

# Notes on Spokes

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Kevin Henslee leads  
Shane Roberts at  
Gruber





# TID BITS

## OOPS

OK, last month was not the month of Aprin. Even though the cover of Notes on Spokes said it was. Several folks at the Hillbilly GP Banquet reminded me of the fact that I had misspelled April on the cover.

## POKER RUN

In last month's issue, I made even a bigger mistake. I forgot to list the sponsors of the Ozark Mountain Trail Riders Poker Run. They are:

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Don't forget to patronize the folks that give back to our sport.

## DIRT BIKERS ARE GOOD FOLKS

I got a message from Kreg Simons the other day. Kreg and his wife Cindy have moved into a new house and Kreg thanks Karl Harris, Aaron Roberts, his brother Jon and dad Ken for their help. Dirt Bikers are good folks.

## RAIN, RAIN, RAIN.

May 2, there were two events on the local circuits. The Black Jack Enduro Circuit had an event at Cycleland Ranch in Nacogdoches, TX and the Missouri Hare Scramble Championship series made a stop in Polo, MO. Even though these events were 645 miles apart, the weather played quite a factor in both. In Texas, rain hit very early Saturday morning and didn't let up until very late morning, dumping many inches of rain on the area. The promoters had no choice but to reduce the course to one 25-mile loop. Even at that, the first half of the loop was very boggy and many riders got stuck.

In Polo, rain had also hit on Saturday and things were sloppy for the first lap. But things were looking up for the second lap. The trail was even getting tacky. On the third lap, all hell broke loose. It rained. It thundered. There was lightning. And HAIL. Many riders were very glad to finish that lap. Most were smart enough to stop.

Where was your diligent hard-working editor? At a horse show. An indoor horse show. It was fun watching four-wheel-drive pickups sinking up to their hubs trying to pull horse trailers out of the parking area.

*(Continued on page 11)*

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# Hillbilly GP Banquet

About 50 folks attended the Hillbilly GP Banquet on May 8th at Chadwick. Spud and Ken Simons brought out the bar-b-que and no one went home hungry.

Festivities started late enough in the day for anyone that wanted to get some riding in. And it was a beautiful day.

After everyone had their fill of food, Spud started the trophy presentation. Everyone present to pick up their trophy also got the pick of giveaways.

The sponsors for this year's series/banquet were:

- Tucker-Rocky
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**Anthony Meyer picks up his first place trophy for winning the motorcycle division**

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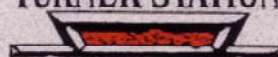
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# HBGP Motorcycle Final Standings

Shane Mar-

## MC Expert

Anthony Meyer  
Zack Bryant  
Caleb Wohletz  
Karl Harris  
Chili Roberts

## MC 0 – 220

Nick Frost Sr.  
Nick Frost Jr.

## MC 250 – Open

Shane Roberts  
Max Ellison  
Nick Manwarren  
Adam Simkins

## MC Intermediate

Jeb Patton  
Kelly Patton  
Kreg Simons  
Justin Smith  
Steve Underwood  
Elston Moore

## MC 30 +

Patrick Hulce Jr.  
Kevin Henslee

## Roger Cummings

Malcolm Wood  
Greg Simkins  
Brian Mayfield

## MC 40 +

Mike Herbert  
Roberts McWhorter  
Bob Fuerst  
Jeff Wendel

## MC Beginner

Mark Dalton  
Mick Spickard

## tin

Jason Bowley  
Jordan Whitmer  
Dustin McLeod  
Ryan Hodge  
Mike Davis

## MC Youth

Nick Bryant  
Kole Henslee

## Pee Wee

Brook Frazier  
Luke Wyatt

# HBGP ATV Final Standings

## ATV Expert

Kyle Martin  
Rhett Butler  
Matt Ryberg  
Tom Burke

## Jake Wyatt

Mark Dunbar  
Glenn Fox II

## Open B

Mike Butler  
Bobby Conaway  
Bill Stuart  
Mitch Jackson

## ATV Beginner

Tyler Martin  
Butch Jones  
Andy Killingsworth  
Josh Ferguson  
James Magdaz  
Glen Smith  
Keith Connor  
Mickey Burrell

