



# Tulsa Wheelmen

## RIDES AND EVENTS CALENDAR

February 2004

Visit [www.tulsawheelmen.com](http://www.tulsawheelmen.com) for an extended list of upcoming events.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>February 1</b>  <b>No Wimps Ride, 8 a.m.</b>  <b>Tailwind/Fixed Gear Ride, noon</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>No Wimps Ride, 8 a.m.</b> <b>Tailwind/Fixed Gear Ride, noon</b>  <b>Ark Cyclocross Series Race</b>
<b>8</b>  <b>No Wimps Ride, 8 a.m.</b>  <b>Tailwind/Fixed Gear Ride, 1:00pm</b>	<b>9</b> <b>GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM</b>	<b>10</b> <b>Tuesday Night Fixed Gear Trail Ride, 6:00pm 41<sup>st</sup> and Riverside</b>	<b>11</b> <b>Wednesday Night Trail Ride, 6:30pm 41<sup>st</sup> and Riverside</b> <b>Wednesday Night Spin</b>	<b>12</b>	<b>13</b>	<b>14</b>  <b>No Wimps Ride, 8 a.m.</b>  <b>Tailwind/Fixed Gear Ride, noon</b>
<b>15</b> <b>No Wimps Ride, 8 a.m.</b>  <b>Tailwind/Fixed Gear Ride, 1:00pm</b>	<b>16</b>	<b>17</b> <b>Tuesday Night Fixed Gear Trail Ride, 6:00pm 41<sup>st</sup> and Riverside</b>	<b>18</b> <b>Wednesday Night Trail Ride, 6:30pm 41<sup>st</sup> and Riverside</b> <b>Wednesday Night Spin</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>No Wimps Ride, 8 a.m.</b> <b>Tailwind/Fixed Gear Ride, noon</b>  <b>Walburg Classic Road Race, Austin, TX</b>
<b>22</b> <b>No Wimps Ride, 8 a.m.</b> <b>Tailwind/Fixed Gear Ride, 1:00pm</b> <b>Powerhouse Gym Road Race, Austin, TX</b>	<b>23</b>	<b>24</b> <b>Tuesday Night Fixed Gear Trail Ride, 6:00pm 41<sup>st</sup> and Riverside</b>	<b>25</b> <b>Wednesday Night Trail Ride, 6:30pm 41<sup>st</sup> and Riverside</b> <b>Wednesday Night Spin</b>	<b>26</b>	<b>27</b>	<b>28</b>  <b>No Wimps Ride, 8 a.m.</b>  <b>Tailwind/Fixed Gear Ride, noon</b>
<b>29</b> <b>No Wimps Ride, 8 a.m.</b>  <b>Tailwind/Fixed Gear Ride, 1:00pm</b>	<b>March 1</b>	<b>2</b> <b>Tuesday Night Fixed Gear Trail Ride, 6:00pm 41<sup>st</sup> and Riverside</b>	<b>3</b> <b>Wednesday Night Trail Ride, 6:30pm 41<sup>st</sup> and Riverside</b> <b>Wednesday Night Spin</b>	<b>4</b>	<b>5</b>	<b>6</b> <b>No Wimps Ride, 8 a.m.</b> <b>Tailwind/Fixed Gear Ride, noon</b>  <b>Lago Vista Road Race, Austin, TX</b>
<b>7</b> <b>No Wimps Ride, 8 a.m.</b> <b>Tailwind/Fixed Gear Ride, 1:00pm</b>  <b>Lago Vista Road Race, Austin, TX</b>	<b>8</b>	<b>9</b> <b>Tuesday Night Fixed Gear Trail Ride, 6:00pm 41<sup>st</sup> and Riverside</b>	<b>10</b> <b>Wednesday Night Trail Ride, 6:30pm 41<sup>st</sup> and Riverside</b> <b>Wednesday Night Spin</b>	<b>11</b>	<b>12</b>	<b>13</b> <b>No Wimps Ride, 8 a.m.</b> <b>Tailwind/Fixed Gear Ride, noon</b>  <b>Heritage Square Criterium, Waco, TX</b>



# N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 2

". . . to promote responsible bicycling in all its forms."

February 2004

**THE EDITOR'S PEN FOR  
FEBRUARY 2004  
By MARC DELAMETTER**

## WHEELMEN WEBSITE SCORES BIG

If you haven't ventured over to the Tulsa Wheelmen website you may be the only cyclist in this region of the United States that hasn't. Last month I asked Jeremy Stitt (our own webmaster) to give me some statistics on the website for a possible article in this Newsletter. What I got was a BIG Surprise. Here are the 2003 stats.

