



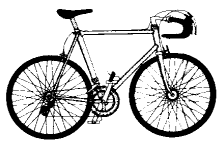
Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

December 2004

Visit www.tulsawheelmen.com for an extended list of upcoming events.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 28 No Wimps - Tailwind Ride, 8 a.m.	November 29	30	December 1	2	3	4 No Wimps – 8 a.m. Tailwind Ride, Noon
5 No Wimps – 8 a.m. Tailwind Ride, 1:00PM OK Cyclocross Series Race - OKC	6	7	8	9	10	11 No Wimps – 8 a.m. Tailwind Ride, Noon
12 No Wimps – 8 a.m. Tailwind Ride, 1:00PM OK Cyclocross Series Race - Tulsa	13 GENERAL MEM. MTG – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	14	15	16	17	18 No Wimps – 8 a.m. Tailwind Ride, Noon
19 No Wimps – 8 a.m. Tailwind Ride, 1:00PM OK Cyclocross Series Race - OKC	20	21	22	23	24	25 CHRISTMAS DAY
26 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	27	28	29	30	31	January 1 Polar Bear Ride
2 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	3	4	5	6	7	8 No Wimps – 8 a.m. Tailwind Ride, Noon



Tulsa Wheelmen

INFO PAGES

DECEMBER 2004

Rides & Events

Ride Classifications

Miles	Terrain
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. riders on Tulsa Wheelmen rides 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 '05

Tuesday Night World Championships Ride (4/C/d) Starts at the River Parks, Riverside and Southwest Blvd. 6 p.m., 40 mile training ride. Very fast. (Sp/Su/Fal). Starts April '05

Tuesday Night Fixed Gear Trail Ride, (3/A/c) Starts at 41st and Riverside, 6:00pm, fixed gear training ride on the Rivertrails. Lights needed.. (Winter Only). Starts Jan. 4th

Wednesday Night Trail Ride, (3/A/c) Starts at 41st and Riverside. 6:30pm. Lights needed. (Winter Only). Starts Jan. 5th.

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 '05)

Saturdays/Sundays, Tailwind Training Ride, Noon Sat., 1:00pm Sun. (Switches to Noon on December 4, 2004) (4/C/c-d), 45th and Madison, Wright School (one block west of Peoria on 45th), 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), 45th and Madison, Wright School. Distance & route same as noon ride. Contact John Power for more info (year round).

^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.

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!

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

Membership and Address Correction

If you are a member and not receiving your newsletter, contact **Rod Harwood**, Membership Director (home: 918-336-7546)

eMail:rod_h@sbcglobal.net



UPCOMING EVENTS

Sun. 12/5 OK Cyclocross Series Race OKC - Rance Shields (405) 752-8402

Sun. 12/12 OK Cyclocross Series Race Tulsa - Rance Shields (405) 752-8402

Mon. 12/13 Tulsa Wheelmen General Membership Meeting: 6:30pm Mazzios at the Farm.

Sun. 12/19 OK Cyclocross Series Race OKC - Rance Shields (405) 752-8402

Sat. 01/01/05 Polar Bear Ride. Marc and Beth Delametters' House. NOON. 4530 South Louisville, Tulsa, OK. 74135. (918) 749-4075

FOR MORE DETAILED EVENT INFORMATION SEE OUR WEBSITE AT WWW.TULSAWHEELMEN.COM



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N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 12

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

December 2004

THE EDITOR'S PEN FOR DECEMBER 2004: NEWSLETTER EDITOR SEARCH UNDERWAY By Marc Delametter

Ok, It's time. I've been editing, coordinating and publishing the Tulsa Wheelmen Newsletter for 4 years now and it's time for me to step down. Not that I don't enjoy doing this every month, but I've lost the "fire" I once had for the Newsletter and I believe new blood is needed to spark some energy back into this monthly publication.

So, I am on a search for a Club member Volunteer (yes this is a volunteer organization) to take over the monthly Newsletter duties. Its' not nearly as time consuming as it used to be, although that is probably the "fire" issue noted above more than anything else.

