

# Gazette

June 2002 • The newsletter of the Pedalers Bicycle Club, Bartlesville, Oklahoma

## VISION AND VISIBILITY! Riding Safely Starts With You!

By Joanne Estes

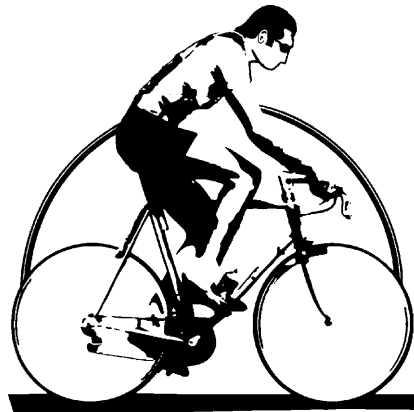
May was "National Bicycle Safety Month." Now I'm especially alert since in the last couple of weeks two different riders, one a neighbor, and one a friend, have visited and survived trips to the Jane Phillips Medical Center Emergency Room.

At our May Club meeting, I shared with the audience some statistics gathered to support bicycle safety.

**The leading cause of cycling accidents are:**

Cyclist error	50%
Road-surface defect	20%
Motorist error	8%
Bike equipment failure	6%
Pedestrians	4%
Dogs	2%
Insufficient clearance time	1%
Road design defect	< 0.5%
Road capacity overload	< 0.5%
Undetermined	8%

On May 7th, my neighbor, Jim Williams, a FreeWheeler rider, was hit by a car from behind while climbing the hill to Moose Lodge Road on Silver Lake Road as he headed out on his typical afternoon ride to Ochelata and back. I learned this later as I pedaled by him on my way to a 6 pm Club Ride. I waved to him as he was mowing his grass and invited him to "Come Ride With Us!" He called out how he had been "about run over!" I stopped and he showed me some of his road rash. He told how this driver who HAD stopped, THOUGHT he'd given the rider plenty of clearance!



While enjoying a delicious dinner after the Trash Pick-up on May 7th, our Barbara Joyce, who works in the Emergency Room, couldn't give out names, but said a cyclist had been hit. She overheard comments that "his high-dollar bicycle looked like it was worth more than the HE was!" Guys, do we want that to be our epitaph!????

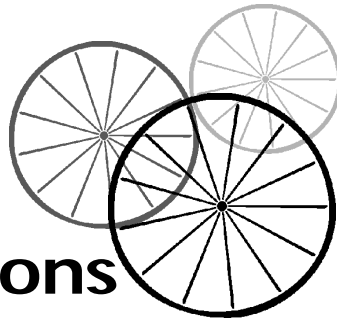
**Two ways that can help with the "cyclist error" factor are BEING VISIBLE to the motorist and ensuring the rider has BETTER VISION.**

Not many of us would drive a car without it's THREE rearview mirrors! Yet many riders miss out on the benefit of a "Third Eye" (mirror) to see what's coming up behind. It also helps with communicating with those motorists! We can really be good-will ambassadors for the cycling community if we smile when we ride and wave when we see the motorists eye-to-eye! (We ARE having a blast, aren't we?!) When we set out to ride, that "third eye" - the one that protects your back side - whether it's fastened onto your handlebar or your headgear

*Continued on next page*

**Club Meeting – June 4th  
6:30 pm, Bartlesville Public Library**

# Pedaler Traditions



By Joyce Fogle

On a recent Evening Club Ride I made a few comments to the riders and it struck a cord with several people. My suggestion is that there be a monthly piece written by members who are so moved titled something like "Pedaler Traditions."

This would explain, introduce, reconnect the club members to club traditions that we wish to carry on. Apparently, some that have been lost. I have several ideas that I could write about and I invite other members to join me in offering ideas. In that light, here is my first article idea.

## The "Warm UP"

Let's revisit the "warm up" part of the Club Rides that is a long time Bartlesville Pedalers tradition that has been lost or greatly diluted.

The warm up begins at the start of the Club Ride and proceeds to the edge of town. That is, for the first three to five miles all riders stay together at easy/moderate pace of 10 to 12 mph. It serves several purposes. Riders stay together while going through town making a unified presence to our community. New and slower riders get a little experience riding with a group. There is opportunity to visit with other club members who you don't generally ride with. There is time to explore with other riders their intentions for the ride so

that riding groups can form and no one will be riding by themselves.

