



Gazette

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

Mountain Bike Muster... *Get Ready, Here We Come!*

Just a reminder that the Mountain Bike Muster will be held the first weekend of October. This year's Muster will be a weekend-long affair at Patsy & Bob Lummis' place near Marshfield, Missouri.

We'll meet at the farm Friday evening, October 4. On Saturday, we'll tour the gravel roads of the area and return to the farm through an Amish community. Saturday night, we'll build a big fire down by the spring and have a cookout. Sunday is reserved for singletrack. Bob has laid out some trails on our 4-1/2 acres and on the 40 acres across the road that belongs to Patsy's nephew.

As we pointed out in the September Newsletter, the house is pretty small, but we can all squeeze in anyway. Bring your sleeping bag and find a spot in the floor. Some other options are to pitch a tent

or to stay in a motel in town.

After discussing it with the Board, it was decided that the weekend would be BYOE (Bring Your Own Food.) We have a refrigerator and a freezer at the house, so we should be able to keep the cold stuff cold.

Marshfield is located on Interstate 44, about 30 miles east-northeast of Springfield. Our place is about 3 miles south of Marshfield. I've put together a map and directions to get to the farm from Interstate 44. Give me a call at 333-4374 or e-mail mountainbike@lummis.cc [I need to know who is going, so please call or e-mail me] or an e-mail and I'll send you the set of directions in PDF format. Don't miss it, this will be fun! 🚲

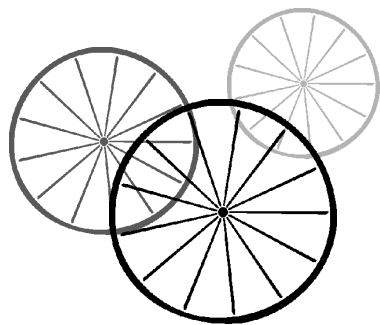
COMING UP: CYCLOCROSS SERIES

Ever wanted to watch or participate in a Cyclocross race!? Here's your chance! The Tulsa Wheelmen are sponsoring their annual Cyclocross race series in Owasso in October. What is cyclocross? It began as an alternative for road riders to stay in shape over the winter without having to ride in the cold on the road. The course is generally short and runs on both pavement and off-road. It can include ditches or creeks and can be through the woods or in an open field. The course also includes obstacles (barriers) that require the rider to dismount and jump over. Each race is generally about an hour or less in length. Riders can use either a road bike, a mountain bike without bar ends or a cyclocross bike. Are you interested yet? Well, come out and experience it first hand either as a spectator or as a participant.



**October 13, 20 and 27 (all Sunday's)
Owasso Sports Park (116th St. North)
Races begin at 1:00 pm**

For a copy of the flyer or for more information, call Reva Fury, 336-8712, or e-mail her at rjf753@aol.com or call Adam Pratt, 918-274-0001.



Spinning Wheels

A letter from the President

Well, there it was. What a way to ruin my day. I got up that morning, jumped into my shorts and jersey, filled my water bottles, donned my helmet, and headed to the garage when I saw it. Is there anything worse than coming to your bike and finding one round tire and one not so round? It just doesn't roll good that way. Of course this only happens when the schedule is a little tight and I don't have time to fix the flat and go for a ride, so now my ride for the day is shot. Oh what a beautiful day!

When I looked at that scenario I wondered how our Club could be like that? We love to ride, and it's more fun to ride with a group, so we have a bike club. What if it didn't work? I remember coming out for the scheduled ride once and no one else made it. That was almost as depressing as finding a flat in the morning. You're all ready for a great ride, and suddenly you're either doing it alone or

not at all because there's no one there. Because of personal schedules this will happen from time to time, but without the Club it would be the norm. We would never be able to plan on a regular Tuesday or Saturday rides, or some special event shared together. Maybe the next time I look at my flat tire in the morning I'll try to remember how important the Club is and think about how I can make it stronger.

