

TW Editor:
Alan Good

Tulsa Wheelmen



Cancer
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at Southwestern Regional Medical Center

Winning the fight against cancer, every day.®

Newsletter



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Inside this issue:

| | |
|-------------------------------------|----|
| Cat 5 Racers make National Rankings | 1 |
| Stat Corner | 2 |
| 2006 Season Statistics | 2 |
| Race Team Update | 3 |
| TW Career Statistics | 3 |
| Tulsa Wheelmen News | 4 |
| Team Frame | 4 |
| Events Calendar | 5 |
| Inside the Peleton | 6 |
| Product Reviews | 6 |
| Meet the Team | 7 |
| Tulsa Wheelmen Info Pages | 8 |
| Tulsa Wheelmen Staff | 9 |
| Tulsa Wheelmen Sponsors | 10 |

Happy Holidays!

Nationally Ranked Racers Darren Fritz and Kyle Freeman give Tulsa Wheelmen National Race Team Exposure by Alan Good

Nationally ranked racers Darren Fritz and Kyle Freeman are giving the Tulsa Wheelmen Race Team and club a lot of national exposure and a lot to be proud of these days.

For Kyle and Darren, 2006, has been an exceptional one. The two teammates began their tenure with the Tulsa Wheelmen race team as USCF Category 5 racers. First year Wheelmen, Kyle Freeman and Darren Fritz made an immediate impact with the success of the Cat 5 team. Individually, Kyle, finished the year ranked #1 in the nation in Category 5 criterium races. The Bixby, Oklahoma native had 2,171 USCF ranking points. Some of Kyle's top performances this year include:

- 2nd Place @ Mercy Classic Criterium
- 2nd Place @ Wicked Witch Road Race

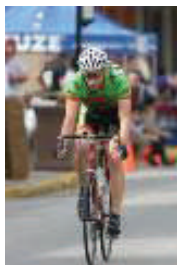


Photo by
Mark Stallings

- 5th Place @ Tulsa Tough-Brady Criterium
- 6th Place @ Mercy Classic Criterium
- 8th Place @ Tulsa Tough-Riverside Criterium
- 9th Place @ Speedwheel Criterium

2006 has been equally impressive for Darren Fritz. In Darren's first year as a Wheelmen he ended the 2006 campaign ranked #4 nationally in criterium races. He also earned two victories for Tulsa Wheelmen at Harber Meadows and Mercy Celebrity Classic criteriums. As a result, the 39 year old from Tulsa, OK upgraded from Cat 5 to Cat 4 in October 2006. Darren also earned Tulsa Wheelmen *Racer of the Month* for September. Some of Darren's top performances this year include:

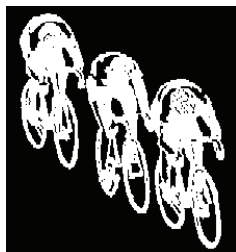
- 1st Place @ Mercy Classic Criterium
- 1st Place @ Harber Meadows Criterium
- 3rd Place @ Tulsa Tough-Brady Criterium
- 3rd Place @ OC Criterium
- 4th Place @ Wicked Witch RR
- 5th Place @ OK State Time Trial Championship (Master's 35-39)

- 5th Place @ Mercy Celebrity Classic Criterium



Photo by
Mark Stallings

Congratulations to Kyle and Darren for all your fantastic accomplishments in 2006 racing with the Tulsa Wheelmen. We hope you continue to improve as racers and make us proud. Good luck in 2007!



