



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

November 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 26 Tailwind Ride, 8 a.m. Daylight Savings Time Ends	27	28	29	30	31	November 1 Tailwind/Fixed Gear Ride, 8 a.m.
2 Tailwind/Fixed Gear Ride, 8 a.m.	3	4	5	6	7	8 Tailwind/Fixed Gear Ride, 8 a.m. Dusty Dames Dirt Fest
9 Tailwind/Fixed Gear Ride, 8 a.m.	10 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 7:00PM	11	12	13	14	15 Tailwind/Fixed Gear Ride, 8 a.m. Tulsa Wheelmen Race Team Application Due Date
16 Tailwind/Fixed Gear Ride, 8 a.m. Chandler Park Cyclocross Race	17	18	19	20	21	22 Tailwind/Fixed Gear Ride, 8 a.m.
23 Tailwind/Fixed Gear Ride, 8 a.m.	24	25	26	27 Thanksgiving Holiday	28	29 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
30 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon	December 1	2	3	4	5	6 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon

N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 11

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

November 2003

THE EDITOR'S PEN FOR NOVEMBER 2003

By **MARC**
DELAMETTER

SUPPORTING LOCAL RACERS

Brain Meahan and Jeremy Stitt said it best in the Guest Editor's Pen last month, "Soon, there will be several incentives for new and existing racers to be members of the Tulsa Wheelmen."

Thanks to the efforts of several dedicated and core Tulsa Wheelmen members the Tulsa Wheelmen will support member road racers to a greater extent than we have for many, many years. Because this effort is still a work in progress I have not listed all the new Tulsa Wheelmen sponsors, but as soon as we finalize all our in-kind and financial commitments I will report to you a complete list of those sponsors. For now I will just report on the plan we have developed for supporting member road racers.

Our plan is to get every Tulsa Wheelmen member that wants to road race, racing to whatever level they desire. To that end, our plan is to have a road Race Team of 10 to 12 local member road racers that will make a large commitment to road racing and to the Club. The basic requirements for a member racer to be considered for the Race Team are:

- **The rider must be a Tulsa Wheelmen Club member in**

good standing and USCF licensed racer with the club name of the Tulsa Wheelmen on the license.

- **The rider agrees to compete in at least 10 events, including 4 targeted events that appear on the rider's final event schedule.**

In addition to a supported road Race Team we will also support a road "Stagiaires" Team of up to 10 riders. "Stagiaires" is a French term used to describe riders that join a team late in the season or just for specific events. The basic requirements for a member racer to be considered for the Stagiaires Team are:

- **The rider must be a Tulsa Wheelmen Club member in good standing and USCF licensed racer with the club name of the Tulsa Wheelmen on the license.**
- **The rider agrees to compete in at least 5 events, including 2 targeted events that appear on the rider's final event schedule.**

Finally, in addition to these requirements each supported road racer will have to fulfill a volunteer commitment that includes one of the following:

- **Be a club officer (including appointed positions)**
- **Be a race promoter (Spring Series, Port Road TT, Summer Crit Series)**
- **Be an event promoter (Winter Auction, etc)**
- **Work at 3 Wheelmen events or provide a volunteer for 3 events**
- **Provide 3 articles for Newsletter/Website**

- **Mentor at 3 Wheelmen events (Training Crits, Training Rides, Training Seminars, Training Camps, etc)**
- **Other _____**

You're probably asking yourself, "What does support mean?" Well, support means race clothing will be provided, some entry fees will be paid and some per diem dollars will be available to defray traveling costs.

Finally, our plan calls for encouraging any Tulsa Wheelmen member to come out and road race. To do this our plan provides discounts on club jerseys and potential mentoring opportunities from experienced racers.

Wow, what a plan. I get chills just writing about it.

There are several members that have worked nearly every day for the past couple of months to get this plan going. We are highly motivated and very focused. We hope we can pull it off.

OK, now let's get down to business.

Attached to this Newsletter is an application for our 2004 Race and Stagiaires Teams. If you are a Tulsa Wheelmen member and you would like to try your hand at being a supported road racer then I encourage you to complete the application and send it in as soon as possible. Applications are due to the Race Team Director **no later than November 15, 2003**. The Race Team Director and his/her delegates will choose Race and Stagiaires Team members based on the member's application, the member's commitment to road racing and the Tulsa Wheelmen Club and the availability of a Race Team or Stagiaires Team position.



