



BARTLESVILLE
PEDALERS

Gazette

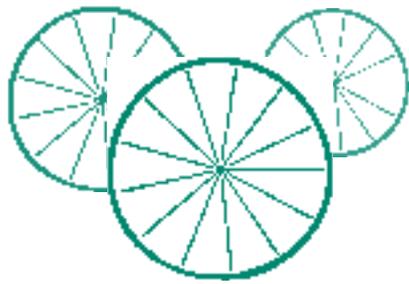
AUGUST 2004 • THE NEWSLETTER OF THE PEDALERS BICYCLE CLUB, BARTLESVILLE, OK

Watermelon Ride set for Aug. 12!

The Pedalers annual Watermelon Ride will be held Thursday, August 12 at Sooner Park. We will meet at our regular 6:00 ride time, take a shortened ride, and return to the park for cold watermelon to cool down with after the ride. Be Theeerrre!!! 



We're still looking for Pedalers to do the BRAT ride in Tennessee September 18-25. In spite of the misleading name (Bicycle Ride Across Tennessee), the ride doesn't really cross the state. It is a 375-mile loop ride that begins and ends in Gallatin, Tennessee. (Near Nashville.) This is a fun ride. The nights are cool, the days warm, and the scenery is outstanding. The ride is fully sagged, most camping facilities are in state parks, the showers are warm, and they've promised really good food this year. For more info on the ride, go to their website at www.state.tn.us/environment/parks/BRAT/. Bob Lummis and Rod Harwood have done the ride in the past; ask them for their opinion of the ride. 



Spinning Wheels

President's Article

It has been another great month for cycling in the Bartlesville area. There has been the usual unpredictable Oklahoma weather that has cut down on the attendance of some of the club rides. On the plus side, the temperature has been ideal. Attendance on rides has been good, even on Thursday, there have been as many as 8 riders. Also, we have 3 new memberships: Kevin, who has been riding with the club; Sharon from Caney; and Ingard and Gary from Dewey. Download a new membership list from the member's area for additional details.

Even though we have had mild weather so far, this is Oklahoma so expect to have some hot weather yet this summer. Remember that when it is hot, sweat glands produce up to 30 grams per minute or about 2 liters per hour. About 1,080 calories per hour are lost from the body. This heat loss is the body's mechanism to keep body temperature within a safe range. A consequence of dehydration is reduced blood volume,

which affects circulation thus reducing delivery of oxygen to muscles causing fatigue. If too much blood volume is lost, the body stops sweating to preserve remaining blood volume, temperature skyrockets and heatstroke results. So make sure you drink while riding. Don't go longer than 20 minutes without drinking and drink at least 6 ounces each time.

The August board meeting will be on the 23 rd, 6:30 PM at the Madison Pizza Hut. All members are welcome to attend and bring ideas for club activities. Our web presence has been moved to a new host. The new host is located in Ogden, Utah. If you see any problems with the web site, let me know. Hopefully this location will be more reliable than our previous host.

Be sure to take advantage of the great summer weather we are having and make as many club rides as you can. 

Dale Munn

President

Bike For Breath

Mark your calendars for Bike For Breath 2004, Saturday, August 07, 2004. Registration at 7 AM at the historic Tulsa Fire Alarm Building, 8th & Madison, Tulsa. Three Levels 100-mile, 62-mile and Fun Trek. Benefiting the American Lung Association of Oklahoma.

Registration will soon be on line at www.oklung.org, still just \$25 to register.



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Report from the Road Director

By Bob Lummis

As I write this, the month (July) is about $\frac{3}{4}$ over. Barbara Joyce, Patsy & I finished out the month of June riding GRABAAWR along the Wisconsin River across the state of Wisconsin. It was an interesting ride that I wouldn't mind doing again sometime. (See the article elsewhere in the newsletter.)

I returned from the Wisconsin ride just in time for the Firecracker Century on July 5. Feeling kind of lazy that day, I served as SAG for the ride rather than riding it myself. I'm still not too sure how many rode that day, as several joined the ride at various points on the way to Mohawk Park and on the way back. I can tell you though, that we probably will never have better weather for the ride than we did this year. It was cool and cloudy for a significant portion of the day. Some pictures from the Firecracker ride are on the club website.