Obviously, the easy, and probably most effective thing any of us can do for the Club is RIDE. Is there anything else that would make our Club stronger? If we want more people to come out on rides, it makes sense that we need more people in the Club. Like most every organization I know of, we struggle with membership. Ours may be even harder because we are a very specialized group. What that translates to is that each of us needs to work hard at growing our Club membership. Talk to your friends that ride and get them to ride with the Club. We've even seen some past members rejoin this year, but we always need more. Maybe this time of year we could each think of friends we've talked to who "need" to be in the Club, and give them a "Gift Membership" for Christmas. There's a gift that will give throughout the year, for both your friend, and the Club. And if we can build the membership enough that there's always someone there for a ride we won't be reminded of flat tires when we get together and spin the cranks. 🚲

Keep Spinning,

Jim



OFFICERS/DIRECTORS

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From the Road Biking Director...



This month is one of the best time of the year to get out and ride in the mild, sunny Oklahoma fall season. Although the days are too short for weekday evening rides, the Fair Weather Friends ride at 2 pm on Tuesday -Thursday all winter.

Join them if you can. Meanwhile, we will continue our Saturday morning road schedule with a series of 50 to 60 mile rides, beginning at 8 am from Johnstone Park.

I want to use this space to honor the old fast guys of our group who participated in the Oklahoma Senior Olympics competition at Tulsa's Mohawk Park on 23-25 September.

Rod Harwood 60-64 yrs.

5km time trial 3rd - bronze medal

10km time trial 3rd - bronze medal

Jack Tatum 65-69 yrs.

1km time trial 3rd - bronze medal

40km road race 2nd - silver medal

Racketball 1st - gold medal

Walter Bohn 70-74 yrs.

1 mi time trial 3rd - bronze medal

5km time trial 2nd - silver medal

20km road race 2nd - silver medal

40km road race 2nd - silver medal

A first or second place qualifies a rider for a spot in the national competition coming up next year in Virginia. Congratulations to these athletes for their efforts. 🚲

Ride well, ride often,

Rod Harwood



Pennie DuBerry, of the St. Louis Wheelmen, on a June club ride. Photo by Tim Chilton, pulled from their club's website.

Secretary's Report

Bartlesville Pedalers Board Meeting, held Sept. 23, 2002, at ConocoPhillips Cafeteria. In attendance were: Jim Black, Dale Munn, Bob Lummis, Shirley Martin, Joanne Estes, & Neal Johnson

While enjoying a tasty lunch at the ConocoPhillips Cafeteria, those present discussed the upcoming Pedalers activities - the Mountain Bike Muster the first weekend in October - Bob & Patsy Lummis hosting at their rural Springfield farm home and the annual Fall Bike Fest and campout, in Fairview, OK near the Gloss Mountains, the following weekend.

Shirley proposed that the club newsletter be put back on the website - those in attendance voted in favor of same. (maybe with a members-only password?)

Dale reported \$829.54 in the treasury.

All present agreed to continue the club's furnishing a subscription of "Bicycling" magazine to the local public library.

Jim stressed that now is a great time to keep the club strong as many coming in to town will be looking for a cycling club - he suggested club memberships as the perfect Christmas gift for the cyclist on ones list!

After the meeting was adjourned, those present in the nominating committee went to work on the slate of officers for 2003! 🚲

Respectfully submitted,

Joanne Estes

Secretary

Mountain Biking...

From the Mountain Biking Director...

By Bob Lummis

Once again Fall is here! This is the best time of year for riding on those fat, knobby tires. We have two special events planned for October, along with a return to doing more singletrack.

On October 4, 5 & 6 we'll be doing the Mountain Bike Muster in Missouri (see article elsewhere in the newsletter); then on October 20 we'll do a mountain bike half-century from Wann. On October 13 and again on the 27th, we'll be back at Osage Hills State Park after leaving the trails there to the weeds, ticks and other varmints for the summer. (Although some of us will probably be in Fairview on the 13th, doing our last weekend for the season as roadies.)

We won't be having any more scheduled Wednesday evening rides until daylight savings time returns in the spring. It has been getting dark too soon to have a ride that doesn't start until 6:00. George & I were talking about it the other day though, and we may be have some impromptu rides starting a little earlier and bringing lights in case we get caught in the dark. Let me know if you are interested and I'll check with you when we are going to ride. 🚲

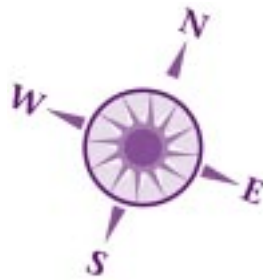
See you on the trail!

