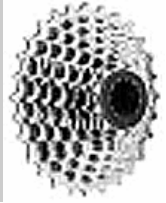




# Bartlesville Pedalers Gazette



Sep/Oct, 2006

The Newsletter of the Pedalers Bicycle Club, Bartlesville, Ok

## President's Report

By Bruce Sturges



*NOT MUCH TO REPORT, EXCEPT* IT'S HOT, this summer has played havoc with many of us riders. It is really hard to put your butt to that bicycle seat with this kind of HEAT. I applaud those of you who have stayed true to the weekly rides and hope that you have been safe in doing so.

I recently made a trip to Las Vegas for a nurse's convention at the fabulous CEASERS PALACE. Let me tell you if you have never been in Ceasers you are really missing something. It took me 2 days just to find my room on a regular basis. The food was excellent, with dishes I have never heard of. The sites were breath taking (pics soon), the money, alcohol, and gambling were plentiful. The people I was with said I am boring; I never even made a bet or played the slots. If that makes me boring then I did I come home with most of the money? We went to several night clubs (very uptown), walked the STRIP (they even had people handing out baseball style cards with nude girls on them that you could call, if you get my drift) saw Hoover Dam which brings me to how we almost ended up in jail. We rented a LIMO (very cool) for \$225 for 3 hours to drive out to Hoover to take some pics. The girls with us had to go to the bathroom but none were available, so we made our own. There was this side street that was blocked off with big orange cones, but there was also a big crevice behind the cones that the girls could do

their thing. So everybody got out and ran to the SPOT. I on the other hand stayed with the driver while he backed the LIMO off the main road. While backing he hit the cones that I later moved, then I ran across the street (a no no) to take some more pics. Well, then the cops showed up, very rude I might add, and told us that if we did not get off the Dam they were running us in. For what I added, he said, for moving the cones. I said, would you

*(Continued on page 10)*

## *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*

Ride participation in August has been very good. I heard the SnoCone ride on August 1 was a success and I know I enjoyed the frozen custard Joel bought folks after the August 17 ride. We have changed the Sunday 5:00 p.m. ride to a No-Drop Ride and moved the start to Sooner Park. It is a good opportunity to recover from the Saturday rides which can be high mileage. We will continue having these at least through September.

In preparation for the August 26<sup>th</sup> HHH, Jack and Joel led us on the Wann-Lenepah-Delaware-Nowata ride on August 12; several riders commented on getting more than 80 miles that day. Then last Saturday August 19, we rode to Vera and four of us rolled on over to Oologah and back to make it 78+ miles.

Speaking of HHH, the Pedalers will again have a large showing August 26 in Wichita Falls, TX. The weather forecast at the time of this writing is 104F, becoming windy in the afternoon. That seems like a good incentive to get in before noon. If you have never ridden HHH, you should try it; it is amazing to watch 10,000+ riders start en masse.

Scheduled rides for September include:

- 6:00 p.m. Tailwind Rides on Tues from



*Saturday rides will be at 8:00 for September & 9:00 for October, unless it's raining. Check the calendar for updates.*

Johnstone Park and on Thurs from Sooner Park. Bill would like to lead the ride on Sept 14 (I think) and meet afterwards at Jared's for Frozen Custard.

- 5:00 p.m. No-Drop Rides on Sundays starting at Sooner Park.
- Saturday Sept 9 – 7:30 a.m. – Dam Jam in Pryor, OK
- Saturday Sept 16 – 8:00 a.m. – Walk this Weigh, Downtown Bartlesville (the assigned course is a 9-mile loop around B'Ville, but Pedalers are encouraged to do this twice to help sweep the course).
- Saturday Sept 23 – 7:00 a.m. – start at Johnstone Park, Joel will lead on a ride through Ochelata, on south of Ramona to the Tulsa/Washington County Line road, and back through Vera.

Additionally, remember the Lummis' have graciously invited us to their place in Missouri Oct 6-8 and ride a couple of days there. Please email me ([kdoggett@bartnet.net](mailto:kdoggett@bartnet.net)) of your interest by Sept 22 so I can give an accurate head count to Bob.

# More Tales from the "Tar Baby!"

*By Joanne Estes*

### "Recommended Reading"

These days when temperatures seem to get stuck in the upper 90's, we cyclists need to be concerned about the ROAD temperatures, too! Cory Cohen of Adventure Bicycling Center shared with me his September issue of "Bicycling" at the Board Meeting at Pizza Hut Monday evening. It's good to know that the editors continue to furnish quite crucial information to it's readers.

