



# Tulsa Wheelmen

## **RIDES AND EVENTS CALENDAR**

March 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>February 23</b> <b>KeyStone Mtn</b> <b>Bike Race</b>  <b>Pace Bend</b> <b>Road Race,</b> <b>Lake Travis,</b> <b>TX.</b>	24	25	<b>26 Urban</b> <b>Assault Ride, 7</b> <b>p.m., 41<sup>st</sup> &amp;</b> <b>Riverside</b>	27	28	<b>March 1</b> <b>No Wimps</b> <b>Ride, 8 a.m.</b>  <b>Tailwind/Fixed</b> <b>Gear Ride,</b> <b>Noon</b>
<b>2</b> <b>No Wimps Ride, 8</b> <b>a.m.</b> <b>Tailwind/Fixed</b> <b>Gear Ride, Noon</b>  <b>12 Miles of</b> <b>Hell Mtn Bike</b> <b>Race</b>	3	4	<b>5 Urban</b> <b>Assault Ride, 7</b> <b>p.m., 41<sup>st</sup> &amp;</b> <b>Riverside</b>	6	7	<b>8</b> <b>No Wimps Ride, 8</b> <b>a.m.</b> <b>Tailwind/Fixed</b> <b>Gear Ride, Noon</b>  <b>La Primavera</b> <b>Road Race,</b> <b>Lago Vista, TX</b>
<b>9</b> <b>No Wimps Ride, 8</b> <b>a.m.</b> <b>Tailwind/Fixed</b> <b>Gear Ride, Noon</b>  <b>La Primavera</b> <b>Road Race,</b> <b>Lago Vista, TX</b>	10	11	<b>12 Urban</b> <b>Assault Ride, 7</b> <b>p.m., 41<sup>st</sup> &amp;</b> <b>Riverside</b>	13	14	<b>15</b> <b>No Wimps</b> <b>Ride, 8 a.m.</b>  <b>Tailwind/Fixed</b> <b>Gear Ride,</b> <b>Noon</b>
<b>16</b>  <b>Salt Creek</b> <b>Curcuit Race,</b> <b>Tulsa</b>	<b>17</b> <b>GENERAL</b> <b>MEMBERSHIP</b> <b>MEETING –</b> <b>MAZZIOS AT</b> <b>THE FARM –</b> <b>LOWER</b> <b>LEVEL</b> <b>7:00PM</b>	18	<b>19 Urban</b> <b>Assault Ride, 7</b> <b>p.m., 41<sup>st</sup> &amp;</b> <b>Riverside</b>	20	21	<b>22</b> <b>No Wimps Ride, 8</b> <b>a.m.</b> <b>Tailwind/Fixed</b> <b>Gear Ride, Noon</b>
<b>23</b> <b>No Wimps</b> <b>Ride, 8 a.m.</b>  <b>Tailwind/Fixed</b> <b>Gear Ride,</b> <b>Noon</b>	24	25	<b>26 Urban</b> <b>Assault Ride, 7</b> <b>p.m., 41<sup>st</sup> &amp;</b> <b>Riverside</b>	27	28	<b>29</b> <b>No Wimps</b> <b>Ride, 8 a.m.</b>  <b>Tailwind/Fixed</b> <b>Gear Ride,</b> <b>Noon</b>
<b>30</b>  <b>Cowskin Bay</b> <b>Circuit Race,</b> <b>Tulsa</b>	31	April 1	<b>2 Urban</b> <b>Assault Ride, 7</b> <b>p.m., 41<sup>st</sup> &amp;</b> <b>Riverside</b>	3	4	<b>5</b> <b>Racing On the</b> <b>River TT,</b> <b>Tulsa</b>  <b>Day Light</b> <b>Savings, Time</b> <b>Change</b> <b>Weekend</b>

# N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 3

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

March 2003

## THE EDITOR'S PEN FOR MARCH 2003 by Marc Delametter

On February 10<sup>th</sup> we held our first general membership meeting of the year and as you can imagine there were some very positive items on the agenda and there were some not so positive items.

OK, let's start with the bad news first.

From Gary Parker – "Regarding the Tulsa Wheelmen and the Great Tulsa Bike Ride. Sad, but true, the Tulsa Wheelmen will not be identified as a sponsor for the Great Tulsa Bike Ride. It is distressing to give up the sponsorship but it is simply a reflection of the current stress loads found in all areas of personal, public, and volunteer life. Individual members of the Tulsa Wheelmen may wish to volunteer to assist in the GTBR effort, and the Tulsa Wheelmen as an organization will provide volunteer publicity to direct individuals to helping with the event."

There has been some discussion between the River Parks Authority and the leadership of the Tulsa Bicycle Club to take on this event going forward. With or without this support I'm sure this event will be as great as it has always been.

OK, now for some good news.

