

# Notes on Spokes

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Here's Jon Simons leading Aaron Roberts and Shane Roberts into the finish of the BJEC enduro at Zink Ranch.

# TID BITS

## Bull Creek Ranch

On the next page is the flier for OMTRA's Fun Weekend. Most of it's pretty self-explanatory. What it doesn't say is how beautiful the location is. This is the first time any kind of event has been held on this land. We've been working on the trail for several weekends now. And get this, most of the folks putting in this very first trail on this new land are hard-core dirt bikers. And we put in an ATV trail first. We worked hard at making this trail passable by any ATV. I proved to be the lowest common denominator by riding a Kawasaki Prairie around the loop. It should be lots of fun.

A note on the bike classes: they are going to be slightly different than the Hillbilly GP classes. Instead of a 200cc class and an Open class, Spud wants to try B and C classes based on rider ability. If it works, Spud said these classes will be used in next year's Hillbilly GPs.

Are you wondering what the panty raid is? Well, here's the plan, we're going to get a few really big bloomers and the riders will form up in teams. The first rider will put on the bloomers and ride a lap. Then, they will have to take off the bloomers and the next rider put them on. And so forth.

## Kreg goes to Arkansas

Kreg and Cindy ventured down to Decatur, AR for the first race in the United Off-Road Racing series. This series takes the place of last year's WORCS east coast series. Shane Watts won by 3 seconds over Cole Calkins on an 8-mile course consisting of approximately 1 mile of motocross track, 5 miles of 2 track/ATV trails and 3 miles of single track.

A few other locals did pretty well. Steve Leivan picked up 8th in the Pro class.

The 250A class had Steve Van Zant picking up 3rd, Brian Jahelka finished 5th and Kreg got 6th.

The 4-Stroke A class was won wire to wire by Tracy Bauman. Second into the first corner was Shane Roberts. Shane was riding the 4-Stroke B class. Both the A and B classes started at the same time. Shane ended up 2nd in the 4-Stroke B class.

Kole Henslee finished 3rd in the youth class. His dad, Kevin, was pretty excited about that.

Kreg reported that Moose and PJ1 gave away stuff for an hour after the event.

*(Continued on page 7)*

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# Bull Creek Ranch

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A

Pro

B

C

A

+30

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B

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**Gate opens 8am - \$5 Gate Fee - \$20 Entry**

Directions to Bull Creek: take 65 hwy south of Ozark to Hwy 176E

Go east 1.5 miles - look for arrows to north - FOR INFO CALL (417) 833-6672

# I'M JUST A TRAIL RIDER

by Mike Davis

Now that the Hillbilly Grand Prix, my first ever race series, is over, I've come to one conclusion... I'm just a trail rider. I have taught myself that I have no desire to "go fast" in the woods. I've also learned that "go fast" is a term the serious racers use for not caring if they hit a tree at full throttle! They were "going fast"! I don't think I'll ever "go fast." I enjoy the scenery too much when I ride. I like to ride the big wide-open trails at Chadwick. Funny though, before I rode the Hillbilly Series with all the "Spud Cut" trails I thought those big wide trails at Chadwick were pretty dang tight!

When riding at Chadwick I find myself doing the same section of trail over and over again because it was just plain fun. When I bought my motorcycle a couple of years ago I had no intention of racing. Then a friend of mine told me about the Hillbilly races. He said, "If you can ride Chadwick you can ride anywhere." I guess he had never ridden a trail cut in by Spud. I'm still friends with that guy that told me that, believe it or not.

I also understand how the guys that "go fast" get caught up in another thing the racers call "chasing points." This little term has caused many a bank account to dry up. By the third race of the series I was "chasing points" myself. I couldn't imagine not going to the race because not showing up and doing just one lap would mean I received NO POINTS while everyone else in my class GOT POINTS. What do these points mean? Can a person pay their house payment with these points? No, they are even more valuable. If you have the most points at the end of the season, you are the champion. And since I raced "Beginner" class, that meant I was trying to become the "fastest slow rider"

in the series!

