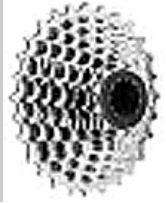




Bartlesville Pedalers Gazette



August, 2006

The Newsletter of the Pedalers Bicycle Club, Bartlesville, Ok

President's Report

By Bruce Sturges



I am sweating bullets writing this. It has been very warm outside so far this summer and hope all are taking precautions to deal with it. Make sure you prepare several days in advance when riding a long distance with the proper foods and fluids.

This weather is very good training for Hotter N Hell 100 coming up in late August. There are several Pedalers going to brave the heat and help celebrate the 25th year. If you have never done this ride it is really something to see. Imagine, 10,000 bikes, fly-overs, cannons, no hills, rest stops every 10 miles with food, drinks, doctors and nurses, and most of all HEAT, what's not to enjoy. This year HHH even has host families to put the out-of-towners up for the night, or you can throw up a tent, or stay at the HHH head quarters, lots of options. This ride is very well supported and lots of fun!

Closer to home, our very own Fire Cracker 100 was a pretty good success with about 15-20 bikers showing up. Most riders did the 70+ miles with only a few doing the 100 miles. My 1st lady and mom helped out by having a rest stop around the Woolaroc area for the hot and weary riders. I think all enjoyed the stop and I know Cindy and mom enjoyed helping us out. Pedalers concluded the day with ice cream, treats, and fellowship at Estes Manor. It was a fantastic day! I am

still concerned about how Joanne put the balloons in the trees!

I could not make Credit Card Campout, but hear many good stories.

Pedalers still have many miles to ride this year with several events still to come, please check the website if you would like to join the fun.

I have heard through the grapevine that Darlene

(Continued on page 5)

Pedalers Fall Bike Festival *October 6th Thru October 8th*

Just a quick note to invite the Pedalers to come to our house near Marshfield, MO for the Pedalers Fall Bike Festival October 6 through October 8. Hopefully the fall colors will have started by then and we can enjoy the colors as we ride. We're just a few miles off of Interstate 44, about 200 miles from Bartlesville. We'll have two days of riding in the Ozarks, including some time on the Mother Road, Route 66. I'll try to pick routes that have the best scenery and the least traffic. We might even take a spin through the edge of the Amish community one day if everyone wants to. Wherever we go, nobody will be dropped, maps will be provided, we'll re-group often, and Patsy will be driving a sag wagon. I will be the ride leader both days and I will either be the slowest rider or I will be riding with the slowest rider.

The terrain around here, as you might expect, is hilly in every direction. The hills aren't too challenging for the most part, but I do recommend that you spend some time in Osage County riding the hills there in preparation for the rides here.

Our house has three guest bedrooms with double beds, two double bed sleeper sofas, an army-style cot, and a rollaway bed for sleeping. If that isn't enough, we also have lots of room on the floor for sleeping bags. Mark your calendars now, and we'll look forward to seeing you in October.

Bob & Patsy Lummis

Report from the Road Director *By Kevin Doggett*

The Firecracker Rides went well on July 4. There were four of us that did the 104 miles, but several more did the 65 mile route which I have heard was really 70+ miles. We only had a few days to recuperate then before Dan Schultes led us on his "One Hill of a Ride" which explored 8 challenging hills around Bartlesville. Marshmallow Hill was not so bad but the steep down-hill on gravel just before this uphill was pretty spooky!

Several riders rode to Independence, KS on July 15, but Tim and Katie were the only ones that stayed all night this time. This is a beautiful ride so you should put this one on your calendar and plan to participate (and stay all night) next year.

The Tour for A Place of Hope was held in Bartlesville on July 22. The 50 and 75 mile routes took us through Okesa and over 5 cattle guards to Nelogany. The 50 milers headed back north at Barnsdall, and the 75 milers went on to Avant before coming back to Barnsdall and then back north to Bartlesville. The 30 milers turned south at Okesa, traveling west and south of Woolaroc and back north on Hwy 123 to Bartlesville.

All Saturday rides in August will start at 7:30 a.m. from Johnstone Park and they include:

- August 5 – Ramona the Hard Way – ride



Saturday rides will be at 7:30 for August, unless it's raining

leader Shirley.

- August 12 – Wann, Delaware, Lenepah, Nowata – ride leaders Jack and Joel.
- August 19 – Tailwind Ride (same weekend as the Freedom Ride in Joplin, contact Keith Clark for more info).

- August 26 – Tailwind Ride (same weekend as the HHH ride in Wichita Falls, TX).

