



Gazette

August 2002 • The newsletter of the Pedalers Bicycle Club, Bartlesville, Oklahoma

When is enough, enough? **Water, Water, Water!**

We all know that water is important, but I've never seen it stated like this before:

**75% of Americans are
chronically dehydrated.**

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even MILD dehydration will slow down one's metabolism as much as three percent. One glass of water shuts down midnight hunger pangs for almost 100% of dieters studied in a recent University of Washington study.

**Lack of water is the #1
trigger of daytime fatigue.**

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers. A mere two percent drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.

Drinking five glasses of water daily decreases the risk of colon cancer by 45%, can slash the risk of breast cancer by 79%, and makes bladder cancer 50% less likely.

**Are you drinking the amount of water you
should every day (AND ON EVERY RIDE)?**

In the words of Dennis Oliphant, USA Cycling certified coach, **Hydrate, Hydrate, Hydrate!**

from Tulsa Wheelmen newsletter

**Join us Aug. 6th for the
Watermelon Ride!**



Lance wins his fourth Tour de France!

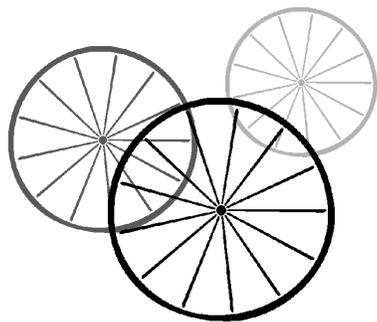
**"Regardless of one victory, two victories,
four victories, there's never been a
victory by a cancer survivor. That's a fact
that hopefully I'll be remembered for."**

Lance Armstrong

Special Rides Coming Up...

Tuesday, 6 Aug, 6 pm, Johnstone Park: Watermelon Ride. Shirley Martin will lead a short, one-hour warm-up ride this evening to prepare us for all the ice-cold watermelon you can eat after the ride. We'll sit around the pavilion at Johnstone Park and tell hot stories as we cool down in the evening shadows. This is an informal annual Club meeting; if you're not riding, come by the Park at around 7 pm and join the group for refreshment and fellowship

Tuesday, 13 Aug, 6 pm, Osage Hills School: Trash Pick-up. Instead of your bike, bring long pants, boots, gloves, and water to help out with the Club's quarterly service project - picking up
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Spinning Wheels

A letter from the President

This July has been a really strange month for me. Seems like I've been out of town more than here and that's made it impossible to make any club rides this month. I have actually ridden some, but have not linked up with the club. Hope August is better for my riding schedule. This makes it real hard for me to say how good the July rides were, but I know they were great (any chance to ride is always great.) Let's look ahead instead. We've got a Watermelon Ride scheduled for August 13th. That one will be a yummy time even if you're not riding. Come enjoy it one way or another.

Let's talk a little safety this month too. I just read an interesting article on "wave throughs." The author was suggesting that as good cyclists we should pass on wave throughs. This is his reasoning. Although a driver may want to wait for you, he has no way of controlling the rest of the traffic you need to deal with. Some other driver may not be as courteous or may not even see you. The one trying

to wave you through may want to change the law, but should not presume to be changing the laws of traffic for everyone on the roadway today. We, as responsible cyclists, need to recognize that the laws should not change and that they are there for the protection of all vehicles. Pass on wave throughs and wait for the traffic to flow as it is supposed to. We don't need any Bartlesville Pedalers to be a statistic. Keep 'em Spinning (Safely!) 🚲

Jim Black

August Trash Pick-Up

Come help us clean up trash on one of our favorite stretches of Hwy 123--Hill 44 on Tuesday, August 13 at 6 p.m. This is a service project the club has chosen to help our community. This will be our third trash pick-up for the year. We will meet at the Osage Hills School which is just off of Hwy. 123, south of the Phillips Research Center. You need to wear some sturdy shoes and gloves and chigger/tick repellent. The state supplies us with trash bags and we will distribute them at the school. If it is raining on this day, trash pick-up will be rescheduled for the following Tuesday, August 20 at 6 p.m. We have had good participation in our first two trash pick-ups so I hope we will do as well in August. The more help we have the faster it goes and we won't have to get too hot this August. If you have any questions, call Shirley Martin at 333-8294. We will go eat Chinese afterwards if the participants are interested. Hope to see you there! 🚲