The Bartlesville Pedalers place the current copy of "Bicycling" in the magazine room of our local library. Please take time to read "The Secret Life of Asphalt," on pages 64-76 of the September, 2006 issue, from which the following excerpt is taken:

"New black asphalt can get as hot as 135 de-

grees on a steamy day in Atlanta. Old asphalt, which is more reflective, tops out at 125 degrees. Concrete, with even higher reflectivity, stops at around 120 degree. A really hot black roof, on the other hand, can reach 170 degrees. A stand of trees: 70 degrees."

You'll enjoy reading the history of our road surfaces, from a natural asphalt 115-acre asphalt lake in Trinidad, atop an extinct volcano, which produces a "gourmet grade" of natural asphalt - to stories about prison labor & dinosaurs - real pertinent "rubber-meets-the-road" tidbits! Next time you're out climbing that hill or braving a headwind, whenever your head is tucked down and you're watching every inch of the surface below, you can really use your imagination and appreciate the smooth surfaces the road rider now enjoys!



## Pedaler Profile

*Mike Maloney*

Hi! My name is "Mike Maloney" and I have been riding with the Pedalers since early Spring of

this year. It was good to discover that even at age 60, I was not the oldest Pedaler, and I still had time for improvement. My interest in cycling has grown slowly over the past couple years. I've had an old Sears 10-speed steel frame bike since the mid-80's and for the most part, it was a dust-collector in the garage.

A couple of years ago, I cleaned it up and began riding it to and from work, about 2.6 miles one-way, on maybe a once or twice-a-week basis if the weather looked nice. I got to where I was enjoying this and thought it would be nice to get a new, lighter frame comfort bike. I wound up buying "his and hers" Electra Townie 21 bicycles, which was a major step up from the 10-speed. This was in August of 2004 and I began riding the Pathfinder and cruising the city streets, in addition to riding it more and more to work. My wife, Barbara, was very supportive and would like to have joined me more, but a medical problem severely limits her bicycling.

Anyhow, by September of last year, I had cruised the city streets and Pathfinder Parkway a total of 1000 miles, with the longest single ride being no more that 20 miles. A couple of times we took the bikes to Tulsa to ride the Riverpark Trail and that was very enjoyable.

About this time someone suggested I consider road riding, and the thought of doing that solo kind of scared me. I had met another club member, Malcolm Joyce, several years ago and recalled his talking about something called Oklahoma FreeWheel and that it was an annual event.

I believe it may have been Malcolm who suggested I check out the Bartlesville Pedalers Club and their website.

By this time it was September and I had decided to get a bike more suitable for road riding. I got my new bike from the local bicycle shop, Adventure Bicycles, in October and rode it around a little last fall before the days got too short and cold. As we waited for the days to get longer and warmer, I checked the club website and saw that they were going to begin training rides for Oklahoma FreeWheel as soon as Daylight "Shifting" Time started.

I started on a weekday evening ride, and the first Saturday "long ride" was to Bowring. I made it as far as the "Y," where the road goes south toward Highway 60, before I turned off and came home. This was the first time I can recall being outside the city limits on the county roads on my bicycle. A week or so later, the ride was to Barnsdall, where I got some encouragement to keep on pedaling when I was considering turning around about Woolaroc. This was a big confidence-booster for me, and I have kind of stuck with it ever since.

So far, the ride to Independence has been my longest one-way ride. I didn't do FreeWheel this year, as I felt I wasn't prepared as I should be. I believe I was afraid I would burn out and not want to do anymore riding afterwards. Now I am looking forward to the experience next year.

My experience with the Pedalers has been really positive for me. They have been really supportive, as has my wife. I am amazed that this year to date, I have already put 2000 miles on my bike, and, who knows, I may still get 300 or 400 more before it gets too cold.

I have felt myself improving and haven't done anything more physical than just riding! I do plan on some regular additional exercise this fall and winter to help me climb the hills faster and try to keep up with at least the middle group. Maybe in a couple of years, I might even be able to stay up with Jack for a bit longer!

### *Newsletter Schedule For This Year*

As cycling activities diminish during the fall, there will only be two newsletters for the remainder of this year. The remaining Nov/Dec issue will be in early November.

Please plan your articles around this schedule.

