 100

The following is a transcript of a film made about the little 100 in Tulsa Oklahoma. I have worked on this project from the beginning and would like to incorporate it into the Bartlesville school. With the Bartlesville peddlers help the little 100 could become part of the Bartlesville community. This is a worthy project that needs only a few volunteers. I have permission to from the middle schools to form a club around this event, but we need teacher volunteers to get it started. Inspiring the students to attend the practices and arrange practice times with coaches. If you can help with this project contact me at the bike shop.

### TRANSCRIPTION:

Riders Ready? GO!

The race is on for happier and healthier kids. Tulsa, Oklahoma is the birth place for an exciting new bicycle program for the middle school aged kids called the little 100. The idea behind the program is to introduce and non traditional program to kids once they reach a responsible age. This program not only challenges participates physically but mentally, promoting a healthier life style. All kids love bicycles and jump and the change to completing in a race. The concept of the little 100 is not to win the race but to partici-

ple (Simply to have fun). Adam the founder of the program says "It's a race where we are going into the schools and working one-on-one with the kids. They get to ride a bicycle and it's a lot of fun. It is a demanding race so we try to make it fun and a learning experience as well."

The little 100 is a relay race divided into two classes' boys and girls. The boy's teams ride 80 laps around the closed course while the girls ride 50 laps. To keep the safety issues in check we found it best to run the race in heats. While it looks like the kids are racing against each other they are actually racing against the clock for the fastest time. After a girl or boy takes a few laps and gets tired they come in and switch laps at the staging area. Some kids ride a few laps while others just ride one. It is important to know that this is an endurance ride the fastest team doesn't always win. It is the most efficient team that comes out on top. Team work is crucial and coaches are on hand to make sure that transitions are done correctly and safely. The race is staged on the 400 meter closed course track but the venue is of little importance. The bikes the kids complete on are all identical and very simple. This keeps a level playing field. Cycling does not discriminate. It does not matter what economical back ground the kids come from. Every one has the same chance at the little 100. Adam Says, "We provide the bikes and

(Continued on page 6)





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helmets.”

Race day is what the kids work for but they don't enter the event with out preparation. Each team holds practice sessions to get the rider familiar with the bikes and the race environment. Adam Says “we provide the instructions the volunteers to go into the schools to work with the kids and teachers”. Getting kids to participate is the easy part. One child says: “I did this race last year so I wanted to do it this year its fun!” Schools are thrilled to get students involved. It doesn't require money or equipment. Barbra Marshall said “I am excited about the Tulsa little 100 relay race. This is our third year. It really gives schools and kids the opportunity to be involved in a non traditional sport because not everyone is a football player or a basketball player. And it promotes the life time sport of biking. It engages the community too, we have some wonderful community sponsors that have come in and help us raise some money for the schools. Sponsors and volunteers are what drive the little 100. Their generosity is what fuels the little 100. Encouragement is the number one thing that kids need at this age. Coaches and volunteers work with the kids, safety, riding, transitions, and attitude. The coaches don't have to be cycling experts. At this age kids need time the encouragement and that is something we can all offer. As much as the coaches stress the proper way to ride, safety and best way to win the race having fun is still the name of the game. At the little 100 very kid wear a smile. Area merchants and businesses are

## OFFICERS/DIRECTORS

Dale Munn, President

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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

typically anxious to annually donate money to the program. The kids are not only racing for trophies but have an opportunity to earn their school money. Each school that participates gets a \$125.00 dollar gift for being a part of the event. The little 100 is growing with each crank of the pedal. Now more then 200 kids participate. We all recognized the need for more youth programs. The little 100 is perfect for kids that are hungry for attention and adventure. END

Sincerely,

Randal Clayborn adventurebicycle@sbcglobal.net

Adventure Bicycle Center (918) 333-9222

111 Ne Washington Blvd.

Bartlesville OK 74006

## 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.