


Annual Spring Fling is Coming

The Annual Spring Fling Campout is set for Saturday/Sunday May 31 - June 1, 2003 at Osage Hills State Park with rides at 8:30 am on both days and camping on Saturday night.

Spring Fling is our final weekend of training before Freewheel, a chance to bring both our riding and camping skills to their peak. The weekend will be based at Osage Hills State Park where we will begin and end both rides and camp overnight Saturday. The pavilion at the entrance to the camping area will, once again, be our headquarters.

The 70-mile ride on Saturday will start at 8:30 am (park opens at 8 am) for a loop to the north. We'll relax, eat, and enjoy the afternoon and evening back at the campsite, then Sunday we'll do another 50-mile loop, again beginning at 8:30 am, before heading home. Look for more info later this month on the website, by e-mail, and phone for those few of you without access to a computer.

If you have questions, or need transportation to or from the park, please call Rod Harwood at 336-7546, or e-mail rod_h@sbcglobal.net. to all who helped make this meeting a success! 



May Trash Pick-Up

One more trash pick up before the heat and ticks make it intolerable. Monday, May 19th, 6:00 PM Osage Hills School. This does not interfere with training rides, so no excuses will be accepted.

In case you have not heard, the Great Bunny tripped going up Hill 44 and spilled his eggs. Fortunately it was after his visit to Bartlesville and there aren't that many eggs to pick up but there is a lot of trash. The eggs hold surprises, coupons, and treasures. Be there to find yours!! Don't forget your Easter Basket (or a pocket will do).

Dinner following the festivities at a local Mexican restaurant. Hint: You won't want to miss joining us for dinner to redeem some of the found coupons, they are not transferable and only redeemable on day of find.

Call Joyce Fogle at 336-7546 for information.

Oklahoma FreeWheel is just around the corner!

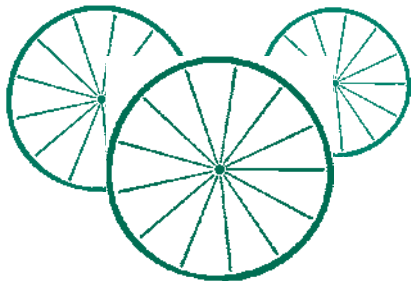
Many Pedalers have been participating in the training rides here in Bartlesville. The 25th Anniversary Cross State ride will be June 8 - 14, from Denison to Coffeyville, and we're extra excited this year as the Friday route will bring riders through Osage and Washington Counties!

As one of the sponsors, Pedalers will help with baggage loading in Dewey Saturday morning, the 14th. Also, we are working with the towns and Girl Scout Troop 933 from Waukomis, OK, making sure there are plenty rest and fruit stops for the cyclists along the way.

Riding Oklahoma FreeWheel is a great way to get in shape and take up Governor Henry's challenge to "Make Oklahoma the Fittest State in the Land!"

Sign up before May 25th and save the \$10 late fee. See more on www.okfreewheel.com





Spinning Wheels

Isn't Oklahoma the greatest place to train for bike rides? We have so many lovely county roads, and most of the drivers are so courteous. There is a wonderful mix of rolling hills, some steeper than they look, and always more up than down. It can always rain when you least expect it, or stay dry when the weatherman says it will rain. And just in case you need a challenge we can make sure that you're almost always riding into a 30-MPH headwind. What a place to ride!

You seem skeptical. Have you not seen some or all of these challenges on every ride you've taken around here? Do you have a favorite? How about the guy who tried to run you off the road last week, or the climb up Circle Mountain? That Circle Mountain thing is really to get us ready for the climb up Norwood Mountain, which I forgot to take on Flower Power this year. Sorry guys, I was too busy fixing someone's malfunctioning tandem just off the dam, and then I guess I just missed the turn. But, because of our "little" hills in Washington and Osage counties, I would have been up to the climb.

Have you seen how each of these challenges is really only to strengthen your skills and make

you a better rider? What about the helpfulness of the Washington County Road Crews? Some of the Cross-Country riders have noted for years how George always tells them where the rides will be so they can bring in plenty of fresh, large gravel (rocks). They have worked hard at keeping up with the Pedalers, and usually manage to keep fresh rocks on the roads we want to use. But I was really amazed at their work this month when I went to ride out Durham Road toward Prairie Song. What a fantastic job of taking a marginal road, with some crumbling pavement, and in an apparent effort to "patch" it, turning it into a virtually unridable stretch of pavement. I've never known road-crews to be that efficient. Now, instead of just a leisurely ride to the East, I can jump on this road and practice riding anything but a straight line and have the thrill of "off-road" roughness on something resembling pavement. What a way to improve my bike handling skills.