Tulsa Wheelmen Club News

(continued)

THE EDITOR'S PEN FOR NOVEMBER 2003

By **MARC DELAMETTER**

If you are a Tulsa Wheelmen member and you want to road race but you can't or don't want to make a huge commitment to a race team, we want you too. In the coming months we will provide you an opportunity to purchase a new Club jersey and we will provide you with ample opportunity to road race both at the local level and regionally. Maybe in a year or so you will want to apply to the Stagiaires or the Race Team.

Look to the next few Newsletters for more information. As I said this is still a work in progress.

MEMBERSHIP CORNER NOVEMBER 2003

Notice of Expiring Memberships:

Memberships expire the month indicated on your Newsletter mailing label.

The following memberships expire at the dates listed. See membership form in Newsletter for renewal info.

<u>First Name</u>	<u>Last Name</u>	<u>Expiration Date</u> <u>(yearmonth)</u>
ERNEST	DANIELS	200309
ERIK	PARKEY	200310
JIM	EVANS	200310
FRANK	WILBORN	200311
BEN&CHERYL	THIGPEN	200311
DAVE	KEYLOR	200311
HAROLD	HICKS	200311

BICYCLE QUOTE OF THE MONTH

"No one can rise to the top without a team to help."

FRANK THOMAS PASSES AWAY

By **Chuck Davis and Marc Delametter**

There will be no more "Frank-a-Ways". A couple of weeks ago Frank Thomas's mother informed us that Frank died last month. Frank was a Tulsa Wheelmen member and rider for years and always seemed to have an interesting knack for disappearing and reappearing on rides without anyone knowing when he left or when he got back in. This magic act always made the rides fun.

Those of you who had seen Frank in action will "get the picture" and understand. Those of you who missed the show, don't ask, you wouldn't understand. We don't know where he's riding now, but we will guarantee, it ain't "the Dullsville Crits".

DUSTY DAMES

By **Sandra Crisp**

On November 8th in Tulsa there will be a free women's mountain bike skills clinic called Dusty Dames Dirt Fest. Who should attend? Dirt Athenas of all ages & abilities (Young goddesses are welcomed & encouraged to attend!) The clinic will be held on Saturday November 8, 2003 9 am - 1pm (followed by group ride). It will be located at Keystone State Park, Tulsa, Oklahoma. If you plan to attend bring a bike, helmet, gloves, snacks/drinks, lycra and layers (shorts/tights/warm jacket), camp chair and shades/hat.

The clinic offers 4 cram-packed hours of information to improve your skills in the MB sport; maintain your bike, perform on-the-trail repairs, a meaty segment on mountain bike 'goddess technical skills', bike fitting help, and a DD-cup load of helpful tips and hints! Clinic will be followed by a no-drop group ride (all skill levels will be accommodated!). Every participant will receive a handbook detailing each topic, a small gift bag. Including a drawing for prize give-a-ways. Hope to see you there! FREE HOT LUNCH PROVIDED TOO!!!!

Questions? Call Candy 317-6294 Register Today! See flyer in this Newsletter.





MORE . . . WHEELMEN INFO

NOVEMBER 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: Gym Quality Weight Stack with Leg Press. \$650
Call 527-0728

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

FOR SALE: MAVIC Helium wheel set, Shimano 8/9 compatible. Like new. \$325 with bags, \$300 without. Chris King headset, 1" threadless, red lettering, like new, \$50. Deore XT 9sp 170mm crankset with rings and bottom bracket, like new, \$55. XTR 9sp rear derailleur, \$40. Al or Sharron Chinn (members), 918 299-1657 evenings.

FOR SALE: 1990 Santana Tandem, Sovereign. \$1,000.00. Special Tandem Columbus CrMo tubing (smooth ride). Shimano STI 8 spd. Deore XT drive train. Front 51 cm kStoker 48 cm C to C (Fits 5' 10" & 5' 3" with room in either direction. "Body Shock" shock absorbing stoker seat post. Phil Wood rear hub with heavy duty rim. New "Salsa" 95 mm stem. Pedals not included. Larry Krutka
<krutka123@yahoo.com>

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 10th 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. **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

BICYCLE WEB SITES

Adventure Cycling: www.adv-cycling.org. Information on bicycle touring in the United States and worldwide.