It goes without saying that more experienced members might want to inquire of newer riders if they are familiar with the route. Also, it's good to ensure that everyone is carrying enough water, spares, energy bars, cell phones, or whatever is needed to safely make the ride. Obviously this is part of the Ride Leader's responsibilities, but asking a fellow rider about these things expresses a certain level of caring.

As the rider leaves the city limits, riders can group together at their own experience level. So this is the "warm up." If you like this tradition and want it carried on at your next pedaler club ride, then ask for it. 🚲

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## Vision and Visibility

should go hand-in-hand, safety-wise, with your helmet! Let's welcome one another, instead of "Whatz-up?" with "GOT MIRROR?"

The other way cyclists can improve visibility on road rides is by wearing bright colors! How 'bout "MARIGOLD" or "LIGHTNING BUG!?" On a gray day if there are two riders, with one wearing white the other navy, then only the one wearing white will be seen by the distant motorist or a straggling rider, trying to catch up. Let's be colorful on those roads! (Check out Stylin' Jack Tatum!) 🚲

**Visit our website:**

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



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# From the Road Biking Director...



We've had some great rides in May - great weather, great leadership and great turnouts. I counted 20 riders for our Saturday ride to Pawhuska. So, we're going to be ready for FreeWheel. Looks like the Pedalers will be well represented.

The culmination of our FreeWheel preparation, was the Spring Fling Campout at Osage Hills Park on June 1 & 2. There were great rides and campfire fellowship for all levels.

I have continued to be pleased by everyone's

willing participation in sharing ride leadership. I expect to continue this volunteer program through the year. If each of us commit to lead just one or two rides a month, we've got it covered. I'll be checking with you to sign up for the coming months' schedules.

And remember, the riding season doesn't end on June 16th. We've got to keep in shape for the annual Credit Card "Campout" to Independence in July and, of course, Hotter 'N Hell Hundred in August. So, we'll see who the REAL riders are by who shows up on Tuesday the 18th (it'll be an easy recovery ride).

A reminder for the racing inclined - the Tulsa Wheelmen weekly criterium series is underway each Thursday, and the next Port Road Time Trial runs on June 30th. See me or [tulsawheelmen.com](http://tulsawheelmen.com) for more info. Come out and try your skill. 🚲

Ride well, ride often,

*Rod Harwood*



*Above, competitors from the Senior Olympics Race at Woolaroc, held May 9, pose for a group photo. Left, Jim Black, Pedaler's President, receives a hug from his wife, Donna.*

Photos by Joanne Estes

# Mountain Biking...

## From the Mountain Biking Director...

By Bob Lummis

Well, I've finally received the official word! The Flint Hills Death Ride will be held Sun., July 14. The route this year will be "70+" miles with an optional 30 mile additional loop for those masochists among us. (That's over 100 miles on gravel roads in the Flint Hills of Kansas in July folks!) The start and end point will be at Madison, Kansas as in the past. I've asked for and been promised extra brochures on the ride as soon as they become available. As soon as I receive them, I'll hand them out to anyone who is interested.

Our Wednesday evening and Sunday afternoon mountain bike rides will be geared toward preparation for the Death Ride. The conclusion of this preparation will be a metric century on gravel roads the weekend before the ride, July 7. I haven't established the route yet, but I am thinking along the lines of meandering around in northern Nowata County and southern Montgomery County (Kansas). I hope this will turn into a ride we can have every year. Look for more info in next month's newsletter.

That's about it for this month... Whether or not you intend to ride the Death Ride, you are still welcome on the Wed. evening and Sun. afternoon rides. Get out the mountain bike (That's the one with the big fat knobby tires!) and join us on some of the bumpy roads around the area. Have a safe ride!

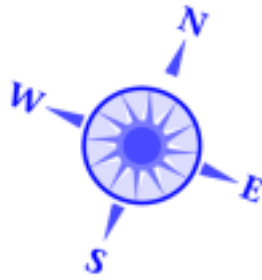
*Bob*

### **Wed. Evening Knobby-Tire Ride: Time at 6 pm**

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 6:00 pm at various locations for 15-30 mile rides on dirt roads. See the following for meeting location and description of the ride.

**June 5 - 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 Highway 10.

**June 12 - Paseo de Nowata Loop.** We'll tack on a few extra miles to this 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. About 25 miles. Several of our regular riders will be roadies this week doing FreeWheel Oklahoma. Check around first to see who is riding.