2006 TW Top Individual USCF Results

| | | |
|------------------|---------------------|-----|
| Gary Breipohl | Hell's Kitchen | 1st |
| Randall Clayborn | Harber Meadows | 1st |
| Amanda Erwin | Cowskin | 1st |
| Keith Franklin | OC Crit | 1st |
| Darren Fritz | Mercy Classic | 1st |
| Darren Fritz | Harber Meadows | 1st |
| Devin Gilpin | Cowskin | 1st |
| Devin Gilpin | Port City Crit | 1st |
| Janne Hamalainen | Sea Otter RR | 1st |
| Janne Hamalainen | Flint Ridge | 1st |
| Karen Harwood | Speedwheel | 1st |
| Kary Cummins | Mercy Classic | 1st |
| Barb Landreth | OK ST TT | 1st |
| Nathan Leigh | Harber Meadows | 1st |
| Phil Stauner | Tulsa Tough | 1st |
| Ben Thigpen | NWA Classic RR | 1st |
| Cheryl Thigpen | Joe Martin SR | 1st |
| Cheryl Thigpen | Bob Herbert SR | 1st |
| Randall Clayborn | Wicked Witch RR | 1st |
| Gary Breipohl | Wicked Witch RR | 2nd |
| Randall Clayborn | OK State TT | 2nd |
| Randall Clayborn | KS ST Crit Champ. | 2nd |
| Randall Clayborn | NWA Classic RR | 2nd |
| Keith Franklin | Hotter N Hell RR | 2nd |
| Kyle Freeman | Mercy Classic | 2nd |
| Kyle Freeman | Wicked Witch RR | 2nd |
| Scott Gibson | Flint Ridge | 2nd |
| Scott Gibson | Primavera II | 2nd |
| Traci Haines | Wichita RR | 2nd |
| Janne Hamalainen | Tour of KC-cir | 2nd |
| Janne Hamalainen | La Mirada GP | 2nd |
| Karen Harwood | Port City Crit | 2nd |
| Jennifer Johnson | Cowskin | 2nd |
| Barb Landreth | Speedwheel | 2nd |
| Barb Landreth | Flint Ridge | 2nd |
| Barb Landreth | Port City Crit | 2nd |
| Nathan Leigh | OC Crit | 2nd |
| Nathan Leigh | NWA Classic RR | 2nd |
| Brian Metz | Harber Meadows | 2nd |
| Brian Metz | Salt Creek | 2nd |
| Tom Shriver | Wichita RR | 2nd |
| Ben Silk | Campus Cor. Crit | 2nd |
| Ben Silk | Speedwheel | 2nd |
| Ben Thigpen | Mercy Classic | 2nd |
| Ben Thigpen | Wichita RR | 2nd |
| Ben Thigpen | Joe Martin SR | 2nd |
| Ben Thigpen | Bob Herbert SR | 2nd |
| Jim Bohanon | Tulsa Tough | 3rd |
| Jim Bohanon | Cowskin | 3rd |
| Jim Bohanon | Port City Crit | 3rd |
| Randall Clayborn | TX State Crit Chps. | 3rd |
| Kary Cummins | Port City Crit | 3rd |
| Amanda Erwin | Port City Crit | 3rd |
| Darren Fritz | OC Crit | 3rd |
| Darren Fritz | Tulsa Tough | 3rd |
| Heidi Gault | Flint Ridge | 3rd |
| Will Gault | Flint Ridge | 3rd |
| Scott Gibson | Salt Creek | 3rd |
| Devin Gilpin | KS RR Champ. | 3rd |
| Alan Good | Salt Creek | 3rd |
| Traci Haines | Speedwheel | 3rd |
| Traci Haines | NWA Classic RR | 3rd |
| Janne Hamalainen | Tulsa Tough | 3rd |
| Karen Harwood | NWA Classic RR | 3rd |
| Karen Harwood | Cowskin | 3rd |
| Karen Harwood | Salt Creek | 3rd |
| Barb Landreth | Port City Crit | 3rd |
| Nathan Leigh | Primavera I | 3rd |