But no matter how hard these guys try they can't begin to match the real challenge of riding in Oklahoma. WIND!! Look at that, my letters can't even stand up straight. Looks like my computer is facing East. You can tell by the way the South wind is blowing the letters. Seems like that's how I've been riding this month, always leaning into the wind, or fighting the headwind out so I can enjoy the return home. See, where else but Oklahoma can you enjoy strength training even on the flats? We don't even need to go find a hill, just ride into the wind for an hour and see how much stronger you can get. (No cheating. Don't draft. Do this on your own.)

Oklahoma, what a place to ride a bike! 

Keep 'em Spinning...

Jim



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May is Bike Month!

May is National Bike Month, and the week of May 12-16 is National Ride Your Bike to Work Week and Friday, the 16th is National Ride Your Bike to Work Day!

INCOG, the Ozone Alert Program, and the Tulsa Commuter Choice Program would like to encourage you to Bike To Work this summer. Friday, May 16th is designated as National Bike To Work Day and will serve as the Tulsa area kickoff for our summer BTW series. The attached brochure outlines the program for this summer. Biking to work will not only help keep our air clean this summer and alleviate congestion, but also provide a great way to exercise. Please contact INCOG at 584-7526 for more information or log on to <http://www.tulsacommuter.com/page7.html>.

From the Road Biking Director...




Spring riding season is in full bloom (especially for those who attended "Flower Power"), and it's great to see so many riders coming out. Well over a dozen have been appearing for most rides as the ramp up to Freewheel approaches with longer training rides. It looks like there will be a large contingent from the Pedalers participating in the big 25th anniversary edition this year. It's only a little over a month away.

I have been pleased by the willingness of members to take on ride leadership duties. It demonstrates members' willingness to step up and contribute to the overall functioning and success of our Club. The volunteer ride leader program will continue throughout the daylight savings time period. Thanks for your cooperation. I'll be in touch.

On April 19th, Joyce and I spent the day enhancing our road riding skills at Road I, a one-day bicycling educational program, part of the League of American Bicyclists BikeEd program. A certified League instructor led us through classroom discussion and on-the-bike exercises centered around the theme of "vehicular bicycling", the idea that we share the road as equals with all other vehicles, with the same rules, rights, and responsibilities.

Truthfully, I didn't think I'd learn much I didn't already know, but I found that there is a lot to know about riding a bicycles safely, skillfully, and confidently that I didn't learn hotrodding my J.C. Higgins around the back alleys of Mariemont, Ohio, when I was a kid. I did learn that the Club Ride Rules that appeared in the April newsletter cover most of the important points, so I have repeated them in this issue. I hope you will take the time to really read them. We'll all be safer and have more fun too.

Don't forget to plan for Spring Fling coming up at the end of the month. See announcement elsewhere in newsletter. Meanwhile, 

Let's ride,

Rod Harwood

Upcoming Events!



Sunday, May 4th, is the **Great Tulsa Bike Ride** (and spaghetti dinner)! Look at www.riverparks.org for registration, maps and the other details. (see "forms, T-Town bikes, GTBR"). This year there'll be 5 routes: 8, 18, 33, 53 & 66 miles to choose from!

Joanne has picked up a handful of the Saturday, May 31st, **Tour De Tulsa** pre-registration forms. You will receive one in the mail if you participated last year. (Last year it was the same time as our Pedalers Spring Fling at Osage Hills State Park.)

Cost is \$17 per rider by May 12 or \$20 at ride-day registration. Call Joanne at 333-6524 if you need more information on these events.

Hot Links on The Cool Web!

Joanne sent us this funny one about strange road signs, I'm sure we have some around Bartlesville. www.roadbikerider.com/signage.htm

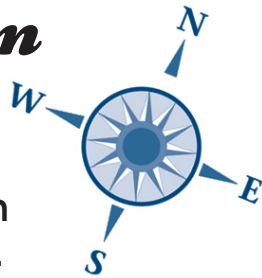


Where's the Ride Calendar?

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

Mountain Biking...

From the Mountain Biking "Director"...




By Bob Lummis

Yup! You're still stuck with Bob, George really did go this time.