At the fourth race of the series, I decided it was time for me to "go fast." I was "chasing points" so hard by now I even borrowed a bike to ride because mine was tore up from ... yep, "Going fast and chasing points." Things were going well and I did pretty good at this "fast" thing in the first moto. The second moto separated the racer from the trail rider, however, or should I say knocked the racer right out of the trail rider. I did hit a tree. I hit a tree hard. So hard I wanted my mommy. I hit a tree and it wasn't even at full throttle and I CARED. I limped back to the start/finish line, following the course so as not to be disqualified, don't want to lose my "points," and parked the bike. I had bent the handle bars but my buddy didn't seem to mind too much and said what he always says "Aghh... We can fix it!" And there isn't much he can't fix, but that's for another time.

My buddy wasn't racing because his leg was hurt. I wanted to tell him about the trail but I couldn't remember what I had just seen. Not because of my encounter with the tree, but because I was trying so hard to go fast that I hadn't even seen the stuff around me. I knew then this racing thing was getting old. I loved coming to the track and hanging out with all the cool new friend I had made, but the thought of swinging my leg over the seat to go race just wasn't as important as the "hanging out" part.

By the time the last two races came around, I didn't even feel like going to them, and actually did stay home from one. The last one I just rode one lap in one moto. There were 24 guys and one girl lined up to start in the beginner class. I was not looking forward to this start as some times the other riders are a lot more serious than I am, especially now since I really didn't want to be there in the first place. Well, it started and about one mile into it I crashed. Just a simple little washout on a downed log. For a brief moment I went back to "go fast chase points" mode and was running around like the proverbial chicken without a head trying to pick my bike up and start it. PEOPLE WERE PASSING ME. That girl hadn't gone by yet and since she and I always try to beat each other I was still O.K.! (I later learned she had been run over at the start by one of those serious guys I was talking about and she dropped out of the race.) Then I saw my headlight had been partially torn off. For some

*(Continued on page 11)*



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# BJEC Banquet



The AA riders for 2004, from left to right, Rick Owens (10th), Jerry Cook (9th), Matt Lane (8th), Jon Simons (7th), Brian Janelka (6th), Eric Brewer (5th), Jim Ingram (3rd) and Steve Leivan (1st). Not shown Clint Carr (4th) and Drew Chandler (2nd)

The BJEC award winners from 2003 were in for a real treat. Not only was the first race of the year held at the Zink Ranch, site of the 1994 ISDE, but the banquet for last year was held at the Zink

Museum. As you can see from the pictures, this is a motorsports museum.

After BJEC President Luther Stem started things off, Jack Zink, son of Zink Ranch founder John Zink, gave a brief history of the ranch. For those of you unfamiliar with the ranch, it's a total of 32,000 acres!

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Here's Jack Zink. When one of the folks attending the banquet asked to have her picture taken with him, he had her climb in the car that won the 1956 Indy 500. Way cool!

*(Continued from page 5)*

We need to support the sponsors—Moose, Emig Racing, EBC Brakes, Flatland Racing and the many local shops that provided giveaways.

For this year, the end of year awards were black helmets with a special design.

For me the problem with the banquet was that it was about 3 hours too short! Between visiting with folks that I hadn't seen in months and seeing all the neat toys, I needed a lot more time. Exhibits included a Husqvarna ridden in the 1972 Baja 1000 by Vern Street and Jack Zink. The bikes ridden by Stephane Peterhansel and Ty Davis in the 1994 International Six Day Enduro were there, too.

Here's how some of the folks finished the year. Jim Ingram won the overall A award with Brian Jahelka coming in second, two points behind.

In the B class, Aaron Roberts won with Mark Alston in second.



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Shane Roberts won the Overall C honors with two races to go. Shane rode the B Class for the last two races. He got overall B in both races. For 2004, Shane is stepping up to the A class. Ben Alexander got second in the C class.