My normal routine is to ask everyone I know to submit something for the Newsletter. Usually I get one or two submissions per month. Sometimes I can publish them and sometimes they really aren't related to our Club's purpose, but that's pretty rare. Usually if someone submits something it gets published. I also watch emails on the one-list and racer discussions and try to put together articles with current event items and discussion. My favorite things to publish are race reports. Although lately I've been lax about getting permission, so I've had to tighten-up my editorial rules. It's not that big a deal, but something that needed to happen. I think this is part of that "fire" issue noted above as well.

I would say all totaled I spend between 8 and 16 hours per month working on the Newsletter. The cool part about this volunteer commitment is that it's on my own time. I can work on the Newsletter whenever I want just so long as I have it to printing on the 24th of the month and to Tom Potter for distribution no later than the 25th of each month.

This isn't a call for a volunteer. That usually doesn't work. Most people won't read this article and say "wow, I'm going to call Marc up and volunteer to do the Newsletter for some unknown period of time." This is an alert more than anything. After the Christmas holidays I'm going to start calling people and asking them to volunteer for this duty. I'm going to be tough on anyone that says no, because if I can do this anyone can. I've got a 50+ hour per week job, I've got a spouse that does her own sports, I've got two kids that have active extracurricular schedules and I train and race for the Tulsa Wheelmen. So, if you even remotely think that you might get a call from me after the holidays, I suggest you use the holidays to shore-up your arguments for saying no. Of course I will provide lots of training and support during the first year for the new editor. By-the -way, every club member should expect a call.

TULSA WHEELMEN RACE TEAM DIRECTOR ANNOUNCES 2005 RACE AND STAGIAIRE TEAMS By Marc Delametter

On November 11, 2004 Keith Franklin, Tulsa Wheelmen Race Team Director, announced the names of those racers selected for the 2005 Race and Stagiaire

Teams. In 2004 the Wheelmen had 22 racer applicants and 22 spots available for supported racers. However, due to the success of our racing program in 2004 (56 Total Victories, 7 State Champions, 1 #1 National Ranking) we had more than 35 people apply for a spot in 2005. These 35+ applicants created quite a lot of concern related to our overall racing budget. However, after all was said and done Keith decided on the following program that would fit into the Wheelmen budget.

First, there would be 12 supported Race Team members (same as 2004) and 2 unsupported Race Team members. Second, there would be 13 supported Stagiaire Team members (up from 10 in 2004) and 11 unsupported Stagiaire Team members. The distinguishing differences between supported and unsupported really goes to the clothing supplied to each team member and the financial support for entry fee reimbursement and over-night per diem reimbursement. Even though some team members are supported and some are unsupported, on race day we will all be racing for the Tulsa Wheelmen and we will all benefit from those prize money splits at the end of the race.

Listed below are the members of the 2005 Race and Stagiaire Teams. Next time you see one of these racers on a ride don't forget to congratulate them. They've made a big commitment to racing and volunteering for the Club.

<u>Race Team</u>	<u>CAT</u>
Ben Thigpen	3
Janne Hamalainen	2
Kary Cummins	3
Keith Franklin	2

(Continued on Race News Page)



Tulsa Wheelmen Race News

TULSA WHEELMEN RACE TEAM DIRECTOR ANNOUNCES 2005 RACE AND STAGIAIRE TEAMS (continued)

<u>Race Team</u>	<u>CAT</u>
Keith Winn	3
Marc Delametter	3
Tim Carrigg	3
Will Gault	3
Mitchell Houtman	4
Darrell Meinen	3
Tom French	2
Ryan Fiddler	3
Mark McClay, OKC*	2
Steven Ragan, Edmond*	3