Between the weather and people being gone, our rides have been suffering this month. Maybe we can do better in May, but right off the bat, I see a problem. Somebody (surely it wasn't me!!!) scheduled a ride for May 4 to check out the progress of the rail trail going through Avant. The only problem is that all of the roadies who also ride mountain bikes will be in Tulsa that day riding the Great Tulsa Bike Ride. Those of you who are still here that day can do the ride and tell us all about it. Then maybe we can re-schedule it for a later time.

I still haven't heard anything new about the Flint Hills Death Ride in Madison, Kansas. My assumption is that the ride is still on for July, but like I said, I haven't heard anything. Their website still has not been updated, so that is no help either.

May 30, 31 & June 1 is the club's annual Spring Fling at Osage Hills State Park. While the emphasis is on road biking, there is no reason that mountain bikers can't enjoy the weekend too! The club has the pavilion rented for the weekend and in past years we've pitched our tents in the woods around the pavilion and had a good ol' time. You have the option of camping both nights (Friday and Saturday), camping one night only, or not camping at all. In the daytime, you can ride with the roadies or there are lots of trails in the park to ride. Let Dale Munn know if you are planning to do the ride. (dale@munn.us or call 333-5693. )

See you on the Trail!

Bob

Wednesday Evening 6 pm

Knobby-Tire Rides

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.

May 7 - More Moore Ranch Loop. Some fun loops to choose from West of Nowata and north of Highway 60. About 20 miles with 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.)

May 14 - 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.

May 21 - 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.

May 28 - Paseo de Nowata Loop. An 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.

June 4 - 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 20 miles rambling through northern Washington County.

Sunday Afternoon - 2 pm

Cross-Country Rides

& Knobby Tire Ride

Rides Meet at 2:00, see descriptions below for meeting location.

May 4 - We'll call it Avant. The idea is to check out the progress of the rail trail going through beautiful downtown Avant.

May 11 - Eagle Rock Bicycle Trails. Independence, Kansas. This is some of the best singletrack we have in the area. Three trails are there for you to pick; Beginner, Intermediate and Difficult. The trail's close proximity to the north

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Pedaler Profile


C.J. Black

Hi Pedalers! Most of you know me, I am C.J. Black. My whole cycling career started when I was about six years old. Since then I have ridden a bike constantly. First, I was on training wheels, going slowly but I quickly gained confidence and picked up speed. When my father felt I was ready to move on to riding on two wheels he scheduled a Saturday to help teach me how to ride. In the meantime, my three older sisters decided to teach me this great accomplishment. So when it came time for my father to show me how to ride I already knew. As he let go of the bike on that Saturday I just flew away from him. This left him standing in the middle of the street gawking at me. Since that day he has always had to keep up with me on bike rides.

When my family moved from Illinois to Oklahoma I picked up BMX racing. From a beginner racer I have advanced to being one of the best in the nation for my age group. Last year at the end of November I participated in the Race of Champions, not expecting to win. By the end of the day I had won the race, walking away with a Number One Race of Champions number-plate! Since I won this prestigious race I was able to talk my parents into buying me a new BMX bike.



From all my cycling I have been able to become a good runner. During the past four years I have improved all my 5k race times along with a better and better mile time. Cycling has also helped me to stay in shape when I am out of season.

You all have watched me grow up and next year I plan to attend Newman University in Wichita Kansas. Once there I will run cross-country for the college while I am pursuing a degree. I will continue to use my bikes to cross train and get the most out of life. Thanks for all the support! 



Above, CJ at a race. At left, an early photo of CJ racing in the neighborhood (he's on the right). Below, a proud Eagle Scout stands with his parents and a grandmother. Right, CJ with the Bartlesville Bruins Marching Band.



Secretary's Notes:

Thursday, May 29 and Friday, May 30 will be Cycling Events for the Bartlesville Senior Olympics 2003. If you are 49 and will be 50 in December this year OR older! you are eligible to compete with cyclists from all over our state and surrounding states!

Last year Jim Black, Walt Bohn and Jack Tatum were our proud medalists! Volunteer Pedalers earning FREE handsome patriotic Senior Olympic t-shirts were Dale Munn, Shirley Martin, Donna Black, Bill Estes and Joanne Estes. (If I've left out someone's name, please forgive me here! That was a year ago!)

