



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

August 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 27 Tailwind Ride, 8 a.m.	28 DoT Ride, 4000 N. Hwy 169, 6 p.m.	29 TNWC Ride	30 West Bank Ride (NOT a Wheelmen Promoted Ride)	31 Summer Series Crit Races Start, 6 p.m., Tulsa Safety Training Facility	August 1	2 Tailwind Ride, 8 a.m.
3 Tailwind Ride, 8 a.m.	4 DoT Ride, Master's Nationals	5 TNWC Ride	6 West Bank Ride (NOT a Wheelmen Promoted Ride)	7 Summer Crit Series	8	9 Tailwind Ride, 8 a.m. Tour of Kansas City Bike Race
10 Tailwind Ride, 8 a.m. Tour of KC Bike Race Mannford Mtn. Bike Race	11 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 7:00PM	12 TNWC Ride	13 West Bank Ride (NOT a Wheelmen Promoted Ride)	14 Summer Crit Series	15	16 Tailwind Ride, 8 a.m.
17 Tailwind Ride, 8 a.m. Port Road TT Series	18 DoT Ride	19 TNWC Ride	20 West Bank Ride (NOT a Wheelmen Promoted Ride)	21 Summer Crit Series	22	23 Tailwind Ride, 8 a.m. Hotter N Hell 100 Bike Ride
24 Tailwind Ride, 8 a.m.	25 DoT Ride	26 TNWC Ride	27 West Bank Ride (NOT a Wheelmen Promoted Ride)	28 Summer Crit Series	29	30 Tailwind Ride, 8 a.m.
31 Tailwind Ride, 8 a.m.	September 1 DoT Ride	2 TNWC Ride	3 West Bank Ride (NOT a Wheelmen Promoted Ride)	4 Summer Crit Series	5	6 Tailwind Ride, 8 a.m. DAM JAM

N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 8

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

August 2003

THE EDITOR'S PEN

FOR AUGUST 2003

by Marc Delametter

Summer is in full swing (I know that because it's hot enough to fry an egg on the sidewalk and it hasn't rained in weeks) and that means that there are more people riding and racing than at anytime during the year. It just seems to me that there are more people showing up for rides and races this year than in past years. I've seen several people on rides (especially the Wednesday Night Ride) and at races that I haven't seen in years. The Thursday Night Crit Series has more than 60 racers every week and all the weekly rides are full full full. Wow, isn't it great.

The Tulsa Wheelmen Club is going great guns also. At the beginning of the year Board Members purposely reduced the number of events we would promote this year to reduce the stress on our Club members and their volunteer commitments. The Board also decided to focus on the events we do well; The Spring Series, The Summer Crit Series, The Port Road Time Trial Series, The Great Tulsa Bike Ride. Board members also decided to focus on membership. So I guess the big question is, how are we doing so far?

Well, we had a very successful Spring Racing Series and the Great Tulsa Bike Ride was a hoot. The attendance at our Summer Criterium Series and TT Series is growing with every passing week, our Club membership is up (due in large part to Tim Carrigg's effort to promote Club membership at the Wednesday Night Ride) and our

racing team has scored some great race results. Our biking advocate members have traveled

to State and National Organizational meetings (working hard on bike related issues) and several of our members have completed the League of American Bicyclists Certified Instructor Training Classes. I think we are well on our way to having a great year.

The only down side to this year that I can recall today is that since the Tulsa Wheelmen decided not to promote a State Road Race or State Criterium Championship, no other club in the State or the State USCF Representative picked-up the slack, at least not to date. Well, I guess there's still hope for a fall date to be set.

Now that we have all this great momentum, let's start planning for next year. First of all we need officer nominations. We need our members to step up and say "I'll do that for the Club". "I'll nominate myself to be Secretary, Treasurer, President-Elect or even President." Send your nominations to our current President Brian Meahan at Bmeahan@datathree.com or if you aren't web-enabled call me at 918-749-4075 and I'll get your information to Brian.

