



BARTLESVILLE
PEDALERS

Gazette

MAY 2004 • THE NEWSLETTER OF THE PEDALERS BICYCLE CLUB, BARTLESVILLE, OK

May is National Bike Month™

Be Well... Ride Your Bike!

Welcome to National Bike Month™. If spring weather doesn't make you want to get out and ride your bike, just think of what bicycling can do for you. Bicycling is good for you: heart, children, smile, community, wallet, stress level, lungs, outlook on life, waist line, car, knees and joints, sex life, self esteem, sleep pattern, muscle tone, soul, everything... Most importantly, bicycling can save your life.

The year 2004 will mark the 48th consecutive year the League of American Bicyclists has declared May to be National Bike Month™. The League is promoting Bike-to-Work Week from May 17th - 21st and Bike-to-Work Day on Friday, May 21st.

Bicycling and other forms of exercise play a critical role in healthy active living and wellness, the active process of living in ways that prevent illness and improve your physical, emotional, intellectual and spiritual health. "Exercise has to be the foundation of any good preventive medicine program," says Dr. Ken Cooper, M.D., M.P.H., founder of the world-renowned Cooper Clinic and the Cooper Aerobics Center.

Bicycling can help you lose weight and increase your physical fitness, preventing or reducing overweight and obesity, which a new study links to more than 90,000 deaths from cancer each year in the United States. Nearly 65% of Americans are overweight and 31% are obese, or more than 30 pounds over a healthy weight. Obesity appears to increase the risk of dying from cancer significantly, according to a study recently released by the American Cancer Society.

At a time of continuously heightened tension in the U.S., bicycling can reduce stress and promote a sense of well-being. Bicycling and other types of physical activity increase the body's release of endorphins, which create a feeling of heightened well-being. An online survey of

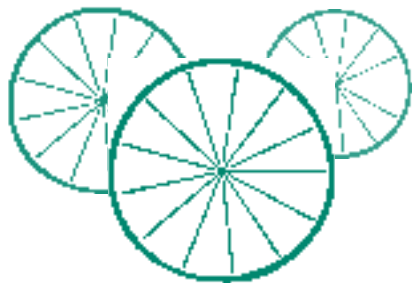


over 2000 American adults conducted by Harris Interactive (R) during the war in Iraq shows that bicycling was one of the most popular outdoor activities respondents participated in "to seek comfort or 'get away' from all the international conflict/war coverage."

Bicycling may be able to reduce the impact of aging on the brain. Researchers at the University of Illinois at Urbana-Champaign studying brain scans of 55 volunteers over age of 55 found anatomical differences in gray and white matter between physically fit and less fit subjects. Their study, published in the February 2003 issue of the Journal of Gerontology: Medical Sciences, found an inverse relationship between physical fitness and brain density/shrinkage in three key areas of the brain adversely affected by aging. In other words, the better shape you are in, the denser, bigger, and more efficient your brain.

The Cooper Institute recently published a study in the American Journal of Cardiology showing that men

Continued on page six



Spinning Wheels

President's Article

As the saying goes, "March winds bring April Showers." We've certainly had the winds the last couple of weeks, but there have been some nice riding days in spite of the wind. Although I have to admit that after feeling the wind one Tuesday afternoon, I decided that staying at work was a better option than riding into the wind. The wind is actually part of the training and makes up for not riding in Osage County all the time. Hopefully the April showers will observe our riding schedules and fall mainly on Monday and Friday.


I have become quite the international traveler. Last month was Calgary, this month was Mexico. We were just across the border working in San Carlos while staying in Piedras Negras. As usual I kept my eye open for bicycles and was not totally disappointed, although there were not as many as I would have expected.

Not having much exploring time, I never did find out if there was anything like a bicycle shop. I also

had the feeling that a bicycle would disappear pretty quick if not kept locked or in your possession.

The March board meeting was well attended again. As a result of several conflicts, the April board meeting will be on April 26th. Gather up your family and come on over to the Madison Pizza Hut at 6:30 for fellowship before the board meeting. This is a good time to check out what activities are on the horizon.

