

# Bartlesville azette

Newsletter of the Pedalers Bicycle Club, Bartlesville, Oklahoma

*"...to promote bicycling in all its forms"*

JUNE 2001

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

## Newsletter Article Shortage

By George Harris

Fewer and fewer are being submitted for the Pedalers Newsletter. Without more articles this newsletter is close to turning into Bob's and George's newsletter. Neither Bob nor I want that. I know that there are people out there riding and having fun, and adventures. How about submitting a short article to the Peddler's Newsletter so that other know what a good ride they missed.

## Why Do I Wear My Helmet?

By Bob Lummis

This spring I haven't failed to notice what seems to me to be an extraordinarily large number of adults and children riding around town with no helmets. (Not fellow club members, thank goodness.) This has caused me to spend quite a bit of time as I ride reflecting on why I wear mine.

Why do I wear my helmet when I ride??? Since I grew up in an era where NOBODY wore a helmet, (nor a hat either for that matter.) I'm not sure why I originally started wearing a helmet. But I did... some years back. The decision to wear a helmet when I ride has paid off handsomely for me twice now... let me explain.

About four years ago, while riding by myself, two dogs began to chase me near Hudson Lake. While I was watching one of them, the other decided to cross in front of me for a better angle. Well, you guessed it; I hit the dog with my front wheel and went over the bars. I'm not sure how I landed the way I did, but I can remember as I was falling backward toward the pavement, thinking 'this is really going to hurt when my head hits.'

My head did hit (hard), but it didn't hurt at all. The noise was so loud my ears rang for quite a while, but the helmet did its job and absorbed all the shock. The helmet was ruined, a big compression at the point of impact and multiple cracks in the foam. BUT... my head was uninjured. (I hate to think of what might have happened without the helmet.)

The best part was, that since the helmet was less than one year old, I took it back to Blacks and the damaged helmet was replaced under warranty at no cost to me.

My second helmet story happened last fall while mountain biking at Osage Hills State Park. I was following George up a steep hill at low speed (5 mph or less) when I hit a hidden rock. The rock caused me to lurch into a tree I was planning to pass. I gave the tree my best head-but and it didn't give an inch. My helmet did though! Little pieces of plastic and foam were scattered all over the trail around that tree. I couldn't believe I'd done so much damage at such a slow speed.

Again, my head was un-injured and the helmet absorbed all the impact. And also again, I hate to think of what might've been if I hadn't been wearing my helmet! Unfortunately though, this time the helmet was well over one year old, so I was just out a helmet. But I do still have my un-injured head, which is still (debatably) intact. And believe me, it has a helmet on it when I ride!

So... The next time someone asks you why you wear a helmet, if you don't have your own story to tell, tell him or her why Bob wears his helmet. (Besides, helmet-hair is WAY cool!)

## HELMET SHOULD:

### BE POSITIONED CORRECTLY:

Your helmet should sit levelly and cover your forehead. Wear your helmet no more than two fingers' width above the eyebrows.



**WRONG!**  
TOO FAR BACK



**WRONG!**  
TOO FAR FORWARD



**RIGHT!**



**LIKE THIS!**

### Road Hazards

### BE THE RIGHT SIZE:

Buy the smallest size that fits comfortably - do not purchase a helmet to "grow into."

### FIT SNUGLY ALL AROUND:

Use thin and thick pads to "customize" the fit to your head. It should move only about one inch when pushed front to back and not move around when you shake your head.

### BE FASTENED SNUGLY BENEATH THE CHIN:

You should be able to remove the helmet only by unbuckling it. When buckled, you should be able to fit only one finger between the strap and your closed jaw.

### Mid-week Road Rides

Tuesday road rides will leave from Johnston Park at 6:00 pm. The Thursday evening road rides will leave Sooner Park at 6:00 pm. Destinations to be determined at the time of the ride.

### Wednesday Evening Knobby-Tire Ride: Time – 6:15 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 6:15 pm at various locations for 1 5-30 mile rides on dirt roads. See the following for meeting location and description of the ride.

**June 6 - The Wann America Knobby-Tire Loop.** A pleasant 20 mile loop around Wann that begins and ends at the post-office. Be sure to visit Six Flagpoles over Wann America while you are there! Meet in the parking lot of the Wann post-office on Highway 10.