Hits per month: 33,000

Hits per week: 8,500

Visits (sessions) per month: 3,500

Visits (sessions) per week: 900

In September, the homepage was viewed 3,000 times, averaging about 100 views per day. The week before the State Criterium Championship, the flyer for that race was downloaded almost 400 times! Typically, the most commonly viewed pages are (in order of popularity):

1. Home page
2. Picture detail page
3. Events
4. Results
5. Club Info page
6. Newsletter download page

Wow. This is just amazing. If you extrapolate these statistics over the entire year it looks like this:

- Hits per year: Between 396,000 and 442,000

- Visits (sessions) per year: Between 42,000 and 46,800
- Home page viewed about 36,000 times per year.

I may be completely naive to these statistics but in my world "THEMS BIG NUMBERS".

Jeremy also pointed out to me that if you do a "google" search at [www.google.com](http://www.google.com) on the word "Wheelmen" the Tulsa Wheelmen website is often in the top five sites listed and at times the number one site listed. (Jeremy informed me that google organizes the results of your search based on the most popular sites.)

At first I thought, "this is pretty incredible". Then I thought, nope. I know how talented Jeremy is in website design and I know how much effort he puts into maintaining the site. Considering all that effort, it doesn't surprise me that our website is as popular as it appears (at least to me).

So, next time you're on the web surfing around, trot on over to [www.tulsawheelmen.com](http://www.tulsawheelmen.com) and check out all the cool information. Then go over to your e-mail and send Jeremy a big "thank you man" for his efforts.



## "BICYCLES OF TULSA" ANOTHER GREAT WHEELMEN SPONSOR

Great stuff just keeps happening for the Tulsa Wheelmen. Bicycles of Tulsa, or BOT as many members call them, are going to sponsor the Tulsa Wheelmen Race Team and the Thursday Night Criterium Races in 2004.

Pat Coyle, BOTs' owner, has generously offered to provide our Race Team Members with special discounts amounting to \$500 per racer on equipment and cycling stuff purchased at BOT. Race Team members include:

Ben Thigpen	Brandon Cowart
Brian Meahan	Jeremy Stitt
Janne Hamalainen	Keith Winn
Kary Cummins	Keith Franklin
Keith Winn	Marc Delametter
Tim Carrigg	Will Gault
Greg Shinn	

Additionally Bicycles of Tulsa has confirmed that they will cover costs associated with our very successful Thursday Night Criterium series plus provide some primes and other prizes during the year. Pat commented that he "was very excited about his sponsorship role and the upcoming race season." Brian Meahan, Wheelmen President also noted that the Tulsa Wheelmen are also very excited about BOTs' involvement in our Race Team and Summer Crit Series.

It's a win win situation all around.



# Tulsa Wheelmen Club News

## WINTER AUCTION DONATIONS

By Brian Meahan

We are soliciting donations for the Annual Tulsa Wheelmen Winter Auction. We haven't finalized the dates yet, but the auction will most likely be in mid to late February. If you have any items or services that you would like to donate for this year's auction, please contact me via email.

## GOOGLE TOP TEN

By Brian Meahan

Google has just released its list of top ten searches. Check out # 10.

### 2003 TOP SEARCHES

1. Britney Spears
2. Harry Potter
3. Matrix
4. Shakira
5. David Beckham
6. 50 Cent
7. Iraq
8. Lord of the Rings
9. Kobe Bryant
10. Tour de France Source

## LOTS OF FOR SALE STUFF

There seems to be a lot of stuff for sale this winter. Too much to put in our "For Sale" section, so I've listed it here.

**For Sale:** Shimano Dura-Ace 12-23 9 Speed Cassette (half titanium, very low mileage). \$70.00. Two Shimano Ultegra 12-23 9 speed Cassettes, good condition. \$40.00 each. A set of Mavic Ksyrium SSC SL 2003 Wheels. Used for 1 season. \$400.00. 28 Hole Chris King Hubs, Campy Tubular Rims, double butted 2x Wheelset, barely used, under 1500 grams, \$400.00 O.B.O (shimano 9 speed cassette body). E-mail me privately with any offers at Mountainrider3@aol.com. Tom French

**For Sale:** [ksyrium@cox.net](mailto:ksyrium@cox.net)> Campy Clearance For those of you that run Campy. Here is a list of items I need to clear out. Campy Chorus Cassette 13-26. Campy Chorus Cassette 12-25. Campy Record Cassette 12-25. Bontrager Carbon Race Wheels (tubulars). Rolf Prima Vigor Wheels (clinchers). Training Wheels: Campy Veloce Hubs / Campy Lambda Rims