The Nov/Dec issue will include information about the nominations for the coming year and the announcement for the annual meeting

If you would like to serve on the nominating committee contact "da prez."

*On the right—Caleb our favorite Pizza Hutt waiter*



# One Hill of a Ride

July 8, 2006

This ride was a rerun of a June 16, 1985 club ride that I rode. Ten Pedalers arrived for the ride and were given an option to choose either the "46 miles of Heaven" ride, which included 3 major hills (44, Okesa turn-off and "Mt. Etna" on the way south from Okesa to Highway 123) or "64 miles of Hill", which included 8 major hills (39, 44, Okesa turn-off, Okesa, Mt. Etna, Marshmallow, Woolaroc and Circle Mountain). The route gave many of us an opportunity to ride by the ConocoPhillips softball fields, a road that is rarely ridden anymore. Those in attendance were Shirley & Joel Martin, Mike Mahoney, Kevin Doggett, Corey, Neil Johnson, Jack Tatum, Norman Farrell, Raymond and Dan Schultes.

The first stop was made at the top of '39' hill for a picture opportunity. The 2<sup>nd</sup> stop was made at the Okesa bar after climbing the Okesa hill, where Norman's chain and wheel succumbed on the fast and smooth descent on the new blacktop. Norman arranged for a ride back to Bartlesville and Kevin, Jack, Raymond, Joel and I continued south, trying in vain to catch Neil, who had skipped the Okesa festivities.

After climbing our 5<sup>th</sup> major hill of the day, we stopped for another photo opportunity, where 4 decided to take on 3 additional cattle guards, 1.4 miles of gravel, bike eating potholes, a steep hill decline in between deep gravel, and a hill not seen on a club ride since the last millennium, Marshmallow. To put it mildly, Marshmallow toasted us. Leave it to Joel to know a slightly different route on an obscure trail that allowed us to avoid the last quarter mile of gravel.

After a brief stop at Woolaroc, we proceeded to go up Circle Mountain where I fell 'softly' after having my chain come off just where the hill begins its steep ascent. We regrouped at the top, congratulated each other for becoming '1 Hill of a Ride' survivors, and went home.



*Guess who is doing what in this picture. Clue—it's not Lance. (from HHH06)*

*By Dan Schultes*



*Only person stopping at top of Okesa Hill.*



*8 of us (Norman, Jack, Raymond, Corey, Joel, Kevin & Neil) at top of "39". Dan was photographer.*



*Outside Okesa Bar after completing hill #4. (Dan, Kevin, Joel, Norman, Jack, Raymond – Norman is photographer)*



*Decision point after hill #5. Jack's heart is no longer in it as he points back to Bartlesville. Kevin and Joel are going to attack Marshmallow Hill and complete '64 miles of Hill', Raymond pretends to be undecided, but he also opts for the Marshmallow challenge. Dan is photographer.*

# News from the Pioneer Senior Olympics - Stillwater

*By Walter Bohn*

Jack Tatum and Walt Bohn participated in the bicycle portion of the Stillwater, OK senior olympics on Saturday, August 19 and Sunday, August 20. The weather was HOT although the races held on Saturday were at 8 a.m. and 10 a.m. The 5K time trial @ 8 and the 10K time trial @ 10.

The route was a straight highway, slightly hilly, and slightly uphill into a brisk north wind. Jack was riding his new time trial machine and the route and the heat got to him on the 10K. He had heat exhaustion at the finish of that race. We were riding back to the start and I heard him calling me and by the time I got back to him he was on his back saying how dizzy he was. Several vehicles stopped to assist and

one took his bike in and the other Jack. As usual he recovers quickly. We did agree that we would not race in the 25K scheduled for 6 p.m. since it was forecast for over 100 degrees.

Despite the course and heat Jack got a 2nd in the 5K and 3rd in the 10K. Walt rode but had no competition so got a 1st place in each event.

The 40K was held at 7:30 on Sunday on a very hilly south and north route. Jack finished first in his age group and Walt again had no competition in his age group and finished first also.

Both are looking forward to the Oklahoma state races next month in Tulsa as a 1<sup>st</sup> or 2<sup>nd</sup> in the 5K, 10K, 20K and 40K will qualify for participation in the Nationals to be held next year.