**June 19 - 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 25 miles rambling through northern Washington County.

**June 26 - More Moore Ranch Loop.** We'll add some miles to our normal routes around the high prairie West of Nowata and north of Highway 60. Shorter options available. Meet at the junction of Nowata County Roads 4050 & 0200. (Go straight on the gravel road at the first big curve on Highway 60 after crossing Hogshooter Creek.) About 30 miles.

**July 3 - July 4th holiday, no ride scheduled.** Get the road bike out and join the roadies for a century to Tulsa and back in the morning.

**July 10 - 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.


### **Sun. Afternoon Cross-Country Rides (Knobby Tires) at 2 pm**

**June 9 - More Moore Ranch Route.** Meet at the junction of Nowata county roads 0405 and 0200. (Hwy 60 to 1 mile east of the Washington/Nowata County Line; at the first curve of the big "S" curve.) 15 to 30 miles around the Moore ranch northwest of Nowata. We'll decide at the time how far we feel like riding. Some options are into Delaware or into Nowata. Check around before you leave for the ride, this is FreeWheel week and several of our regular riders will be playing roadie this week on FreeWheel.

**June 16 - Avant Loop.** We haven't been to Avant for a long time. Meet at the Avant House of Prayer for a nice tour of south-central Osage County. Mileage varies, we'll decide how far to go when we get there.

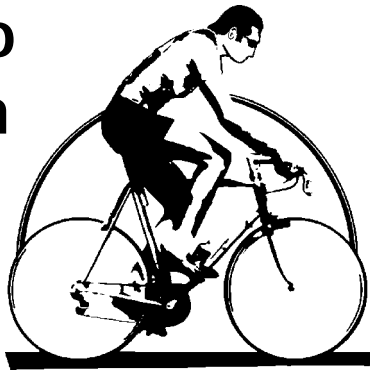
**June 23 - Tall Grass Prairie Preserve to Foraker.** Ride where the buffalo roam! We'll meet at the park headquarters and ride to Foraker and back. (With the south loop thrown in for good measure.)

**June 30 - Ride to Nowata.** Meet in the triangle at junction of Road 2400 (Moose Lodge Road) and Road 4020. This will be an approx. 30 mile round trip to the C-Store by the golf course in Nowata and back.

**July 7 - Pedalers Metric on Dirt.** This will be a new ride on roads that are new to us. We'll do 100 Km+ on gravel roads in northern Nowata County, Oklahoma and southern Montgomery County, Kansas. Meet at the Post Office on Highway 10 in Wann America at 9:00 am! 



# How to Ride in Traffic



## **Take this advice: Be Seen!**

Visibility is probably the most important thing about riding in traffic. Wear bright clothing and use lights, reflectors and reflective clothing if riding after dark or in poor lighting conditions. Lights and reflectors are required by law for night riding. If drivers are not quickly aware that you are in the road then you are at risk. Bright clothing with lettering is good because drivers are looking for signs and words on your jersey make you more visible.

**Be predictable.** Always ride near the side of the road but not in the gutter. It is dangerous next to the curb because debris gets blown there and you have limited space to maneuver. Ride smooth and straight about two feet from the curb and drivers should see you and give you room. Always obey traffic laws. Stop at stop signs and red lights. Ride with traffic. A bicycle is a vehicle authorized to be

on the road, but must obey laws as any other vehicle. Don't take undue risks. Don't move into the pedestrian crosswalk if you are traveling through the intersection. If you move right to get in the crosswalk then a driver may think you are going right and turn behind you. Then when you move left to go through you are directly in front of the car!

**Choose your route.** If possible, find streets with little traffic. Use the intermediate streets that run between major arterials.

Some of these streets will have bike lanes and will be much safer. Try not to ride during the heaviest traffic periods. If you commute find a route that may be longer but one that has little traffic.

**Be careful!** Always ride defensively and be aware of what is going on around you.

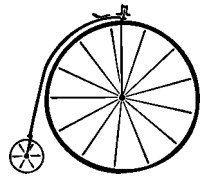
Scan the road ahead and look for cars that are moving in your path. Identify possible hazards. Predict potential problems.