## ATV U-Class

Seth Smith

## ATV Pee Wee

Nick Healey  
Tucker Wyatt  
Seth Myers

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# LEIVAN HOLDS 'EM OFF AT GRUBER

*Black Jack Enduro Circuit  
Round 4: Indian Nations Day 1*

*By John Humphrey  
Braggs, OK, April 17th*

Round 4 once again brought Steve Leivan to the races with a bull's-eye on his back that his competitors were aiming for. The playing field for this round would be a qualifier format at the rocky and dusty trails of the Gruber ORV Area near Muskogee, OK. This would be the first day of a 2-day event held by the Tulsa Trail Riders, with round 5 the following day. 3 loops with 56 total miles and 6 special tests would leave each rider little room for error if they wanted to take the overall trophy home.

Matt Lane, who spent his off-season training hard preparing for the AA class, shot out of the gate on the first test with a 10:03, besting fellow Oklahoman Chris Tucker's and Leivan's pair of 10:12's. Not to be outdone, Tucker answered with a 9:53 in test 2 on his big KTM 520. Leivan would be right on his heels with a 9:55 while Lane held onto his overall lead with a time of 10:01. With 3 seconds separating the three riders thus far, the race was promising to be a tight one already. The 2.5 mile test

3 would see Lane take best time again on his Dick Lane's KTM 300EXC, carding a 5:13. Tucker answered with a 5:19, while Leivan kept the two of them in sight with a 5:21.

Lane would continue to hold onto the lead until the 8-mile long test 4. "I no sooner left the start of the test when I suffered a front pinch flat. 7.7 miles later, fore-arms raging, I slid into the finish and I was just that - finished. The flat cost me around 2.5 minutes. That was just too big of a mistake." Lane's resulting time of 21:50 was way off the pace of Leivan and Tucker, who recorded times of 19:34 and 19:41, respectively.

With two tests to go, Leivan was ahead by 3 seconds. However, Tucker was poised to ride hard for the win. He pushed hard in test 5, completing the 2.5 mile section with a 5:15. Leivan's 5:19 would give Tucker a 1-second lead going into the final test.

But things fell apart for him in the long final test 6. Tucker  
*(Continued on page 6)*



**Bart Williams waves to the camera.**


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**Sam Robertson**


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**Elston Moore bouncing over the Gruber rocks**

*(Continued from page 5)*

remarked: "I was having such a good ride until 3-4 miles left on the last special test. I got a little sideways on a real fast sweeper and caught a tree with my left foot. It broke the footpeg from the frame and smashed my foot really good." The incident would leave him with a time of 21:05 for the final test, while Leivan would improve his performance in the long test with a solid 19:32, earning the overall win.



**Yes, this would be Kreg Simons pulling a little wheelie for the camera**

Lane's 20:48 would not be enough to get him back in contention.

Leivan was gracious to his competitors afterward: "I used a lot of energy and had to ride much harder than I had hoped. I rode well and kept my SCR/Scott/DHRacing/NGK Yamaha WR450F on two wheels the whole way and stayed clear of costly mistakes."

**RESULTS**

- O/A:** 1. Steve Leivan (Yam); 2. Chris Tucker (KTM); 3. Matt Lane (KTM); 4. Clint Carr (Yam); 5. Brady Meador (Hon); 6. Johnny Rhodes (Hon); 7. Mike Snook (Hon); 8. Brian Jabelka (KTM); 9. Bart Williams (Yam); 10. Jon Simons (Hus).
- AA:** 1. Steve Leivan; 2. Matt Lane; 3. Clint Carr; 4. Mike Snook; 5. Brian Jabelka.
- A:** 1. Chris Tucker; 2. Brady Meador; 3. Johnny Rhodes; 4. Karl Harris; 5. Mark Alston.
- A VET:** 1. Craig Chapman; 2. Alan Weisenfels; 3. Aaron Roberts; 4. John Humphrey; 5. Dan Johnson.
- A SR:** 1. John Wade; 2. Jerry Carrens; 3. Rick Owens; 4. Steve Underwood; 5.