The next weekend was our annual Credit Card Campout ride. Some of us who didn't ride the century earlier that week (and one who did) rode some extra miles on Saturday in order to view scenic LaFontaine, Kansas. (The Ride Leader wouldn't miss a turn, would he?) This resulted in an 80 mile ride that day. Other adventures for the day included a demonstration from Walt on how to stir up a wasp nest in an un-used mailbox next to the road. At least he gave the rest of us a head start before the demo. The ride back to Bartlesville Sunday morning was much less eventful. The fast group took the usual route through Tyro and Wann, while Shirley & I came back through Caney.

Then, we held the Wynona Again ride on the following weekend. This is the Wynona Ramble ride that got cancelled back in June due to rain. The turnout was good and everyone enjoyed the ride. The weather was fantastic for mid-July. It was warm, but not hot, although we could have done with a little less of the north wind on the return trip. I had 71 miles on my computer when I got back home that day.

August should have some good rides for us too. I've scheduled Saturday rides to Wolco, to Vera and to Nowata for the month, as well as our annual watermelon ride on a Thursday this year. I don't recall ever

having the watermelon ride at Sooner Park, but we are going to try it this year. The ride will be held Thursday, August 12 at 6:00. We'll take a shorter than usual ride and then come back to the park to cool down with some cold watermelon. Then, for those of you who haven't had enough punishment yet, the Hotter'n' Hell Hundred is coming up on August 28 in Wichita Falls, Texas. If you don't go to Wichita Falls that day, come on down to Johnstone Park at 7:30 and we'll have our normal Saturday morning ride.

That's about it for this month. As I've said in previous newsletters, Patsy and I are signed up to do BRAT in Tennessee starting September 19. We would love to have some more Pedalers for company. Take a look at the Tennessee State Parks website at <http://www.state.tn.us/environment/parks/BRAT/> if you think you might be interested. 

Have a safe ride!

Bob

Stay "FreeWheel Buff" - Ride the Hotter'n Hell Hundred!"

Those of you who have trained and ridden FreeWheel in June should have no problem enjoying the annual Wichita, Texas Hotter'n Hell Hundred, the last weekend in August. See the "Bicycling" magazine, August issue, page 103. (Our local library has this monthly magazine on their shelves, thanks to you Pedalers' furnishing the subscription!)

"Crash-Course Century Training!" Bill can testify that this is usually about the way I train!!! To help get around the inflated motel expenses that weekend, we like to pitch a tent in the Campground right on the HHH Route, about mile 50 or 60 - in Burkburnett, TX. There is a nice swimming pool and shady trees, possibly a goatshead or two! But the evening breezes are delightful & the start and finish are about 20 minutes away - a Braums is much closer!

Keep your cycling skills sharp! Hope to see you at the Hotter'n Hell Hundred! 

Joanne Estes

Pedaler Profile

Bruce Sturges

I started riding about a year and a half ago with my dad who got me into riding just for exercise. My first bike was a Raleigh SC 30, a comfort bike; hybrid or whatever you want to call it, but this bike took me right at 1000 miles for the year.

A year later I bought my second bike – a Raleigh SC 200, the top of the line in this series. I was just getting into nursing school at Tri-County Tech to become an LPN, and talk about stress; I needed that bike to relieve the pressure of this demanding school.

I met Jane (a club member) at school and she talked about getting into the club and riding for Freewheel. The first night I showed up at Johnstone Park with my SC 200, I knew I was in trouble. We rode seven miles and I pedaled my legs off to keep up. I talked to several members about road bikes and that convinced me to try one. Four months after just buying a new bike and selling my first bike, I bought a Raleigh Grand Sport road bike and I was in business.

After getting used to no comfort and the speed, I was on my way to really training for Freewheel and other rides. Now several months later, my SC 200 hangs in the garage with about 500 miles on her, only to be ridden after a club ride for a cool down ride with my wife, who has just started riding as of April. After Freewheel success, and following Bill and Paul around for the week, showing me the ropes and acting as DAD (HA! HA!). It was time to get back to the real world and study for my LPN state exam. I did pass and my now licensed to take care of people. (I think!)

The past year has really been a BLUR looking back, but my bike got me through the rough spots with the stressful situations I put myself in. I have really enjoyed the club and being a part of this biking experience. All the guys and gals have been really great teachers and I do continue to learn from you all and to be amazed by all of this. I do look forward to riding with you all for a long time.