For Tuesday/Thursday rides we have a few special rides planned:

- Tuesday, August 1, Snow Code Ride – we will have Snow Cones at Kiddie Park
- Tuesday, August 8, Water Melon Ride – join us in the Park after the ride
- Thursday, August 17, Custard Cup Ride – we will finish the ride at Jareds for frozen custard.

Some of the upcoming rides for September and October include:

- Saturday September 9 – DAM JAM in Pryor, OK
- Saturday September 16 – Walk This Weigh at the YMCA
- October 6-8 – Fall Weekend at the Lummis' in Missouri

Safety Tip *By Keith Clark*

What I learned from FreeWheel 2006:

- #10. Always wear a Helmet
- #9. Always wear a Helmet
- #8. Always wear a Helmet
- #7. Always wear a Helmet
- #6. Always wear a Helmet
- #5. Always wear a Helmet
- #4. Have A Good Helmet
- #3. Have A Good Helmet
- #2. Have A Good Helmet
- #1. Thing -- Always wear a GOOD HELMET!!!

No matter how short the bike ride is you never know what is going to happen. The guy in Pryor, Thursday evening, did not plan on being hit by a car, but it happened. Did he have on a helmet - NO! Why - Who knows! He was just going to run down the street and get something to eat - He was only going a mile! He would be careful! He would watch for cars! Nothing would happen! He

didn't want to carry it with him while he was eating! I am sure we could all sit back and think of times we did the same thing. I know that Dwight and I did the same thing the next day in Grove - We were just going to ride down the street and get something to eat - What could happen? Nothing happened that time - We were lucky! (Thank You - Barbie Twins for saying something to us. It takes a lot more to say something than to sit back and say nothing. When it comes to Safety - We all need to have the courage to point out unsafe things.)

So in closing I would like to say that something could happen and when it does - It is to late to put on that helmet! So put it on before you start your ride and be SAFE!

PS - Something to think about when you stop at a store and are walking around in your cleats - Be extra careful and don't get in a hurry. It might be a good idea to keep that helmet on until after you buy your stuff and then find a place to sit. I watched a guy fall coming out of a C-Store and luckily he caught himself before his head hit the concrete.



Pedaler Profile

Dwight Ritter

and girls and school and finally work and kids so the old bike hung in the garage for the next twenty years.

About two years ago, I got the bug to start riding again. I must have made a dozen trips to Tulsa shopping for just the right bike but just couldn't seem to find it... and was struggling with how much they cost. Then I happen to be talking about bikes with our honorable Vice President Keith Clark who had recently purchased a Specialized Robeux and said I should check it out... I did...

Thanks for the opportunity to tell you a little about myself. I've been in the club for about one year now and have thoroughly enjoyed getting to know the other club members and going on our weekly rides... and Free-wheel was a blast... I'm ready for next year!

I think my love for bicycles began with my first bike... actually it was a red tricycle... I don't remember this part but my parents told me they thought I would never learn to use the pedals. I was happy using my feet to push myself along the ground just like the Flintstones did with their cars. I guess I finally figured it out. My first real bicycle was a fast looking red one with a banana seat and a sissy bar... it had a racing slick tire on the back and boy was it cool... at least I thought so. I must have ridden that bike thousands of miles... there's no way to know for sure but like I tell my boys.

With growing up in the Panhandle of Texas in the 60's, I didn't have a lot of options. No video games and satellite TV to keep me occupied. I remember I had a Tonka truck and my bike... and I rode it everywhere. I still have that bike hanging in my attic. Learning to ride bikes in the Panhandle wasn't easy... their idea of a paved road is putting down a layer of tar and then covering it with a layer of loose gravel. I can't count the number of times I laid the old red bike down on its side but I do still have the scars on my elbows and knees where I had to pick the gravel out. I eventually got a ten-speed when I got older, but never put the miles on it like I had done my first one. Then came cars

and it was the one! "Old Blue"... he cant go all the places "Old Red" did, but he's fast... and he looks cool... at least I think so! I liked it so much I talked my brother into buying one and then I ended up buying one for each of my boys. My only regret is that I didn't do this years ago. It is addictive and great fun for all the family. In addition to our club rides, I've already been on five sponsored rides this summer... Flower Power, Tour de Tulsa, Tulsa Tough, Freewheel and the Norman Conquest. I'm not sure how many more I can work in this year, but I know I'll be going on HHH and DAM J.A.M. Freewheel has to be my favorite and I'm already planning on going next year. Hopefully my two boys will join me. Of the day rides, I think the Norman Conquest has my vote so far... and what a bargain! For \$20.00 you get to spend time with your family, ride 45 miles in the heat and hills, eat all the fruit and drink all the water and Gatorade you want, get a t-shirt, and an all you can eat lunch at the end? Now that's great fun... I can't wait for the next ride!





