



## Avoiding Dehydration and Heat Emergencies

By Dale Munn

While I was at the ConocoPhillips fitness center they had some articles available on sweating, heat emergencies, and avoiding dehydration. Since we are not bothered by hot Oklahoma weather and insist on riding regardless of the temperature, I thought it would be good to review some information on hydration and the effects of heat.

Sweat glands produce up to 30 grams per minute or about 2 liters per hour. Under ideal conditions, 18 calories per minute or 1,080 calories per hour are lost from the body. This heat loss maintains our body's body temperature within a safe range. Water lost as sweat should be replaced quickly. Excessive water loss results in dehydration. A major consequence of dehydration is reduced blood volume which affects circulation thus reducing delivery of oxygen to our muscles causing fatigue. With extreme dehydration too much blood volume is lost and the body stops sweating to preserve the remaining blood volume, core temperature skyrockets, heatstroke results.

### **Recommendations for safely riding in the heat**

- Prehydrate by drinking fluids containing sodium.
- Drink while riding, preferably water. Don't go longer than 20 minutes without drinking, and drink at least 6 ounces each time.
- After riding, rehydrate with fluids containing sodium. Avoid plain water and all drinks that



increase urine production (those containing caffeine or alcohol).

- Weigh yourself. A loss of 1 pound means the loss of 1 pint of water.

### **Heat Stroke Signals**

Signals of heat stroke are dry, hot, red skin; very high body temperature - sometimes as high as 106 degrees, progressive loss of consciousness, fast, weak pulse; and fast, shallow breathing. Heat stroke is life-threatening! Call EMS. Get the person out of the heat and into a cooler place. Cool victim fast. Care for shock while waiting for EMS.

### **Heat Exhaustion**


Signals are cool, moist, pale, or red skin; heavy sweating; dilated pupils; headache; nausea; dizziness and weakness; and exhaustion. Body temperature is normal or below normal. Not as dangerous as heat stroke. Get the person out of the heat, cool him, care for shock, provide water to drink every 15 minutes. Heat exhaustion can become heat stroke if not treated.

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## Heat Cramps

Muscular pains and spasms due to heavy exertion, usually involving abdominal muscles or legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

As you are out riding this summer in the Oklahoma heat keep these items in mind and watch your fellow riders to make sure they do not have any heat emergencies. Remember to bring plenty of water on any rides. 




## From the Webmaster

By Dale Munn


There have been a few problems during the month with our web hosting service. The web page was unavailable for about 24 hours during one Saturday/Sunday. This was caused when they tried to upgrade the server and the upgrade didn't work correctly. They then tried to get things back

the way they were. Apparently they were not totally successful as the mail lists have not been working correctly. When I asked about the lists one time, they said the fastest solution was to move the domain to a new server. Well the new server is in New Jersey while the old one was in Arizona. I was amazed - it took about 30 minutes or less to copy all of the data across the country. Then the domain name server entries had to be changed which takes about two days to propagate across the Internet. After this much to my surprise, the mail list still does not work right. I think they may be working now, but I can not edit or view the list contents. In any event we are now on a faster server which changes to daylight savings time just like we do. The Arizona server stays on standard time which causes a minor problem with times displayed on the web page.

Make sure you check the web page frequently. The calendar is updated with the ride schedule. Click on the pictures to be taken to the photo album, or you can browse the photo album directly from the menu. Recent additions include FreeWheel pictures and an unusual parking place for a bicycle. Post any road conditions in the forum. 

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There will be a FreeWheel organizational meeting Aug. 4, at the home of Tina Birch, 1235 S. Owasso, in Tulsa. We will talk about FreeWheel 2004.

Bring a snack and something to drink (I'll supply the water). This meeting is open to anyone who wants to get involved in the organizational/volunteer aspect of FreeWheel. Look forward to seeing everyone there... *Libby Stalter* 



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# August Road Rides

A number of special rides highlight the August road schedule. Don't miss them. See ride calendar on the Pedaler website for ride leaders.