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## Nitrogen Filled Bicycle Tires *By Mike Maloney*

About a month ago there was some TV news press coverage on the subject of filling auto and RV tires with nitrogen. This coverage was motivated in part by the increasing price of gasoline with the importance of keeping your tires at rated pressure for optimum performance and economy. A number of claimed advantages were presented, some of which I agreed with and some I remain skeptical. The skeptic in me questioned the price places were charging for filling tires with nitrogen verses the savings claimed in better fuel economy. Since I have been running nitrogen in my bicycle tires since early June, I thought I would share my reasons and opinions on the subject.

The reason I started using compressed nitrogen was convenience and curiosity. About two years ago my company retired several 100 pound dry chemical fire extinguishers that used an adjacent nitrogen cylinder for the propellant. The extinguisher tanks were relieved of the dry chemical and some were converted to be used with an air compressor to propell a replaced chemical for spraying trees. What to do with the remaining nitrogen cylinders? Our maintenance department uses compressed dry nitro-

gen for keeping a blanket over the larger oil filled power transformers, so the smaller "pony" sized cylinders from the extinguishers went to store with the larger full sized bottles. I had been riding my bike to work for about a year when one of the guys suggested I might consider rigging a cylinder for keeping my tires topped off rather than messing with a hand pump. I thought about it for a while and reasoned, "why not"? I knew the nitrogen was dry and so with no moisture I reasoned the pressure might be more stable with temperature changes. The short high pressure hose from the cylinder to the regulator was replaced with a solid coupling and a guage attached to the low pressure side to check the regulator setting. The pressure on the cylinder was a bit over 2200 psi and as I recall about 50psi on the regulated side. An adjustment of the setting screw brought the pressure up slowly to 110 psi. This is the recommended pressure for my bicycle tires. All that remained was installing a couple of quick release fittings for the air hose and the air chuck. It seems that quick release Presta air chucks are about as scarce as hens teeth, so I use a standard Shrader chuck

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# hotter-n-hell 75

By Bill Estes



The Bartlesville Pedalers' contingent composed of Norman Farrell, Kevin Doggett, Keith Clark, Dwight Ritter, Bruce and Cindy Sturges, Alan Freeman, and Joanne and me, recently completed the HH 100 bike ride, the weekend of Aug 26<sup>th</sup>. This will put to rest all the rumors and exaggerations put out by Keith and let you know what REALLY went on that weekend. I guess by now you have heard it was HOT. I can confirm that part is true, BUT as I have explained before the humidity is not so bad and that helps with the heat. When we arrived at the campground Friday it was a pleasant 108 degrees as we put up ours and Bruce and Cindy's tent. We got a little head start leaving Bartlesville as I knew we had all that work ahead of us.



*Dwight, Bill, Alan, Keith, Bruce, Cindy and Joanne at the trade show.*

After going to the trade show and eating spaghetti, we returned to the camp and went swimming in the luxurious pool provided. While I won't tell you I slept like a baby Friday night, I DID sleep, as there was a nice breeze that kept me comfortable. We were up at 4:30 preparing for the day and arrived at the start at around 6:15. (That is A.M. in case you were wondering.) They had something like 11,000+ riders this year, which was about 2,000 more than the previous years ride. I am not sure I told you but it was HOT on Saturday (like 104 & heat index of 107!). My plan of attack was to take it easy and save myself for the last 40 miles. The start was at 7:00 AM but I feel we lost 30 minutes due to the number of people leaving, and did not really start riding until around 7:30 which cost us 30 minutes. I stopped two times for water and did not rest at the stops, as I wanted to save the "resting" for the afternoon portion.

"Hells Gate" was to close at 12:30 PM, which is about 60 miles out. I arrived at 12:00 but was told that the medical director closed the gate at 11:00 due to the extreme heat. You would have had to average 20 mph to make it by 11, when you count the 30 minutes you lost at the start, and allowing for water stops. The rest stops were sooo full that it took a while to negotiate the number of people - getting off your bike, standing in line for water, and getting back on your bike. I really feel like I lost 30 minutes at the stops,

even though I did not sit down. I filled up my camel back along with two water bottles at rest stop 30. I was riding along planning to stop at the 50-mile break for more water but it became more like 52 or 53 miles. Along the way I ran out of water.

There were some organizers along the road that told me I was about 1 mile from the "50-mile" break. I rode for 3 miles with no water, stopped again, and was told "about one-half mile to go". I kept going and still was not at the break. At that point, I stopped a rider and asked if he had some water he could give me to get to the next stop. He gave me one of his bottles to fill mine with and I went on and made the next stop. That is

how much water you needed due to the heat!