<u>Stagiaire Team</u>	<u>CAT</u>
Brian Meahan	4
Jeremy Stitt	4
Greg Shinn	3
Craig Waldron	5
Jim Bohanan	4
John Power	3
Malcolm McCollam	3
Russell McMahan	4
Adam Pratt	4
Gary Breipohl	4
Joe Lederer	4
James Lemieux	4
Josh Lewis	3
Darren Brazeal*	4
Cheryl Thigpen*	4
Heidi Gault*	5
Chris Cauthon*	5
Rich Chillingworth*	2
Jay Small*	4
Dale Mondlock*	4
Brandon Johnson(Grove)*	5
Alan Good(Stillwater)*	4
Tom Shriver(Stillwater)*	4

*Non-Supported Members

MAINTAINING WEIGHT DURING THE WINTER MONTHS

By Lenka Humenikova & Tom Shriver

Like the rest of the population, cyclists often struggle to keep off those extra pounds during the winter months ("the Jan Ulrich Syndrome"). Many cyclists show up at the beginning of the competitive racing season still lugging around anywhere from five to twenty extra pounds. As a result, they are at a decisive disadvantage, especially when the road turns upward. For cyclists, the most important factor contributing to those extra winter pounds is the reduction in mileage and workout intensity. The holiday season certainly doesn't help to keep the pounds off.

You don't have to fall victim to the winter bulge. The key to maintaining your competitive weight within a reasonable range is to adjust your calorie (i.e., kilocalorie) intake to compensate for your reduced energy output. By equipping yourself with some basic nutrition information, you can enjoy tasty foods without gaining weight and feeling guilty. Even though we hear a lot about fad diets (i.e., Atkins, South Beach, and the list goes on...) most people don't realize that their partial and often short-term success is based on decreased calorie intake rather than the latest "scientific breakthrough." Much better and long-lasting results can be achieved by developing and maintaining a well-balanced and nutritious diet.

We realize that many people are reluctant to count calories, but it is the basic principle behind weight loss and weight control. While it is not necessary to count every calorie during the day, you should have at least some idea about the calorie requirements for your daily activities, including workouts. Of course, this will vary by age, weight, gender, and level of your physical activity. To determine your daily energy (calorie) requirements, you will need to determine your Basal Metabolic Rate (BMR). BMR is the rate at which your body uses energy for basic metabolic functions, excluding digestion and physical activity. The following are examples of the BMR calculations are for males and females aged 30-60. For men, $BMR = (11.6 \times \text{weight in kilograms}) + 879$. For women, $BMR = (8.7 \times \text{weight in kilograms}) + 829$. Note: to get your weight in kilograms take your weight in pounds and divide by 2.2.

Based on this formula, a 38-year old male who weighs 160 pounds would have a BMR of approximately 1,730 calories. Once you have determined your BMR, you need to factor in the energy that you spend for exercise and other activities you engage in throughout the day. There are several classification systems for different levels of physical activity, but here are some basic guidelines for your individualized calculations.

(Continued on next Race News Page)



Tulsa Wheelmen Race News

MAINTAINING WEIGHT DURING THE WINTER MONTHS (continued)

By Lenka Humenikova & Tom Shriver

Current Activity Level	Activity Factor	
	Male	Female
Sedentary	1.3	1.3
Lightly Active	1.6	1.5
Moderately Active	1.7	1.6
Heavily Active	2.1	1.9

Source: Whitney, E.N., Cataldo, C.B., Rolfes, S.R. (2002). *Understanding Normal and Clinical Nutrition*. 6th ed. Wadsworth.

For example, in season it is likely that many of you will be in the “moderate” to “heavy” category. However, during winter months, your activity level may drop to “lightly active” or “sedentary” categories (if you are taking a complete break from exercise). In our previous example, the 160 pound male who is “moderately active” is allowed to eat approximately 2,940 calories per day (BMR of 1,730 x 1.7) to maintain his current weight. A more accurate approach to estimating your daily calorie needs is to multiply your BMR by the sedentary factor (1.3) and then add the calories you “burn” during your ride. This method is based on the intensity and duration of your ride, as well as on your body weight. To calculate the calories you burn during a ride, use the following equation: weight in pounds x factor listed in the table below (based on mph) x minutes ridden. To come back to our previous example, a 160 lb male would “burn” approximately 965 calories if he rides for 90 minutes and averages 18 mph (0.067 x 160 lb x 90 minutes = 965 calories). The following table includes the factors that correspond to various ride intensities (15 to 25 mph). Thus, you can determine how many calories you burn during each of your rides by simply tracking miles per hour and minutes.

