

TW Editor:  
**Alan Good**

# Tulsa Wheelmen



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## Newsletter



July, 2008

Volume 31, Number 5

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Tulsa Tough competitors rounding Boulder Street at Brady Village Criterium

### Real Cycling and Tulsa Tough by Chris Genske

This last weekend of racing was the weekend of the Tulsa Tough Ride and Race, an event that has grown tremendously in size and popularity since its inception in 2006. Even the Toyota-Untied Professional cycling team, one of America's top domestic squads, was in attendance. As always, it was a weekend of tough and exciting racing that, at least for me, was certainly a learning experience and time for a little reflection.

For part of this year's event, the weather proved to be almost as stiff as the competition. Both Saturday's and Sunday's events were hit with early thunderstorms that severely delayed some races and shortened others. On Saturday the rain came shortly after the Men's V race, leaving portions of the course rather muddy and in need of some serious TLC. With the help of a visit from the local street sweeper and some further cleanup by the team of dedicated Tulsa Tough volunteers and staff, racing was ready to commence.

After a short delay and a condensed Women's race, the Men's IV race, of which I had the opportunity to participate in, began. The race started out fast, imagine that, and before long riders were being dropped. Nevertheless, the Tulsa Wheelmen team rode hard and was rewarded with several strong finishers including Todd Reed placing third and Kyle Freeman slightly in arrears with a solid sixth. Also putting in a

valiant effort for the CTCA/Tulsa Wheelmen squad was Jeff West, grabbing a mid-race prime with the help of a leadout by teammate Christian Verry.

Taking part in Saturday's race, as well as watching it from the sidelines, allowed me to see live cycling from both the perspective of a racer as well as a general spectator. It was interesting to witness, through the individual racers' personal satisfaction in victory and also their recognition of defeat, the effects of such competition. As a spectator, it never ceases to amaze me how fast some athletes, at the peak of their fitness, are able to pedal their bikes. Likewise, as a fellow cyclist, it is a great source of encouragement and mid-season motivation. Indeed, I am inspired—inspired to focus my own efforts and work harder during the weeks of training and races ahead in hopes of one day achieving similar success.

Again on Sunday morning Mother Nature reared her ugly head. As opposed to Saturday's race, both the Men's V race and the following Women's III/IV race were able to finish just prior to the onset of the day's storms. The Men's IV race however, slated for a 9:20 a.m. start, was again delayed. After about 35 minutes the rain had let up a considerable amount, though not entirely, forcing race officials to make a difficult decision—wait a little longer for better weather, or continue the races and attempt to get everything back on track. It was finally

decided that the show must go on; new start time, 10:00.

With rain sprinkling down and the guarantee of more, much more, to come, over thirty riders lined up to take on the elements and the competition. Sure enough, after a few laps the rain began to come down harder and harder. It was at this time that I wondered what was really going on. Why, I asked myself, was I, along with dozens of others, putting myself through the pain of racing in the middle of such terrible conditions with little chance of earning back my entry fee, much less actually *making* money and coming out ahead? Eventually, I remembered that I race because duh, I love it! I race because racing is cool, period, and as odd or dorky as it may sound, I like to think of races like these as a sort of rite of passage for the competitive cyclist—perhaps even, to be worn as a badge of honor. Real cycling it seems, at least for me, is not about only riding when the forecast is sunny with a high of 75. Real cycling happens in the cold, the wind, and yes, even the rain. So in closing, I would just like to say kudos to all the guys and gals who hung tough and raced hard, keeping it real here in Tulsa.

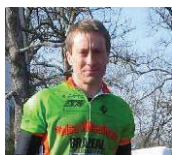
# July-Aug 2008: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 <i>July</i>	7 CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	8 <i>TW Crit Series</i>	9	10	11	12 8AM-"No Wimps" Ride 8AM Racer 's Training Ride Fire Hill Crit, Edmond (OK)
13 8AM-"No Wimps" Ride 8AM Racer's Training Ride OKC Velo OK State Crit Champ	14	15 <i>TW Crit Series</i>	16	17	18	19 8AM-"No Wimps" Ride 8AM Racer 's Training Ride
20 8AM-"No Wimps" Ride 8AM Racer's Training Ride	21	22 <i>TW Crit Series</i>	23	24	25	26 8AM-"No Wimps" Ride 8AM Racer 's Training Ride Queen City Twi- light Crit (MO)
27 8AM-No wimps 8AM Racer's Training Ride Queen City Crit (MO)	28	29 <i>TW Crit Series</i>	30	31	1 <i>AUG</i>	2 8AM-No wimps 8AM Racer 's Training Ride
3 8AM-No wimps 8AM Racer's Training Ride AR State RR (AR)	4	5 <i>TW Crit Series</i>	6	7	8 Tour of KC (MO) Aug 8-10	9 8AM-No wimps 8AM Racer 's Training Ride Tour of KC (MO) Aug 8-10