John Wade took overall senior honors. John is stepping up to the long course this year, riding the A-Senior class. Marcus Upton picked up second place in the senior classes.



This gives you an idea of part of the museum. At the far left is Stephane Peterhansel's Yamaha and next to it is Ty Davis's Kawasaki. Both ridden in the 1994 ISDE.

# OMTRA Hall of Fame Winners



The Ozark Mountain Trailriders inducted 2 more couples into the Hall of Fame. Above left are Don and Melba Herndon. Above right is Sue Pruitt accepting the award for Sue and Marvin Pruitt from Kevin Henslee. Marvin passed away in 1999. Prior inductees are Mel and Carol Gere, Jerry and Elle Sharp, Aggie St. Clair, Rusty Reynaud, Wayne Beindorf, Jim Moon and Glen Gambill.

*(Continued from page 2)*

## Colorado

I don't know if this is an official OMTRA Colorado trip or just a Bob Fuerst trip. It looks like the dates of the OMTRA trip have solidified somewhat on July 17th to July 25th. Some folks get there early and leave late. Others get there late and leave early. We talked about doing some white water rafting. We plan on staying outside of Pitkin at the National Forest Campground.

## BJEC

After talking with some of my friends, I realized they all were not clear that the enduro at Braggs, OK, on 4/17 and 4/18 counts as TWO events on the BJEC schedule. For me, it's a make-or-break situation. If I get to ride (or work/ride) this event, I will get in enough races for the year to qualify for year end awards. Check your calendars.

John Humphrey is going to write up a report on each race. He's also going to send me a copy of it to include in Notes on Spokes. Thanks John. Look for the report on Zink in next month's issue.

## MHSC—I noticed this on the Chatrats forum—enjoy.

After a gut-wrenching period of negotiations spanning many minutes and maybe a few e-mails, Miller Lite has signed on to sponsor Team Shakespeare's Pizza Off-Road for the 2004 MHSC season. In a deal purported to be worth literally tens of dollars, Miller Lite will be providing apparel, a shade port, graphics, two key chains, a ball cap and, most importantly, buckets of Lite for each race. Team members Piz-zaman Mirtsching, Wade Hall, and Dave McNear are proud to be swilling Miller Lite and sporting the Lite "swirl" logo for naught-four, though they are stopping short of tattoos. Look for the Miller Lite hospitality area at the races this year and stop by for a cold one, while they last. And remember: they are sponsoring your racin' buddies, so BUY MILLER LITE!!

## Notes on Spokes

I realized that I didn't have any more space left in this month's issue. So I gave Chili the month off. A big thanks to Mike Herbert, Mike Davis and Judy Willis for providing their articles.

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# K - 1's Health Bites

By Mike Herbert

Hello all, we are going to talk a little about nutrition this time. My ultimate goal is to build a Herculean Hillbilly army. Fit enough to take on the most brutal conditions on or off your machine. Most of all having some fun while you're at it. If you're following my plans you are on your way to laying a good foundation to your improved body. There are a lot of ways to achieve a good healthy diet. Everybody's body reacts differently to what you put in it. You just have to find what works best you, through trial and error.

There are a few basic guidelines. The average adult takes about 2000 calories a day with a low of 1600 and a high of 2800, Now if you're doing a lot of cardio work your intake can increase, but if you're sitting at a desk all day, your intake needs to be decreased. An elite athlete can burn up to 6000 to 7000 calories a day without gaining any body weight. When you hit your ideal weight you will know that's the amount of calories right for you. One of the most important factors of making any diet work is exercise. It's a good ideal to keep track of the food you're eating and its calorie and nutritional makeup. Food consists principally of proteins, carbohydrates, fats, and liquids, which in turn provide the essential vitamins and minerals that the body requires. I believe it is hard to maintain a perfectly balanced diet, so taking a good multi-vitamin ensures you're getting all the nutrients your body needs. Don't forget to keep fiber in your diet, the digestive tract needs fiber to work properly.