**June 13 – FreeWheel Week!** No Knobby Tire Ride scheduled.

**June 20 – 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.

**June 27 – 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.

**July 4 – Holiday!** No Knobby Tire Ride Scheduled.

### Weekend Rides

**Road Rides:** (Leaving Johnston Park at 9:00am Saturday mornings)- Call Joel Martin at 333-8294 for details concerning any of the rides. All rides leave Johnstone Park at but may be cancelled if rainy conditions prevail. Announce your ride intentions on ride day and we can form groups to cover different distances.

Call Joel Martin at 333 -8294 for details concerning any of the rides . All rides leave Johnstone park at **8 am for June** but may be cancelled if rainy conditions prevail. For July we will move the time forward to 7:30 am due to the increased heat. Announce your ride intentions on ride day and we can form groups to cover different distances.

### **June 2001**

All June rides leave Johnstone Park at 8 am.

**June 2** - If you still are not in shape for Freewheel by this time, join us at Johnstone Park at 8 am for the 67 mile round trip to Talala. This is a great ride when it is not too hot. The sandwiches there are always a favorite. If you don't want a sandwich you can turn around at Ramona for a 38 mile ride.

**June 9** - A few people will be on freewheel, but the rest of us can enjoy the ride to Ramona via Ochelata, road 3920 and down McEwen hill. This trip is about 45 miles. If you want to wimp out on the hills you can take the flatter route along roads 3950 and 32, cut off about 5 miles and meet us in Ramona.

**June 16** - Everybody keeps talking about Bowring. If you missed the earlier ride and aren't afraid of the wind, we will make the out and back to the Oak Ridge C-store for 40 miles. The road is in great shape. If the wind from the South is over 15 mph, we will take a hilly route through Okesa to highway 123 for 40 miles.

**June 23** - Too many missed the hill on the West side of Okesa, so here it is again as part of the Nelagoney and Barnsdall loop. This is a 55 mile loop. You can always take the out and back to Barnsdall and try to meet us at the C -store there, if you must avoid the Okesa hill.

**June 30** - The 4<sup>th</sup> of July will be a few days away. Whoever shows up, I hope to, can make the Ochelata, Road 3950, Road 32, Ramona, and Oglesby loop. This will give you about 40 miles.

Numerous short cuts are available to reduce that.

### **July 2001**

Starting July and through Labor day, we will move the time up to 7:30 am to avoid part of the heat. Leave Johnstone Park at 7:30 am.

**July 7** - Those who enjoy the challenge can join me through Ochelata, South on Road 3920 to highway 11, Avant, the County line and then Vera. This will give about 65 miles. You can go to Vera the flat route on old 75 and meet us there for about 55 miles.

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### **Sunday Afternoon "Cross Country"**

TIME - 2:00 pm, PLACE - Various

**June 3 – Ride to Nowata.** Meet in the triangle at the junction of Road 2400 (Moose Lodge Road) and Road 4020. This will be an approximately 30 mile round trip to the C -Store by the golf course in Nowata and back.

**June 10 – FreeWheel Week!** No ride scheduled.

**June 17 – Tall Grass Prairie Preserve.** We haven't had a good hill -climb for a while; we'll meet at the intersection of Highways 60 and 99 in the maintenance triangle there. (How many will make it to the top without stopping?)

**June 24 – Eagle Rock Mountain Bike Trails.** One of our favorite places to ride! Choices of mountain biking trail that vary from beginner to advanced that are well marked. Meet in the parking area at the spillway for the Elk City Lake Dam near Independence, Kansas.

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## President's Letter for June

We had a Board Meeting on May 5, 2001. Those in attendance were Jack Tatum, Walter Bohn, George Harris, Joel Martin, and Shirley Martin.

1. Joanne Estes was nominated and voted to be our new secretary. She will replace Janice Hayes who withdrew from the office. Joanne agreed to do this for the remainder of the year.
2. The following activities were scheduled for this summer:
  - a. Credit Card Camp Out to Independence, K S for the weekend of July 21 and 22.
  - b. Watermelon Feast for Saturday, August 4. This will be Jack's (Tatum) ride. We plan to finish at Johnstone Park for watermelon, etc.
  - c. Ice Cream Social for Sunday, August 19 at 3 p.m. at the Martin's home – 636 SE Kenwood Drive.
3. The next Board Meeting will be in July – possibly Saturday, July 7 at 3 p.m.
4. The meeting was adjourned.