- Kreg Simons.
- B:** 1. Brad Ghan; 2. Jeremy Mayes; 3. Ryan Phelps; 4. Gabe Mizell; 5. Jon Brittenum.
- B VET:** 1. Kevin Betts; 2. Todd York; 3. Doug McCasland; 4. David Barclay; 5. David Davenport.
- C 200:** 1. Brett Yother; 2. Deryk Godsey.
- C 250:** 1. Jordan Dobbs; 2. Johnn Murphy; 3. David Paschal; 4. Jack Robertson; 5. Shane Martin.
- C OPEN:** 1. Michael Hullinger.
- C VET:** 1. Robert Campbell; 2. Woody Hearn; 3. Brian Wood; 4. Justin Lockwood; 5. John Scott.
- C SR:** 1. Ray Campbell; 2. Robert Stiles; 3. Charles Black; 4. Mike Williams; 5. Craig Langley.
- EX SHORT:** 1. Bobby Paschal; 2. Elston Moore; 3. Stewart Hall; 4. Greg Sims; 5. Tom Franklin.
- A MSTR:** 1. Mike Shown; 2. David Burleigh; 3. Keith Johnson; 4. Jon Yarbrough; 5. Jerry Hoffman.
- B SR:** 1. Bruce Yother; 2. Chuck Howard; 3. Curtis White; 4. Ted Taylor; 5. Guy Landes.
- S/SR:** 1. Ronald Walters; 2. Luther Stem; 3. Frank Leivan.
- S/55:** 1. Art Astle; 2. Dwain Marple; 3. Jim Beckham; 4. Dick Lane; 5. Dane Marable.
- S/60:** 1. Bob Harris; 2. Henry Polley; 3. Zahn Lewis; 4. Jack McCutcheon.
- WMN:** 1. Lisa Yother; 2. Gina Polley; 3. Hattie White; 4. Cheri Sutherland; 5. Alyssa Polley.
- JR EX:** 1. Michael Pitts; 2. Evan Williams; 3. Stephen Pitts; 4. Austin Landes; 5. Nathan Stem.
- JR NOV:** 1. Joseph Sutherland.
- YTH:** 1. Kole Henslee; 2. Quint Lockwood; 3. Trevor Hicks; 4. Matt Hoffman; 5. John White.



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# "FAST" LANE STANDS TALL AT INDIAN NATIONS

*Black Jack Enduro Circuit  
Round 5: Indian Nations Day 2*

*By John Humphrey  
Braggs, OK, April 18th*

With day 1 of the Indian Nations 2-day event at the Gruber ORV Area in the record books, and Steve Leivan off defending his Missouri Hare Scrambles Circuit title, Matt Lane was very intent in his bid for his first overall BJEC win on the rough and rocky course. Chris Tucker, Lane's other strong challenger, would be absent due to an injury sustained on day one, relieving some of the pressure on the rider who improved vastly since last season.

On this day, however, Lane put the pressure on himself instead: "Day two I woke up feeling really well. I knew everyone would be tired from the first test, so I decided to really lay it down." And lay it down he did. With a time of 14:27, the Dick Lane's KTM 300EXC rider was ahead of his next fastest competitor, the Honda-mounted Brady Meador, by 1:52. He would stretch that lead out over the day, letting everyone else fight for second place. Setting the tone for the day, Lane remarked: "I couldn't have run it that fast again if you paid me."

Lane rode consistent and continued to set fast time in every test that followed. The rest of the pack, however, made it a good race for the following positions in what appeared to be a Honda assault. Eventual 2<sup>nd</sup> through 6<sup>th</sup> place riders would be red riders dueling with one another for a spot near the top.

