



BARTLESVILLE
PEDALERS

Gazette

SEPTEMBER 2003 • THE NEWSLETTER OF THE PEDALERS BICYCLE CLUB, BARTLESVILLE, OK

Cooler weather is here with many Fall rides ahead!

A Pedalers Board Meeting was held August 18, 2003 with Jim Black, Donna Black, Rod Harwood, Dale Munn, Bill Estes, and Joanne Estes attending.

This was a special day for Donna Black - those present serenaded her with "Happy Birthday To YOU!!!" She blew out her pink candle and shared the "birthday-cake" muffin! She and President Jim were looking pretty relaxed after getting Susan and their youngest, CJ, off to college! Congratulations, Blacks!!!

Then the following was discussed:

Rod will check with Joyce about next club trash pick up - may not be until October.

The mailbox brought info on the Tulsa Fall Century, Saturday, September 27, starting and finishing at Mohawk Park. Cost with t-shirt and amenities is \$15 and benefits the Alexander Burn Center at Hillcrest Hospital & Tulsa Firefighters Educational Clowns Burn Camp.

Other road rides coming up are the Dam Jam, Sept 6th in Pryor and the Hotter n' Hell Hundred in Wichita Falls, TX this coming weekend. The Tuesday evening Water Melon Feed Ride and the Snow Cone Invitational were a hit! Bill Estes will lead the group to Jared's for a "Custard Cup Classic" - for 3 cooling August Tuesday evening rides in a row - all finish with fun family & fellowship prime-time! Nothing can be more beautiful than enjoying an Oklahoma sunset on the way home on your bike!

Pedalers are considering a Fall Century, possibly later in October - (the Fairview Fall Bike Fest is October 10-12; the Tulsa Run is October 25th and the Woolaroc Run is also tucked into those weekends.) Donna suggested a route to Coffeyville & the Dalton Museum and back - Rod suggested touring the Osage Hills. . . Maybe a November Camp-out!

A short Labor Day ride is on the schedule!

Anita from New Harmony Baptist Church stopped by the lunch table to give a report from their



FreeWheel stop in June on the 13th. All the cyclists are welcome to return soon! They enjoyed hosting the successful rest stop! They had furnished free bottled water, packaged peanut butter/cheese crackers, and two quite-welcome porta-johns!

The timely Newsletters from Vince and the contributors were commended and appreciated!

Discussion of items to bring up at Christmas Party Annual Meeting & Pot Luck were enumerated, such as the possibility of subscribing to "Adventure Cycling" and considering benefits of joining the Chamber of Commerce. Joanne will check on possible locations & date to be Tuesday evening, December 9th, Clarence Lanning's 90th birthday!!!

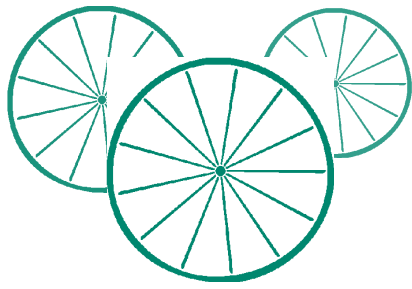
Nominating Committee Time is near! Also, Dale will put a note in the Newsletter about the end-of-year bargains on membership renewals! The Treasury now has \$1058.94.

The next board meeting will be 11:30 am Monday, September 22, at the Conoco-Phillips Cafeteria! 

Respectfully submitted,

Joanne Estes

Pedalers Secretary



Spinning Wheels

I'M LATE!!

"I've got to set the clock if I'm going to ride this bike!" That's what I was telling myself as I cruised up Madison to Sooner Park Thursday evening. I thought it was about 5:45 pm when I left the house, but as I glanced down this cyclometer read 1703 (5:03pm if you don't know how to read the full 24 hours of a day). Now I'm confused. I'm on my daughter's bike, for a change, and I don't know what she's got this clock set to. I must be the Mad Hatter; "I'm Late! I'm Late! For a very important date." If she forgot to change to DST I could already be 3 minutes late and I'm not there yet. ORRR, maybe I misread the clocks at home and I'm an hour early.


Hurry to the Park. Is anybody here? Where is everyone? Did I just miss them or am I an hour early? GREAT! I circle the parking lot and decide I better try to see if my club is out ahead of me. Maybe they left right on time and this clock is right?