***There is no Secretary's Report for July –
Joanne is taking time off for other things!***



OFFICERS/DIRECTORS

Jim Black, President
335-3553 (hm) blacksbikes@bartnet.net
Dale Munn, Vice President/Treasurer
333-5693 (hm) dmunn@swbell.net
Joanne Estes, Secretary, 333-6524 (hm)
Rod Harwood, Road Biking Director, 335-7546 (hm)
Bob Lummis, Mountain Biking Dir., 333-4374 (hm)
Brad Cobb, Director at Large, 336-5046 (hm)
Neal Johnson, Director at Large, 331-9671 (hm)
Vincent Hennigan, Newsletter Editor
338-0604 (hm) vhennigan@yahoo.com

From the Road Biking Director...



Overheated rider: "Why don't we start the Saturday rides at 7 am like we've done in past years so as to avoid some of this heat?"

Ride Director: "Good idea. Why didn't I think of that?"

Strategy for the month: It gets HOT in August in Oklahoma (duh!). And it gets HOT in Wichita Falls during Hotter 'N Hell weekend. So in order to prepare for the latter, we are going to practice in the former. The ride schedule for August will continue

our Tuesday/Thursday evening rides; **Saturday rides will start at 7 AM** this month and become increasingly long as the month progresses; then we'll taper off the final week before HHH, including a rest stop with lemonade the Thursday before.

Another essential piece of the strategy is drinking and sprinkling lots of water, (see the water article elsewhere in newsletter), eating during longer rides, and using sunscreen. A fun ride can quickly turn miserable without these ingredients.

Special rides coming up this month include the Watermelon Ride, trash pick-up (bikes not needed), Port Road TT, the Lemonade Cool-down, HHH, and the Dam J.A.M. in early September. See ride calendar for dates and ride descriptions.

My continued thanks to all the volunteer ride leaders who so willingly share the responsibility for making our club rides enjoyable for all participants. Ride well, ride often. 🚲

Rod Harwood

Special Rides This Month...

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trash along our two-mile section of Hwy. 123. With a good turnout, we can get the job done in about an hour and a half, then meet for dinner at an agreed restaurant. Shirley Martin is our contact for this project, 333-8294.

Sunday, 18 Aug, 9 AM, Port of Catoosa: Port Road Time Trial & Hill Climb. Another in the series of monthly Time Trial events sponsored by the Tulsa Wheelmen and promoted by Rod Harwood. A fun way to test your fitness and experience the racing scene. Check with Rod for details, 336-7546.

Thursday, 22 Aug, 6 PM, Sooner Park: Lemonade Cool-down Ride. Joanne Estes will lead this short ride, the last ride before Hotter 'N Hell, then provide us all with cold lemonade. She's a great hostess. Don't miss this one.

Saturday, 24 August, Wichita Falls, TX: Hotter 'N Hell Hundred. Always a fun, well-supported ride, this ride marks the end of the summer riding season. Many Pedalers will be doing this ride; be

one of them. Complete information available at: www.hh100.org

Saturday, 7 Sep, Pryor, OK: Dam J.A.M., "Oklahoma's most scenic one-day bicycle tour." This ride marks the beginning of the Fall riding season, another well-supported ride through the lake and hill country of eastern Oklahoma. Tune in to www.damjambicycletour.bizland.com for details and registration. 🚲

A photo from the 2001 Hotter 'N Hell Hundred at Wichita Falls, TX. This ride marks the end of the summer riding season.



Photo by Gary Lawson, Times Record News

Mountain Biking...

From the Mountain Biking Director...

By Bob Lummis

Wow! Our mountain biking has really suffered this summer. We've had some good rides, but we've missed a lot too. Between it just being too hot to enjoy and all the conflicts we've had, there just hasn't been as much riding going on as we'd like.

For those of you who couldn't/didn't participate, our metric century on dirt was a good ride. It was really hot that day and only Bob Booth, George Harris and myself were brave enough (foolish enough?) to do the ride.

Since by ride day we'd determined that nobody was training for the Death Ride, the metric century got pared down to 45 miles. We rode from Wann through Lenapah and past a few miles, then North almost to Kansas, and then back West through South Coffeyville before winding our way back to Wann. We saw lots of new country and found some pleasant roads to travel. I plan to schedule this ride again in September after it cools off some.