(clinchers). All reasonable offers considered. Email me at [ksyrium@cox.net](mailto:ksyrium@cox.net). Chad Cagle

**For Sale:** Trek 990 mountain bike collecting dust in my garage. Deore XT, manitou 5, superlight rims etc. It's in mint condition and I would happily part with it for \$400. Email me at [mark@patzweb.net](mailto:mark@patzweb.net) if you're interested. Mark Patz

**For Sale:** 2002 Dura-Ace 9-Speed STI Lever Set. Used for 2 Seasons. \$90.00. 2002 Dura-Ace 9-Speed Cranks. 39-53 172.5mm Splined. Good condition, \$90.00. 2002 Dura-Ace 9-Speed Rear Derailleur. For a double chainring set-up. \$20.00. 2002 Ultegra 11-23 9 Speed Cassette. \$20.00. Rolf Vector Comp Wheel-Set. Red. Shimano 8/9 freehub. \$160.00. Rolf Vector Comp Wheel-Set. Blue. Shimano 8/9 freehub. Used for cyclo-cross wheels. Still in Good condition. \$180.00.

Blake McMahon (918) 640-1422



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## BICYCLE QUOTE OF THE MONTH

"The most beautiful motion is that which accomplishes the greatest results with the least amount of effort." Plato

(Plato must have been a bike racer!)



**ALPINEER**







# Tulsa Wheelmen Club News

## OKLAHOMA BICYCLE COALITION MEMBERSHIP MEETING NOTICE

Please come to the Oklahoma Bicycle Coalition membership meeting Sunday, February 22, 2004 Stillwater Parks & Recreation building, 315 E 9th Street, Stillwater, OK, 2 pm.

The agenda calls for reviewing and approving the OBC 2004 budget, introducing Sandra Crisp, the new OBC Legislative Chairperson, a progress report from David Crisp on the status of the Share the Road license tag, and an update from Ed Wagner on Route 66 plans.

There will be a poll of the OBC members interested in taking a Road 1 course this year to determine the number and location of clinics. Also on the agenda, membership changes, outlining the 2004 OBC schedule, and deciding on the day, town, and agenda for the OBC meeting held during Freewheel.

Plan on joining Oklahoma's bicycle leaders in making Oklahoma more bicycle aware and welcome. Please spread the word. Invite an interested cycling friend to attend also.

Mary Cash

Oklahoma Businesses For Bikes Oklahoma Bicycle Coalition  
Cooper's Bicycle Center 220 S Main Street Stillwater, OK  
74074 405-372-2525 [businessforbikes@cs.com](mailto:businessforbikes@cs.com)

## LEAGUE OF AMERICAN BICYCLISTS KID'S BIKEED PROGRAMS

By Sandra Crisp, Advocacy Director

The Tulsa Wheelmen are partnering with Tulsa Parks and local LCIs to offer League of American Bicyclists Kids BikeEd courses this Spring at Hicks Park.

Complete information on the courses being offered is below. We are hoping to expand these offerings as outreaches to our community going forward.

Several Area Middle Schools are planning to add elective bicycling programs to their PE curriculum as a result of the phenomenal success of the Little 100. LCIs taught BikeEd concepts to Little 100 participants in the previous year and we expect this to continue and grow in the coming year. Unfortunately, we do not have sufficient LCIs with time during the day to meet the need of the new in-school programs.

The League of American Bicyclists is currently developing a bicycle/pedestrian training curriculum to prepare Middle School teachers to teach bicycle/pedestrian courses to their students. These courses will be used to support Safe Routes to School (SRTS) initiatives. I am hoping that our club will be active in promoting this program and I will keep you informed of developments.

### Kids 1

League Cycling Instructor: Sandra L. Crisp

Two dates to choose from:

February 14, 2004/1 - 3 PM, or

February 28, 2004/9:30 - 11:30 AM

Location: Hicks Park

3443 S. Mingo Rd., Tulsa, Ok.

Fee: \$0.00

### Description:

Kids 1 Course: Parents are invited, with their children (4th grade & younger,) to attend this League of American Bicyclists course. Parents learn how to choose a bike, fit a helmet & teach their child to ride. Children will receive helmets donated by the Tulsa Wheelmen. Attend either Saturday, February 14, from 1 to 3 p.m. or Saturday, February 28, from 9:30 to 11:30 a.m. Call to enroll. Sponsored locally by the Tulsa Wheelmen, this course is being offered FREE!