During April and May riding activities will pick up as many will be getting ready for FreeWheel 2004. Along with the club rides there are several other rides in the area of interest. Two rides that many Pedalers attend are the Flower Power ride in Muskogee, where you can also check out the Azalea festival, and the Great Tulsa Bike Ride. Even though some of the Tuesday/Thursday training rides will seem really short for some of the seasoned Pedalers, it would be good to show up and provide guidance for any new riders that may be getting ready for FreeWheel.

Hope to see you all on your bicycles this month as we come to the ideal spring riding season. 

Dale Munn

President

**Our FreeWheel Training Rides
start Tuesday evening at 6 pm and
depart from JOHNSTONE Park.
Thursday's ride will depart from
SOONER Park (near the tennis
courts) at 6 pm.**

	<p>OFFICERS/DIRECTORS</p> <p>Dale Munn, President 333-5693 (hm) dmun@swbell.net</p> <p>Joel Martin, Vice President/Treasurer</p> <p>Rod Harwood, Secretary, 335-7546 (hm)</p> <p>Bob Lummis, Road Biking Director</p> <p>George Harris, Mountain Biking Dir., 331-9080 (hm)</p> <p>Bob Pinnick, Director at Large,</p> <p>Joanne Estes, Director at Large, 333-6524 (hm)</p> <p>Vincent Hennigan, Editor, 338-0604 (hm)</p> <p>BARTLESVILLE PEDALERS BICYCLE CLUB P.O. Box 793, Bartlesville, Oklahoma 74005 www.bartlesvillepedalers.com</p>
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900 riders expected for Ninth Year of Lenexa Midnight Bike Ride

The 2004 Lenexa Midnight Bike Ride is set for July 10th, 2004. This is the 9th year for this ride and it promises to be a unique and interesting ride again this year. The sponsor's, Lenexa Optimist Club, expects more than 900 riders for this year's event. This is a well-organized ride that is designed to be fun for riders of all ages.

All proceeds from the ride are used to support youth activities and programs in the KC Metro area. Again this year, we'll be offering an optional Chris Cakes all-you-can-eat pancake feed following the ride. If you've ever attended a Chris Cakes pancake feed before you know you're in for some fun and a great show, not to mention some great pancakes!

Jan Huff Soper, Lenexa Optimist Club President, rode her first Midnight Bike Ride over 15 years ago

when she was a member of the Kaw Valley Bicycle Touring Club of Topeka. It was a wonderful ride through some of the interesting neighborhoods of Kansas City. The idea of riding the streets after midnight was part of what made the ride interesting and is a memorable experience. The Lenexa Midnight Bike Ride is well-supported with emergency SAG vehicles in addition to police and volunteer support along the entire route. How often do you ever have a chance to ride on the roads and through underground caves in the middle of the night?

Soper encourages those with Internet access to check out their online registration information and to take advantage of our new online registration system by visiting www.ci.lenexa.ks.us and clicking the link for Midnight Bike Ride. Ride information and online registration will be available in early May. Early registration discount ends June 1st.

If you have any questions or need more information, contact Jan Huff Soper at jan@sopershosta.com or 913-492-5522 (evenings).



Report from the Road Director

By Bob Lummis

We've been getting some great turnouts for our Tuesday - Thursday evening FreeWheel Training Rides. If you haven't tried them yet, it is not too late to sign up. We started the first week with 7-mile rides and are increasing them approximately 3 miles per week until we get up to 30-mile rides as we near FreeWheel.


Put June 5 on your calendar! Many of you members who have been with the club a while remember the Wynona Ramble. Well, newly re-joined, but old-time Pedaler from way back, Tim Harper, has agreed to lead us once-again on the Wynona Ramble. This ride takes us through some of the prettiest parts of Osage County to Wynona and back. It is about a 60 to 80 mile ride, depending on what the final route looks like. Tim is working on that now.

And yes! We do realize that June 5 is the same day as the Tour de Tulsa. The Wynona Ramble has

traditionally been the last weekend before FreeWheel. This year, that works out to be June 5. We decided to stick with tradition, hold the ride on the same day, and let you decide which you'd rather do. This time of year it is hard to pick a date that doesn't conflict with something.