With the exception of Norman and Keith, the remaining Bartlesville riders rode around 75 miles that day. However we all will wear our finishing pins with pride as we know we all would have finished the 100-mile ride, had we been given the opportunity. (Bruce and Joanne stopped at the campground pool - about 60 miles total for them.)

Joanne and I tried our best to talk our riding companions into spending Saturday night at the Burkburnett Campground, but NOOO, Keith explained how bad the weather was going to be in Wichita Falls, so they headed for Bartlesville, while Joanne and I went to town, caught a movie went out to eat, returned to the camp where there was a nice gentle rain during the night. The temperature dropped to the 70's and we slept like a baby. You can talk to Keith, but I heard their trip home was not as comfortable. "A little wind and rain," so I am told! I can't be sure as I was busy sleeping like a baby. They will all be able to confirm how I tried to talk them into staying at the campground with Joanne and me, as you all know I am really rugged and enjoy camping.



*Staying cool in the Pool!!!*

# TRULY HOTTER THAN HELL *By Bruce Sturges*



## (DROPS OF SWEAT)

Well, I did not make it to the hotter than hell finish line, but wound up with 60 miles and a nest tea plunge. The HHH people made a decision to stop the riders at the gates of hell and detour them to a shorter route because of the heat. The ambulance drivers made a call to HHH and said they were overwhelmed with people literally biting the dust in the heat and could not keep up with the calls. The sag wagons were so full they could not keep up either. So the ride was cut short about 25 miles. Some people were really mad about this and were told if they crossed the gate they would go to jail. This was some serious heat we are talking about. Temps were ranging from 102 to 110 depending on where you were. After I crossed the rest stop at 50 miles, big signs read gates of hell closed. Not wanting to enter the gates I opted for the pool at 60 miles and I could not get rid of my shoes and shirt fast enough. I took the plunge and whoa!!!!!!!!!! What a feelin'. Shortly there after I was joined by fellow rider and secretary Joanne, who also took the plunge. If the road we were on was the road to hell then we surely found heaven in that pool!

This story might get lengthy cuz I ain't even to the good stuff yet. So sit a spell, take your shoes off this is going to get really good.

Before leaving Texas the 1<sup>st</sup> lady, Keith, Dwight, Alan and yours truly decided we needed a swim and a shower before packing and heading north. We did just that and headed out about 4 ish or so. Before leaving we noticed that the clouds began forming and the wind sorta picked up. So Keith looked at the internet on his blackberry and said that most of the activity was west of us. While on the way to Lawton we figured we needed a catfish fix since we had not had one yet. So Keith back on his blackberry found us a place called delta queen. This was just a hole in the wall joint and some of us were not sure about it, but we figure no guts no glory. We had not made it to hell so maybe this would be it. We ventured in and to our surprise this was really a cool



*Hotter-n-Hell Starting point*

place. The catfish was not that great but everything was okay. While setting there the thunder and wind started kicking just a little so we bailed and headed north once again. Everything was west of us all the way to OKC. Some small scattered showers were upon us as we entered the last turn off before i-44. We stopped for some gas and some ice cream, yummy!!!! After a small break we headed down the road to our home front. We never saw a sign that said entering hell. But what I am about to say was hell. The thunder and lightning started. The lightning was so bright and close you could not even see the road. Then the sheets of rain and the wind, where was Noah when we needed him. All this action and I only had 3 hours of sleep. The 1<sup>st</sup> lady kept saying let me drive, but what idiot would want to drive in this stuff. (if anybody tells her this you will be toast!) I finally pulled over cuz I could not see, my eyes

were hurting so bad from squinting, and Keith was on that blackberry saying if we can make it to Tulsa we are home free. I was having a breakdown I thought. The blackberry radar was showing all clear after we left Tulsa. There was hope that the 1<sup>st</sup> lady would get to drive after all. This was the very reason I wanted her to come in the first place was to take care of the driving and me after my trip to hell. Finally we made it to Tulsa and it did ease just a little. I thought I would get us to hiway 75 and let her drive the rest of the way. Low and behold if it didn't start again. Needless to say I drove the entire route home, and as I pulled into my driveway I looked to the clouds and saw that devil at the gate. All he could say was, "gotcha"!!!!!!!!!!!!!! I hate that devil and I probably won't go back to HHH for awhile, maybe 360 days or so!!!!