**Tuesday / Thursday rides** will continue with the usual schedule of member-led, approx. 25-mile rides on the route of the leader's choice, leaving from Johnstone / Sooner Parks, respectively. I will be glad to suggest routes to anyone wanting help with selection.

**Saturday rides in August** will depart Johnstone Park at the **new time of 7 am** to avoid the heat. The ride distances are ramped with increasing distances leading up to the Hotter 'N Hell Hundred on August 23. In September we'll go back to an 8 am Saturday start time.

**Saturday, August 2 - 7 am** Ochelata-Wolcott-Avant-Barnsdall loop, about 65 miles of Osage County hills. We'll stop in Ochelata to regroup and refresh. Shorter routes available.

**Tuesday, August 5 - 6 pm, 7:30 pm** Our annual **Johnstone Park Watermelon Feed**. We'll do a short ride starting at 6 pm, getting back to the Park by 7:30 pm, in time to enjoy cold watermelon (provided by the Club) and good company at the riverside pavilion. Riding is NOT a requirement for watermelon, so come on down to the Park at 7:30 even if you aren't riding.

**Saturday, August 9 - 7 am** Caney-Niotase-Chautauqua-Bowring loop, a new, relatively flat 75 mile route up into Kansas. Rod will lead this new route, stopping in Caney and Chautauqua for breaks. Shorter routes available.

**Tuesday, August 12 - 6 pm** Rod is buying! **The Snow Cone Invitational** offers all comers a post-ride snow cone or other treat from Kiddie Park concessions. We'll do a short ride to be back at the Park by 7:30 pm, and like the Watermelon Feed, you need not ride to partake.

**Saturday, August 16 - 7 am** Ramona-Oolagah-Collinsville-Vera-Oglesby loop. This flat 85-miler will be the final preparation for HHH next weekend. Hopefully, we'll have a tailwind to blow us back home unless the August doldrums set in. As usual we'll stop for a couple refreshment breaks, and



shorter alternate routes are available.

**Saturday, August 23 - Hotter 'N Hell Hundred**, Wichita Falls, TX. [www.hhh100.com](http://www.hhh100.com) Several Pedalers will be in Wichita Falls this weekend for this annual "do not miss" ride.

The **local ride will be a 7 am** Show-up ride with the route chosen by those present.

**Saturday, August 30 - 7 am** Barnsdall-Nelagoney-Okesa-Hudson Lake loop, a 65-miler back to the hills in preparation for next weekend's frolic in eastern Oklahoma.

**Monday, September 1 - 7 am Labor Day Frolic**. Let's play with an early morning jaunt up to Wann and back, a relatively easy 35 miles from Sooner Park. We should get back by 10:30 - 11 am, in time to enjoy other activities on this day off.

**Saturday, September 6 - DAM J.A.M.**, Pryor, OK. [www.damjambicycletour.com](http://www.damjambicycletour.com) One of the best out-of-town rides and a Pedaler favorite, many of us will opt for this ride this weekend. Check with Rod if you'd like to arrange transportation.

The **local ride will shift back to 8 am** and be a Show-up ride with the route chosen by those present.



**Visit our Pedalers' web page**

It's Spring time and there's rides-o-plenty out there. Sometimes info on rides comes too late to be placed in the newsletter so to find out more information periodically see our website at - [www.bartlesvillepedalers.com](http://www.bartlesvillepedalers.com)

# Mountain Biking...

From the Mountain Biking "Director"...

By George Harris



## New Route Discovered

Bob Lummis set out one day from Copan dam to ride the Mullendore Ranch route. He came to the short steep hill about five miles into the ride. You know the one I'm talking about if you have ridden the route before. It was hot and Bob was feeling lazy. So he decided not to climb the hill, and ended up discovering a new route. I will call it the Oak Ridge route. The route starts at the Copan Dam and then makes a five-mile loop through the river valley before heading west towards Oak Ridge and Whippoorwill. It is right at a 20 twenty-mile loop if you turn around at the Oak Ridge C store. Another three miles can be added by turning around at Whippoorwill. It is a good afternoon route; no traffic, lots of shade, no hills and a C store at the turn around. (I've also got some real estate in San Francisco to sell if you buy all that.) Look for it in the mountain bike ride schedule.