Out to Bison Road, but I don't see anyone in front of me. Wind is from the South so I'll try that. I ride half way to Adams, but can't see anyone in front of me. They can't be that far ahead. I should've caught someone by now.

Turn around and try North. I ride to

Durham Road, but still no sign of anyone. Well, the time is right now; I'll ride out to Prairie Song and back to Sooner to see if I was an hour early. Nice ride, but no one to talk to and this road is terrible. My timing is right though. This time I get back to the Park at 1801, and if they left they would've come right at me.

Still no one here. I wait 10 minutes and go home. A most lonely club ride.

Now the moment of truth; What time is it really? 7:15 pm. But this cyclometer reads 1830. It has not been set to DST, and it is 15 minutes fast. That means I was 10 minutes early for the ride and must have left just in front of everyone else. What a night! Anyway the clock is now reset to the proper time, and next time I'll try to ride with the whole group. Be careful of someone else's equipment. 

Keep 'em Spinnin,

Jim Black

President

Third Annual Star Ride

Sept. 27, 2003 at Purcell, OK with registration from 7:30-8:15. Ride starts at 8:30 more info at www.starride.info All proceeds go to MS Research.

The Best Road Surfaces of any Oklahoma Bicycle Ride! The 55-mile route has 48 miles of premium riding surface, of the seven miles of standard riding surface, five miles is shouldered and two miles is very low traffic. Great routes with hills at the beginning and flatter terrain at the end! Homemade Goodies at each rest stop from the friendliest helpers from Purcell, Blanchard, Washington, Moore, Norman, and Lexington OES chapters! Every rest stop is positioned for less than 10 miles between stops, and located with flat or downhill terrain to continue the ride.

Many many door prizes and great goody bags for the riders! Many great supporters! At the start/end ride location, there will be hamburgers from the Lexington Masonice Lodge available, as well as many good eating places in Purcell.



OFFICERS/DIRECTORS

Jim Black, President

335-3553 (hm) blacksbikes@bartnet.net

Dale Munn, Vice President/Treasurer

333-5693 (hm) dmunns@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

September Road Rides

It begins to cool off in September, so riding will be more pleasant. The days also get noticeably shorter, so we'll move the Saturday start time back to 8AM and shorten the evening rides a bit so as to avoid the danger of riding into the darkness.

Also, as described in the ride director's column, several of the rides will follow a new format I'm calling the "Loop de Loop". Check 'em out.

Tuesday / Thursday Rides will continue until daylight savings time goes off at the end of October. But with the days getting shorter, the rides will be getting shorter, too. In September, the evening rides will be shortened to about 20 miles, and the rides on September 2nd and 9th will follow the new Loop de Loop format.

Saturday, September 6, 7 am

DAM J.A.M. out of Pryor, Oklahoma. See website for more info: www.damjambicycletour.com Many Pedalers will be attending this ride through some of the most rideable countryside in the State. If you need to arrange transportation, check with Rod.

For those not attending, the local ride will be an 8AM Group Choice ride starting from Johnstone Park.

Saturday, September 13, 8 am

"Loop de Loop"-style Breakfast at Bowring (actually up the road a bit at Oak Park). About 50 miles, more for the loopers. Ride Leader is Rod Harwood.

Saturday / Sunday, Sept. 20-21, 8 am


Annual Tulsa MS 150 ride with overnight at Camp Gruber. See website for more information: www.MS150.com A fun, well supported weekend campout with good food and entertainment, and for a great cause. Lots of Pedalers do it. How about you?

For those not attending, the local ride will be a Saturday 8 am Group Choice ride starting from Johnstone Park.

Saturday, September 28, 8 am

Barnsdall, Avant, Wolco, Ochelata. A ride of about 65 miles with shorter options available. Ride Leader is Open.

Saturday, October 4, 8 am

Vera. A ride of about 65 miles with shorter options available. Ride Leader is Open. 

From the Road Riding Director...



NEW RIDE FORMAT FOR SEPTEMBER The "Loop de Loop"

What if we as a Club could all ride together on our rides, yet with everybody riding at their own pace? Riding together is, after all, the whole point of having Club rides in the first place, encouraging and motivating and enjoying the company of one another. Yet none of us want to be harnessed by the pace of other riders, be it faster or slower than ours. We want to pursue the fitness or other goals we each desire for our riding hobby. I've been thinking about this conundrum for a while, and have a solution I'd like us to try on a few of our September rides. I'm calling it the "Loop de Loop". Here's how it goes.