I reported that even though the Williams Companies have informed us that they cannot provide financial support to us for 2003 we have decided to extend their sponsorship agreement through 2003. We made this decision to show our support for them as a

company that has done a lot to support Tulsa cycling over the years. As a result of this sponsorship decision I also commented that our jersey's would not change for 2003.

Sandra Crisp reported that the financial condition of the club was good.

Finally, the remainder of the meeting was devoted to a discussion of the future of the Tulsa Wheelmen. There was a long discussion about the lack of volunteers to fill Club Officer positions and a discussion about the history of the organization. All those present agreed that Club members should spend time during 2003 and re-define the "Purpose" of the Tulsa Wheelmen. How to accomplish that task without clear leadership seemed to be a significant, but not insurmountable, obstacle to overcome.

The meeting was adjourned with the request that we schedule another meeting in March. So on March 17, 2003 we will have our second general membership meeting of the year, 7:00pm, Mazzios at the Farm. Hopefully this one will be even more productive.

## Marc

**McCollam & Glassco**

ATTORNEYS AT LAW  
A Professional Association  
■

## VOLUNTEER OF THE MONTH(S)

I have always been of the opinion that "better late than never" was OK. So with that thought in mind noted below are volunteers of the months for October, November, and January. We didn't have one in December.

October – Randall Clayborn for his hard work all the time. Thanks Randall.

November – Adam Pratt and his friend Reva for promoting a great Cyclocross series. Thanks Adam and Reva.

January – Beth Delametter (not Marc) for inviting everyone over on January 1<sup>st</sup> for the Polar bear ride. Or was it for putting up with Marc. Thanks Beth.

## BICYCLE QUOTE OF THE MONTH

"It wasn't me."

Spoken by all of the occupants of Marc Delametter's car during the long drive to Austin, Texas for some early spring races. "Hey somebody had to have done it."



# ***TW RACING NEWS***

## **WHEN TRAINING, DON'T BE TEMPTED TO COMPARE YOUR HEART RATE WITH OTHER ATHLETES**

By Wes Hobson

There's no point in comparing your heart rate to anyone else's

If you train with other athletes, I'm sure you have had the occasional conversation about what each other's heart rate is while running or biking together. Your heart rate may be 160 and theirs may be 142. Does this mean the other person is more fit than you? It's hard to tell, as we are not created equal. You shouldn't judge your fitness based on other people's heart rate.

Occasional testing, whether by science or a self-test, is important when on the road to peak performance. Although testing is beneficial, even a lab test to determine your lactate threshold isn't 100 percent accurate.

A person's lactate threshold can change several beats per minute daily, depending on the stresses dealt to your body. This can be both physical stress - such as lack of sleep and training fatigue - or mental stress, such as pressure at work or your child being a rebellious teenager. The old adage that your maximum heart rate is 220 minus your age is as indicative of the adage itself, old. What I am trying to stress here is, don't be concerned about how your heart rate compares to others. If you try to compete with someone on maintaining the same heart rate as they do, then you could either overtrain your body into a state of severe fatigue or under-train yourself and not reach peak performance.

Ideally, you want to know your lactate threshold, this allows you to train sport-specific to improve your weaknesses.

This is an off-road race, 3mi run/10mi mtb/ 3mi run, same as in previous years. Long sleeve coolmax shirts to the first 80 registered, Tshirts to anybody else after that and we'll have something warm to eat after the race.

Love 'em or hate 'em the rose rock awards will be back again as well. Cost is \$28.00/individual and \$45/team. Add \$9/person if you are not a USA Triathlon member. Any questions contact me 918-492-3879 Raton Parmain, Station Projects Engineering American Electric Power - GO-4 212 East Sixth Street Tulsa, OK 74119-1295 phone: 918.599.2847 fax: 1.866.947.0934 email: [crparmain@aep.com](mailto:crparmain@aep.com)

## **COMPUTRAINER RACE RESULTS**

The results of the indoor computrainer races held on February 8<sup>th</sup> at Eastland Mall are as follows:

### **Women**

1. Barbara Parker

### **Beginners**

1. Charles Crisp
2. Jim Marshall

### **Intermediate**

1. Jerry Hensley

### **Advanced**

1. Marc Delametter
2. Greg Shinn
3. Adam Pratt
4. Ben Silk

Thanks to Jack McNeal and all the other great volunteers that helped with this event.

## **LAKE MCMURTRY OFF ROAD DUATHLON**

The 3rd Annual Lake McMurtry Off-Road Duathlon will be 3/23/03, 10 am at Lake McMurtry near Stillwater, OK. On-line registration is available at [www.signmeupsports.com/17878](http://www.signmeupsports.com/17878) Shortly; information will be available on TAT's website, [www.tatok.bizland.com](http://www.tatok.bizland.com). A copy of the flier is included in the files section of the TAT yahooogroups website.