Look for driveways where cars may enter the road in front of you. If cars are parked on the side of the road watch for someone opening a door. If you are at an intersection and want to go through check for cars that are turning right. Always give cars the right of way. Never assume what a driver will do. After identifying any likely dangers decide what your response will be and then act on it. 🚲



*Congratulations to our "commuters" Bill Estes, Marty McCraw, Jim Black, Shirley Martin, Dale Munn, Jack Tatum and Vincent Hennigan. Club Secretary Joanne Estes acknowledged these commuters with ribbons adorned to seed packets. Watch our commuters grow!*

# Secretary's Report



## June 4th Evening Meeting at the Library!

This is a DON'T MISS! A Triple Header!

\* Ross Snider dazzles all with "Box Your Bike for the Bus!" Demo!

\* Amazing FreeWheel Packing Pro Demo!

\* "Fluid, Fuel, and Food: Fitness For FreeWheel!!" by Hillcrest Nutritionist & veteran FreeWheeler, Jeri Jennings Mills, RD/LD, CDE - brought to you by Jeri's Bartian understudy - Jodie Huegerich, RD/LD, CDE!

You will be equipped with valuable info to help you rank with the FreeWheel 2002 Survivors with a SMILE!!! Come to the upstairs meeting room - at least by 6:30, and members who can, please bring snacks as some will be coming directly from work! Yes, we will have a lemonade rest stop!

Please welcome our new members:

Marty McCraw, Ralph Bergstad and the John Wipple family! Marty was featured in the "Examiner-Enterprise" as a bike commuter. Both Ralph and John are signed up for FreeWheel! Yea!!!!

### Take time to REST on FreeWheel!

Oklahoma FreeWheel is famous as a great week-long RIDE across our beautiful state, but is also famous as a great place to enjoy a little REST as you tour!

We're excited to have Girl Scout Troop 933 from Waukomis and Troop 12 from Jenks be our special official Fruit/Rest stops! These will be stationed at scenic spots, at least twice a day on the ride, mixed in with Town Stops, Lunch Stops, as well as great C-Stores at least every 10 miles.

Rest stops are great places to relax, make new friends, learn some Oklahoma history, take some photos, hydrate, snack, and recharge your bod, check your tires refill your water bottles, and be ready for the next riding adventure a little closer toward camp!

## Spring Fling a Success!

What a great weekend campout at Osage Hills! The food was great! We had fresh charcoal-grilled hamburgers and even steak sandwiches with all the trimmings - waiting at the end of the ride!

Lots of thirst quenchers! Plus, s'mores, hot dogs, Patsy's famous dessert with the Eagle Brand milk, cherries, whipped cream - mmmmm! - Shirley's "Healthy Choice!" hot dogs! Joyce's yummy dried cherries!


THANK YOU, Blacks for all the organizing and thoughtfulness for a great 2002 Spring Fling!!!

Thanks to Bob Lummis for furnishing the most beautiful maps of both days rides! Bill & I have lived here since 1970 and never had I seen, much less ridden those scenic roads! It's was sort of like a mini-FreeWheel!! Thanks to Patsy, Suzy, & Rebecca and cute Anthony for being out there with the 4-wheeler and refreshments on such a warm June morning!

### May a busy Bike Month

To commemorate May being National Bicycle Month, our club's guest at the May Meeting was Katherine Hanson, local commuting cyclist and research librarian, who read one of her favorite poems, "Going Down Hill On a Bicycle - A Boy's Song," penned almost 100 years ago.

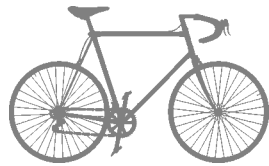
She joined Marty McCraw, Jim Black, Shirley Martin, Dale Munn, Jack Tatum, Vince Hennigan and Bill Estes (arriving still on time riding his bike - after repairing 2 flats on the way!) for a group photo and special recognition to those road warriors who have saved gas by cycling to work over the years! (Their awards were abbreviated Olympic-style ribbons around the neck with Wildflower seed packets to sew along the way as they ride!) Way to set the example, guys!

"Thank You!" - from Katherine Hanson, featured in "Examiner Enterprise" May 15, 2002, as local cycling commuter. She rides daily to her job at the reference room of the Library! "Thank you, Pedalers, for your kindness, thoughtfulness and publicity!" 

*Joanne Estes*



# Pedaler Profile:



## Clarence Lanning

"Growing up on a central Kansas farm, I learned biking by putting a cushion on top of the bar above the pedals of my brother's bike and coasting in the farmyard. Later, I "lived" on a bike in junior-high years, but no more.