Here are the Cycling Events this year:

On Thursday, May 29, there will be the following:

8:00 a.m. 5 K
10:00 a.m. 40 K

On Friday, May 30, there will be the following:

8:00 a.m. 10 K
10:00 a.m. 20 K
11:00 a.m. 1 Mile cycling

For \$12 you may enter any or all of these events as well as the many other competitions (bowling, swimming, table tennis, tennis, painting, photography, etc.) For an additional \$6, you may purchase & earn, through the competition, a Sr. Olympics t-shirt!

For an additional \$6, you may enjoy the delicious BRISKET DINNER, Friday night at 6:00 at the "Inn on the Blvd" (formerly Holiday Inn - next to Red Apple on Hwy 75. Registration and Hospitality Suite open 8 am - 4 pm each day.

OR, for FREE, you can volunteer to help with the timed cycling events that Friday and Saturday morning on our favorite hwy 123, staging near Woolaroc! AND get a FREE volunteers' t-shirt - which are always the MOST prettiest!!!

Entry forms are available at most grocery stores and the Chamber of Commerce. Entries must be postmarked by Tuesday, May 14th. For additional information call "Dave" at 918-333-3189. He wants your grandkids to be proud of you! "How many grandkids can say their grandma or pa is a Senior Olympian Gold Medalist!!!!!"

Dave wants you riders to GO FOR THE GOLD! And, if you are not competing, he wants you to join the volunteers to help time the events (FREE T-shirt! and meet some awesome riders!)


What a great day to round out National Bike Month than to bring home the GOLD for Bartlesville's Senior Pedalers!

Bartlesville Senior Olympics Cycling Events

Cycling events are scheduled for Thursday and Friday mornings, May 29 and 30. Meet at Woolaroc Parking Lot. Races will be on Hwy 123.

Gold, Silver, and Bronze Medals awarded for the following age-graded competitions:

1-mile, 5K, 10K, 20K & 40K races for 55 and older. Enter by May 14. Forms at local grocery stores & Chamber of Commerce. Riders and volunteers most welcome!

Contact Rod or call Sr. Olympics at 333-3189. 

Memories of FreeWheels Gone By!

Joanne Estes has suggested this idea: join her in jotting down some of our own "FreeWheel Times to Remember." We can compile them and present to Libby Stalter, ride director, at the start of this year's quarter-century birthday event! It could be our gift from the Bartlesville Pedalers! This would give her something entertaining to read while she's waiting all those long hours for the last riders to get in each day!

FreeWheel begins June 8, so you've got plenty time to pencil down your choice recollections! (sentences not required - phrases - just fine! We'll get the picture!)

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shore of Elk City Reservoir and a predominate south wind makes for cooler riding too! Meet at 2:00 p.m. at the spillway parking lot for the Elk City Dam.

May 18 - Ride to Nowata. Meet at the junction of County Roads 4020 and 2400 (Moose Lodge Road.) This will be about a 30 mile round trip to Nowata and back.

May 25 - More Moore Ranch Routes. There are several alternatives to choose from. We'll meet at the junction of Nowata County Roads EW 405 and NS 20. This is just off of Highway 60 at the first big "S" curve after you cross Hogshooter Creek traveling East.

May 30, 31 & June 1. Spring Fling Weekend! While this is mainly a road bike weekend, Mountain Bikes can have fun too. Bring your mountain bike and your tent out to Osage Hills State Park for a fun weekend with your fellow club members.



FROM THE WEBMASTER

By Dale Munn

www.bartlesvillepedalers.com

Joining the picture gallery during April was a new webcalendar and a classified adds program. The webcalendar reflects club activities as well as other rides frequented by club members. You should also notice the link on the front page to "Road Conditions." This jumps to an area in the Forum where anyone can post road conditions they have discovered. Or, you can wait till poor Dale stumbles onto them and then I will post them.


If you click on the classifieds link, you will be taken to recent listings on the Bartlesville Pedalers Classifieds. If you register, you can post an add in any of the categories. Think of a new category? Send it to me!



Currently anyone can post adds. In the future the right to post adds will be restricted to members of the Bartlesville Pedalers. So get your bicycle related adds on the site. It's not ebay, but it is free! I'm looking for a Trek 5900.

You may have noticed a counter in the bottom right corner. When you hold the mouse pointer over the counter, it will tell you when it was cleared.