The Oklahoma FreeWheel Corner

By Joanne Estes

On Saturday evening, July 15th, Don and Barbara Pike of Tulsa opened their lovely home for a yummy pot luck supper to the 2006 FreeWheel Planning Committee. Everyone was happy with the good reports from this years event and Ross Snider, Secretary of the Tulsa Bicycle Club, read an official "congratulations" and their club's intent to continue to sponsor and promote FreeWheel, addressed to Ellen Proctor, the new Director, Libby Stalter's well-trained, former first-hand assistant! Joanne Estes echoed the Bartlesville Pedalers continued support as well! Details will follow for the Monday evening, October 2nd, first planning meeting for FreeWheel 2007. Put June 10-16 on your calendars now!

Ragbrai Update *By Dan Schultes*

I just finished banana bread after riding thr first 40 miles of todays ride with my sister from Aiudubon to Waukee on Ragbrai. Rode 82 with my brother from Battle Creek to audubon yesterday. We're having a great time and trying to figure out the best way our club can ride it next year. I'd write something about 1 hill of a ride but won't be able to do so until Sat. Guess it will wait for next month. Take care.

Editor's note: Obviously Dan needs more practice with his Blackberry—or does he know where it is?

Tech Tip

"A clean, well-lubricated chain is essential for long life and efficiency. A dirty chain will destroy itself, the sprockets, and cause rougher gear changes." Quote by: David Leslie, The Mountain Bike Book

Board Meeting

Bartlesville Pedalers July 24th Board Meeting Minutes
6:30 pm. Downtown Pizza Hut

A cheery gathering of the following hungry Pedalers met this evening at the Downtown Pizza Hut, where the wait staff is superb: Bruce da Prez and Cindy Sturges, Joel and Shirley Martin, Dale and Judy Munn, Walt and Betty Bohn, Bill and Joanne Estes, Jack Tatum, Kevin Doggett, Keith and Caleb Clark, Norman Farrell, and Paul Woollett.

The air conditioning was great and many cycling stories abounded! There were lots of thrilling details from the challenging First Annual "Place of Hope" Ride the previous Saturday, as well as big plans for the Freedom Ride in Joplin, August 19th and the 25th Annual HHH in Wichita Falls, August 26.

Road Bike Director, Kevin Doggett, reported area roads in good condition and lined up ride leaders for Saturdays in August. He and Norman Farrell would like to bring back timed rides, like Crits, with a course previously used in the Matoka, Moose Lodge, Ochelata, Old 75 Loop area. Plans are in the works, to hopefully encourage younger riders with these time trials.

The Credit Card Campout to Independence was a success and will be put on the calendar again next year.

Kevin told of the availability of "Host Families" in Wichita Falls, for those needing a place to stay during the HHH weekend. Call the HHH number to get these contacts if you are interested. Jack says he plans to camp out at the Burkburnet Campground, especially if Bill & Joanne are there and the oatmeal cookie tin is full! Deadline is July 31st for early registration.

Keith encouraged Pedalers to participate in the Joplin, Missouri "Freedom Ride," a 75-mile benefit, the Saturday before HHH. He also plans to ride the gravel railroad course north of Tulsa before it gets paved with that black stuff! (BEWARE of hot days!!!)

We are most happy to welcome two new members: Welcome, Glen Stockton and John Ryal.

Dale announced Newsletter article deadlines to be tomorrow, the 25th of July.

Bruce says there are only 5 Pedaler T-shirts left, in L & XL only.

Since no one had brought a yummy chocolate dessert, the meeting was adjourned.

Next board meeting will be August 21st, same time, same place!

Respectfully submitted,
Joanne Estes
Secretary and Newsletter-helper

Walk This Weigh

By Dale Munn

I'm sure you all remember last year's first "Walk This Weigh" event. The support of the pedalers in that event was acknowledged by the organizers and through that activity we have an opportunity to promote a healthy activity that we all love.

The second annual "Walk This Weigh: Find your Path to a Healthier You" event is planned from 9 am to noon on September 16th at the YMCA. The theme is to walk, run or ride your way into a healthier you. There will be several booths, including blood pressure measurements and health snacks. This year as a special incentive, there will be a cash drawing of \$100 for each event. So I'm sure you will all want to participate. This should involve other members of your family as they can walk, ride or run.

Each Wednesday from now till the event there should be an article in the Examiner health

section about the event. Each week includes a profile, which includes at least one Pedaler.