Bicycling Magazine: name says it, www.bicyclingmagazine.com.

Bikes Belong! Coalition: www.outdoorlink.com/bikes-istea

Congressional bicycle advocacy.

Bicycle Federation of America: www.bikefed.org

Bicycle issues and advocacy.

Bike Plan Source: 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 22nd Annual Bicycle Tour, June 12-19.

ISTEA: www.istea.org
Update information on the upcoming ISTEA legislation.

League of American bicyclist: www.bikeleague.org

Bicycle advocacy.

Mountain Bike Daily: www.mountainbike.com
Mountain bike stuff.

Oklahoma Runner Magazine: www.runningnetwork.com
Information Oklahoma running events.

Runner-Triathlete: www.runningnetwork.com/RunTriNews
Triathlon and running information by region.

The San Francisco Exploratorium: www.exploratorium.edu/sport/
The Science of Bicycling, facts and information.

Sydney Morning Herald: www.smh.com.au
Because the 2000 Olympics is closer than we think.

Transportation Policy Project: www.islandnet.com/~litman
Discussion of positive and negative bicycling issues impacts. (Super site!)

The Tulsa Wheelmen Web Site: www.tulsawheelmen.com

USA Cycling: www.usacycling.org
National and regional schedules.

U.S. Olympic Committee: www.olympic-usa.org
Olympic information including cycling.

VeloNews: www.velonews.com
The journal of bicycle racing.



GENERAL MEMBERSHIP MEETING NOTICE

Meeting Date: November 10, 2003

When: 7:00pm to 8:00pm

Where: Mazzios Pizza at the Farm, 51st Street and Sheridan, Tulsa

Agenda:

- Vote on Club bylaw changes (A DRAFT copy of the amended bylaws is published at the Wheelmen website www.tulsawheelmen.com)
- Vote for 2003-2004 Officers (accepted nominations include)
 - President – Brian Meahan
 - President Elect (for 2004-2005 President) – Tim Carrigg
 - Secretary – Marc Delametter
 - Treasurer – Amy Stitt
- Discuss Other Club Business

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.

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.**

Tulsa Wheelmen Newsletter Staff

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Copy Editors **Marc & Beth Delametter**

Racing Editor **Open**

Distribution **Tom Potter**
437-9419

Photographer **Open**

Web Site **Jeremy Stitt**
JSTITT@CITGO.COM

Email Address *TW Newsletter*:
delafam@sbcglobal.net.

Tulsa Wheelmen Officers

President **Brian Meahan**
Bmeahan@datathree.com
hm: 688-3386

Past President **OPEN**

Treasurer **Sandra Crisp**
cd.sl.crisp@cox.net

President Elect **OPEN**

Secretary **OPEN**

Membership Director **Rod Harwood**
hm: 918-336-7546 rod_h@sbcglobal.net

Race Team Director **Keith Franklin**
kflandplan@aol.com

Race Director **OPEN**

Avery Drive Clean-up **Tom Potter**
437-9419

Advocacy Director

Tulsa Wheelmen Newsletter

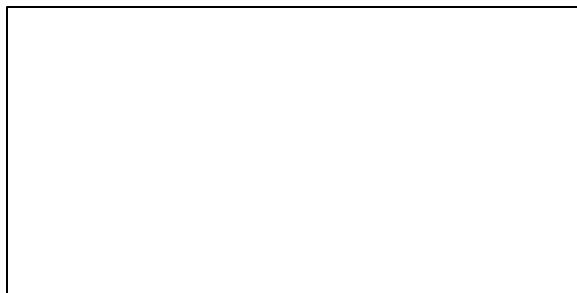
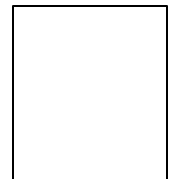
The official newsletter of the Tulsa Wheelmen, a membership organization established in 1978 to "...promote responsible bicycling in all its forms." Whatever your interests; fitness, racing, advocacy - our training rides, races, annual events, newsletter and network of 150+ members can help you achieve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



INSIDE THIS ISSUE

SUPPORTING LOCAL RACERS
NOVEMBER MEETING NOTICE
DUSTY DAMES DIRT FEST
RACE TEAM APPLICATION

2004 Tulsa Wheelmen Race Team/Stagiaires Team Application and Event Schedule and 2003 Race Results Log

If you are interested in becoming a supported road bicycling racer for the Tulsa Wheelmen please read and complete this application, the 2003 Racing Log and the 2004 Racer Event Schedule. Please return it to the Tulsa Wheelmen Race Team Director, Keith Franklin, 3135 South Rockford Drive, Tulsa, Oklahoma 74105 or electronically at kflandplan@aol.com. You can obtain an electronic version of this application at www.tulsawheelmen.com.