# Tulsa Wheelmen

## Meet the Team (Name-Race Category) New Team Member for 2008



Tom Shriver-3



Nathan Leigh-2



Brian Metz-3



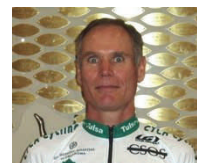
Kary Cummins-2



Chris Cauthon-4



Alan Good-3



Keith Franklin-2



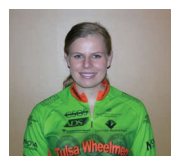
Dustin Weaver-4



Ben Thigpen-3



Cheryl Thigpen-3



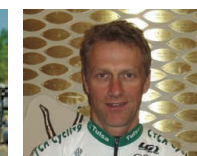
Traci Leigh-4



Phil Stauner-3



Mark Delozier-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-2



Heidi Gault-3



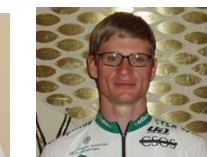
Jeremy Stitt-3



Jim Bohanon-3



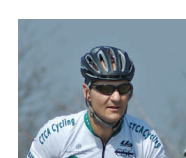
Edgardo Delgado-4



Scott Gibson-1



Randall Clayborn-3



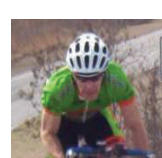
Greg Ingram-3



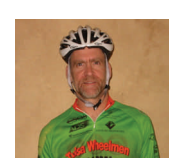
Ben Silk-3



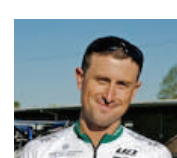
Byron Harvison-4



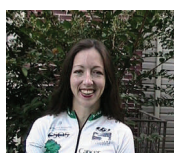
Gary Breipohl-3



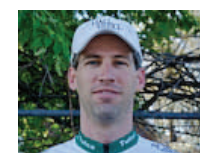
Pete Lantz-4



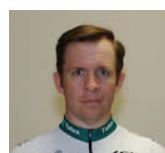
Eric Melton-2



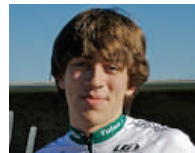
Lauren Miller-3



Kyle Freeman-4



Darren Fritz-4



Ben Grabow-4



Rafael Santiago-4



Davis Hale-2



Mitch Houtman-3



Chris Zenthoefer-2



Joey Bayles-5



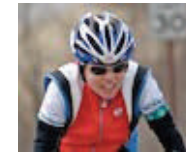
Jeff West-4



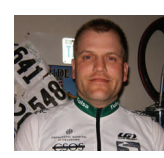
Chris Genske-4



Todd Reed-4



Helene Carabin-3



Don Tardiff-5

Mike Stern-4

Scott Posey-3

Milus Clarke-5

Rob Chance-5

Rich Gulotta-5

John Allen-3

Jay Blankenship-2

Andy Malcom-1

Shane Carter-3

Brett Clark-5

James Hiatt-5

Mark Jackson-5

Ryan Kruger-5

Robert Lemaster-5

Don Renberg-5

Ivan Rodriguez-5

Jim Buchan-3

Alex Schneider-3

Christian Verry-4

Corbin Wantland-5



# Stat Corner



## 2008 Winners Circle: (through 6/30/08)

Helene Carabin	7 wins
Todd Reed	6 wins
Will Gault	4 wins
Shane Carter	2 wins
Davis Hale	2 wins
Andy Malcom	2 wins
Kyle Freeman	1 win
Lauren Miller	1 win
Scott Posey	1 win
Chris Zenthoefer	1 win



## 2008 Top 5 Results Leader board: (through 6/30/08)

Helene Carabin	16 top 5 finishes
Janne Hamalainen	12 top 5 finishes
Kyle Freeman	10
Todd Reed	10
Will Gault	8
Lauren Miller	7
James Hiatt	6
Jay Blankenship	5
Shane Carter	5
Andy Malcom	5
Chris Zenthoefer	5
Davis Hale	3
Scott Posey	3
Jim Bohanon	2
Mitch Houtman	2
Alex Schneider	2
Dustin Weaver	2

Note: 8 tied with 1 top 5 result

## Inside the Numbers:

2008 could be great?