Avg Speed	Factor	Avg Speed	Factor	Avg Speed	Factor	Avg Speed	Factor
mph		mph		mph		mph	
15.0	0.049	17.5	0.062	20.0	0.083	22.5	0.104
15.5	0.051	18.0	0.067	20.5	0.087	23.0	0.109
16.0	0.053	18.5	0.071	21.0	0.090	23.5	0.117
16.5	0.055	19.0	0.076	21.5	0.095	24.0	0.124
17.0	0.057	19.5	0.080	22.0	0.100	25.0	0.139

Source: Whitney, E.N., Cataldo, C.B., Rolfes, S.R. (2002). *Understanding Normal and Clinical Nutrition*. 6th ed. Wadsworth.

By doing some basic calculations you will be well on your way to controlling your winter weight. Enjoy the holidays, but be aware of the fact that the average American gains several pounds during Thanksgiving and Christmas. As the holidays approach consider these healthy eating tips. First, make smart food choices. For example, a piece of cheesecake can have as many as 800-900 calories while a slice of pumpkin pie contains around 270 calories. In addition, pumpkin pie has far greater “nutrient density.” It provides fiber and it is an excellent source of vitamin A. Second, in general try to limit “empty” calories (foods relatively high in calories but low in nutrients). Alcohol, soft drinks, holiday punch, and many deserts are “caloric bombs” and have virtually no nutritional value. Consider, for example, that a Starbucks Venti White Chocolate Mocha Frappuccino contains a whopping 580 calories (the equivalent of a decent sized pasta dinner). Enjoy this drink with a blueberry scone and you can add another 460 calories (1,140 total!). In addition to adding extra calories to your diet, foods high in “empty calories” may also negatively influence your performance and post-ride recovery. Remember, moderation is the key to successful weight management during the holidays.

GOT “NEWBIKEITIS”: INSTEAD OF A FLU SHOT, TAKE A SHOT OF ALPINEER

By Marc Delametter

Have you ever heard of that dreaded winter disease call “Newbikeitis.” It comes on strong this time of year after a long season of riding and racing. No, it doesn’t manifest itself in the form of a rash or swelling or labored breathing. Mostly, it’s a bad feeling deep down in the pit of your stomach when you realize that you may have it and the only way to cure it is to buy another bike, to go along with the two or three you already have. And, unlike the flu vaccine there isn’t a regular shot to make this disease go away. So, if you think you might have “Newbikeitis” then I may have the cure-all shot for you, an Alpineer frame.

This year Rich Chillingworth owner and master frame building of Alpineer Cycles (located right here in Tulsa town) told me that he had decided to step up production and start building more frames. He also told me that he was going to start building all carbon frames. What a cool deal. I was excited for Rich, excited for the Wheelmen (because he’s one of our sponsors) and excited for Tulsa cycling. When I think of Rich building a bike frame the only words that really come to mind are “Lots of Love”. Rich puts “Lots of Love” into each and every frame.

(Continued on the next Race News Page)



Tulsa Wheelmen Race News

GOT "NEWBIKEITIS": INSTEAD OF A FLU SHOT, TAKE A SHOT OF ALPINEER

By Marc Delametter
(continued)

Over the past year Rich has been refining his production processes and now boasts three different styles of frames. (He has yet to give any of them a real name even though several of us have offered up suggestions. Most of which aren't printable.)