The simple basic principle* is for faster riders to occasionally loop backward to join up with the slower ones. For each designated Loop de Loop ride, we'll start out, as usual, all together at moderate pace. Faster guys then ride as hard as desired for 15 minutes, turn around and ride back past the slower riders for about 1 minute, turn around again, catch up, and take a few minutes recovery break with the group all together before tearing off again. Repeat. End the ride all together.

Ride leader will be responsible for reminding the group of the new scheme before each ride, appointing a faster rider to monitor the timing of the faster group, and rounding everybody up for the conclusion of the ride together.

The Pedalers have talked endlessly about being a welcoming and inclusive club for the Bartlesville bicycling community. I think this "Loop de Loop" format will go a long way toward furthering this goal. Let's try it a few times this month and see how it goes. Who knows? We may like it!

By the way, Joyce and I will be vacationing in Spain, September 17-30. We're taking our bikes and will be attending the concluding half of the Vuelta a Espana (Tour of Spain). We'll miss you all.

Ride well, ride often,

Rod

* I've been running some calculations based on the simple assumptions that there are two groups of riders on a flat ride, Group A, a moderately paced group riding at 12 mph, and Group B, a faster group averaging 20 mph. When riding in the same direction, the difference in speed between the two groups would be 8 mph, that is, B is advancing ahead of A at 8 mph. However, when riding in the opposite direction, the speed difference is 32 mph, 4 times faster.

Continued on page six

Mountain Biking...

From the Mountain Biking "Director"...

By George Harris



Soon the heat will break

In March I was complaining "Snow, snow everywhere and not a trail to ride." Now my complaint is the heat. We tried changing the Sunday ride time to the early morning hoping the more people would come out for the MTB rides. It hasn't worked so far, at least with respect to improving MTB club participation. It is working out great for me. I'm getting in a good ride while it is relatively cool and before there is any traffic to stir up the dust. Wednesday evening mountain bike ride participation was almost non-existent, and the afternoons have been so hot, so we discontinued the rides until things cool off. But soon the heat will break. Starting September 10th the Wednesday evening rides will be re-instated and on September 14th we will go back to the 2:00 pm start time on the Sunday rides.

Wednesday Evening Mountain Bike Rides at 6 pm

(Rides start Sept 10th) Your mountain bike is calling you? It is time to air up the tires and warm up your mountain biking skills. We will be single tracking at Osage Hills soon. There are also some new routes for the evening rides.

Sept 10 – Wann Exploring

We'll do some exploring to the north and east of Wann. I will have a new route picked out but we also change our minds at any time during the ride. Meet in the parking lot of the Wann post-office on Highway 10 at 6:00pm.

Sept 17 – New Harmony

This is a 14- or 18-mile route covers the east side of Washington county just south of Highway 60. Meet in the triangle at the intersection of County Road 2400 (Moose Lodge Road) and County Road 4020 at 6:00pm.

Sept 24 – Oak Ridge

Let's all get together and ride Bob's new route. Remember this route is 20 miles of new country with lots of shade, no traffic, no hills and a C store at the

turn around point. Meet below the Copan dam at 6:00pm.

Oct 1 - Onion Prairie Hill Climb

You know the one. We will make an 11.5-mile loop out of going down the hill then back up it. The route can be stretched into 15 miles if you don't mind asphalt. Meet at Highway 123 and Onion Prairie Road (CR 2075, by the towers on top of 44 Hill).

Sunday MTB Rides

Place varies (see ride descriptions) with start time at 2:00 pm except for the Sept 7th ride. There are some new rides that no one has ridden yet. Come out and see what you think of the new routes.

Sept 7 – Tall Grass Prairie

***** Start time 6:30 am *****

It has been a long time since we visited the buffalo and we have never ridden there in the morning. We will meet at the headquarters at 6:30 am and ride around both loops. It is 16 miles around the big loop, and 22 miles going around both loops.

Sept 14 – Lenapah Bound

This is a good 35-mile route that starts off where the Moore Ranch routes start goes to Lenapah and back. Although it is long, its pretty flat and there is a C store at Lenapah for mid-ride refueling. Meet at CR 405 and 200, 5 miles east of Bison on Highway 60.