Bob

Sunday Afternoon Cross-Country Knobby Tire Ride at 2 pm

October 4,5&6 - Mountain Bike Muster. Join Bob & Patsy at their place in Missouri Friday night for a weekend of mountain biking and other activities. See, call or e-mail Bob for a map and directions. My telephone is 333-4374, or e-mail me at mountainbike@lummis.cc.

October 13 - Osage Hills State Park. Fall is



This photo of a mountain bike rider riding through water may reflect the signs of things to come in the Missouri Muster Ride. As the Fall weather turns cooler, many of us are dusting off the mountain bike to continue our riding and training.

Photo by Michelle Duijst, pulled from internet sources.

back! It's time once again to see if we can find our trails at the park. Meet by the horse stables at 2:00. This is the weekend of the Fall Bike Fest in Fairview, so some of the regular riders may not be at the ride today.

October 20 - Mountain Bike Half-Century. We'll meet at the Wann Post Office at 12:00. This will be essentially the 45-mile ride we did in June to Lenapah and South Coffeyville with 5 more miles tacked on to make a half-century. Note the early ride time is 12:00!

October 27 - Osage Hills State Park. More singletrack on our trails at the park. Meet by the horse stables at 2:00.

November 3 - Turkey Mountain. Clark has been wanting to go to Turkey Mountain in Tulsa, so here it is! I'm not certain where to meet, so we'll play that by ear. I'll try to contact everyone before the ride.

Pedaler Profile:

Janis Blanton

and Dale Munn!

When we drew Janis Blanton's name out of the ol' bike helmet and congratulated her for being selected the featured Pedaler for our October Newsletter, she was snowed under with ConocoPhillips obligations and had no time to furnish us an interview - therefore - We want to say "Congratulations!" to Janis, a longtime Pedaler Club member and faithful cyclist - who LOVES her new Trek and enjoys Scuba diving during vacation times.

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Meanwhile, we'd like to feature Mr. Dale Munn, our current club vice president and treasurer. He is also a faithful cyclist and Pedalers member. He has enjoyed several FreeWheels, often rides with son, Dan, and is a natural when it comes to camping since he has years of Boy Scouting sponsorships!

As a retired commuter, Dale wrote the following reflections during the National Bike-to-Work Week earlier this year:

"During the time of the year when Daylight Savings Time is in effect, I commuted to work for about 5 years. I started because someone else at work was doing it and I thought it would be a good way to save energy and to improve my health. The distance was 6.5 miles each way and the riding time was about 30 minutes each way. This is an ideal amount of time to spend each day exercising.

Interestingly, driving takes 15-20 minutes, so it doesn't add much to the time involved. I found I could avoid most of the traffic by going out the tunnel in Sooner Park, over Fleetwood to Frank Phillips and then joining the Pathfinder to Robin Wood Park. From there I would turn on Comanche, use Hensley to 2nd Street, 2nd Street across downtown and back to Frank Phillips.



Dale resting during the FreeWheel 2000 ride.

Then straight down Frank Phillips to the research Center. A very pleasant ride with not a lot of traffic.

I would take a change of clothes in a back pack and change when I got to work. Keeping a second pair of shoes at work cut down on the weight a little bit.

I was pretty much of a fair weather cyclist, if it was raining or cold in the morning, I would bite the bullet and drive to work. However, many times, it could rain during the day and be dry when it was time to go home.

A few times the storms were bad in the evening and I would have to find someone to give me a ride home. I did find that during some times of the year I might be the one clearing out the spider webs on the Pathfinder. This opened up an alternate route to Robinwood by using State Street and Kentucky by the back of the Hospital. There were some months where I don't think I put 50 miles on my vehicle, it just stayed in the garage. The only regret I have about cycling to work is that I didn't start it 10 years earlier!!" 🚲

Submissions Requested

A message to all dear readers, that we at the Pedalers are always looking for your stories, anecdotes and photos (preferably in digital/scanned format). We've received lots of great stuff from members and we'd like to get more. So break out the good stuff and send it to: vhenigan@yahoo.com. Deadline is the 25th of each month. 🚲



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

ADDRESS SERVICE REQUESTED