An All Steel Model. This model is a lugged steel frame brazed together using silver solder. He can build these frames with either Reynolds or Columbus tubing. These frames are clean, light and very strong.

A Steel/Carbon Combination Model. This model is a blend of the steel model but with a twist. This frame has carbon seat stays to reduce shock and give the bike a more road friendly ride.

An All Carbon Model. This model is built with Dedacciai carbon tubes and carbon lugs. It can be built with either a lugged look over the entire frame or with a monocoque front triangle and lugged rear triangle. This bike is super light and super cool looking with the interestingly shaped Dedacciai tubes.

Alpineer frames can be built to nearly any standard or custom geometry per the rider's specifications. Rich spends quite some time with each rider to identify their exact geometry needs and then designs the frame on his custom computer program. It takes a little longer but it's worth it. Also, Rich can build a steel fork to go along with the steel frame or he can customize the geometry to work with a carbon fork. Rich is also a Shimano and a Zipp OEM dealer and that means he can outfit your new ride with a new Shimano groupo and fast Zipp wheels.

If you think that there's no way you could afford a totally custom bike, then I say you're in for a huge surprise. I'm not going to quote price in this article, but I will say you would be cheating yourself if you didn't at least call Rich (918) 832-0873 or a local bike shop and take a look at his frames and consider a new Alpineer.

By the way, I just replaced my four-year-old Alpineer steel frame (the sweetest ride I've ever had) with my new All Carbon Frame and now it's the sweetest bike I've ever had. I can't believe I get to ride one.

SATURDAY AND SUNDAY TAILWIND RIDES CHANGE TIMES

By Marc Delametter

As is customary this time of year, on Saturday December 4, 2004 the Saturday and Sunday Tailwind Racer Training Rides will change from their normal early morning summer time start to **NOON** on Saturday and **1:00pm** on Sunday. The Newsletter description of these rides is the same. It reads:

Saturdays/Sundays, Tailwind Training Ride, Noon Sat., 1:00pm Sun. (Switches to Noon on December 4, 2004) (4/C/c-d), 45th and Madison, Wright School (one block west of Peoria on 45th), west parking lot. Distance will vary on this quick paced ride. Route begins into the wind for a tailwind return. (year round).

The 4/C/c-d code noted above is defined as follows: 4 = 40 to 70 Miles; C = Some Hills; c-d = 13 to 18 mph Average Speed

<i>1 - under 10</i>	<i>A - Flat</i>
<i>2 - 10 - 20</i>	<i>B - Grades</i>
<i>3 - 20 - 40</i>	<i>C - Some hills</i>
<i>4 - 40 - 70</i>	<i>D - Many hills</i>
<i>5 - 75 - 120</i>	<i>E - Severe hills</i>
<i>Average Speed in mph.</i>	
<i>a - 4-8, leisure</i>	<i>b - 7-12, touring</i>
<i>c - 13-17, fast</i>	<i>d - 18+, racing</i>

As usual these rides don't normally go off if it's raining. Temperature is another issue. Personally, I won't ride if it's below 35 degrees and especially if it's overcast and below 40 degrees. However, some more sturdy riders will leave no matter what the temp. When it's really cold, it's your call. Show-up or not. Someone else may be there or not.

There is no designated ride leader for these rides. The group of riders that show up will discuss the day's route in advance of leaving on the ride. So here is a good piece of advice. If you are interested in knowing where you will be riding on any given Saturday or Sunday either initiate the route discussion with the whole group or pay close attention to the group discussing the route. This conversation usually occurs right before the ride takes off; so don't miss it if you are worried about the route. Remember this ride generally goes out against the wind and returns with it.





Tulsa Wheelmen Club

POLAR BEAR RIDE

By Marc Delametter

One of the best times to acquaint and/or reacquaint yourself with the Wheelmen members is to come to the annual Polar Bear Ride. This January 1, first ride of the New Year, annual tradition started many years ago and has become one of the more fun events all season. If the weather is good (meaning dry and not too cold) we gather for a photo op at about 11:55am and roll out for a group ride at noon. If the weather is bad (meaning wet and/or too cold) a few of us get on mountain bikes, ride around the block and then quit.