Sept 21 - Ride to Nowata

This ride is like the Paseo de Nowata except that it is an out and back all the way to the Nowata C-store. The ride is a little over 30 miles, but there is 6 miles of pavement, and a C store, at the mid point. Meet at the junction of County Roads 4020 and 2400 (Moose Lodge Road.)

Sept 28 – South Coffeyville

Lets do another long ride. We will start at the Wann post office and ride to South Coffeyville via Noxie. This route is through country not normally traveled with a round trip distance around 33 miles. There is quick stop in S. Coffeyville for mid morning munchies. Meet in the parking lot of the Wann post-office on Highway 10.

Oct 5 - BIG Big Heart Loop

Meet in downtown Avant for a tour of the Big Heart Area. We will try for the BIG loop, that is if anybody can remember the route. This should give us some good miles (40 or so), and a chance to eat some dirt.

Pedaler Profile

George Harris



There is nothing remarkable, or even interesting, concerning my early years. I was raised around Ada, Oklahoma and went to the college there. I started work for Phillips Petroleum in Shidler then got transferred to El Dorado, Arkansas – then it was onto Houston and to Bartlesville. Dad gave me a used bike when I was in the fifth grade, but it was 1976 before I bought my first bicycle. I kept it and road it on and off until I finally broke it beyond repair in 1998.


I have never considered myself a cyclist. I can remember riding from Kaw City to work in Shidler (22 miles round trip) and thinking that was a major accomplishment. Actually my best memories of bicycling are of the people on the rides, not the rides themselves.

I remember Bob nursing me home when I over-extended myself on a club ride shortly after I started riding with the club. It was a long ride, to somewhere south of Bartlesville. By the time I made it back to Oglesby I had been passed by two turtles and a slug. I stopped in Oglesby unable to go any farther. My legs were shot. My butt hurt. And I was hot, tired and hungry but too stubborn (dumb) to call for a SAG. Bob had been nurse-maiding me for a couple of miles by that time. Bob stayed with me as I rested, then I crawled my way home. He encouraged me, distracted me from my miseries and made it possible to get back home with pride in tact. I would have made it home without Bob, but it is unlikely that I would have ridden any club rides after that. And even today, when I'm having a hard time, I just remember Bob helping me along that day.

I remember Brad chasing me to Talala and making me feel good in the process. It was one of those rides where the group was chatting, and in the process going slower than normal. I was feeling frisky and stomped on the pedals to pull ahead as the group crossed Highway 75. I kept expecting to be caught, and passed, at any moment. However, the miles kept rolling by. Then I spotted Brad about a quarter-mile back with more than 8 miles to go. I rode as hard as I have ever ridden, trying not to get caught. Brad would gain, and then appear to lose ground. He caught me as I slowed down into Talala. That day I felt like I had ridden with the best and held my own. I remember it because Brad made me feel good that day. Which is the way Brad is every day.

I remember outsmarting Jack on a Wann ride. At that time Jack lived pretty close to me

and he stopped by so we could ride to Sooner Park together. It was a fast group that day and we worked together fighting a north wind to Wann. Jack and I got to racing each other on the way back. He would be in the lead a while, then I would. His better conditioning finally started winning out and he gradually pulled away from me. Jack was about a quarter mile ahead by the time we crossed Tuxedo Road. It was time for some craftiness (deceit) if I was to beat Jack back to my house. I put my plan in action as soon as Jack turned a corner and was waiting for him in my driveway when he came flying by, looking over his shoulder for me. I remember it because Jack is another one who makes me feel good about my riding. At least he lets me think that I can outsmart him if I can't out ride him.

There are other people, good people, on other rides that I remember. And there will be more in the future. 

A conversation with Jack

By Dale Munn

JackLTatum: Yeah, pass the word I took two bronze and one gold at the Stillwater Senior Olympics

DaleMunn: Okay - I will, that sounds great!!!

DaleMunn: What was the gold in?

JackLTatum: 40K road race – only one other guy showed up.

DaleMunn: That helps!

JackLTatum: The bronze were in time trials – there were seven that competed in those races.

JackLTatum: 5K and 10K

DaleMunn: That sounds really good.

JackLTatum: Well what I really cared about was the ticker worked okay!

--- Congratulations Jack! ---

[Dale: I think the date of the senior Olympics in Stillwater was either Aug 22 or 23. Of course you can leave out the part about only one other guy showing up!]



Where's the Ride Calendar?