We need some help to round out the Ride Leader slots for our Tuesday-Thursday evening rides for May and June. I know that I've been gone a lot, and haven't done any myself, so I've taken a couple in May and one in June. If you can do a ride or two, let me know your first and second choices for the dates you can do it. I am available to help you if you want with Ride Leader instructions and route selection.

The dates we have open are: May 13, May 25, May 27, June 3, and the Saturday ride on June 26. Once FreeWheel is behind us, the Tuesday-Thursday rides will become Tailwind Rides and we will appoint the Ride Leader from those riders present for the ride. The Saturday rides will continue to be announced routes with a designated Ride L

That's all for this month! Have a safe ride! 

Bob Lummis

Pedaler Profile

Brian Schultes

As an 18 year-old, I am probably one of the younger members of the Bartlesville Pedalers. I have ridden the last three OK Freewheels, several segments of Iowa's RAGBRAI, and numerous other rides with and without the Pedalers.

My biggest accomplishment was completing my first Freewheel on my old Wal-Mart mountain bike that was a few sizes too small for me. Needless to say, I purchased a more long-distance suited bike for the next couple years.

I've always enjoyed riding with the Pedalers, it seems like there is always someone to ride with that is about my riding level to talk to and ease the

monotony. I've also received a lot of advice about the quality of different cycling equipment through the club.


On my last Freewheel, my Dad had the most flats/blowouts of anyone in the Pedalers. I followed a close second, including a blowout on a railroad track within five miles of the finish. I ended up having to walk my bike the rest of the way into camp due to the sag crews not counting on having anyone needing assistance that close to the finish line. I managed to



Above, Brian Schultes, a graduating Senior this year. At left, Brian out with the Pedalers on a ride through Okesa.

get in alright though, and it ended up being quite a fun experience.

I do not plan on riding Freewheel this year as it will be one of my last chances to see many good friends for awhile. I plan on attending the University of Tulsa in the Fall where my bike may see quite a bit of use yet.

All in all, joining the Pedalers has been a great experience for me and I hope to continue cycling for quite some time after I leave here. 

April Board Meeting Minutes

On April 26, Monday, 6:30 p.m., the following Board Members met to exchange cycling ideas and enjoy supper at the Madison Avenue Pizza Hut: President Dale Munn, Treasurer Joel Martin and Shirley Martin, Newsletter Editor Vince Hennigan, Bill and Joanne Estes, Bob and Roseanne Pinnick.

General discussion for May included the upcoming Bartlesville Senior Olympics, May 12-15; Bike to Work Day, May 14th; FreeWheel Count-Down, June 8th, 6:00 p.m. at the Library, featuring guest speaker, Jeri Mills, Nutritionist from Hillcrest in Tulsa, and Bob Lummis, our Pedalers

Packing Guru.

Bill reflected on the Estes recent MS150, Houston to Austin, Bike Ride, April 17-18. May Board Meeting is set for May 24, same time, same place!

Respectfully submitted for out-of-town Rod Harwood, Secretary, by Joanne Estes

More "Senior" News

Kyle Whipple, son of John, is also a graduating senior at Bartlesville High School. He has ridden FreeWheel with his dad the past two years. May not get to go this year because of summer job offer – research in Alabama. Congratulations to all graduating Seniors!

Caution! Do not freeze fish in your water bottles!

By Joel Martin

I thought I might be able to shed a little light on the issue of dioxins in water bottles. After looking through quite a variety, I concluded that most of them are made with LDPE (low density polyethylene). This was the first type of polyethylene ever made and is produced by very high (> 10,000 psig) polymerization initiated by free radicals. The initiators are usually alkaline stabilized peroxides. The most important thing is that neither the initiator, polymerization mixture, or stabilizer involves chlorine containing compounds.