Mountain Biking Decline - New Sunday Times - The attendance on the mountain bike rides continues to be poor. (I know that its hot and riding gravel roads can be dusty.) So we are going to try a couple of things to see if it will help to get more people on fat tires. The Wednesday night rides will be shorter, and closer to Bartlesville and the Sunday rides will start in the mornings.

The Wednesday rides during August, and the first part of September, will be concentrate on three general locations, Paseo de Nowata area, Moore ranch area, and the Wann area. There are several possible routes that can be taken in each area so the riding won't become monotonous. Each area has both short and long routes so the rides can be adjusted on site based upon the wishes of the rides. Paseo de Nowata and Moore Ranch are close in to Bartlesville therefore offering a quick trip to the showers after the ride. Wann has a C store so a cool drink and a cool down are possible before

the trip home.

The Sunday afternoon rides will become the Sunday morning rides, starting August 17. The new start time will be 6:30 am. This will allow us to avoid the mid-day heat while allowing time for longer rides. Traffic should be lighter in the early morning so there shouldn't be as much dust stirred up. And while the morning start time will interfere with early church service, many of the rides can be completed in time to catch the late service.

I hope that the shorter, closer to home Wednesday evening rides and moving the Sunday rides to the morning will help people get out more on their mountain bikes. Please let me know if you have any ideas of ways to increase mountain bike participation. I'm open to any suggestions. We will revert back to Sunday Afternoon rides and longer Wednesday evening rides as soon as the weather cools off.

## Wednesday Evening Mountain Bike Rides at 6 pm

Is your mountain bike feeling neglected lately? Are you tired of trucks flying past you only inches from your elbow? Air up the tires, lube the chain and get it out for a Wednesday evening tour of some of our local dirt roads. Meet at ride departure point (see descriptions).

**August 6 – Wann Exploring** We'll do some exploring to the north and east of Wann. I will have a new route picked out but we also change our minds at any time during the ride. Meet in the parking lot of the Wann post-office on Highway 10 at 6:00 pm.

**August 13 – Sort of Paseo de Nowata** This is a 14 or 18 mile route covers the east side of Washington county just south of Highway 60. Meet in the triangle at the intersection of County Road 2400 (Moose Lodge Road) and County Road 4020 at 6:00 pm.

**August 20 – Oak Ridge** Let's all get together and ride Bob's new route. Remember this route is 20 miles of new country with lots of shade, no traffic, no hills and a C store at the turn around point.

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# *Pedaler Profile*

## **Reva Fury**

Let me just start by saying I envy each and every one of you for getting out and riding as much as you do. Unfortunately, I just don't ride as much as I should. However, when I do ride, I enjoy it.

I don't remember much about my first bike other than it was a used single speed and blue. We sold it to the girl next door when my parents bought me a new one when I was in fifth grade. It broke my heart when she tore up that bike in just a short time frame. The new bike was a Colombia Sports III, which my parents bought at Oklahoma Tire in Bartlesville. It had three speeds, brakes on the handlebars and a battery-powered light. I thought the light was cool! I learned my lesson with my first bike and never sold the Colombia. In fact, it's gathering dust in my garage now. Not sure what to do with it. Any suggestions? I pretty much stopped riding during junior high. It was probably 15 years before I got back in the saddle.

I purchased my next bike after meeting someone who raced for the Tulsa Wheelmen. Many of you may know him - Adam Pratt. I bought a 12-speed Mangusta 1000 road bike from Ken Black at Black's Bikes in July 1991. I rode it some during that summer but unfortunately I also hurt my back about the same time and wasn't able to ride much. I ended up having back surgery for a perforated disk at the end of that summer. Obviously, I didn't get back on the bike right away.