Meador would take his second place start into test 2 and record a time of 16:24, allowing Mike Snook to sneak ahead of him with a 16:09. Snook would hold onto second place after test 3 as well, although Meador's 5:18 showed up his 5:27. Four seconds separated the two riders at this point, and talented BJEC veterans Drew Chandler, Johnny Rhodes, and Steve Travis were right on their tails, with only 23 seconds dividing the 5 riders after 3 tests.

Meador put the hammer down and used the long, 8-mile test 4 to distance himself from the field. His 20:22 gave him a 31-second gain on Snook's 20:53, while Drew Chandler's 20:50 put him and Snook into a tie for 3<sup>rd</sup> place. Meador would pull away at this point and secure second place.

If excitement was falling away from the top two positions, the following positions were picking it up. Test 5 was a 2.5 mile dash that would leave riders splitting hairs again. Chandler bested Snook by 2 seconds and inched his way into 3<sup>rd</sup> place, while Rhodes pulled within 1 second of Travis for 5<sup>th</sup> place. For both positions, it would come down to the final 8-mile test. Ironically, Snook and Rhodes pulled off upsets by riding identical times of 20:33 to pull off 3<sup>rd</sup> and 5<sup>th</sup> places, respectively, giving Chandler 4<sup>th</sup> place and putting Travis in the 6<sup>th</sup> place spot.

But the biggest congratulations went to Matt Lane for a dominating 1<sup>st</sup> place ride and his first BJEC overall win. "It's my first overall victory and I'm beside myself. My plans for the rest of the year are to keep riding, keep racing, breathe, and smile!"

## RESULTS

- O/A:** 1. Matt Lane (KTM); 2. Brady Meador (Hon); 3. Mike Snook (Hon); 4. Drew Chandler (Hon); 5. Johnny Rhodes (Hon); 6. Steve Travis (Hon); 7. Craig Chapman; 8. Bart Williams (Yam); 9. Brian Jahelka (KTM); 10. Jon Simons (Hus).
- AA:** 1. Matt Lane; 2. Mike Snook; 3. Drew Chandler; 4. Steve Travis; 5. Bart Williams.
- A:** 1. Brady Meador; 2. Johnny Rhodes; 3. Karl Harris; 4. Mark Alston; 5. Shane Roberts.
- A VET:** 1. Craig Chapman; 2. Dan Johnson; 3. Charlie Sparks; 4. Robert Dean Jr.; 5. Aaron Roberts.
- A SR:** 1. Steve Underwood; 2. Kreg Simons; 3. John Wade; 4. Jerry Carrens; 5. John Myrin.
- B:** 1. Gabe Mizell; 2. Jeremy Mayes; 3. Ryan Phelps; 4. Jon Brittenum; 5. Brad Ghan.
- B VET:** 1. Todd York; 2. Kevin Betts; 3. Kenneth Brown; 4. Doug McCasland; 5. David Barclay.
- C 200:** 1. Brett Yother; 2. Jason Fleming; 3. Deryk Godsey; 4. Joseph Alston; 5. Rebecca Fox.
- C 250:** 1. Jordan Dobbs; 2. Brian Cooper; 3. Shane Martin; 4. David Paschal; 5. Steve Fleming.
- C OPEN:** 1. Michael Hullinger.
- C VET:** 1. Brian Wood; 2. Robert Campbell; 3. Bernard Schultz; 4. Corey Faires; 5. Justin Lockwood.
- C SR:** 1. Ray Campbell; 2. Tim Hawkins; 3. Charles Black; 4. Craig Langley; 5. Stan Pool.
- EX SHORT:** 1. Elston Moore; 2. Greg Sims; 3. Stewart Hall; 4. Lloyd Loux; 5. Bobby Paschal.
- A MSTR:** 1. Michael Ward; 2. Mike Shown; 3. Kenny Williams; 4. David Burleigh; 5. Ken Hetherington.
- B SR:** 1. Chuck Howard; 2. Curtis White; 3. Bruce Yother; 4. Danie Hurlbert; 5. Ted Taylor.
- S/SR:** 1. Kevin Young; 2. Ronald Walters.
- S/55:** 1. Art Astle; 2. Jim Beckham; 3. Jerry Bohannon; 4. Dick Lane; 5. Dane Marable.
- S/60:** 1. Bob Harris; 2. Zahn Lewis; 3. Henry Polley; 4. Jack McCutcheon.
- WMN:** 1. Lisa Yother; 2. Gina Polley; 3. Hattie White; 4. Cheri Sutherland.
- JR EX:** 1. Michael Pitts; 2. Evan Williams; 3. Travis Wiedbrauk; 4. Austin Landes; 5. Zach Ingram.
- JR NOV:** 1. Joseph Sutherland.
- YTH:** 1. Kole Henslee; 2. Matt Hoffman; 3. Trevor Hicks; 4. B.J. Pennington; 5. John White.