| | | |
|------------------|-------------------|-----|
| Andrew McAdoo | Tulsa Tough | 3rd |
| Jay Small | NWA Classic RR | 3rd |
| Phil Stauner | Campus Cor. Crit | 3rd |
| Phil Stauner | Joe Martin SR | 3rd |
| Ben Thigpen | Mercy Classic | 3rd |
| Ben Thigpen | Wichita TT | 3rd |
| Ben Thigpen | Wichita RR | 3rd |
| Cheryl Thigpen | Wichita TT | 3rd |
| Chris Cauthon | Port City Crit | 4th |
| Randall Clayborn | Harber Meadows | 4th |
| Randall Clayborn | GS Tenzing Crit | 4th |
| Kary Cummins | Port City Crit | 4th |
| Edgardo Delgado | Cowskin | 4th |
| Edgardo Delgado | Port City Crit | 4th |
| Darren Fritz | Wicked Witch RR | 4th |
| Will Gault | Bob Herbert SR | 4th |
| Scott Gibson | Redbud Classic RR | 4th |
| Scott Gibson | Port City Crit | 4th |
| Devin Gilpin | Tulsa Tough | 4th |
| Alan Good | Harber Meadows | 4th |
| Karen Harwood | Tulsa Tough | 4th |
| Karen Harwood | Tulsa Tough | 4th |
| Janne Hamalainen | Hotter N Hell RR | 4th |
| Barb Landreth | Cowskin | 4th |
| Nathan Leigh | Mercy Classic | 4th |
| Nathan Leigh | Flint Ridge | 4th |
| Brian Metz | Wicked Witch RR | 4th |
| Jay Small | Flint Ridge | 4th |
| Sean Stevens | Salt Creek | 4th |
| Ben Thigpen | Flint Ridge | 4th |
| Cheryl Thigpen | Speedwheel | 4th |
| Jim Bohanon | Salt Creek | 5th |
| Kary Cummins | Wichita RR | 5th |
| Amanda Erwin | Port City Crit | 5th |
| Kyle Freeman | Tulsa Tough | 5th |
| Darren Fritz | Mercy Classic | 5th |
| Scott Gibson | San Dimas SR | 5th |
| Alan Good | Cowskin | 5th |
| Traci Haines | Cowskin | 5th |
| Traci Haines | Port City Crit | 5th |
| Janne Hamalainen | San Luis Rey RR | 5th |
| Pete Lantz | Wicked Witch RR | 5th |
| Nathan Leigh | Bob Herbert SR | 5th |
| Nathan Leigh | Primavera II | 5th |
| Josh Lewis | Flint Ridge | 5th |
| Andrew McAdoo | Cowskin | 5th |
| Scott Posey | Cowskin | 5th |
| Tom Shriver | Fayetteville RR | 5th |
| Jeremy Stitt | Campus Cor. Crit | 5th |
| Jeremy Stitt | Port City Crit | 5th |
| Jeremy Stitt | Wichita TT | 5th |
| Cheryl Thigpen | Flint Ridge | 5th |
| Cheryl Thigpen | Wichita RR | 5th |

Note: Does not include individual stage results (overall GC results only)



TW Top 10 by Cat:

| | |
|------------------|-----------|
| Women: | 46 |
| Master's: | 44 |
| Cat 3: | 43 |
| Cat 5: | 39 |
| Cat 1/2: | 30 |
| Cat 4: | 21 |

Scoring in the Top Five for 2006:

| | |
|----------------------------|---|
| Nathan Leigh (Cat 3) | 9 |
| Randall Clayborn (Cat 2/M) | 8 |
| Ben Thigpen (Cat 3 & M) | 8 |
| Scott Gibson (Cat 1) | 7 |
| Karen Harwood (W-Cat 3) | 7 |
| Janne Hamalainen (Cat 1/M) | 6 |
| Barb Landreth (W-Cat 4) | 6 |
| Cheryl Thigpen (W-Cat 4) | 6 |
| Devin Gilpin (Cat 5) | 5 |
| Traci Haines (W-Cat 4) | 5 |
| Darren Fritz (Cat 5) | 5 |
| Jim Bohanon (Cat 4) | 4 |
| Kary Cummins (Cat 3 & M) | 4 |
| Jeremy Stitt (Cat 3) | 4 |
| Amanda Erwin (W-Cat 4) | 3 |
| Kyle Freeman (Cat 5) | 3 |
| Alan Good (Cat 3) | 3 |
| Brian Metz (Cat 4) | 3 |
| Phil Stauner (Cat 4) | 3 |
| Gary Breipohl (Cat 3/M) | 2 |
| Edgardo Delgado (Cat 5) | 2 |
| Keith Franklin (Cat 2/M) | 2 |
| Will Gault (Cat 2) | 2 |
| Andy McAdoo (Cat 5) | 2 |
| Tom Shriver (Cat 3 & M) | 2 |
| Ben Silk (Cat 3) | 2 |
| Jay Small (Cat 4 & M) | 2 |
| 6 Tied with 1 top 5 result | 6 |