Just to set the record straight, I did camp out in that hot weather with the 1<sup>st</sup> lady, she said it was fun and that we need to do this more often. We even went tent shopping in Tulsa the next day. I am going to have to keep her away from Keith. Really, it was not bad, but I still prefer to indoor camp. Let's hear it for indoor campers everywhere!!!!!!!!!!

A big thanks to Bill who set up his extra tent

*(Continued on page 9)*

# Board Meeting

*Bartlesville Pedalers Board Meeting Minutes*  
6:30 p.m., August 21, 2006

The extra-cool Downtown Pizza Hut was the location for the Pedalers' August Board Meeting. Dale and Judy Munn, Norman Farrell, Caleb and Keith Clark, Darlene Clayborn, Cory Cohen, and Bill and Joanne Estes enjoyed the Monday night specials along with a beautiful Oklahoma Sunset!

In Bruce da Prez' absence, VP-Treasurer, Keith Clark, kept the agenda running smoothly. Keith reported how well the t-shirts sales have been and only a very few L's & XL's remain. The t-shirt sales have brought the club profit!

The Pryor "D.A.M. Jam" early deadline is Friday, the 25th. No T-shirts guaranteed if you miss the deadline! The 15<sup>th</sup> annual ride is September 9th, the weekend after Labor Day. The 21<sup>st</sup> Oklahoma MS150 is September 16-17. The Lummis' gracious Fall Bike Fest in rural Marshfield, Missouri, is set for the first weekend in October, the 6th-8th.

Plans for traveling to the 25<sup>th</sup> Hotter'n Hell Hundred in Wichita Falls, TX were discussed. Hopefully, Dale is almost packed! Those fellow-Pedalers traveling there and cycling are Ross Snider, Michael Smith, Keith Clark, Dwight Ritter, Bill & Joanne Estes, Bruce (& Cindy) Sturges, and possibly others. Meet at the Albertson's parking lot at 10:00 a.m. this Friday, the 25th, if you wish to caravan. The mentioned list of HHH attendees is not at all complete! We look forward to seeing many Bartlesville riders in Wichita Falls this weekend and wish a safe ride to all! The winter months ahead will echo many exciting recounts of this years 25th annual HHH ride! We'll be wanting to hear YOUR first-hand story! Be sure to check out the big Consumer Show, the awesome Rest Stops!, the cool

bikes, the cool riders, and just what are they wearing this year!!!! . . . plus! we'll want to know how was YOUR camping experience!!!!? Some are staying outdoors, some in host homes, some in luxurious, air-conditioned hotels!

Cory reported that the Osage Hills State Park RED Mountain Bike Trail is now complete, thanks to Randall and helpers. He asked for **MORE VOLUNTEERS** to help with the Little 100 Relay Racers, who will resume training with laps around Johnstone Park, Monday evening, August 28th. A big THANKS to Tom Rovenstine for being such an excellent mentor. There will be no riding if temperatures are 95 or above!

Cory also reported that Adventure Bicycle Center is offering FREE bike checks on Wednesday before the BPR event October 28

Dale asked for September - October articles to be ready for this Friday, August 25th. deadline, as only two newsletters remain for this year. He also highlighted the "Walk This Weigh" event 9:00 a.m. Saturday, September 16. All Pedalers are encouraged to attend and help by riding the 9-mile course two times. There will be drawings for \$100 cash in each event.

Due to popular demand, Bill Estes will lead a Custard Cup Ride, 6:00pm, Thursday, September 14th, starting from Sooner Park.

A big WELCOME to new member Greg Allred of Bartlesville (2151 Jefferson Road, 74006, 918-335-1886) Looking forward to seeing Greg out on some rides soon!

We tip our helmets to Cory and Caleb for their cycling commuting these warm days!

Next board meeting will be Monday night, September 18th, same time, same place. Meeting was adjourned.