I was anxious to get started again the following spring (in 1992). That's when I joined the Bartlesville Pedalers. I did several club rides that year and even participated in the T-Town Trek (now the Great Tulsa Bike ride) and completed my first 50-mile ride with the help of Linda Davidson. (Anyone remember her!?) I had a new appreciation after that for Adam's long rides. However, as a result of the surgery, my back would really hurt after a ride. Between that and being a single parent with a youngster at home, my riding slowly came to a stop.

It was almost 10 years before I got back on. During that time, bicycling still had a major roll in my life because I was going to almost all of Adam's



*Reva Fury with Adam Pratt at this year's OK Freewheel in Dewey.*

road races - road races and criteriums - in Oklahoma and Arkansas. I also took him to FreeWheel every year and picked him up at the end. (My car was flooded in Snyder in 1995!) I even helped him put on some Cyclocross races for four or five years. If you are not familiar with that type of race, the course is ridden on both pavement and off-road and requires the riders to periodically jump over barriers. (See the October 2002 Newsletter for additional info.) I also helped Rod Harwood at a couple of time-trials last year. Anyway, I ran into Joyce Fogle at the end of FreeWheel last year in South Haven and she convinced me to get back on my bike. Joyce and Shirley Martin gave me the ambition to ride my bike the rest of the summer. I also rejoined the Pedalers last October. I managed to ride 510 miles, which I was proud of.

I just knew I was going to be better this year about my riding so in January I bought a new bike. It's a Specialized Allez Elite complete with 18 speeds, clipless pedals, index shifting and is very light. It's a great bike but I just haven't been on as much as I had hoped. As a result of the ConocoPhillips merger, I have had to work a lot of

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Meet below the Copan dam at 6:00 pm.

**August 27 – Short Moore Ranch** We will ride some of the normal Moore Ranch route backwards on this short 14-mile route. Longer options are available if everybody is feeling frisky. Meet at CR 405 and 200, 5 miles east of Bison on Highway 60.

**September 3 - Onion Prairie Hill Climb** You know the one. We will make an 11.5-mile loop out of going down the hill then back up it. The route can be stretched into 15 miles if you don't mind asphalt. Meet at Highway 123 and Onion Prairie Road (CR 2075, by the towers on top of 44 Hill).



## Sunday MTB Rides

These ride are a little longer than the Wednesday night rides. The ride departure point changes with each ride (see descriptions). Look at the starting time for each. It also changes.

**Aug 3 - Big Heart Loop** We will try for the BIG loop. This should give us some good miles (50 or so), and a chance to eat some dirt, although some of the route has been paved recently. Meet in downtown Avant for a tour of the Big Heart Area. Call George for start time.


**Aug 10 – Moonlight Madness** \*\*Start time 8:30 pm\*\* The days are hot so let's ride at night. A full moon rises at 7:50 pm so let's have a mountain bike moonlight madness ride. We will do the Paseo de Nowata route and ride into a rising moon. There is also a possibility of some shooting starts as there is an annual meteor shower around that date. The starting time will be 8:30, just before sundown, and we should be finished around 10:00 pm.

**Aug 17 – Lenapah Bound** \*\*\* Start time 6:30 am \*\*\* This is a good 35-mile route that starts off where the Moore Ranch routes start goes to Lenapah and back. Although it is long, its pretty flat and there is a C store at Lenapah for mid-ride refueling. Meet at CR 405 and 200, 5 miles east of Bison on Highway 60.

**Aug 24 – South Coffeyville** \*\*\* Start time 6:30 am \*\*\* Lets do another long ride. We will start at the Wann post office and ride to South Coffeyville via

Noxie. This route is through country not normally traveled with a round trip distance around 33 miles. There is quick stop in S. Coffeyville for mid morning munchies. Meet in the parking lot of the Wann post-office on Highway 10 at 6:30 am.


**Aug 31 – Moore Ranch North** \*\*\* Start time 6:30 am \*\*\* This modification of one of the standard Moore Ranch routes has some extra miles to the east of the normal route. The total distance is 26 miles. Meet at CR 405 and 200, 5 miles east of Bison on Highway 60.