To register for this course, contact: Rhonda Freiner

918-669-6355

[rfreiner@ci.tulsa.ok.us](mailto:rfreiner@ci.tulsa.ok.us)

<http://www.cityoftulsa.org/Parks/>

### Kids 2

League Cycling Instructors: Tom Brown, Sandra Crisp, Gary Parker, Brian Potter

March 15 - 18, 2004/1 to 3 PM daily

Location: Hicks Park

3443 S. Mingo Rd., Tulsa, OK.

Fee: \$40.00

### Description:

Kids 2 Course: For children ages 9-14, in this League of American Bicyclists Course children will learn the traffic rules & skills to bike safely on neighborhood streets. Bring bike each day. Participants will receive helmets donated by the Tulsa Wheelmen. Will meet Monday through Thursday, March 15 - 18, from 1 to 3 p.m. Cost \$40.00...pre-payment required.

To register for this course, contact: Rhonda Freiner

918-669-6355

[rfreiner@ci.tulsa.ok.us](mailto:rfreiner@ci.tulsa.ok.us)

<http://www.cityoftulsa.org/Parks/>



# Tulsa Wheelmen Club News

## GLOBAL FITNESS WEEKLY TRAINING SCHEDULE



Global Fitness sponsors a number of events.

### Monday

6:15 AM SPINNING - Bryan  
9:30 AM BODYPUMP - Cindy  
10:45 AM SPINNING - Jill  
5:00 PM BOXING - Samuel  
6:00 PM BODYPUMP - Stewart  
7:15 PM SPINNING - Elizabeth

### Tuesday

6:00 AM BODYPUMP - Michon  
9:30 AM BODYPUMP - Cindy  
10:45 AM PILATES - Blythe  
6:00 PM BODYPUMP - Stewart  
7:15 PM SPINNING - Rob

### Wednesday

6:15 AM SPINNING - Bryan  
8:30 AM PILATES - Jennifer  
9:30 AM BODYPUMP - Cindy  
10:45 AM SPINNING - Jill  
5:00 PM BOXING - Samuel  
6:00 PM BODYPUMP - Jennifer  
7:15 PM SPINNING - Rob

### Thursday

6:00 AM BODYPUMP - Michon  
9:30 AM BODYPUMP - Cindy  
10:45 AM PILATES - Blythe  
6:00 PM BODYPUMP - Gary  
7:15 PM SPINNING - Rob

### Friday

8:30 AM PILATES - Jennifer  
9:30 AM BODYPUMP - Cindy

### Saturday

8:00 AM SPINNING - Bryan  
9:00 AM BODYPUMP - Rotation

### Sunday

2:00 PM BODYPUMP - Jennifer

### BEVERLY BERRY VOLUNTEER OF THE MONTH

December's Beverly Berry VOM award goes to Rod Harwood. Rod spent a great deal of time and effort preparing and publishing the Tulsa Wheelmen Directory and everyone in the club loves it. If you don't have one give Rod a call or an e-mail I'm sure he has a few extra. Thanks for all of the hard work and congratulations.

Brian Meahan





# MORE . . .

## WHEELMEN INFO

## FEBRUARY 2004

\*|?! ?!  
**TAKE ACTION**  
*Who You Gonna Write!*  
*Who You Gonna Call!*

### CITY PROBLEMS?

**Mayor's Action Center:** 596-2100, Fax 596-9010.

**Tulsa City Councilors:** mail 200 Civic Center, Tulsa, OK 74103; phone 918-596-1900, Fax 596-1964.

**City Animal Shelter:** 669-6299

### STATE HIGHWAY PROBLEMS?

(e.g. Port Road, Hwy 97/51), Oklahoma Highway Dept, Ed Kellogg, P.E.; P.O. Box 660, Tulsa, OK. 74101, phone 918-838-9933.

**TULSA COUNTY ROAD PROBLEMS?** (e.g. Avery Drive, Wekiwa Road), Tulsa County Engineer, Ray Jordan, 596-5730, Fax 596-4647.

**TULSA COUNTY TRAFFIC PROBLEMS?** Tulsa County Sheriff 918-596-5601.

**RIVERPARKS AUTHORITY,** 707 S. Houston, Suite 202, Tulsa, OK. 74127, 918-596-2001.

**AIR QUALITY/OZONE ALERT QUESTIONS?** Tulsa City-County Health Dept. 918-744-7664.

*This month I took action. I made a call or wrote a letter to:* \_\_\_\_\_

*About:* \_\_\_\_\_

*Response:* \_\_\_\_\_

*Date:* \_\_\_\_\_

### TW MONTHLY MILEAGE LOG

Date: \_\_\_\_\_

Bike \_\_\_\_\_ Bike \_\_\_\_\_

Miles \_\_\_\_\_

Now: \_\_\_\_\_

Prev. \_\_\_\_\_

Month: \_\_\_\_\_

Month \_\_\_\_\_

Total: \_\_\_\_\_

Take current mileage shown on bike computer, subtract the previous month's "Miles Now" figure and the result is the distance ridden for the current month.