Tulsa Wheelmen

Victories 19

Top 5 122

Top 10 223

Tulsa Wheelmen

Race Team Update

Racer of the Month

| | |
|------------------|--------|
| Scott Gibson | March |
| Janne Hamalainen | April |
| Cheryl Thigpen | May |
| Phil Stauner | June |
| Ben Silk | July |
| Janne Hamalainen | August |
| Darren Fritz | Sept |



Teammate of the Month

| | |
|------------------|--------|
| Kary Cummins | March |
| Alan Good | April |
| Nathan Leigh | May |
| Karen Harwood | June |
| Jeremy Stitt | July |
| Randall Clayborn | August |
| Alan Good | Sept |



Janne Hamalainen earned 2-time *Racer of the Month* for the Tulsa Wheelmen in 2006.

Way to go Janne!

Tulsa Wheelmen Race Team Statistics 2004-2006

USCF Season Wins

| | | |
|--------------------|------|----|
| Will Gault | 2004 | 12 |
| Keith Franklin | 2004 | 9 |
| Janne Hamalainen | 2004 | 6 |
| Ben Thigpen | 2005 | 6 |
| Jeremy Stitt | 2004 | 5 |
| Tim Carrigg | 2004 | 4 |
| Mark McClay | 2004 | 4 |
| Marcela Nova | 2005 | 4 |
| Ben Thigpen | 2004 | 4 |
| Rich Chillingworth | 2004 | 3 |
| Keith Franklin | 2005 | 3 |
| Mitch Houtman | 2005 | 3 |
| Keith Winn | 2004 | 3 |
| Chris Cauthon | 2005 | 2 |
| Darren Fritz | 2006 | 2 |
| Devin Gilpin | 2006 | 2 |
| Janne Hamalainen | 2006 | 2 |
| Russell McMahon | 2004 | 2 |
| Cheryl Thigpen | 2006 | 2 |
| Jim Bohanon | 2004 | 1 |
| Darren Brazeal | 2004 | 1 |
| Gary Breipohl | 2006 | 1 |
| Gary Breipohl | 2005 | 1 |
| Gary Breipohl | 2004 | 1 |
| Randal Clayborn | 2006 | 1 |
| Brandon Cowart | 2004 | 1 |
| Kary Cummins | 2006 | 1 |
| Kary Cummins | 2004 | 1 |
| Amanda Erwin | 2006 | 1 |
| Keith Franklin | 2006 | 1 |
| Tom French | 2005 | 1 |
| Heidi Gault | 2005 | 1 |
| Will Gault | 2005 | 1 |
| Scott Gibson | 2005 | 1 |
| Alan Good | 2005 | 1 |
| Karen Harwood | 2006 | 1 |
| Mitch Houtman | 2004 | 1 |
| Barb Landreth | 2006 | 1 |
| Nathan Leigh | 2006 | 1 |
| Josh Lewis | 2005 | 1 |
| Malcolm McCollam | 2005 | 1 |
| Malcolm McCollam | 2004 | 1 |
| John Power | 2005 | 1 |
| Phil Stauner | 2006 | 1 |
| Ben Thigpen | 2006 | 1 |

Career Wins (2+ wins)

| | |
|--------------------|----|
| Keith Franklin | 13 |
| Will Gault | 13 |
| Ben Thigpen | 11 |
| Janne Hamalainen | 8 |
| Jeremy Stitt | 5 |
| Tim Carrigg | 4 |
| Mitch Houtman | 4 |
| Mark McClay | 4 |
| Marcela Nova | 4 |
| Gary Breipohl | 3 |
| Rich Chillingworth | 3 |
| Keith Winn | 3 |
| Chris Cauthon | 2 |
| Kary Cummins | 2 |
| Darren Fritz | 2 |
| Devin Gilpin | 2 |
| Malcolm McCollam | 2 |
| Russell McMahon | 2 |
| Cheryl Thigpen | 2 |