Currently it's one of my favorite dates 03/03/03. Since that time more than 1000 views have been made of the home page. Current April statistics you might be interested in: 275,000 successful requests for data, 1,125 distinct hosts during April, 2,960 gigabytes of data transferred. A lot of the traffic is from search engines examining our page. I'm not sure if they cause the counter on the front page to increment. It is interesting to go to google.com and search for Bartlesville Pedalers.

This page is for YOU, so if there is something else you would like to see, let me know. Visit frequently to keep up to date on upcoming activities. 

B'ville Pedalers Ride Rules

- 1) Helmets are required on all rides.
 - 1a) Strongly suggest carrying tire tools, pump, spare tube, money, snack, water.
- 2) Ride on right side of street, max. of two abreast (it's the law); ride single file in traffic.
 - 2a) Don't ride in gutter - you have a right to a lane of traffic.
- 3) Obey ALL motor traffic rules, esp. stop signs and traffic signals.
- 4) Signal ALL turns.
- 5) Warn fellow riders of road conditions - point and shout: "car back", "glass", "hole", etc.
- 6) Pass fellow riders on the LEFT, warn rider ahead when passing with "on your left."
- 7) All club rides will stay together as a group for first few miles or to the edge of town.
- 8) At least one rider should attend another rider who has mechanical difficulties.
- 9) Drink, drink, drink, especially in hot weather.

Ride Leader Guidelines

- 1) Safety is your #1 priority; review the above rules with the group before each ride.
- 2) Ride leader will announce route and may change it at his/her discretion.
- 3) Ride leader will make sure no one is dropped.
- 4) On rides longer than 35 miles, ride leader will designate a regrouping point/rest stop (preferably coinciding with available cold drinks and snacks).

Pedalers Board Meeting Minutes

The members of the Board of the Bartlesville Pedalers met April 21, 2003.

Present were: Dale Munn, Shirley Martin, Vince Hennigan, Joyce Fogle, Bill Estes, Joanne Estes and drop-in, Michael Smith, former Pedalers president.

The following was discussed:

Joyce introduced her excellent creative idea for the May 19th, Monday evening, Trash Pick-Up. She gets accolades for having one of the first stories ready for submission for the May Newsletter!

Ideas for Spring Fling at Osage Hills State Park - May 30th weekend:

Joyce will check with Rod, to sub for the Blacks, about coordinating those who want to camp out and some who will come out to the park to join in on the daily rides. Shirley reminded us that the park doesn't open before 8 a.m.! Dale reports the \$40 deposit has the shelter reserved for 1 night - it's possible to get that refunded if that is the consensus. Options to ride that Saturday would be the Tour de Tulsa with various distances up to 100 miles.

Joanne told about the Bartlesville Senior Olympics scheduled, also, near that time - Thursday and Friday, May 29th & 30th. The cycling races will be at Woolaroc those mornings. Joyce said she'd ask Rod if he could coordinate since the Blacks will be out of town at that time.

Ideas for an updated Pedalers t-shirt or jersey, since this is the club's 25th anniversary:

Vince, Joyce and Jack will combine their ideas and talents! - and maybe do a club banner which could be displayed at campouts, FreeWheel campsites, community and special events - like the Senior Olympics, even trash pick-ups!!!

Joyce and Rod attended League of American Cyclist training in Tulsa and will report and recommend.

May is National Bike Month, May 12-16 is Bike to Work Week & Friday, May 16, is Ride Your Bike to Work Day.

No club meeting is being planned for May, but we'll have a nice color feature in the "Examiner" Wednesday, May 14th issue. Vince will help with this!

Dale reported the treasury balance of near \$1,000. He, also, collected group entries for the Great Tulsa Bike Ride - (Bill, Joanne, & Vince - and later, Jack!) Bob will mail in and help us save \$1 each!

The Pedalers FreeWheel Training rides are going well, as the spring weather cooperates!

Meeting was adjourned so that Bill and Dale could take an afternoon ride up towards the tornado damage near Wann.

Next board members' meeting will be Monday, May 19, same time, same place! 🚲

Joanne Estes

Pedalers Secretary



Come on out for a ride!

Above, our ride on Earth Day, April 22nd drew a good-sized group of riders. Michael Salazaar is pictured at right on Silver Lake Road. Won't you join us (and bring a friend)? We currently meet at Johnstone Park (near the bridge) at 6 pm Tuesdays and Sooner Park (by the tennis courts) on 6 pm Thursdays. The Evening Rides are usually around 10 to 20 miles. Join us at Johnstone Park at 8 am for longer rides throughout the county. It's a great way to get in shape.