Strictly speaking, dioxins also do not have to contain chlorine, but here we must distinguish between legal definitions and chemical definitions. Legal definitions are used by EPA, courts and environmental groups. For example the legal definition of polychlorinated biphenyls includes a compound with only one chlorine, which is complete chemical nonsense. It turns out that the legal definition of dioxins includes compounds that do not even contain the dioxins structure, which is comprised of two benzene rings connected through

two bridging oxygens.

The legal definition of dioxins was designed to lump together a bunch of compounds believed to comprise a significant hazard. Those compounds contain multiple chlorines and include polychlorinated dioxins (in the chemical sense).

There is no way that these compounds could be found in the LDPE used to make water bottles.

If they did, they would be under strict regulations concerning use and disposal. There were three big incidents involving dispersal of dioxins. One was use of Agent Orange in Vietnam (dioxin was a contaminant). The second was an explosion at chemical plant in Seveso, Italy. The third involved contamination of a town in Missouri and its name escapes me right now.

The best recommendation I can offer is: Don't freeze fresh fish in your water bottle! 

Editor's Note: Joel had found an internet article claiming that freezing water in your plastic bottles will produce dioxins – a potential toxic situation. We hope you will cease freezing fish in your water bottles!

Hurray for May being Bike Month!

By Joanne Estes

Last night at the “Johnstone Park to 10-miles-out-and-back-on-123 FreeWheel Training ride,” I was a pretty proud, but rusty, ride “leader!”

We had Joel and Shirley Martin, Paul Woollett, Bruce Sturges, Jane Ramey, John Whipple, Bill Estes, Dale Munn, Bob Lummis, Thomas Martin, our High School Senior German Exchange Student, Tim and Caney Valley sixth-grader Katie Harper, Rob, the Lady Bruin Coach and Lex, a Tulsan, who brought his bike to work here at ConocoPhillips yesterday and suited up afterwards, just to cruise with the Pedalers. What a treat – all ages and levels of expertise well-represented.

Thanks to you faster riders for hanging back and assisting those who needed assisting. It's a great way to get acquainted, slowly climbing a hill and riding with a new friend.

Don't forget to ride single-file up busy roads and pull off the road completely when stopping to rest or

tweak your bike.

I apologize to those who rode – I wasn't more careful to make sure all made it back to Johnstone Park before dark. We were late getting started, so should have shortened our course. Maybe we should ride out a certain length of “time” and then turn around get home on time. Personally, I like to be back in the nest by 7:30.

When shadows lengthen, clip on those red flashers, and anything else that makes you more visible. Switch to the clear lenses on your eye protection. Have a snack tucked in your pocket to help boost you home. Packing MORE than enough water is better than packing not enough water.

And, if possible, make sure your riding machine is ready and able before you leave the house for the appointed meeting place. (Thank you, Bill Estes, for airing my tires and repairing my computer.)

See you again on the rides soon!

The FreeWheel Registration deadline is May 31. There is a \$10 late fee added after that.

Bartlesville Senior Olympics are May 12 – 15

The bicycling events are as follows:

Thursday, May 13, 2004

5K 8:00 am Highway 123
40K 10:00 am “

Friday, May 14, 2004

10K 8:00 am Highway 123
20K 10:00 am “
1 mile cycling 11:00 am “

Registration and Hospitality Suite open at 8 am.
Stay open until 4 pm. Hampton Inn. Fee is \$14.00 for
all events. Call David Pigeon, 333-3189.

Brisket Dinner by the Cattle Women Friday evening, \$6 at Senior Advantage Center. T-Shirts are \$7 (or FREE for volunteers!).

Pedalers' FreeWheel Count Down Coming SOON!

Be sure to attend our FreeWheel Countdown meeting set for Tuesday, June 8th 6:00 p.m. at the Bartlesville Public Library upstairs Meeting Room.

Come celebrate the near-completion of your 2004 FreeWheel Training Rides by taking the evening off from riding. Let's learn all about optimum FreeWheel Nutrition from one who knows – Jeri Mills, Nutritionist from Hillcrest in Tulsa and veteran FreeWheeler.