Career OK State Champs

| | | |
|------------------|---|------------|
| Ben Thigpen | 4 | 2004-2006 |
| Janne Hamalainen | 2 | 2005; 2006 |
| Mitch Houtman | 2 | 2005 |
| Darren Brazeal | 1 | 2004 |
| Tim Carrigg | 1 | 2005 |
| Randall Clayborn | 1 | 2006 |
| Brandon Cowart | 1 | 2004 |
| Keith Franklin | 1 | 2004 |
| Heidi Gault | 1 | 2005 |
| Will Gault | 1 | 2005 |
| Karen Harwood | 1 | 2006 |
| Barb Landreth | 1 | 2006 |
| Mark McClay | 1 | 2004 |
| Malcolm McCollam | 1 | 2005 |
| Scott Posey | 1 | 2006 |
| John Power | 1 | 2005 |
| Keith Winn | 1 | 2004 |

Totals by Year:

| | |
|-------|----|
| 2004: | 6 |
| 2005: | 10 |
| 2006: | 7 |

Tulsa Wheelmen News: *Ben Thigpen-Making it Count!*

Schedule of Events

- Indoor Triathlon (Downtown YMCA/St. John's) Tulsa, OK- 1/19 & 1/20/07

See calendar for other events TBA!



Ben Thigpen: Like a fine wine he gets better with age!

- 4 victories in 2006
- 16 times he has been on the podium in 06
- 21 top 5 finishes in 2006
- Captured wins at NWA Classic, Racing on the River TT, Bob Herbert Circuit race, and Joe Martin RR
- Competed in 30 races in 2006
- He does this all while racing at a young 56 years old! Great job Ben!



New CAAD 9 Tulsa Wheelmen Race Frames to be shipped in February



Advertisements & News



Recent category upgrades:

| | |
|------------------------|--------|
| Nathan Leigh | 3 to 2 |
| Darren Fritz | 5 to 4 |
| Edgardo Delgado | 5 to 4 |

Tulsa Tough dates announced:

June 1-3, 2007

Mark your calendars!



Congrats to **Darren Fritz** (Racer of the Month) and **Alan Good** (Teammate of the Month) for September.

Congrats to **Nathan Leigh** for racing in 37 events in 2006!

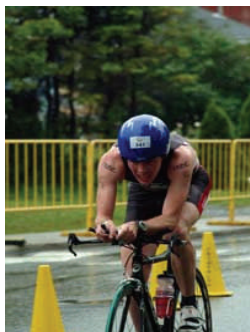
January 2007: Rides & Events Calendar

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|-----|-----|-------|---|---|
| | 1 <i>New Years Day</i> | 2 | 3 | 4 | 5 | 6 8 AM No Wimps Noon Racer Train- ing Ride |
| 7 8 AM No Wimps 1 PM-Race Train- ing Ride | 8 <i>General Mem. Mtg</i> <i>6:30 PM</i> <i>Race Meeting to</i> <i>follow at 7:30 PM</i> | 9 | 10 | 11 | 12 | 13 8 AM No Wimps Noon, Racer Train. |
| 14 8 AM No Wimps 1 PM-Race Train. | 15 | 16 | 17 | 18 | 19 <i>Indoor Tri</i> <i>(Tulsa, OK)</i> | 20 8 AM No Wimps Noon Racer Train. <i>Indoor Tri</i> <i>(Tulsa, OK)</i> |
| 21 8 AM No Wimps 1 PM-Race Train. | 22 | 23 | 24 | 25 | 26 | 27 8 AM No Wimps Noon-Race Train. |
| 28 8 AM No Wimps 1 PM-Race Train. | 29 | 30 | 31 | 1 FEB | 2 | 3 8 AM No Wimps Noon-Race Train. |

INSIDE the PELETON

by Davis Hale



William Davis Hale is a doctoral student in Health and Human Performance at Oklahoma State University. He recently joined the Tulsa Wheelman race team for the upcoming season. The past 2 years Davis has raced in USAT specifying in Duathlon competing at the state, regional, national, and world levels.

Product Reviews: Hey tell us about a product or component you use for cycling. Cost? How you like it? Let our readers know about it.