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# Health Bites

By Mike Herbert

Hello again this month, we are going to talk about the rehabilitation after an injury. In the sport of off-road racing, I have noticed a high rate of injuries. It is highly likely to occur when the high rate of speed is mixed with a great variety of extreme conditions and terrain. My particular sport (kayaking) mostly has injuries due to overuse of joints from the many hours of intense paddling. Off-roaders tend to get these other injuries like high impact injuries from going 35 to 45 mph then coming to an abrupt stop with obstacles such as a tree or the many rocks that you encounter while riding. The aftermath of such incidents may not even show up till the next day; if it's really bad you won't be able to get up, period. My particular injury falls in the high impact category, 55 mph and 50 mph equals 105 mph head on with a station wagon. It was driving on the wrong side of the road on a blind corner, needless to say the motorcycle loses every time. When the dust has finally settled and the doctor has pieced you back together, it's going to take a lot hard work and time to get all back together again. You might not ever be the same again, but you have to take the cards you are given and make the best of them. You might even get dealt a real raw deal.

I have gotten to meet a lot of Olympic champions over the years, and it is surprising how many of them have had a major injury or major setback early on in their lives. They all tend to use this as fuel to get better. In other words, once you have had it really bad you really appreciate every day from then on; you strive to be better and better, never taking your health for granted. While the road to recovery might take a long while, you do have a few choices to make. Most doctors want to use a lot of hardware to put you back together fast as possible, and sometimes this is the only way to go. You can also choose the natural healing process which sometimes can take you twice as long to heal and be in a full body cast. It took me almost a year to walk again, but I didn't ever have to have any more surgeries. You never know when your body might try to reject the hardware they put in you.

Now on to the recovery phase or the building back. It only takes a couple seconds to destroy your body, but it can take months, sometimes years, to put it back together. The first step is my fa-

vorite exercise! You're going to have start out slow like an infant taking those first baby steps. Using ridiculously small amounts of weight and resistance. Then slowly you start increasing the weight or resistance to build back the muscles around the injury. The stronger you build it back, the better chance you will have at getting back to functioning and you will have less chance of injuring it again. You may also incorporate the use of isometrics to strengthen the area that was hurt. That just involves your own muscle applying pressure against yourself, contracting then releasing. Polymeric is also helpful particularly when your arms or shoulders have been injured. It is the use of rubber surgical tubing, stretching the muscles in all directions with the negative pressure of the tubing is very helpful in the recovery of the injured area.

Most all injuries will also sustain some sort of cartilage damage in addition to the bone damage. I have found especially as you grow older that these bones can cause you a lot of pain from basically bone rubbing to bone when cartilage has either been damaged or worn out from the thousands of repetitions. I have found some relief taking glucosamine chondroitin. It provides the building blocks for healthy cartilage and joints. You need to take 1500 mg of glucosamine a day and 1200 mg of chondroitin a day. You will need to take it every day for at least 2 months before you will see results. This does not work for everybody, but I have talked with a lot of athletes and most all of them have had good results with it. I started seeing and feeling results in 3 weeks. Be sure not to get the sulfate-based glucosamine; it's the cheap kind and it does not work.