# Tulsa Wheelmen Club News

## OKLAHOMA BICYCLE COALITION

The Oklahoma Bicycle Coalition is a statewide forum for information exchange among cyclists, bicycle clubs, bicycle shops, and advocacy groups. We have the common goal of improving cycling in this state and persuading more people of the benefits of two-wheeled transportation. But we need to speak with one voice, tightly focused on issues that impact every cyclist in the state. While it's true that almost all advocacy issues are local, we can be far more effective with a state-wide organization dedicated to promoting cycling by educating the public, local and state governments, planning agencies, and law enforcement.

The Oklahoma Bicycle Coalition welcomes your ideas toward promoting cycling. Of course, we welcome new members too! The organization operates on a shoestring budget; so new members are ALWAYS welcome! If you have some thoughts about how to improve cycling here in Oklahoma, please share them. If we can establish a statewide dialogue, and speak with a statewide voice, the roads will be better and safer for all of us!

The OBC website is:

<http://www.oklahomabicyclecoalition.com>

The OBC e-mail list is: [NewOBC@yahoogroups.com](mailto:NewOBC@yahoogroups.com)

To join this list, go to:

<http://groups.yahoo.com/group/NewOBC>

You are not required to be an OBC member to participate on the list.

## SPRING SERIES RACES

By Randall Clayborn

Hi bicycle Racers; this year our Spring series is a little different. We have decided to present Circuit races as the main form of racing. I believe this is the perfect cross between a long and sometime grueling road race and the fast but dangerous Crit racing. It's the best of both worlds for the early season racer.

Cow skin is back because of it's popularity last year and adding to that is Salt Creek, which doesn't have as much climbing but will be a challenge in strategy and technical ability. Just in case you didn't get a flyer there is one of each included in this newsletter. A special THANKS to LEE'S bicycles for sponsoring this event!!!! THANKS ADAM!!!!

## BREAKFAST CLUB RIDING

By Ben Thigpen

The south Tulsa group that has been reported on lately is probably the Breakfast Club, which consists of 47 riders that meet at 5:15 AM every Monday, Wednesday and Friday at the QT (we used to meet at another convenience store, but someone named Delametter kept putting tacks in the parking lot) at 96th and Riverside.

We ride 28 miles and get back to the QT around 6:45. Weather is a consideration, but we generally go at anything above 25F without rain. Wet streets are OK, but we do not like riding in the rain in the dark. Anyone is welcome to join, but we would strongly recommend front and rear lights and helmets are mandatory to ride with us.

## ALPINEER

### TULSA WHEELMEN GENERAL MEMBERSHIP MEETING ANNOUNCEMENT

**When: Monday, March 17<sup>th</sup> 2003**

**Where: Mazzios at the Farm – Lower Level  
Meeting Room**

**What Time: 7:00pm**

#### **Topics of Discussion:**

- **2003 Officers**
- **Club Direction**
- **Calendar of Events**

**Show up a few minutes early, order dinner  
and eat while we meet. This meeting will not  
last more than 1 hour.**

# Tulsa Wheelmen

## INFO PAGES

**MARCH 2003**

## *Rides & Events*

## Ride Classifications

<b>Miles</b>	<b>Terrain</b>
1 - under 10	A - Flat
2 - 10 - 20	B - Grades
3 - 20 - 40	C - Some hills
4 - 40 - 70	D - Many hills
5 - 75 - 120	E - Severe hills

**Average Speed in mph.**

a - 4-8, leisure b - 7-12, touring  
c - 13-17, fast d - 18+, racing

**Important Notice:** The *Tulsa Wheelmen* only support responsible bicycle riding. *Tulsa Wheelmen* riders acknowledge cycling is a potentially dangerous activity and will hold harmless individually and as a group the *Tulsa Wheelmen*, its members and sponsors. Helmets are required. All traffic laws are to be obeyed on all rides including not riding more than two side by side.

**vv Weekly Rides vv**

\*Note: Times are when wheels roll.

*Any Day, Bike-To-Work Day,*

Bicycle to work at least once a week (or more!) and make Tulsa a better community while giving yourself more time on your bike.

**Monday, DoT Ride**, (3/D/c-d) 4000 N. Hwy 169, 6 p.m. (Sp/Su/Fal). Starts April 7<sup>th</sup>

***Tuesday Night World Championships Ride***  
(4/C/d) Starts at the West River Parkes, 17<sup>th</sup>  
& Jackson, 6 p.m., 40 mile training ride.  
Very fast. (Sp/Su/Fal). Starts April 8<sup>th</sup>

**Tuesday Night Ride**, (3/C/c) Starts at 17<sup>th</sup> and Riverside, 5:45pm, 40 mile training ride. (Sp/Su/Fl.). Starts April 8<sup>th</sup>