Respectfully submitted,  
Joanne Estes, Pedalers' Secretary

## *Nitrogen Filled Tires (Continued)*

*(Continued from page 5)*

along with the brass adapters available from our local Adventure bicycle shop. So far, I have really enjoyed the set up and have learned a couple of things. First after fixing a leaking air chuck, for which I was just partially successful, I went to use the system one morning and found the cylinder completely empty. The gas had leaked out! the partially fixed air chuck. After replacing the cylinder, I now unplug the air chuck and shut off the main high pressure valve after every use. I figure for what little volume and pressure is in the tire compared to what is in the cylinder,

the cylinder should last me a long, long time as long as I shut it off after each use. Its hard to say for sure, but I believe the tires do not loose pressure as fast using dry nitrogen compared to humid air. When first applying the air chuck to the valve you can hear a very low pitched exchange of gas very briefly as the pressure of the tire equalizes to the regulated nitrogen. I then count to 5 then quickly release the chuck not to loose any pressure. It is a comforting feeling knowing my tires are being maintained closely to the recommended pressure without having to mess with a snap-on manual pump.



## 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.



## Ragbrai Update

By Dan Schultes

No gravel on Ragbrai this year :- ( But, otherwise it was a great ride ! On 150 miles of riding over 2 days, we had only 6 miles where bikes didn't have the whole road. The 6 mile section was a 4 lane road (2 lanes each way) and they had traffic cones on the dashed lines the whole way so the right lane and shoulder were devoted strictly to bicycles. They have patrolmen at virtually every turn or stop sign (as if anybody in the Pedlars stopped at stop signs anyway) to allow the important vehicles (bicycles) to have the right of way. There were probably only 1 or 2 cars that passed me each day between towns and just a few others went by 'against the grain' - although ambulances also passed 2 or 3 times.

Bikers COMPLETELY take over EVERY town as they pass through on RAGBRAI, sometimes the streets are so crowded that you have to walk the bike for a while, which is good as it lets you take in all the sights, sounds, food and excitement of the ride. This

year, I ran into a guy who has ridden it ~12 times from Tulsa & another guy who lived in Bville ~1975-1978 (Phil & Nancy). At the conclusion of the 2nd day, they had 20-50 people clapping and telling you 'congratulations & great job' as you entered the final town.

I plan to get a meeting together sometime in the next month or so to see who might want to go the whole route next year, logistics, etc. Dates are July 22-27, 2007, here's a link to the web-site: <http://www.ragbrai.com/> to see some good info. I'll let you know about the mtg. Keith will be in charge of the daily "Heaven" report during the actual ride, this reference is of course stolen from Kevin Costner's comment in the "Field of Dreams" movie when he said "No, this isn't Heaven, this is Iowa" :- ) BTW, we road to Field of Dreams and played baseball there for about an hour ~1994 on RAGBRAI.

PS: Keith & Kevin: I didn't sleep inside a gym, but my brother did score us a house all to ourselves at the last minute for Sunday night in a town 7 miles from the day's start :-)

### Truly Hotter Than Hell (Continued)

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before we got there. He did a great job and charged me \$25.00 for that service. Whatta guy!!!!

Friday night after a great meal we decided to go to Braums. While sitting there we discovered nobody brought an alarm clock, so we called Dale for a wake-up call, since he didn't go, this was the least he

could do. Needless to say we never got that call but made the start anyway.

I believe we saw about 11,882 or so bikes for HHH

Well gang, I do believe I am done for now. But stay tuned cuz I think Keith and I are camping out at dam jam in 2 weeks. That might get interesting!

da prez!!!!!!!!!!!!



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### *President's Report (Continued)*

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rather we block traffic or have us off the road? Needless to say we flew into the LIMO and headed back to Vegas. I told the driver I was not finished taking pics and to pull over, he did, we all got out snapped a few pics and low and behold here comes the cop again, we all jumped back into the LIMO and lit them LIMO tires up. The cop never did catch us, but we had a good time running from the law. And at one point while talking to the cop we got his picture. We all decided that if he ever comes to the hospital in Bville, we could make his stay, well very interesting to say the least. The nurses convention was very BORING, I did not learn very much, spent most of the time snoozing, after all they gave us this book with all the slides in it that they were talking about, so why not snooze so I could stay out late. We really had a good time, but I don't really have a need to go back.

Well my fellow riders, it is 7:00 am, I am leaving for HHH this morn with, the 1<sup>st</sup> lady, Keith, Alan, Dwight, Bill and Jo. Its going to be over 100 Saturday and I am thinking are we going to have fun or what? We are camping out (boy is this getting better or what) no indoor campers here, guess I will survive. But for now I am ending this article and goin back to bed!

Later guys, Bruce da PREZ!!!!



*Corey at Pizza Hut, Alan & Bill @ HHH*

## ***Pedalers Membership***

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