## RE-CYCLE-IT!

### THE CLASSIFIEDS

Where member ads are free!

**FOR SALE:** Wlier Alp D'Huez, 54 cm. Easton Ultralite frame, Red w/ Yellow accent "CBS". Full Chorus with Record shifters Includes Campy ErgoBrain 10 computer. Used less than 200 miles. Great condition. \$2750/bo contact: [soner\\_tunay@yahoo.com](mailto:soner_tunay@yahoo.com) tel: 617.596.7497



VENTURE PROPERTIES



ORTHOPEDIC HOSPITAL  
OF OKLAHOMA

*Re-Cycle-It* classified ads run for two months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 10<sup>th</sup> of the month.** Other advertising rates available upon request. Make check payable to **Tulsa Wheelmen.** Mail ad directly to *Marc or Beth Delametter, TW Newsletter Editors,* 4530 S. Louisville, Tulsa, OK 74135. or e-mail to [delafam@sbcglobal.net](mailto:delafam@sbcglobal.net). **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

### BICYCLE WEB SITES

**Adventure Cycling:** [www.adv-cycling.org](http://www.adv-cycling.org). Information on bicycle touring in the United States and worldwide.

**Bicycling Magazine:** name says it, [www.bicyclingmagazine.com](http://www.bicyclingmagazine.com).

**Bikes Belong! Coalition:** [www.outdoorlink.com/bikes-istea](http://www.outdoorlink.com/bikes-istea)

Congressional bicycle advocacy.

**Bicycle Federation of America:** [www.bikefed.org](http://www.bikefed.org)

Bicycle issues and advocacy.

**Bike Plan Source:** [www.bikeplan.com](http://www.bikeplan.com)

Great site for community bike planning information. (Yes, Tulsa planners, other people have already invented the wheel.)

**FreeWheel Oklahoma:**

<http://www.okfreewheel.com>.

Information about FreeWheel Oklahoma 22<sup>nd</sup> Annual Bicycle Tour, June 12-19.

**ISTEA:** [www.istea.org](http://www.istea.org)

Update information on the upcoming ISTEA legislation.

**League of American bicyclist:**

[www.bikeleague.org](http://www.bikeleague.org).

Bicycle advocacy.

**Mountain Bike Daily:**

[www.mountainbike.com](http://www.mountainbike.com).

Mountain bike stuff.

**Oklahoma Runner Magazine:**

[www.runningnetwork.com](http://www.runningnetwork.com).

Information Oklahoma running events.

**Runner-Triathlete:**

[www.runningnetwork.com/RunTriNews](http://www.runningnetwork.com/RunTriNews).

Triathlon and running information by region.

**The San Francisco Exploratorium:**

[www.exploratorium.edu/sport/](http://www.exploratorium.edu/sport/).

The Science of Bicycling, facts and information.

**Sydney Morning Herald:** [www.smh.com.au](http://www.smh.com.au)

Because the 2000 Olympics is closer than we think.

**Transportation Policy Project:**

[www.islandnet.com/~litman](http://www.islandnet.com/~litman).

Discussion of positive and negative bicycling issues impacts. (Super site!)

**The Tulsa Wheelmen Web Site:**

[www.tulsawheelmen.com](http://www.tulsawheelmen.com)

**USA Cycling:** [www.usacycling.org](http://www.usacycling.org)

National and regional schedules.

**U.S. Olympic Committee:**

[www.olympic-usa.org](http://www.olympic-usa.org).

Olympic information including cycling.

**VeloNews:** [www.velonews.com](http://www.velonews.com)

The journal of bicycle racing.



# BECOME INVESTED IN TULSA BICYCLING

## JOIN THE TULSA WHEELMEN!

### 2004 Tulsa Wheelmen Membership and Renewal Application

Membership expires one year from the last day of the month of enrollment date.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone (Hm): \_\_\_\_\_ (Wk): \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone (Day): \_\_\_\_\_ (Eve.): \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

The Tulsa Wheelmen, as a volunteer bicycle organization, expects members to help with at least two activities during the year.