Now all you have to do is keep up with your exercises. A lot of people, after they get well, make the mistake of quitting their exercises; then they are prone to get injured again. You must always protect your injury with your stronger muscles around it for the rest of your life. Well, good luck and good health; see you on the trail.

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# OMTRA Stuff

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OMTRA Meeting  
Check out [www.hillbillygp.com](http://www.hillbillygp.com)

The March OMTRA meeting was held at The Repair Shop on Kearney. There were several members in attendance. Discussion mostly centered on the riding area at Bull Creek. The OMTRA hare scramble for that area was cancelled again, due to flood threat. This land, owned by private individuals, has been made available for club events and the club wants to protect our responsibility to the land owners as well as racers and their families. The club still plans to sponsor a family-friendly event at this site some time this year. Karl and several other members will be working at the Bull Creek riding area this summer, as time allows, to improve existing trails.

The Hillbilly Banquet was also rescheduled - back to the original date of Saturday, May 8. Information on this event can be found on the HillbillyGP web site.

May's meeting will be held on a Friday, May 21, at the home of member Terry Brumley.

By Judy Willis, OMTRA Secretary

## IT'S TIME TO PAY YOUR DUES, almost

Ok, it's not quite time to pay dues. Your OMTRA dues run from July 1st to June 30th. But you're thinking, I just had that piece of paper taped to the front of my newsletter and I sent my money to Bob. Well, that was for Notes on Spokes. You can get Notes on Spokes without being a member of OMTRA. You can also be a member of OMTRA without getting Notes on Spokes.

OMTRA rarely sends out a notice to tell you individually to renew your membership. Sometimes, we get Shawn to do that task, but now that he is getting healthy, he wants to do other stuff. Like ride. Dues are \$15 for an individual and \$20 for family. So save us all some time and break out that check book and send a check to me. I'll leave it sit around for a couple of months before I send it to Tim the Treasurer. Now, he's real good and he'll get it in the bank real quick.

Bob



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# Mark Your Calendar

OMTRA meeting—Oops, didn't get this one out in time for the May meeting. Check out [www.hillbillygp.com](http://www.hillbillygp.com) for information on the June meeting date and location.

## 2004 Missouri Hare Scrambles Championship

Information 417-537-8406 Frank Leivan  
[Wwww.mhscracing.com](http://www.mhscracing.com)

- 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)

- 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
- 10/17/04: Possum Trot - near Harrison
- 11/27/04: Riverfront GP - Ft. Smith

## 2004 BJEC Schedule

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

- 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

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Cannondale



(Continued from page 2)



**Steve Underwood's Surdyke Motorsports is going racing in style in the new Surdyke Motorsports race rig. Steve, along with Karl Harris and several riders from the St. Louis area, are going to head to the ISDE qualifiers in Idaho and Ohio. Not a bad way to go. Steve, that's a pretty nice set of wheels.**

**TEAM DONUT?**

New OMTRA member Shane Martin has showed up at several races with boxes of donuts. It turns out Shane's parents, Dwight and Susan Martin, own Daylight Donuts in Springfield, MO, and have supplied OMTRA members with pre-race snacks. Way to go!

**COLORADO**

It looks like a bunch of us are going to Colorado in July. In fact, I counted 22 men, women and kids. Most of the folks are going to head out on Saturday, July 17th. Although some folks can't wait, and they are going to leave as soon as they get off work on July 16th.

Most of the folks are going to be staying at the National Forest Campground just outside Pitkin, CO. A few folks have cabins in Ohio City, CO.

A couple of the riders aren't going to get there until Wednesday, July 21st.

We've talked about going on a float trip. Most likely this will be on Friday, July 25th, on our way home.

**THANKS**

I want to give a big thank you to John Humphrey and Mike Herbert for contributing stories to this issue. It's great to have help filling the pages of this newsletter. Yes, I know, the May issue is really late getting out. But I plan to do better next month. I promise.



Karl Harris got bored waiting for things to get started on Saturday at the BJEC event at Gruber, OK. He thought the rock ledges would make a neat trials section. He went up his make-believe section just fine. Coming down required some help from his good buddy



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