If we ride we usually go out Avery Drive, west on Hwy 51, down Snake Road to the Keystone Dam, back to Tulsa on Wekiwa Road and back to the party. About 40 to 45 miles. Then we eat and drink until we are full. In the past this has lasted into the early evening. If we can't ride then we start eating and drinking at noon. In the past this has also lasted into the early evening. Go figure.

Beth Delametter will provide Black-Eyed-Peas for everyone (she usually makes 3 large pots) but the rest of the food is potluck. Bring your favorite salty snack. Bring your favorite cookies or dessert. Bring your favorite chips and dips. We lay it all out for everyone to enjoy. The Wheelmen Club provides all the drinks, plates, napkins and plastic wear. Finally, if you would like to bring a cycling video or DVD we would be glad to play it for many to watch.

Whole families are welcome, even if they don't ride. Many times non-riding spouses will accompany their "rider" mate and hang out during the ride and thereafter. Kids are welcome also. We have toys and electronic games if they like that sort of thing.

So, if you don't have anything else to do on New Years Day, come to the Polar Bear Ride. It's a hoot.

Ride Location: Marc and Beth Delamettters' House
4530 South Louisville
Tulsa, OK. 74135
(918) 749-4075

Ride Date: January 1, 2005

Ride Time: Gather for Group Photo: 11:55am
Ride Leaves at Noon

TULSA WHEELMEN OLD CLOTHING FIRE SALE

By Marc Delametter

We recently discovered some old Tulsa Wheelmen clothing inventory and we have decided to sale it on a first-come first-serve basis. The clothing is the Williams Company yellow, red and blue jerseys and wind jackets. Quantities and sizes are noted below:

Short Sleeve Jerseys

Small - 2

Medium - 6

Long Sleeve Wind Jackets

Large - 2

XLarge - 1

If you are interested in buying any of this new never been worn clothing contact Marc Delametter at no1family@cox.net or call Marc at 749-4075. The Jersey's are \$20 and the Jackets are \$25.



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Tulsa Wheelmen Club

COMMUNITY CYCLING PROJECT

By Sandra Crisp

The Tulsa Wheelmen Bicycle club is involved in multiple aspects of cycling. An example is the Community Cycling Project, which is a community outreach project of the Tulsa Wheelmen in partnership with Tulsa Parks.

The Community Cycling Project provides bicycles, gear and training for year-round commuting to individuals referred by local social service agencies as being able to benefit from having a bicycle for transportation.

Available on our website www.tulsawheelmen.com are the following forms and instruction to be used by referring agencies:

- CCP Referral Form Letter
- CCP Letter for Referring Agencies to Give to Participants
- CCP Follow-up Questionnaire
- CCP Guidelines and Requirements for participation in the Program

Donations to the Tulsa Wheelmen Community Cycling Project are tax deductible. A copy of the Tulsa Wheelmen's 501(c)(3) determination letter is available upon request.

Besides bicycles suitable for commuting, we need:

- Helmets
- Mirrors that attach to glasses or helmets
- Protective Cycling Glasses
- Rear racks
- Fenders
- Panniers
- Bungee cords
- Front and rear lights
- Batteries (rechargable w/charger preferred)
- On-bike tool kits (frame pump, patch kit, allen key multi-tool, small crescent wrench)
- Floor pumps with gauges
- Locks
- Bicycle Oil
- Rain gear
- All weather gloves suitable for bicycling
- Water Bottle Cages
- Water Bottles (preferably new)
- Funds to buy any of the above not donated

Contact Tulsa Wheelmen Advocacy Director, Sandra Crisp at scrisp@ci.tulsa.ok.us or 918-688-8596 with any questions or to make arrangements for donations of good bicycles or gear (new or used).