Spring time means lots of events. Some rides and events send us info after deadlines so it's easier and quicker to find info on a web-based calendar (thanks Dale!). Look for ride info on our website at – www.bartlesvillepedalers.com

Bike for Breath


By Mark Beckwith

It seems like a never-ending pursuit to get both strong on the bike and also to lose all this extra ballast around my middle. It was so much easier in the old days: I could train all I wanted and I could eat all I wanted – and I was in my 20s. I'm still scratching my head on that one.

Anyhow, the Bike for Breath event (held Aug. 2nd) looked promising, since I had to be in Tulsa that day anyway, and, since I wasn't fit, the 35-mile option looked just about right. I could get off the bike, and not be so cooked, in time to do some other things that day.

It poured rain on me as I drove down early in the morning. I simply decided that whatever happened I would persevere, because I was tired of not getting on the bike. When I arrived at the starting point, the few brave and hearty souls who were out for it at that hour were all standing underneath a 20x20 tent where registration and freestuff was all located.


I parked and who should be in the car next to me but Joanne. I don't care how rainy it is, when you get yourself out of bed before daylight, drive to Tulsa for a century in the rain and park next to Joanne Estes, by gosh, you're going riding that day whether you know it or not.

Under the tent, the team of volunteers was happy to see brave souls were coming out. We stocked up on free water iced in free water bottles, and black bandanas, which Joanne said looked really good with my orange jersey. There was a rumor that there was to be a free massage at the end. This was sounding better all the time. 

Continued from page three

So, for example, if the two groups started out together, after 15 minutes B would be 2 miles up the road from A. If B then turned around and came back, they would meet up with A in about 2 minutes. One more minute later they would be about half a mile behind, so if they then turned around and headed in the same direction as A, it would take them about 4 minutes (at 8 mph) to catch back up, and, voila!, the whole group is back together again. Thus, during a ride under this scenario, the whole group would be together about every 22 minutes. Get the idea?

On the Tuesday ride of August 27th, the three of us riding tried it out. After the usual first few miles all together, Mark and I "took off" leaving Dale behind. After about 15 min., we looped back, greeted and went past Dale for a short while, then looped back and caught up with him, at which time we slowed down and rode together with him for a while. And so forth a couple more repeats.


After the ride we agreed that it worked out try well. Mark and I got in a good intervals-style workout, Dale felt much more a part of the ride, and we got to enjoy visiting with one another throughout the ride, including finishing together at an impromptu lemonade stop. 

The event itself was well run. The route was clearly mapped and marked. We encountered a number of other riders (mostly passing us!), and made friends with Larry Breeze, a local Tulsa guy who had just gotten his bike that week – because he had always wanted to pedal across Death Valley and decided to get serious. Together we made a fearsome yet lone trio – and the three of us hammered our way around the 35-mile option of the Bike for Breath Century.

And the rain let up as if on cue. The streets were wet, the bike still got plenty dirty, but it didn't pour on us.

When we got back, Larry broke off and headed home (hey Joanne, maybe that's why we can't find his name on the registration list!), and Joanne and I headed to the tent where we received the champions' welcome of being the first to return and got ushered straight to the massage tables (for some reason we never did tell them we rode the 35-mile weenie-loop).

If you get a sense they were standing around with nothing to do, well, yeah, I guess, I think the turnout was a disappointment for the organizers. I tell you what, though, the masseurs were ready to work, and what could have been a quick 5-minute leg rub became a rather lengthy and unforgettable moment – because there was no line for their services.

So, a wet-ride-turned-sunny, a new friend, a chance to get to know a fellow Pedaler better, and an unexpected spectacular massage got my day off to a good start. It was noon and I was ready for my nap! Thanks to Joanne, for photo-documenting our day and encouraging me to tell the story. She wants me to tell about the Rhoades Car quad recumbent next. Better get some pictures over to her... 

Free Membership

By Dale Munn, Vice President

That's right, one lucky pedaler will receive their membership free!

The way to be entered in the drawing for a free membership is to have your 2004 dues paid either at the December meeting or if you can't attend the meeting, send your \$16 dues in before the meeting. The goal for the club is to have everyone paid up by the December meeting.

Along similar lines, this is a good time of the year to recruit new members to the pedalers. As a benefit anyone who joins now for the 2004 year will receive membership for the rest of 2003. Also, they will be included in the drawing for a free membership.

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 the Bartlesville area.