Proteins are eggs, meat, fish, milk products and nuts. I tend to lean toward a higher protein diet; it works well for me. Proteins take longer to digest and break down to amino acids which in turn feed the muscles. Your body can only use and absorb about 50 grams of proteins per meal.

There are two types of carbohydrates; pasta, breads, cereals, fruit, and potatoes are complex carbohydrates that take longer to di-

gest. Then there are simple carbohydrates like sugars, which are immediately absorbed into the blood stream. Intake of these should be very limited. Both when digested break down quickly to glycogen which is used as energy. Care must be taken not to over-consume carbohydrates, for the excess is stored as fat. No more than 45 to 50 % of your calorie intake should come from carbohydrates. More than that amount can also increase the output of insulin in a person's pancreas and can lead to diabetes or hyperglycemia, also called high blood sugar and eventually lead to heart disease. If you are trying to lose weight, try cutting down your carbohydrate grams to no more than half your total body weight. Fat sources such as animal fats, nuts and vegetable oils should be kept to a minimum. Just start looking at the label of products, you will be amazed how many things have some kind of oils in them.

Liquids are classified such as good ole water, milk, fruit juices and others. Now, I know some of you guys need to be careful with that other beverage, and not lead to over-consumption. It's good to drink at least 8 to 10 glasses of water a day, and a whole lot more during hot weather when you're working out. Being properly hydrated is very important. If you wait until you feel thirsty, you are already dehydrated. A simple way to keep track of your hydration level is the color of your urine. It will be the color of pale lemonade when fluid intake is adequate. When your fluid intake is not enough it will be dark, the color of apple juice or straw. Clear urine may indicate that you are taking in too much fluid.

If you feel weak or woozy during a hard ride or competition, you may not have adequate salt intake. If you saturate your clothes with salt from sweating during a hard ride (white marks on your clothes), you may lose more than the average amount of salt in sweat and end up with lowered sodium levels, especially in hot weather. If you increase your salt intake during this time it usually solves the problem.

Listen to your body and what it's telling you. Preventive maintenance on your body is just like your machines, the better you take care of them, the better performance you will get out them. Only you cannot trade your body in for a new one, it's got to last you a lifetime! So good luck and good health. See you on the trail.

K-1

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# OMTRA Stuff

Ozark  
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The February OMTRA meeting was held on the 19th at a Mexican restaurant in Nixa. Attendance was great, 40-plus people present.

The club is still planning a club-sponsored event on the last weekend of March. Preliminary plans are for some sort of fun/poker run type event on Saturday with a more traditional hare scramble type event on Sunday. Karl is still working on finding the perfect spot for this event. Once determined, it will be posted on the website.

OMTRA Hall of Fame awards were featured this meeting. Awards were given to Don and Melba Herndon. They have been supporters of the Chadwick riding area for over 30 years. They were instrumental in promoting the New Year's Day rides back when they were sponsored by O'Reilly's. The Hall of Fame award was also presented to Sue and Marvin Pruitt. Most anyone who has had anything to do with motorcycles since the '70's knew Sue and Marvin and the boys. Marvin left quite a legacy of love for the sport and to quote Jerry Sharp "was a class act."

Doc McKenzie also attended the meeting. He has been dealing with the forest service concerning more improvements at Chadwick. He reports they will be spending time at Chadwick working and could always use extra hands. A certain number of work hours are required to qualify for the improvement grants, and any helping hands are welcome. He also gave us a report on a relatively new club of ATV riders. It is the Ozark Trails ATV Club and currently has 20 or so members. This club meets at Harmony Baptist Church on Hwy. 125. Contact Doc McKenzie or visit their website: Ozarktrailatvclub@aol.com. The site is still in the development stage, but information is being added every day. Doc McKenzie is also our local representative for NOHVCC, which is our local version of a Blue Ribbon Coalition. They are working very hard to convince the forest service to expand legal riding areas in southeast Missouri. There has been a lot of press coverage about this issue and Doc McKenzie reports letters pro and con for this issue are running nearly tied. Everyone who enjoys a motorized sport is urged to contact the forest service and urge them to respect the rights of ALL citizens to use the public lands of our state.