I will be calling to help with \_\_\_\_\_ Racing \_\_\_\_\_ Touring \_\_\_\_\_ Advocacy \_\_\_\_\_ Events \_\_\_\_\_ Officers/Committee

Why did you decide to join the Tulsa Wheelmen? Friend \_\_\_\_\_ Other \_\_\_\_\_

Would you like to receive the newsletter electronically? Yes \_\_\_\_\_ No \_\_\_\_\_

The Tulsa Wheelmen will be publishing a list of members to members only. If you do not wish to be included in the list or if you wish to have part of the information excluded, indicate so by circling those items which you do not wish to have published:

**Name Address Home Phone Work Phone**

Annual Membership Dues: Adult: \$20, Family: \$25, High School Students or Over 65: \$10

**Note:** Memberships expire one year from month of enrollment. Amount enclosed: \$ \_\_\_\_\_

Make checks payable to: **Tulsa Wheelmen**, P.O. Box 52242, Tulsa, OK 74152-0242

Signature (of parent if applicant under 18): \_\_\_\_\_ Date: \_\_\_\_\_

**I acknowledge that cycling is a potentially dangerous activity and will hold harmless individually and as a group, the Tulsa Wheelmen and its members. Helmets are required to be worn by all cyclists on all Tulsa Wheelmen rides.**

\*\*\*\*\*

To verify Tulsa Wheelmen membership for a bike shop, detach below this line with address label attached.

### TW MEMBERSHIP + BIKE SHOPS = DISCOUNTS!

Identify yourself as a Tulsa Wheelmen member by using your Tulsa Wheelmen Newsletter address section (on the other side), and receive up to 10% off on regular purchases from Tulsa area bike shops.

*Buy from a community bicycle shop.*

**Bicycles of Tulsa ..... 665-2453**  
**Cycles International ..... 252-7696**  
**G. Oscar's Bicycles ..... 582-1711**  
**Lee's Bicycles ..... 743-4285**  
**Lee's BikeMart ..... 250-8130**  
**Oklahoma Velo Sports .... 587-0574**  
**Sun & Ski Sports ..... 254-0673**  
**Tom's River Trails Bicycles**  
**..... 481-1818**  
**T-Town Bicycles ..... 492-8696**  
**Venable's Bicycles ..... 749-7563**  
**The Wheel Bike Shop ..... 587-5927**

### TULSA WHEELMEN RIDE GUIDELINES

The Tulsa Wheelmen membership only supports responsible bicycling. The guidelines listed below are reminders to those participating in Tulsa Wheelmen rides of the kind of bicycling expected. Please ride responsibly and ask the same of others.

#### ***Tulsa Wheelmen Ride Guidelines:***

1. Ride courteously and responsibly, obeying the rules of the road.
2. Always ride with your helmet on and secure.
3. Never ride more than two abreast, especially in a group. **Two by two looks sharp to drivers and other riders, and it's state law.**
4. Pass other cyclists on the left, i.e., never on the right, especially in a group.
5. Communicate your position to other riders, e.g., "I'm on your left."
6. Should another rider have a flat, verify that they have the situation under control. Offer to help.
7. Should you be involved in an accident with another rider, stop, check for injuries, exchange names. This is more than just a good idea; **as a vehicle operator, it's the law.**

### TULSA WHEELMEN BENEFITS

By joining the *Tulsa Wheelmen*, you can take advantage of several benefits:

1. You join your voice with hundreds of others promoting responsible bicycling in Tulsa.
2. You support a wide range of weekly training bicycle rides.
3. You support annual bicycling tour events.
4. You join a club that presents the most complete bicycle racing program in the state.
5. You join a club affiliated with the *Oklahoma Bicycle Coalition* and the *League of American Bicyclists, Adventures Cycling* and the *United States Cycling Federation*.
6. You receive discount pricing at area bicycle stores.
7. You receive the most dynamic state bicycle newsletter and free classified ads for members.
8. **Most importantly you are providing a place to work in support of bicycling for advocacy, racing, and road riding purposes in the community.**

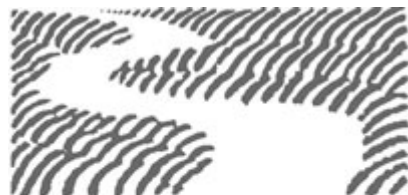
## **Tulsa Wheelmen Newsletter Staff**

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Email Address *TW Newsletter*:  
[delafam@sbcglobal.net](mailto:delafam@sbcglobal.net).



**LAND PLAN  
CONSULTANTS  
INCORPORATED**

## **Tulsa Wheelmen Officers**

President & Past President **Brian Meahan**  
hm: 688-3386  
[Bmeahan@datathree.com](mailto:Bmeahan@datathree.com)

Treasurer **Amy Stitt**  
hm: 918-461-0612  
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President Elect **Tim Carrigg**  
cell: 918-645-1143  
[TCARRIGG@PARKERPLASTICS.COM](mailto:TCARRIGG@PARKERPLASTICS.COM)

Secretary **Marc Delametter**  
hm: 918-749-4075  
[delafam@sbcglobal.net](mailto:delafam@sbcglobal.net)

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## **Tulsa Wheelmen Newsletter**

The official newsletter of the Tulsa Wheelmen, a membership organization established in 1978 to "...promote responsible bicycling in all its forms." Whatever your interests; fitness, racing, advocacy - our training rides, races, annual events, newsletter and network of 150+ members can help you achieve your cycling goals.