If any club members wish to organize additional activities please notify a Board Member so that it will be placed on the calendar.

Several members (Bill Stanley, John Cary, Brad Cobb, Joel and Shirley Martin) helped with a bicycle inspection for the Ranch Heights Cub Scout Pack. We all had a good time and pressured a lot of tires. The main problem we found was low tires; although, a few other problems were also corrected.

We hope to see more of you at club rides.

*Keep on pedaling.*  
*Shirley*

### **INFORMATION ON OTHER SPECIAL CYCLING EVENTS.**

June 2 Tour de Tulsa, Tulsa, OK. Road tour 25, 50, 62, or 100 mile.

June 3 Drywood Creek Mountain Bike Challenge, Farlington, KS. Mountain Race. 100 miles. Contact: Jimmie Jones 316-362-3537 or [jimsusan@ckt.net](mailto:jimsusan@ckt.net).

June 3 Tour de Cure, Wichita, KS, Road Tour. Information: American Diabetes Association, 800 -868-7888 or [www.diabetes.org/tourdecure/](http://www.diabetes.org/tourdecure/)

June 10-16 Freewheel 2001 (Ride across Oklahoma) For more information go to: <http://www.okfreewheel.com/freewheel.asp>

June 17-22 Ride Around Wyoming 2001 - This is a 6 day, 435 mile "hub and spoke" bicycling experience. The ride is based in Cody, Wyoming. Each day the ride will leave Cody for beautiful and differing sights of this area. To receive an application send a self-addressed stamped envelope to: Ride Around Wyoming, %Bob Faurot, 18 Paradise Drive, Sheridan, WY 82801. For more information call 307 -672-6323.

June 22-27 Bike Virginia 2001. For more information [www.bikevirginia.org](http://www.bikevirginia.org) or call 757-229-0507.

June 22-28 Bicycle Tour of Colorado. Salida to Leadville. Bartlesville Pedlars club members can receive a \$20 discount on this ride by simply writing the name of the bike club on the registration form. Also if the club registers 5 cyclists, a 6<sup>th</sup> cyclist is free. For more information call 303 -985-1180 or [www.bicycletourcolo.com](http://www.bicycletourcolo.com).

July 4 Payne in the Asphalt, Stillwater, OK. 26 mile mountain bike ride, 28, 28, 62, 100 mile rides on paved roads. For more information call 405 -372-3825 or 405-372-2525 or go to [www.reddirtpedalers.com/fourth](http://www.reddirtpedalers.com/fourth).

New bike tour web site on the net: [www.nbttda.com](http://www.nbttda.com) It has listing/calendar of rides 3 days or longer in the US, Canada, Mexico, and France.

Another web site to locate special bike rides (races and tours) is [www.bicycle-rides.com](http://www.bicycle-rides.com). It is easy to use and you can locate rides in various radius from a hub city.

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“Picture its bare-bone beauty. The delicate balance of power and elegance you use to make it fly. The tires singing on pavement, chain purring on the sprockets, the seamless paeline hurtling you and your friends home at 25 mph. Beats there a heart so hard that it can’t love a road bike?”

**Scott Martin** – Cycling writer

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**Officers/Directors:**

**President:**

Shirley Martin 333-8294 home  
jlsjmartin@compuserve.com

**Vice President/Treasurer:**

George Harris 331-9080 home  
661-8899 work  
crash@bartnet.net

**Secretary:**

Janis Hayes 333-6786 home  
337-3000 work

**Road Biking Director:**

Joel Martin 333-8294 home

**Mountain Biking Director:**

To be named

**Directors at large:**

Jack Tatum 333-9423 home

Walter Bohn 333-5904 home

**Newsletter Editor:**

George Harris 331-9080 home  
661-8899 work  
crash@bartnet.net

**Membership Application / Renewal**

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 .

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

SPOUSE & OTHER FAMILY MEMBERS:

\_\_\_\_\_

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

\_\_\_\_\_

PHONE - home: \_\_\_\_\_ work: \_\_\_\_\_

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

OK to publish this info in club directory? Yes No

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

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

All memberships are \$16 per year. Anyone joining in the last quarter of the year is also paid up for the following year. Please return application to: Bartlesville Pedalers, P.O. Box 793, Bartlesville, OK 74003



P. O. Box 793  
Bartlesville, OK 74003