Checks should be sent to:

Tulsa Wheelmen Community Cycling Project
Attention: Treasurer
P.O. Box 52242
Tulsa, Oklahoma 74152-0242

Thank you,
Sandra Crisp, Advocacy Director
Tulsa Wheelmen

OKLAHOMA BICYCLE COALITION LICENSE TAG

By Sandra Crisp

A bill authorizing OBC License Plates was signed into law June 9, 2004. The relevant paragraph of the bill (1994) reads as follows:

“26. Oklahoma Bicycling Coalition License Plates – such plates shall be designed and issued to any person who is a member of the Oklahoma Bicycling Coalition. The license plates shall be designed in consultation with the Oklahoma Bicycling Coalition;”

Two requirements were placed on our tags by the legislature. First, because of the way the paragraph was worded, proof of OBC membership is being required. This can be taken care of by purchasing a non-voting membership from OBC for \$8 (a regular membership is \$20). You will receive a card in the mail from OBC that can be used to order your plates. An OBC membership application form is available at www.oklahomabicyclecoalition.com. The other requirement, which was also placed on other specialty tags authorized this year, is that 100 prepaid applications have to be received by the state within 180 days of July 1st (by December 28th). The plates won't even be designed until this condition is met.

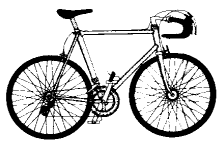
OBC members previously specified that these are to be “Share the Road” license plates similar to those already offered in other states such as Florida and recently introduced in Texas.

OBC is not getting any proceeds from the sale of the actual license plates, so they are priced quite low, only \$17 each. This is much less than many other specialty tags being offered in Oklahoma and elsewhere. Please support bicycling in Oklahoma and the message to “Share the Road” by ordering these plates for all your motor vehicles while we have this opportunity.



ALPINEER





Tulsa Wheelmen

INFO PAGES

DECEMBER 2004

Rides & Events

Ride Classifications

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vv Weekly Rides vv

*Note: Times are when wheels roll.

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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 '05

Tuesday Night World Championships Ride (4/C/d) Starts at the River Parks, Riverside and Southwest Blvd. 6 p.m., 40 mile training ride. Very fast. (Sp/Su/Fal). Starts April '05

Tuesday Night Fixed Gear Trail Ride, (3/A/c) Starts at 41st and Riverside, 6:00pm, fixed gear training ride on the Rivertrails. Lights needed.. (Winter Only). Starts Jan. 4th

Wednesday Night Trail Ride, (3/A/c) Starts at 41st and Riverside. 6:30pm. Lights needed. (Winter Only). Starts Jan. 5th.

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 '05)

Saturdays/Sundays, Tailwind Training Ride, Noon Sat., 1:00pm Sun. (Switches to Noon on December 4, 2004) (4/C/c-d), 45th and Madison, Wright School (one block west of Peoria on 45th), 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), 45th and Madison, Wright School. Distance & route same as noon ride. Contact John Power for more info (year round).

^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.

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!

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

Membership and Address Correction

If you are a member and not receiving your newsletter, contact **Rod Harwood**, Membership Director (home: 918-336-7546)

eMail:rod_h@sbcglobal.net



UPCOMING EVENTS

Sun. 12/5 OK Cyclocross Series Race OKC – Rance Shields (405) 752-8402

Sun. 12/12 OK Cyclocross Series Race Tulsa – Rance Shields (405) 752-8402

Mon. 12/13 Tulsa Wheelmen General Membership Meeting: 6:30pm Mazzios at the Farm.

Sun. 12/19 OK Cyclocross Series Race OKC – Rance Shields (405) 752-8402

Sat. 01/01/05 Polar Bear Ride. Marc and Beth Delametters' House. NOON. 4530 South Louisville, Tulsa, OK. 74135. (918) 749-4075

FOR MORE DETAILED EVENT INFORMATION SEE OUR WEBSITE AT WWW.TULSAWHEELMEN.COM



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**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.**

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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 10th 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



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