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10<sup>th</sup> of the month prior to publication. Send submissions directly to **Marc & Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135** or to **Tulsa Wheelmen Newsletter Editor, P.O. Box 52242, Tulsa, OK 74152-0242**.

*The Tulsa Wheelmen* appreciate the support of **QuikTrip** and would like to thank **QuikTrip** for printing this month's newsletter.



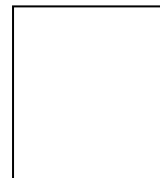
**TULSA WHEELMEN**  
P.O. Box 52242  
Tulsa, Oklahoma 74152-0242

RETURN SERVICE REQUESTED



**ADVENTURE CYCLING**  
association  
AFFILIATED CLUB

**INSIDE THIS ISSUE**  
WEBSITE STATISTICS  
BOT SPONSORS WHEELMEN  
RACE FLYERS ATTACHED





February 21, 2004

The REI Austin Cycling Team *Presents*

🚲🚲🚲🚲🚲 **The Walburg Classic Road Race** 🚲🚲🚲🚲🚲

USCF Permit Pending – Part of the Texas Bicycle Racing Association Texas Cup Event

Categories	Start	Race	Entry	Places	Prizes
Pro 1-2 Men	8:00 A.M.	72-Miles 3 Laps	\$25	10	\$1300
Cat 3 Men	8:10 A.M.	72 Miles 3 Laps	\$25	8	\$500
Cat 4 Men	8:20 A.M.	48 Miles 2 Laps	\$25	6	\$400
Pro 1-2 Women	8:30 A.M.	48 Miles 2 Laps	\$25	6	\$400
Cat 3 Women	8:30 A.M.	48 Miles 2 Laps	\$25	6	\$200
Masters 35+	11:00 A.M.	48 Miles 2 Laps	\$25	5	\$250
Masters 45+/55+	11:10 A.M.	48 Miles 2 Laps	\$25	5	\$200/Merchadise
Cat 5 Men 5**	11:20 A.M.	24 Miles 1 Lap	\$25	5	Merchandise
Cat 4 Women	11:30 A.M.	24 Miles 1 Lap	\$25	5	Merchandise
Juniors / Youth	11:40 A.M.	24 Miles 1 Lap	\$10	3	Ribbons/Merchandise

\* One lap is approximately 24 miles.

\* In the 45+ field, the top five 55+ riders will be awarded merchandise

\* If the minimum field size of 6 riders is not met, promoter reserves the right to combine fields and adjust prize list.

\* Field limits of 100 racers, except for Men 5 public and women 4, which are limited to 50 riders each per USCF regulations.

\* Junior restricted gear ratios will be in enforced per USCF regulations.

\* A second follow vehicle will accompany the Youth in the Junior / Youth race.

\*\* A 2<sup>nd</sup> Men's Cat V Category may be created if the first one fills up two weeks prior to the event and will be started at 11:25 A.M. (after the first Men's V race).

**Registration:** \* **\$5.00 Late Fee for Race Day Registration** \* Race day registration will open one hour before the first race of the day and closes 15 minutes prior to each category start. All USCF riders MUST present their USCF license to the registrar before signing in. Pre-registration is available online at [www.bikereg.com](http://www.bikereg.com). \$1.00 of each entry fee will be submitted to TXBRA and \$2.00 of each entry will be submitted to USA Cycling for racer insurance.

**Course Description:** 24-mile rolling course with hills, false flats, and wind with an uphill finish in the German town of Walburg. Start at the Walburg Mercantile restaurant on FM 972 go to FM 1105. At FM 1105 go west out of town to Theon. Stay on FM 1105 to Schwertner. Take a right turn at Schwertner on FM 487. Continue east. Next turn is on FM 301 heading south. Take a right turn on FM 972 and head back into Walburg. There will be an up hill finish just before reaching the town of Walburg. Also see [MAP1](#) and [MAP2](#).

**Directions to Walburg:** From Dallas take I-35 South to exit 268 (FM 972) 3 miles north of Georgetown go east on FM 972 4 miles to Walburg. From Austin & Houston take I-35 North to exit 268 (FM 972) 3 miles north of Georgetown go east on FM 972 4 miles to Walburg.