Also, Bob “the Pack-Man” Lummis will show you what's Stylin' for this year's FreeWheel Baggage Truck! He knows ALL the short cuts to fitting your weeks necessities into two small gear bags and we appreciate his willingness to share his secrets! This is a DON'T MISS!

Don't be late because Library closes at 8 pm.

Can You Help?

There is a group of developmentally challenged adults in town who are low income who need some camping equipment, mainly tents, sleeping bags, comfort pads etc, I was wondering if anyone who has replaced these items over the years or planning on upgrading for freewheel this year might have some spare items to either give away or sell for a reasonable price. You can of course write off the expense as a donation. For more info contact Barbara Joyce at mjbjxj6@earthlink.net

Jack's April Fools Banana-Nut Cake

2/3 C shortening
2 ½ cups sifted cake flour
1 2/3 c sugar
1 ¼ teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
1 ¼ cups mashed fully ripe bananas
2/3 c buttermilk
2 eggs
2/3 cups chopped California walnuts


Stir shortening to soften. Sift in dry ingredients. Add bananas and half the buttermilk; mix until all flour is dampened. Beat vigorously 2 minutes. Add remaining buttermilk and the eggs; beat 2 minutes longer. Fold in nuts. Bake in 2 paper-lined 9X1 ½ inch round pans in moderate oven (350 degrees F) 35 minutes, or till done. Cool 10 minutes in pans. Remove and cool thoroughly. Spread one layer with about 1/3 of Cocoa Whipped Cream and top with 2 bananas sliced. Add second layer; frost top, sides with remainder.

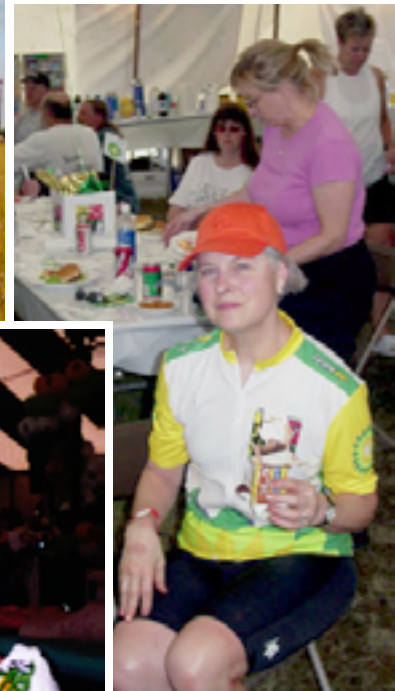
Cocoa Whipped Cream: Combine ½ cup sugar, 1/3 cup cocoa, and 1 ½ cups heavy cream. Chill at least 1 hour. Beat until stiff.

Editor's Note: Jack's dessert was a hit at the April Fools Potluck and many had asked for a copy of the recipe. Source: Better Homes & Gardens Dessert Cook Book, Merridith Press, 1960-1969

Continued on page one

with high blood pressure who participated in physical activity, such as bicycling, on a regular basis were much less likely to die prematurely than men with high blood pressure who did not participate in physical activity. Tim Church M.D., PhD., M.P.H., of The Cooper Institute, said, “In my opinion, if you have high blood pressure and it is properly controlled with medications, regular physical activity is the most important change you can make to improve or maintain your health. Of course with any new lifestyle change, it is best that you check with your doctor to assure increasing physical activity is right for your particular situation.”

So get out and ride... and bring along a friend. Be well. >> Ride your bike. For more information, see <http://www.bikemonth.com> 



MS150 Ride - Austin

Our helmets are off to Jo and Bill Estes for doing the MS150 ride in mid-April. Thousands of riders, participating in teams, rode the ride to raise money and awareness fo Multiple Sclerosis. The Estes' generated donations in excess of \$2,000 which was to matched by a challenge donation from British Petroleum. Way to go guys!



Ride to Prairie Song

The members of the Pedalers collectively ride thousands of miles every week in the name of fun, fellowship and good health. Left, John Whipple (on recumbent, center), Jane Ramey and new member Bruce Sturges reach the turnaround point at Prairie Song on a Thursday evening ride. Won't you join us for a ride during National Bike Month?