Speaking of the Death Ride, nobody went! This is the first time in my recollection since I've been riding with the club that Bartlesville didn't have a large presence for the ride. Most that I talked to said that they didn't like the new date. Other than that, it is hard to tell why nobody went. We'll see what happens next year I guess. See you on the trail! 🚲

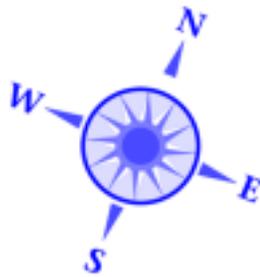
Bob

Wednesday Evening Knobby-Tire Ride Time at 6 pm

Our Wednesday evening knobby-tire rides are similar to the Tuesday-Thursday road rides, only these are for mountain bikes on local dirt roads. We meet at 6:00 pm at various locations for 15-30 mile rides on dirt roads. See the following for meeting location and description of the ride.

August 7 - More Moore Ranch Loop. Some fun loops to choose from West of Nowata and north of Highway 60. Shorter options available. Meet at the junction of Nowata County Roads 4050 & 0200. (Go straight on the gravel road at the first big curve on Highway 60 after crossing Hogshooter Creek.) About 20 miles.

August 14 - Mullendore Ranch Route. An approximate 20 mile route, from Copan Lake Dam to



Mullendore Ranch and back. Shorter options available. Meet at the parking area below the spillway at Copan Dam.

August 21 - The Wann America Knobby-Tire Loop. A pleasant 20 mile loop around Wann that begins and ends at the post-office. Visit Six Flagpoles over Wann America while you are there! Meet in the parking lot of the Wann post-office on Highway 10.

August 28 - Paseo de Nowata Loop. An 18 mile loop in western Nowata County, South of Highway 60. Meet in the triangle at the junction of Road 2400 (Moose Lodge Road) and Road 4020. About 25 miles.

September 4 - Cotton Valley Loop. Meet at the junction of County Roads 0700 and 3990. (One mile East of Highway 75 on the road just North of the Copan Truck Stop.) About 20 miles rambling through northern Washington County.

Sunday Afternoon Cross-Country Knobby Tire Ride at 2 pm

August 4 - Tall Grass Prairie Preserve to Foraker. Ride where the buffalo roam! We'll meet at the park headquarters and ride to Foraker and back. (With the south loop thrown in for good measure if you like!)

August 11 - Onion Prairie Route. Meet at the radio towers at the top of the hill on Highway 123 as you start toward Woolaroc. Several options on the route; We'll decide where when we start the ride.

August 18 - Ride to Nowata. Meet at the junction of County Roads 4020 and 2400 (Moose Lodge Road.) This will be about a 30 mile round trip to Nowata and back.

August 25 - More Moore Ranch Route. Meet at the junction of Nowata county roads 0405 and 0200. (Hwy 60 to one mile east of the Washington/Nowata County Line; at the first curve of the big "S" curve.) 15 to 30 miles around the Moore Ranch northwest of Nowata. We'll decide at the time how far we feel like riding.

September 1 - Wann America Loop. Meet at the Post Office in Wann on Highway 10. This is about a 20 mile loop that encircles Wann.



Photo by Gary Lawson, Times Record News

This year's Hotter 'N Hell in Wichita Falls, TX will feature an off-road time trial.

Pedaler Profile:

Neal Johnson

My bicycling days started back home on our Kansas farm. We rode all over the dirt roads, to the neighbors, into town (seemed like a long ways back then), but mostly just goofing off. First a 20-inch bicycle, then a 26-inch, cruising down the hills, working hard to get up the hills (not much change in that department). Looking back, I really enjoyed riding my bicycle.

As most of us did, I graduated to a car, '56 Chevy, when I turned sixteen. I really did not ride bicycles until college. A friend had a Peugeot 10-speed bike, quick release hubs, light weight, very smooth. I was smitten, but could not afford to buy anything close in quality, thus I continued to borrow the Peugeot. My first real bike was purchased just out of college, two months after I got my first paycheck, a made in England "Raleigh Super Course." Reynolds 531 frame - a beautiful piece of machinery. I rode quite a lot in Utah, but always by myself. After 15 years in Utah (where I met and married Susan), we transferred to south Texas.