**Wednesday , West Bank Ride**, (3/D-E/b-c)  
17<sup>th</sup> & Jackson--the West Bank River Parks,  
6 p.m. (Sp/Su/Fal). Starts April 9<sup>th</sup>

**Thursday, Tulsa Wheelmen/Bicycles of  
Tulsa Summer Criterium Series, (1/A/d)**  
Holiday Hills City of Tulsa Safety Training  
Facility, 6 p.m. (Starts May 1st)

**Saturdays/Sundays, Tailwind Training Ride**, noon. (**Switches to 8:00am on April 26, 2003**) (4/C/c-d), 45<sup>th</sup> and Madison, Wright School (one block west of Peoria on 45<sup>th</sup>), west parking lot. Distance will vary on this quick paced ride. Route begins into the wind for a tailwind return. (Year Round)

**Saturdays/Sundays, No Wimps Ride**, 8 a.m. (4/C-c/d), 45<sup>th</sup> and Madison, Wright School (one block west of Peoria on 45<sup>th</sup>), west parking lot. Distance will vary on this quick paced ride. Route begins into the wind for a tailwind return. Contact John Power for more info (Year round).

## Mountain Bike Riding

***Any Day Call-up and Ride***, Call Pat at Bicycles of Tulsa, 918-665-2453, or David, or Mark at T-Town Bicycles. 918-496-8696.

***^PUT YOUR RIDE HERE^***

Are you doing a weekly ride that isn't listed here, but should be? If so, please send information to **Tulsa Wheelmen Newsletter**, Attn: Rides & Events, P.O. Box 52242, Tulsa, OK 74152-0242.

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**THANK YOU!** *event volunteers, event directors and sponsors, newsletter contributors, QuikTrip Corp. and to all the cyclists who bicycled to work showing Tulsa that Yes!, it can be done..."* **THANK YOU!** *You ARE making Tulsa and bicycling in Tulsa better!*

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***SIGN UP A NEW MEMBER.  
MEMBERSHIP APPLICATION  
ON INSIDE BACK PAGE!  
YOUR RECOMMENDATION  
ENSURES THAT THE CLUB  
WILL GROW!***

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## Membership and Address Correction

If you are a member and not receiving your newsletter, contact **Rod Harwood**, Membership Director (home: 918-336-7546)  
eMail: [rodh@ionet.net](mailto:rodh@ionet.net)



## UPCOMING EVENTS

**Sat/Sun March 8<sup>th</sup> & 9<sup>th</sup>: La Primavera Road Race, Lago Vista, TX. See flyer in this newsletter.**

**Sun. March 16<sup>th</sup>: Salt Creek Circuit Race;  
See flyer in this newsletter.**

**Sun. March 30: Cowskin Bay Circuit Race; See flyer in this newsletter.**

**Sat. April 5<sup>th</sup>: Racine on the River TT. See flyer in this newsletter.**

**Sun. April 6<sup>th</sup>: Day Light Savings Time Begins**

**FOR MORE DETAILED EVENT  
INFORMATION SEE OUR WEBSITE  
AT [WWW.TULSAWHEELMEN.COM](http://WWW.TULSAWHEELMEN.COM)**

**McCollam & Glassco**

ATTORNEYS AT LAW  
A Professional Association

# ALPINEER





# MORE . . . WHEELMEN INFO

MARCH 2003

\*|?! ?!  
**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: Cross Bike:

2003 K2 Enemy Cyclo-cross bike, Size Medium. If anyone is interested in looking at it, there is a review on the cover of cyclingnews.com. check it out and email me if you are interested. It is only a couple of months old with very few miles.

Mat Ankney [doubleflatted@aol.com](mailto:doubleflatted@aol.com)

**FOR SALE:** Yakima Anklebiter Bike Rack. Includes anklebiter mount, full tray, wheel straps and all hardware. I also have a second anklebiter mount that I'd like to get rid of also. The anklebiters are both used, but the tray, straps and mounting hardware are new. if interested, email me privately thanks Brian Meahan [bmeahan@datathree.com](mailto:bmeahan@datathree.com)

**FOR SALE:** 2000 Colnago Crystal. 55cm, perhaps 100 miles on frame. Hardly ridden. White, yellow, purple fade. Columbus steel tubes, chrome head lugs. Full Campy Chorus 9 speed. Look 296 pedals. Great looker and rider. \$1200 firm. Call Mike Pierce @ 587-7015 (o) or 693-3247 (cell).

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 ISTEALegislation.

**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!**  
**2003 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.**

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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, including the *Great Tulsa Bike Ride*, *Oklahoma Freewheel* and *The Tough One*.
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 utility, racing, and recreational purposes in the community.**

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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, touring, mountain biking, or triathlons - 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**  
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### **INSIDE THIS ISSUE**

Check Out the Calendar  
 Check Out the Ride Start Dates  
 Redefining Our Club  
 Heart Rate Training