I spent the War Years in D.C. And, back to Bartlesville, the oil crisis of early '70's brought on a 3-speed bike that was seldom used. Word of FreeWheel came in 1980, and in three weeks I was doing 70 miles per day. A salesperson at the Curtis Sports store said one couldn't do FreeWheel on that bike. I did, but I walked up a few hills.

Too much sympathy required a better bike, which I acquired, and no more hills were walked in 16 FreeWheels.

Not being a camper, my wife and I drove to FreeWheel. She went on ahead each day to check in and out of motels. She caught up on reading while I biked. In a later year, a violent storm struck as I was getting on the bike to start from Fort Gibson, so I put bike on car and came home.

After the 1980 ride, the Pedalers Club was formed. We rode from Breckenridge in 1984, including riding up 14,000-ft. Mount Evans. We went through snow and rain, and the shelter at summit had burned down. I shivered in a beach towel in



Photo by Joanne Estes

Clarence Lanning

friend's van all the way back down. Another year we biked from Durango, and I coasted some 10 miles down the mountain highway from a condo to town each morning. Now I ride mostly alone, some 10 to 20 miles, perhaps toward Woolaroc or Copan for exercise. If anyone gets slow enough, we'll ride together! 🚲

## Clarence Lanning

**Ed. Note:** Clarence will celebrate his 89th birthday in December!

**Note:** The Pedaler Profile will feature a club member in every issue. Please submit ideas to the editor at [vhennigan@yahoo.com](mailto:vhennigan@yahoo.com)

## FreeWheel tips

Set your VCR on Channel 8 for the 6 & 10 pm news during the week of FreeWheel! Features will be on the day's ride, then on an individual rider, i.e., Bartians Tim Harper, on his recumbent tandem, and daughter, Katie, age 10, the youngest registered so far!

Pack pre-stamped and addressed Oklahoma postcards in a Ziploc® bag, so your friends can hear about your G-R-E-A-T vacation on FreeWheel!

If you're WISHING you were FreeWheeling and are confined to the office, put a colorful plastic

picnic table cloth on your desk and wear your camp hat and you'll have MUCH more fun takin' care of business!

Each afternoon the week before FreeWheel, I set my tent up in the back yard, then take it down quietly, by flashlight about 4 am the next morning.

Here's a packing tip from Moni Neville, president of OBS (Oklahoma Bicycle Society): "Encourage folks to carry less - the trade-off: The more stuff you carry, the more comfortable the camping is! The less stuff you carry, the more fun the riding is! Everyone's got to pick their own balance there."



The **Bartlesville Pedalers** are proud to be affiliated with the League of American Bicyclists, a national organization that promotes the ideal of a bicycle-friendly America through sponsored bicycle rallies and tours, political advocacy, and education.

You are invited to join the **Bartlesville Pedalers**. All memberships are \$16 per year. Anyone joining in the last quarter of the year is also paid up for the following year.

**MEMBERSHIP APPLICATION:**

Please return application to: **Bartlesville Pedalers, P.O. Box 793, Bartlesville, OK 74003**

NAME: \_\_\_\_\_

SPOUSE & OTHER FAMILY MEMBERS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Other: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ OK to publish this info in club directory?  Yes  No

I accept with pleasure this invitation to join the Bartlesville Pedalers. I agree to observe all traffic laws and to comply with the suggestions of the ride leaders about the safety and decorum of the club. I understand that my participation in club activities and rides is solely at participant's own risk. The Bartlesville Pedalers cannot be held responsible for any accidents that may occur during or as a result of their activities. Helmets are required on all club rides.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**BENEFITS OF MEMBERSHIP:**

Membership in the **Bartlesville Pedalers** brings numerous benefits:

- ☼ Meet and ride as a group with others who enjoy exercise, health, and being outdoors
- ☼ Share knowledge of bicycling skills and equipment
- ☼ Learn, and teach, bicycling rules of the road and safety practices
- ☼ Receive newsletter containing news, events, and contacts into the greater cycling community
- ☼ Select from a variety of regularly scheduled organized rides
- ☼ Contribute your personal energy to the bicycling lifestyle in the area
- ☼ Participate in community service through our Adopt-a-Highway cleanup and other projects



Bartlesville Pedalers  
P.O. Box 793  
Bartlesville, OK 74003

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