PS- I can't wait for another Freewheel, can we take the BUS again!!!!!!!!!!!!!!

PSS- As my wife reads over my shoulder she reminds me that I am blessed with a great wife who puts up with me being gone on rides and allows me to come and go as I please. I also have three boys – 20,



Bruce Sturges, center, during Freewheel in June with his two "Dads" Bill Estes, left and Paul Woollett, right.

17, and 12 (going on 25). They all are a big part of my life and we all are very close.

PSSS- I am a huge OU football fan, and I take college football very serious. Many weekends have been ruined when they lose.

And last but surely not least, I love to bass fish.

Again thanks for making me a part of this group, please ride safe! 

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"The Fan"

going flat, and my shifter kept jamming, so we loaded up and headed homeward after meeting Patsy at the first little town that day. While we were showering in Prairie du Chien a little later, the rain moved in on those who were still on the route.

Would I do the ride again? Yes I would! I thoroughly enjoyed the ride and will definitely keep it in mind for the future. By the way, there are more pictures posted in the Photo Gallery on the club website if you are interested. 

GRABAWR GReat Annual Bicycle Adventure Along the Wisconsin River

By Bob Lummis

Barbara Joyce, Patsy and myself traveled to Wisconsin June 26 for a week-long ride along the Wisconsin River from Eagle River in the far northern extreme of the state to Prairie du Chien in the far southern extreme. The ride was 448 miles long, and averaged around 60 miles per day. The shortest day was 51.5 miles and the longest was 78.6 miles.

The weather was a shock coming off of our heated FreeWheel Ride just two weeks before. They were experiencing unseasonably cool weather for this time of year. The first night, the temperature dropped to 39° and was still in the lower 40's when we rode out of camp the next morning. The next night was a little warmer, but it still got down to 42° that night. It was a little chilly in the tent those nights. After those two days, a front came through and things started to warm up. Our nighttime lows were in the 50's or low 60's and it would get into the mid 80's by day.



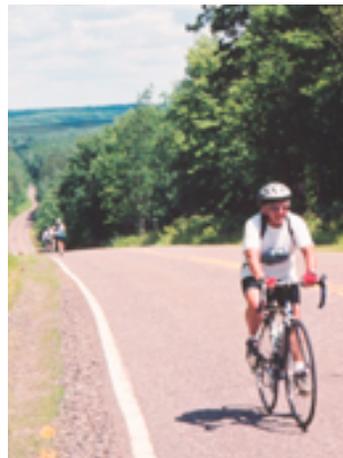
One of the lakes in the north woods.

The scenery, especially that in the north woods, was stunning. We rode past dozens of small lakes, scattered throughout the dense pine woods. As we wound our way southward, the woods thinned out, the terrain became hillier, the area became more agricultural, and the mosquitoes came in clouds. I could never confirm it, but I believe that the mosquito is the Wisconsin state bird. (Someone else said it was the robin, but I don't believe that!)



This round barn was unique.

Barbara found the "Significant Hill"



Our feeling was that the ride was not organized nearly as well as FreeWheel. The routes are marked by little paper arrows taped to signposts or tacked to trees and often hard to spot; SAGs were few and far between, there was no bicycle repair service other than in camp or at the rest stops, there were no water stops on the ride, and only one "Rest Stop" per day. Practically all the rest stops had the same menu: peanut butter and jelly sandwiches, cheese sandwiches, or ham and cheese sandwiches. Prices for these snacks tended to be rather high for what you got. I learned the first day to eat before I got to camp though, because nobody would be selling food in the camp. In spite of all of this, I really enjoyed the ride.

I remember along about the third day, hearing Barbara say "I'm still waiting for that significant hill." Well, about 5 miles later, I believe that she found it. From that point on, we saw lots of 'significant' hills. Should anyone try to tell you that Wisconsin is flat, I'd say that either they don't know what they are talking about, or they are lying to you.

We saw lots of "useful items" that Barbara could bring home for Malcolm. The best that I saw was a ceiling fan with light fixture attached. Rumor had it that Barbara carried the fan for 20 miles before discarding it.

The only daytime rain that we had for the week was on the last day. Fortunately for us, the rain did not start until after we had already quit for the day. Barbara & I were both tired of the constant hills, she had a tire

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