Research, Gossip, and Product Reviews

Choosing Exercise Intensity

During the season cyclists are often concerned with quality vs. quantity of time in the saddle. Much of this will depend on your schedule, weather, and the type of race you are training for. Deciding whether to crank up the intensity or pile on the miles becomes a decision that can make or break a top finish. Of course this decision is relative to your current fitness level and/or the time during the racing season. Which is more beneficial: moderate or vigorous intensity exercise?

Vigorous intensity is defined as 60-85% of your VO2 max or maximum heart rate (according to the American College of Sports Medicine). Vigorous exercise is appropriate for calorie burning and provides greater benefits than moderate. Moderate intensity is defined as 40-59% of your max VO2 or maximum heart rate. Moderate exercise is appropriate for calorie burning and some cardio benefits (such as base building). Both of these have a place in our training regime but what does the research say?

Moderate-intensity physical activity has clear cardiovas-

cular benefits, however, vigorous provides even more. Vigorous exercise has a greater benefit of increasing your VO2 max thus providing increased time before exhaustion. Exercise physiologists recommend 3-5 sessions per week of 20 to 60 minutes at 65-85% of your VO2 max or maximum heart rate. Of course these sessions need to be mixed with moderate training exercise in order for the body to recover. Therefore, a well-rounded training program should include moderate and vigorous rides to maximize fitness benefits.

Tired of Yellow Wristbands?

I am proposing a new marking for cyclists who cheat to gain an edge. This is my rebuttal against the newly developed white wristband by World Cycling Productions. These white wristbands are now being pushed in a campaign to clean up professional cycling claiming "If authorities can't do it, then the fans and the riders will themselves." In fact, I saw Lance sporting one



of these rubber wonders on the December issue of *Outside* magazine (along with his traditional yellow Livestrong).

Now I have become disgruntled. What about riders who dope? They too need to be supporting their cause. Perhaps a red wristband representing increased hemocrit levels would do. Or maybe a patch...much like a testosterone patch, would be more appropriate (I use it to cure saddle sores). Actually I am partial to a clear wristband with a somewhat invisible tone to hide the fact that I am a doper.

No, if I am man enough to dope then I am man enough to show it. Not only will I wear a wristband to flag my heightened testosterone levels, I will also voluntarily submit my blood and DNA to confirm my right to cheat. Now it is up to you, Dopers, unite and stand up for your cause. Do not let these white wristbands nullify your right to cheat. Be proud of the underachiever that you are.

Davis' clear wristbands can be purchased for only 9.99 or one pint of your blood (Type O positive preferably).

Product Reviews by Davis Hale

Recently I purchased my wife an Apple iPod shuffle (the world's smallest MP3 player). This is the most recent model that Apple has introduced to the MP3 world. I do not want to present a biased review, however, considering this is the only MP3 player I have ever owned, I suspect there could be preferential treatment.

The new version of the shuffle is small and I mean small. It is about the size of a bottle top from a Gatorade bottle

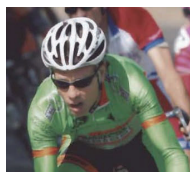
and has a clip mechanism that works on any article of clothing. The shuffle plugs into a minimally sized port which then plugs into your computers USB drive. The device holds 1GB of memory which can add up to 240 songs. The controls on the shuffle are for function only (so if you want a visual, go for the iPod Nano).

Instructions for the shuffle are easier to follow and make compiling an electronic music library easier than un-

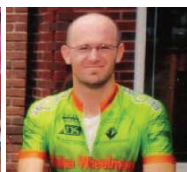
wrapping a CD from its plastic. Complaints that I have about the shuffle are the head phones. They are uncomfortable and the foam that surrounds them does not truly fit the ear piece. Also, the shuffle is so stinking small that I have often found it very easy to misplace.

For \$79 the shuffle can be yours. Personally, I have only used it on runs and chores around the house. Using it for riding is another topic for discussion.