**Sept 7 – Tall Grass Prairie** \*\*\* Start time 6:30 am \*\*\* It has been a long time since we visited the buffalo and we have never ridden there in the morning. We will meet at the headquarters at 6:30 am and ride around both loops. It is 16 miles around the big loop, and 22 miles going around both loops. 

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overtime learning a new job and trying to stay on top of things. It's been stressful as I'm sure some of you can agree. Since I needed a break, Adam convinced me (which wasn't too hard) to participate in FreeWheel with him. However, I did it via the car and not the bike. I still thoroughly enjoyed it. I loved seeing the familiar faces of other Pedalers during that week.

I'm still hoping to get back on the bike soon so don't be surprised if you see me show up at one of the club rides. See you then! 

# From the Road Biking Director...



It gets hot in August, but there's some great riding planned. The trick is to keep well hydrated, both by drinking water and sport drinks, and by sprinkling water over your body as you ride in the heat. Also, stopping for breaks in the shade during longer rides is important.

You'll find a number of special rides on the calendar for the coming month. They include the Watermelon Feed, a Snow Cone Invitational, Hotter 'N Hell Hundred, a Labor Day Frolic, and the DAM J.A.M. in early September. Brief descriptions and contact information is included in this issue of the newsletter. I've planned our Club ride schedule to help train for the longer rides by progressively lengthening the Saturday rides. I especially recommend the popular DAM J.A.M. ride - it is well supported, traverses some wonderful eastern Oklahoma countryside, and offers a variety of routes.

See you on the road, 

*Rod*


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## ***Bike For Breath set for Aug. 2nd***

There is a link to the registration form and information about the ride on [www.bartlesvillepedalers.com](http://www.bartlesvillepedalers.com).

They have also sent me a map of the route (which goes through Ramona on the 100 mile ride, not Bartlesville). You can get to the map through the following link:

<http://www.bartlesvillepedalers.com/Members/pdf/maps/rb/lungmap.pdf>

If you are interested in going, let me know. I'm sure Ross is going, are there others? *Dale* 

## **Secretary's Report**

The Pedalers Board conducted a monthly meeting July 21, 2003 at the ConocoPhillips Cafeteria, with the following members present: Rod Harwood, Shirley Martin, Dale Munn, and Joanne Estes.

The following was discussed by those present:

The *Credit Card Campout* weekend ride was well-attended and enjoyed: Bob, Patsy, George, Suzie, Joel, Shirley, Rod, Joyce, Ross, Jack and Dale rode with the group from the Johnstone Park at the 6:30 am start! (Esteses had intended to do same, but overslept!)

Shirley suggested the club contribute gas money to the drivers and reimburse them for rest-stop treats - maybe make a special recognition at the Christmas Party to express our appreciation! - Maybe a gift certificate! (Don't TELL, now!)

Rod reviewed the upcoming road rides - Discussed the Bike-for-Breath August 2nd - from Tulsa to Ramona, Avant & back for the century; to Skiatook & back for the 63 and Sperry for the 32.

For August, Rod plans a *Watermelon Ride*, Tuesday evening, August 5th, and a Snow Cone Ride the following Tuesday, the 12th. Rides will start at 6:00 pm, Johnstone Park and refreshments at 7:00. Shirley offered to coordinate the Watermelon Ride, and Rod the Snow Cone one.

Saturday morning rides will be good training now for the Hotter 'n Hell Hundred August 23, followed by the Dam Jam in Pryor in early September!

Continue to encourage one another and guests riders when they come out to ride with the group!

Shirley and Rod were to check with Joyce about a trash pickup in August. [Joyce has decided to NOT have trash pickup in August.]

Dale reported treasury balance of \$1,088.94, unchanged from last month. He also suggested there could be an interest in morning time weekday rides - Maybe call it a "Retired Employees' Ride" 2 or 3 regular mornings a week! Next board meeting will be Mon., Aug. 18th, same time same place!

*Joanne Estes, Pedalers Secretary* 