Basic Race Team Requirements:

1. The rider agrees to compete in at least 10 events, including 4 targeted events that appear on the rider's final event schedule. Targeted events are determined by the Race Team Director and all the members of the race team in advance of the racing season.
 - Events and targeted events do not include summer criterium series.
 - Targeted events to be determined at the initial race team meeting for the year.
 - Event consists of all races included on one entry form and all races by a single promoter on a day of racing (i.e. multiple categories of criteriums at one location equals 1 event, multiple stages for a stage race equal 1 event)
2. The rider is a minimum category 3* USCF licensed racer through the Tulsa Wheelmen.

Race Team Benefits Include:

1. Camaraderie, fun and being a member of a Bicycle Racing Team
2. Racing clothing kit (Jerseys, Shorts, ect.)
3. Entry fees to targeted events
4. Travel per diems
5. Sponsors in-kind discounts

Basic Stagiaires Team Requirements:

1. The rider agrees to compete in at least 5 events, including 2 targeted events that appear on the rider's final event schedule. Targeted events are determined by the Race Team Director and all the members of the race team in advance of the racing season.
 - Events and targeted events do not include summer criterium series.
 - Targeted events to be determined at the initial race team meeting for the year.
 - Event consists of all races included on one entry form and all races by a single promoter on a day of racing (i.e. multiple categories of criteriums at one location equals 1 event, multiple stages for a stage race equal 1 event)
2. The rider is a minimum category 4* USCF licensed racer through the Tulsa Wheelmen.

Stagiaires Team Benefits Include:

1. Camaraderie, fun and being a member of a Bicycle Racing Team
2. Racing clothing kit (Jerseys, Shorts, ect.)
3. Entry fees to targeted events
4. Sponsors in-kind discounts

All Racers Volunteer Commitment:

The rider agrees to perform volunteer duties for the Tulsa Wheelmen as follows: (One of the following)

- Be a club officer (including appointed positions)
- Be a race promoter (Spring Series, Port Road TT, Summer Crit Series)
- Be an event promoter (Winter Auction, etc)
- Work at 3 Wheelmen events or provide a volunteer for 3 events
- Provide 3 articles for Newsletter/Website
- Mentor at 3 Wheelmen events (Training Crits, Training Rides, Training Seminars, Training Camps, etc)
- Be a Tulsa Wheelmen Sponsor
- Other _____

* Category requirement may be waived by the Race Team Director.

2004 Tulsa Wheelmen Race Team/Stagiaires Team Application

(Check One)

Race Team: _____

Stagiaires Team: _____

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

E-Mail Address: _____

Birth Date: _____ 2004 USCF Racing Age: _____

Racing License Number (if licensed): _____

Racing Team Listed on License (if licensed): _____

USCF Racing Category: _____

Brief history of your racing experience: _____

Description of your racing goals for 2004: _____

2003 racing results: See Attached 2003 Racing Results/Log

How do you propose to complete your volunteer commitment to the Tulsa Wheelmen:

Please indicate your preference by checking the box below---

- ☐ Be a club officer (including appointed positions)
- ☐ Be a race promoter (Spring Series, Port Road TT, Summer Crit Series)
- ☐ Be an event promoter (Winter Auction, etc)
- ☐ Work at 3 Wheelmen events or provide a volunteer for 3 events
- ☐ Provide 3 articles for Newsletter/Website
- ☐ Mentor at 3 Wheelmen events (Training Crits, Training Rides, Training Seminars, Training Camps, etc)
- ☐ Be a Tulsa Wheelmen Sponsor
- ☐ Other--_____

2004 Racer Event Schedule

Name:

In an effort to determine what races will be targeted Wheelmen races in 2004, we would like to know what events you raced last year and what events you are planning to attend next year. If there is a USCF permitted race that is not listed here that you have raced or will race next year, please add it in the blank spaces provided.

[illegible]

2003 Race Results/Log

Name:

--

[illegible]