Meet the Team



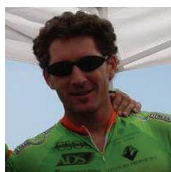
Malcolm McCollam Cat 3



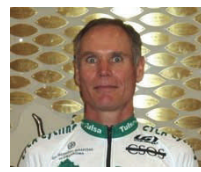
Nathan Leigh Cat 2



Jay Small Cat 4



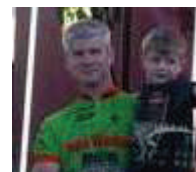
Kary Cummins Cat 3



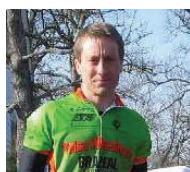
Keith Franklin Cat 2



Alan Good Cat 3



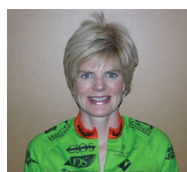
Craig Waldron Cat 5



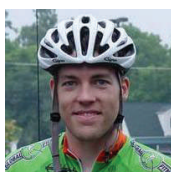
Tom Shriver Cat 3



Ben Thigpen Cat 3



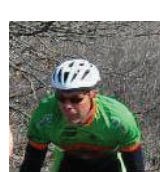
Cheryl Thigpen Cat 3



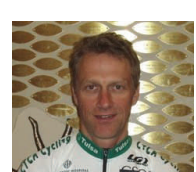
Jeremy Stitt Cat 3



Lenka Humenikova Team Nutritionist



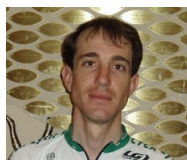
Chris Cauthon Cat 4



Janne Hamalainen Cat 1



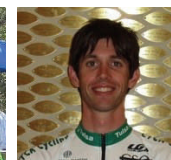
Ben Silk Cat 3



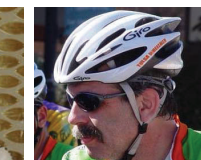
Will Gault Cat 2



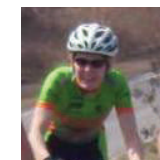
Marc Delametter Cat 3



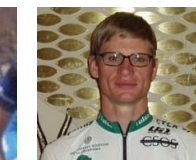
Josh Lewis Cat 2



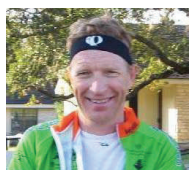
Brian Meahan Cat 4



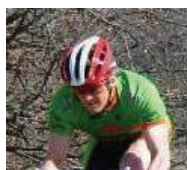
Heidi Gault Cat 4



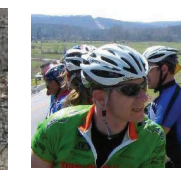
Scott Gibson Cat 1



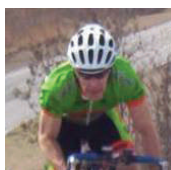
Tim Carrigg Cat 3



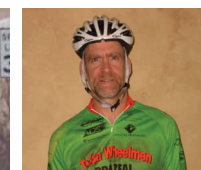
Russell McMahon Cat 3



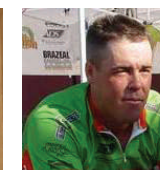
Jim Bohanon Cat 4



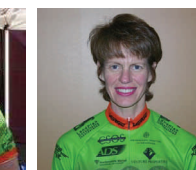
Gary Breipohl Cat 3



Pete Lantz Cat 4



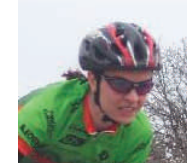
Joe Lederer Cat 4



Barb Landreth Cat 4



Karen Harwood Cat 3



Jennifer Johnson Cat 4



Amanda Erwin Cat 4



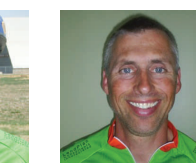
Traci Haines Cat 4



Randall Clayborn Cat 2



Edgardo Delgado Cat 4



Phil Stauner Cat 4



Brian Metz Cat 4

Bud Almond Cat 5

Darren Brazeal Cat

Rich Chillingworth Cat 2

Kyle Freeman Cat 5

Darren Fritz Cat 5

Ben Grabow Cat 5

Greg Ingram Cat 3

Brandon Johnson Cat 4

Andy McAdoo Cat 5

Darrell Meinen Cat 3

Scott Posey Cat 3

Charlotte Sanderson Cat 5

Rafael Santiago Cat 5

Josh Seabolt Cat 5

Greg Shinn Cat 3

Sean Stevens Cat 5

Steve Webb Cat 3

John Power Cat 3

Tulsa Wheelmen Info Pages (January 2007)