This year we will be leading the riders on a 9 mile ride out Osage, Dewey, Johnstone, Circle Mountain Rd, 123 Hwy, 14th, Virginia, Hensley. There will be also a 3.6 mile shorter ride that will turn on 14th street for riders that can't make the 9 miles. The ambitious pedalers will do the 9 mile loop twice to pick up any stragglers left on the route.

Mark your calendars for this event and help to support cycling as a form of exercise in Bartlesville.



Credit Card Campout

By Paul Woolett

On July 15, seven Pedalers met at Johnstone Park to ride to Independence, Kansas. We left Johnstone Park about 6:30 AM. The members riding to Independence were the following: Joel, Kevin, Keith, Mike, Rod, Allen and myself (Paul). Dan met us in Dewey. We stopped at the C-store in Caney. We then went up the old hi way to Havana. At about the 31 mile mark, a few miles north of Havana, Rod and Mike decided to go to Independence the short way. The other six Peddlers went north to Elk City. Joel encouraged us to stop at Elk City to prepare us for the climb up the hill on the other side of the dam for the Elk City Lake. Just prior to Elk City, Dan stopped because of a low back tire. He aired his tire and limped into Elk City. I think

he was beginning to doubt there was a C-store in Elk City because the store was on the other side of the town on the hi way. At the C-store, Dan replaced his rear tube and made the rest of the trip without problems.

The hills around Elk City Dam used up the nourishment we had taken in at Elk City and all elected to head for Braums when we got to Independence. Dan and I met Pam at the Apple Tree Motel as Dan had arranged. Then we drove to Braums where we met with fellow riders and their families. Some ate at Braums. Others went to other restaurants. Some even had the energy to go to the water park while others headed home. As far as I know, nobody spent the night in Independence.

For me, this was a very interesting and pleasant ride. I had never gone this route and am looking forward to doing it again next year.

Newsletter Schedule For This Year

Since cycling activities will be diminishing during the fall, there will only be two news-

letters for the remainder of this year. Sep/Oct Published early September and Nov/Dec Published early November. Please plan your articles around this schedule.

President's Report (Continued)

and Wayne Clayborn picked up the tickets for an evening on the Cherokee Queen at Grand Lake. To my surprise they have never been on the boat at night for the dinner cruise. Just in case many don't know what I am talking about, the Pedalers bought a dinner cruise on Cherokee Queen for the Clay-

borns for putting us up and feeding about 25 people on Freewheel. This had to be the highlight of the trek across OKLAHOMA. In fact i am still taking my hat and shirt off to them for a GREAT time.

Well, I think I am done. I guess I will go back to bed, see you all on the road.

Bruce da Prez!



OFFICERS/DIRECTORS

Bruce Sturges, President,
440-1379, b_sturges5@hotmail.com

Keith Clark, Vice President/Treasurer

Joanne Estes, Secretary, 333-6524

Kevin Doggett, Road Biking Director

Randall Clayborn, Mountain Biking Dir, 333-9222

Joel Martin, Director at Large

Dan Schultes, Director at Large

Dale Munn, Past President

Dale Munn, Editor/Web Master

BARTLESVILLE PEDALERS BICYCLE CLUB
P.O. Box 793, Bartlesville, Oklahoma 74005

Sewing Machine or Locomotive

By Keith Clark

Everyone has seen a sewing machine in action and I am sure everyone has seen a locomotive take off from a dead stop. You wonder what this has to do with a Bicycle - Nothing! It has to do with motor behind the bicycle - Mainly your knees!

My point is the gears inside a sewing machine are usually made of lightweight material and the gears in a locomotive are made of hardened steel. So I am pretty sure our knees are closer to a sewing machine - so with that we all need to think like a sewing machine. Which if operated by someone that knows what they are doing operates at a very high rpm and not much torque - which reduces the stress on the gears (our knees).

So with that if you want to protect your knees stop pounding those big gears and start spinning those small gears. You should try and be at 80 to 90 spins per minute. So next time you are out riding think like a sewing machine and keep those pedals rotating at a high speed and protect those knees.

PS - if you want to talk to someone who has adopted the sewing machine method - talk to Bruce!



July 4th Century Crew

Pedalers Membership

Membership dues are \$16 per household for the calendar year. Anyone joining during the last quarter of the year is paid through the next year.

Among the super reasons for joining the Bartlesville Pedalers are:

- Access to the members area of the web page;
- The super newsletter you are reading;
- Many club activities;
- Comradery with many area cyclists;
- Part of a collective voice for cycling in Bartlesville;
- Discount at Bartlesville Adventure Bicycle Center.