A glance at the last 3 year's win total results:

2006:	22 wins
2007:	39 wins
2008:	27 wins and counting...go CTCA/TW!

### Top 5 Results by Year:

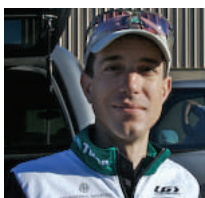
2006:	153
2007:	198
2008:	113

### Top Results by Year:

2006:	257
2007:	324
2008:	175

# Wheelmen Top Performers

## Wheelmen Top Performers



**Will Gault (Cat 1)** captured the victory at the 89er/Oklahoma State Road Race Championship on June 7th. Will also got the win in the K-State TT Championships on June 22nd and 9th at Master's Nationals time trial (35-39 age group) on June 30th. Great job Will!



**Shane Carter** got his 2nd victory of the year as a CTCA/TW racer in the Speedwheel Crit 1/2/3 race in Drumright, OK.

**Andy Malcom** captured the win at K-State Crit Championships on June 8th.

*Congratulations to our two award winners for May 2008.*

Teammate of the Month goes to **Rafael Santiago**. Rafael did the right thing, the teammate thing and the really good friend thing. He stopped at JMSR when Dustin crashed. My hats off to you Raffy. Dustin, you have a good teammate and friend which I am sure you know.

Racer of the Month was earned by **Todd Reed**. Todd has been a time trial machine. Watch out for Todd. He's getting stronger and gaining more experience. He'll be a force but we need to work on his attire before he moves up in categories (those socks!?!?!?)

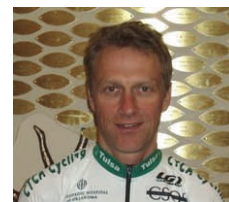


**Helene Carabin**

- Overall Winner OKC Velo TT series championship
- 1st @ 89er OK State Championship RR in W123
- 2nd @ OKC TT Series #3 race for Cat 123 women's
- 2nd @ 89er Crit in Women Open race
- 2nd place @ Master's Nationals TT (Mixed)

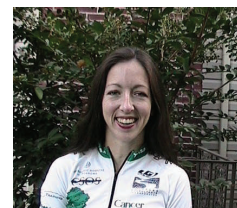


Great job **Todd Reed** for winning OKC Velo TT Series #3 4/5 race and for getting 2nd at Speedwheel 4/5 race

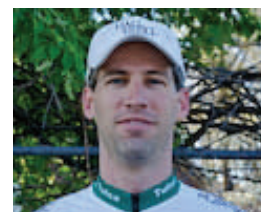


**Janne Hamalainen (Cat 1)**

- 2nd @ K-State Crit Champ
- 3rd @ 89er/OK State Champ RR
- 2nd @ Speedwheel Crit (M45+) and 3rd in M35+
- 3rd @ Matrix Challenge Crit (M35+)



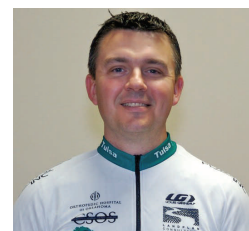
**Lauren Miller** for getting the win in the women's open crit race in Sand Springs



**Kyle Freeman** for getting 1st at Speedwheel in the Cat 4/5 race and 2nd place at 89er in the Cat 4 State Championship road race



Rafael Santiago  
May 2008  
Teammate of the Month



Todd Reed  
May 2008  
Racer of the Month

# Tulsa Wheelmen Info Pages

## 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	

## 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 ride	4000 N. Hwy 169	5:30 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Wed	Wed Night Ride	Jackson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr-Oct
Sat/Sun	Racer's Training Ride	31st & Riverside Parking lot	<b>8AM (Summer time)</b>	4/C/c-d	<b>May-Oct</b>
Sat/Sun	"No Wimps" ride	Wright School	8AM	4/C/d	All Year

**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.**

### Bicycle Web Sites:

[www.adv-cycling.org](http://www.adv-cycling.org)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### 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

**BRAZEAL**  
MASONRY INC.

**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**

## 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.

# Tulsa Wheelmen Staff

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Open

**Race Events Director:** Open

[racedirector@tulsawheelmen.com](mailto:racedirector@tulsawheelmen.com)

**Avery Drive Clean-up:**

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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

[newsletter@tulsawheelmen.com](mailto:newsletter@tulsawheelmen.com)

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 Tonja Pitzer, Membership Director

(info on left)



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

## Inside This Issue

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**Race Team Top Performers**

**Stat Corner**