Ride Classifications

| MILES | TERRAIN | AVG SPEED |
|------------------|----------------|------------------|
| 1-Under 10 miles | A-Flat | a-4-8 (leisure) |
| 2-10 to 20 miles | B-Grades | b-7-12 (touring) |
| 3-20 to 40 miles | C-Some hills | c-13-17 (fast) |
| 4-40-70 miles | D-Many hills | d-18+ (racing) |
| 5-75-120 miles | E-Severe hills | |

Important Notice: The Tulsa Wheelmen only support responsible bicycle riding. Riders on Tulsa Wheelmen rides acknowledge cycling is a potentially dangerous sport 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.

Weekly Rides (rides roll on time)

| DAY | RIDE | LOC | TIME | TYPE | NOTES |
|---------|-----------------------|--|-------------------------|----------|----------------------------------|
| M-F | Bike-to-work Day | Home to work | You pick | You pick | Save the planet |
| Mon | Dot T ride | 4000 N. Hwy 169 | 6 PM | 3/D/c-d | Starts Apr 5th |
| Tues | World Champ ride | River Parks, Riverside & SW Blvd | 6 PM | 4/C/d | Day-light savings time (Apr-Oct) |
| Tues | Fixed gear trail ride | 41st & Riverside | 6 PM | 3/A/c | Starts Jan 6th |
| Wed | Night Trail Ride | 41st & Riverside | 6:30 PM | 3/A/c | Starts Jan 7th |
| Thur | Summer Crit Series | Holiday Hills Safety Training Facility | 6 PM | 1/A/d | Runs May-Sept |
| Sat/Sun | Racer's Training Ride | 45th & Madison | Sat-12 noon Sun-1 PM | 4/C/c-d | Year round |
| Sat/Sun | No wimps ride | 45th & Madison | 8 AM | 4/C/c-d | Year round |

Mountain Bike Riding:

Any day Call-up & Ride, Call Pat at Bicycles of Tulsa, 918-665-2453, or David at T-Town Bicycles, 918-496-8696

MALCOLM LAW
THE LEGAL SPECIALIST



Re-Cycle-It classified ads run for 2 months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 10th of the month.** Other rates are available upon request. Make check payable to Tulsa Wheelmen. Mail ad directly to TW Newsletter Editors, P.O. Box 52242 Tulsa, OK 74152-0242 or e-mail a club officer. **DO NOT PLACE ADS BY PHONE**

Bicycle Web Sites:

www.adv-cycling.org

www.bicycling.com

www.outdoorlink.com

www.bikefed.org

www.bikeplan.com

www.okfreewheel.com

www.istea.org

www.bikeleague.org

www.mountainbike.com

www.runningnetwork.com

www.tulsawheelmen.com

www.usacycling.org

www.olympic-usa.org

www.velonews.com

www.okbike.org

Take Action: Who you gonna call or write?

City Problems?

Mayor's Action Center:

596-2100, Fax 596-9010.

Tulsa City Councilors: mail 200 Civic Center, Tulsa, OK 74103; ph, 918-596-1900, fax 596-1964.

City Animal Shelter: 669-6299.

State Highway Problems?

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

Tulsa County Rd 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.

Air Quality/Ozone Alert?

Tulsa City-County Health Dept. 918-744-7664.

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Tulsa Wheelmen Newsletter

The official newsletter of the Tulsa Wheelmen, a member organization established in 1978 to "...promote responsible bicycling in all its forms." Whatever your interests; fitness, racing, advocacy, 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 to Alan Good at goody@okstate.edu

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

THANK YOU!

Event sponsors, volunteers and event directors.

Sign Up A New Member. Your recommendation ensures that the club will grow!

Membership and Address Correction

If you are a member and not receiving your newsletter, contact Marc Delametter, Membership Director at nolfamily@cox.net



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

Inside This Issue

Freeman & Fritz nationally ranked

2006 Final Team Stats

Research, Gossip & Product Reviews

2006 Tulsa Wheelmen Sponsors



VENTURE PROPERTIES

We're on the Web!
www.tulsawheelmen.com