Several at my work rode with a club, some of whom were from Bartlesville, so I joined up and quickly found out that I was terribly out of shape. But, I really enjoyed the company, it made the rides go by so much faster. If you are familiar with south Texas, you know it is flatter than a pancake, and amazingly, quite windy. The only hills we had in the area were the bridges over the rivers. They were high enough for the shrimp boats to pass under, but a good sprint and you were over. I really thought I was something when I learned to stay up with the group as we went over the San Bernardo River Bridge. Boy, did I have a lot to learn. The Brazosports Club did teach me the fundamentals of club riding (some of which I'm still trying to master), most importantly the fun of club riding. After six years, we transferred to Atlanta, to an area right in the middle of the northern suburbs.

I assumed my bicycling days would be rather

boring, traffic, stoplights, etc. Turned out that Larry and Larry lived (not together) in the neighborhood and rode bicycles every Saturday morning. They knew every side street within twenty miles, I accused them of being door-to-door salesman in a previous life. We rode through Buckhead (where the truly wealthy lived) with the wide streets and large over-hanging trees, past the country clubs, through the middle class and disadvantaged neighborhoods, and finally back home. Forty miles all within the city. Jack would have really gotten lost!!! We occasionally drove 30 minutes north, to an area outside of the city and rode the quiet back roads of northern Georgia. Truly enjoyable rides. Larry, Larry, and Neal - what a trio!

Talk about culture shock - from Atlanta to the Texas panhandle town of Borger, Texas. You do not know what wind is until you lived in Borger. No bicycle club, not many bicyclists, but some good county roads with lots of hills. I encountered deer, turkey, rednecks, snakes, dung beetles, and other assorted wildlife along the way. With the high altitude and resulting low humidity and calm conditions, it was quite pleasant to ride in the early morning. By mid morning, the heat and wind pick up, so you have to try to have the wind at your back. Sounds familiar!

We arrived in Bartlesville in 1998, but I did not start riding with the Pedalers until 1999. I was surprised with the wide variety of routes and terrain. This really is one of the best locations for riding bicycles - both on road and off road. The Pedalers make it all the more enjoyable. Thanks for all your support (repairing flats) and friendship. May we all have many more miles to go. Take care. 🚲

Neal

P.S. - I'll turn in a Ponca City report next year.



Summer's a great time to go on a Club Ride!



The **Bartlesville Pedalers** are proud to be affiliated with the League of American Bicyclists, a national organization that promotes the ideal of a bicycle-friendly America through sponsored bicycle rallies and tours, political advocacy, and education.

You are invited to join the **Bartlesville Pedalers**. All memberships are \$16 per year. Anyone joining in the last quarter of the year is also paid up for the following year.

MEMBERSHIP APPLICATION:

Please return application to: **Bartlesville Pedalers, P.O. Box 793, Bartlesville, OK 74003**

NAME: _____

SPOUSE & OTHER FAMILY MEMBERS: _____

ADDRESS: _____

PHONE: Home: _____ Work: _____ Other: _____

E-MAIL: _____ OK to publish this info in club directory? Yes No

I accept with pleasure this invitation to join the Bartlesville Pedalers. I agree to observe all traffic laws and to comply with the suggestions of the ride leaders about the safety and decorum of the club. I understand that my participation in club activities and rides is solely at participant's own risk. The Bartlesville Pedalers cannot be held responsible for any accidents that may occur during or as a result of their activities. Helmets are required on all club rides.

SIGNATURE: _____ DATE: _____

BENEFITS OF MEMBERSHIP:

Membership in the **Bartlesville Pedalers** brings numerous benefits:

- ☀ Meet and ride as a group with others who enjoy exercise, health, and being outdoors
- ☀ Share knowledge of bicycling skills and equipment
- ☀ Learn, and teach, bicycling rules of the road and safety practices
- ☀ Receive newsletter containing news, events, and contacts into the greater cycling community
- ☀ Select from a variety of regularly scheduled organized rides
- ☀ Contribute your personal energy to the bicycling lifestyle in the area
- ☀ Participate in community service through our Adopt-a-Highway cleanup and other projects



Bartlesville Pedalers
P.O. Box 793
Bartlesville, OK 74003

ADDRESS SERVICE REQUESTED