The Hillbilly series is over until the fall, but Spud will be hosting a "thank you" event at Chadwick over Mother's Day weekend. Mel Gere provided some Mudd Off as a door prize, which was won by Dalton Sharp.

Everyone was pleased to see Shawn back from Texas. He is back on crutches again but reports the surgery was deemed a success. He is currently doing the PT part of the recovery and feels the ultimate outcome will be successful this time.

Judy Willis, OMTRA Secretary

OMTRA Meeting  
7 p.m. March 18, 2004  
Check [www.hillbillygp.com](http://www.hillbillygp.com)  
for location



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# Mark Your Calendar

OMTRA meeting—7 p.m. April 15, 2004

Check [www.hillbillygp.com](http://www.hillbillygp.com) for location

## 2004 BJEC Schedule

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

- 3/21/04— Combs, AR
- 3/28/04— Forest Hill, LA
- 4/17- 18/04— Braggs, OK
- 5/2/04— Nacogdoches, TX
- 5/23/04— Park Hills, MO
- 6/13/04— Bismark, AR
- 6/27/04— Stillwater, OK
- 9/12/04 – Northwest, AR
- 10/10/04 – Oklahoma City, OK
- 10/24/04 – Chadwick, MO
- 11/7/04 – Red River, TX

## 2004 Missouri Hare Scrambles Championship

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- 4/4/04— Lebanon
- 4/18/04— Steelville
- 5/2/04— Polo
- 5/16/04— Westphalia
- 6/6/04— Warrensburg
- 6/20/04— Marshfield
- 6/26/04— Park Hills
- 7/27/04 – Florence
- 8/10/04 – Polo
- 8/22/04 – Newark
- 9/5/04 – Kahoka
- 9/19/04 – Eugene
- 10/2/04 – Park Hills
- 10/17/04 – Smithville

## 2004 Arkansas Hare Scramble Championship Series

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

- 04/04/04: Superlift - Hot Springs
- 04/25/04: Byrd's - Cass
- 05/16/04: Sturkie - Salem
- 05/30/04: Pine Ridge - near Atkins
- 06/06/04: Gorman's Race - TBA
- 06/20/04: Crossroads - Durham
- 07/18/04: River Ridge Classic - Texarkana
- 09/05/04: Highway 89 - Mayflower
- 09/18/04: Saulsbury/MMC - Saulsbury, TN
- 09/26/04: Old Crow - Russellville
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- 11/27/04: Riverfront GP - Ft. Smith

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(Continued from page 4)

reason I decided not to hurry and took it off and hung it in the tree so I could find it later. Then I made the best decision of the whole year. I waited on the side of the trail. I waited while every rider in my class went by. I waited while a lot of the little kids passed me. Then what I was waiting for arrived. My boy Sam came by. He asked why I was waiting and I told him so I could ride with him. He had so badly wanted to finish one of the "adult" courses and had tried several times this year. He lead and I followed. And 45 minutes later we had finished the lap. The moto and the race for us was over. But in that 45 minutes of riding with Sam I saw the trees, I saw the beauty around me, and I could tell someone about the trail I had just ridden because I was enjoying it again. I was having fun with my kid and he was having fun with me.

After the race was over I had to go back and get my headlight. Spud said it was still in the tree where I left it. Riding to it I was glad I didn't do the second moto. The course was all rutted up and was not fun to ride on. Up ahead I saw my headlight in the tree right where I left it. I rode up slowly to retrieve it. Moving at a speed slower than a walk I hit the same log as before and crashed once again. That's when I knew I'll always be "Just a trail rider!"

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- Extras go with bike
- Bought bike and haven't ridden in a year
- Needs nothing but a new home

**\$2,600**

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