**All USCF rules are in effect.** All racers are required to wear a Z90.4 ANSI or shell approved helmets, securely fastened at all times while on the bike. Wheels will be neutral. Event held rain or shine. Unlicensed Riders will be required to purchase a one-day license (\$5.00). This is a TXBRA-endorsed Texas Cup Series Event where TXBRA points are calculated.

**CONTACT:** Visit the website: <http://www.gardehouse.com/reibike/index.htm>

Jeromie Payne: [mpjpayne@cox-internet.com](mailto:mpjpayne@cox-internet.com), [jpayne@glemco.com](mailto:jpayne@glemco.com) 512-431-3948





POWERHOUSE GYM  
Austin, Texas

# Powerhouse Gym Road Race

Sunday – February 22, 2004

USCF Permit Pending



Category	Length/Laps	Start Time	Places/Prizes	Entry Fee
Men Pro/1/2	80 mi/ 13	8:00 am	15/\$1999	\$30
Men 3	50 mi/ 8	8:15 am	5/\$400	\$25
Men 4	37.2 mi / 6	10:30 am	5/\$400	\$25
Men 5	25 mi / 4	11:20 am	3/Medals	\$25
Men 5	25 mi / 4	12:10pm	3/Medals	\$25
Jr Open *	25 mi / 4	12:20 pm	5/Medals	No charge
Jr 14 and under *	12.5 mi / 2	12:25 pm	5/Medals	No charge
Blind Tandem	6.2 mi	12:25pm	3/ Medals	No charge
Masters (35+)	44 mi/ 7	1:30 pm	5/\$300	\$25
Masters (45+/55+)*	44 mi / 7	1:40 pm	5/\$300 *	\$25
Women 1/2/3 *	44 mi / 7	1:45 pm	8/\$500 *	\$25
Women 4	25 mi / 4	1:50 pm	3/Medals	\$25

Prize list totals \$3900 in Cash, plus much more in Merchandise/Gift-Certificates/Medals

- Restricted gear rule for juniors.
- There will be a \$5 race day registration charge.
- 11:20 Cat 5 race will be filled first.
- In the 45+ field, the top three 55+ riders will be awarded place medals in addition to any other prizes won.
- 55+ riders will also receive separate Texas Cup points.
- W 1/2/3 field will score Women 3 separately from W 1 / 2. The purse will be paid to W 1/2/3 overall and the 3 top W3 will receive medals. W3 will receive separate TXBRA points.
- If the minimum field size of 6 riders is not met, promoter reserves the right to combine fields and adjust prize list
- Field limits of 100 racers, Pro/1/2 limit 125, and Men 5/Public and Women 4 which are limited to 50 riders each per USCF regulations

**Registration:** At Pace Bend Park. Opens 1 hour before the first race of the day closes 15 min prior to each event. All USCF riders MUST present their valid USCF license to the Registrar before signing in.

**Pre-registration** on-line at [www.bikereg.com](http://www.bikereg.com) Packet pick up and pre-registration on Feb 21, 2004 at the Walburg race in the morning and Powerhouse Gym in the afternoon (2:00 – 4:00pm). \$1 of each entry fee will be submitted to TXBRA.

**Directions:** From Austin, TX I-35, take US 71 west approximately 30 miles. Turn right on FM 2322 (Pace Bend Park Rd) just before Pedernales River and follow signs to parking. Parking is limited, please carpool. A \$5 park entry fee will be charged at the gate. Warning: Mesquite grows in the parking areas so chances of flats are high if you ride your bike in these areas. Go to [www.co.travis.tx.us/tmr/parks](http://www.co.travis.tx.us/tmr/parks) for park map.

**Course:** The course is 6.2 mile hilly loop. Race will run in clockwise direction with 2 right turns. Rolling road closure and road closure for final 200m sprint. Please warm up on 2322, riding bikes in reverse direction on the course to get there (all vehicular traffic will run clockwise outside of main packs). Please clear the course after your race finish. The times are tight and a race pack could be right behind you.

**Start/Finish/ Feed Zone:** Start/Finish is at Kates and Johnson Cove entry. The feed zone will be on the long hill before the finish line. No feeds on last lap of any race. **No parking at the feed zone for any reason.**

All USCF rules are in effect. All racers are required to wear a Z90.4 or Snell approved helmet, securely fastened, at all times while on a bike. Wheel vehicles will be supplied for wheels in / wheels out support. Event will be held rain or shine. Contact [russc@pop.net](mailto:russc@pop.net) for additional information. This is a TXBRA-endorsed TX Cup event and also an Elite event where TXBRA points are calculated with a 1.5 multiplier.