Second, we need volunteers to promote events. If you enjoyed riding the Great Tulsa Bike Ride this year and want to help next year go ahead and commit now. Send me an e-mail at delafam@sbcglobal.net or call me at 918-749-4075 and I'll make sure the right people know your interested in helping.

Third, and most important, we need your excitement, your enthusiasm, your constructive help. When I focus on all the positive things that the Wheelmen

do I get really excited. I can't wait for next year; it's going to be great.

Marc

BICYCLE QUOTE OF THE MONTH

Bob Roll describing the screaming cycling fans at this year's Tour De France.

"A schmangie-fest of sub-human mutants."

McCollam & Glassco

ATTORNEYS AT LAW
A Professional Association

ALPINEER



Tulsa Wheelmen Club News

WEDNESDAY NIGHT RIDE DOG ALERT

I GOT "HUNTED"

By Rich Chillingworth

On one of the Wednesday Night Rides in July Tim Carrigg and I were using the Ride as a pleasurable recovery spin when a big brown dog came running across the road to greet us. It was on the last of the three uphill, before descending into Sand Springs. More worried about whether the dog might run in front of me, I was rather surprised when it came right up to my side and took a healthy chomp through my bike shorts on my thigh! Ouch!

The dog's owner was out in the yard calling him back, so Tim and I stopped and freewheeled back down to the driveway. Rolling up the bike shorts revealed an already swollen welt and a stream of blood snaking down my leg, past my knee, and pooling up at the top of my sock.

The lady in the front yard was appalled at what her dog had done and explained that she always keeps him in on Wednesdays because of the bike riders. The dog was just out with her for a minute while she was moving the sprinkler. It was a calm encounter and the lady was very helpful with some hydrogen peroxide and a large bandage for me.

Tim and I completed our ride w/o further mishap. I've been riding for quite a few years and this was a first for me. Tim clearly has more meat on his legs than I, so I don't know what the dog was thinking! Oh, and the dog's name, Hunter.

JUNIOR/ESPOIR NATIONAL ROAD RACE CHAMPIONSHIPS

Members of Team Power Train have just returned from the Junior/Espoir National Road Race Championships in College Station, Texas. The team had 7 racers in 3 age groups each participating in 3 events (TT/RR/Crit) at the National Championships. TPT riders had 11 top 15 finishes, 9 of which were top 10, and 4 medals.

Ryan Keels got a medal in each event: 5th place in the TT; 4th place in the RR, and 2nd (Silver) in the Crit in the 15-16 age group.

Blake McMahon placed 7th in the TT and 8th in the RR for the 15-16 age group in spite of the bad luck of crashing in both events.

Alex Welch placed 13th in the TT and 6th in the criterium for 17-18.

Tom French placed 9th in the 17-18 criterium out of 104 starters in that race.

Alex Schneider placed 7th in the TT, and 2nd in the Road Race for the 13-14 age group.

At 33rd place, Ben Silk had the highest place finish of the team in the 149k road race for the 17-18 age.

Congratulations to all, including coach Mark Teruki.

WE ARE ALL ADDICTED

By Richard L. Bunn

So how wide does it have to be for the (apparently) drunk in the maroon Explorer who was picking up about a foot of the bike lane and the oncoming lane on East Bound Avery a week ago to safely miss cyclists? If the gubamint wants me to ride to work (well, in my case it's OK, I work out of my house), I see no reason why they can't put some money into a few exclusively non-motor-vehicle routes to allow cyclists to have a reasonable chance of surviving.

We are all addicted, and because we are addicted, in the addiction, we don't see the reality of the situation - bikers get hit all the time from unattentive motorists - bike trails are an OK thing for a government that gives money to utilities to clean up their effluent, and gives tax breaks to people who buy Hummers, etc. I have a friend who won't bike down 36th St., he recently moved, and gave up his bike after a couple of trips to RiverParks because of the harassment. Sure, "What a woos", but even so, it's reality. The utter hypocrisy, the false assumption of an appearance of virtue, is to think that you have any rights against a 4,000 pound machine driven by someone who is perhaps at best marginally capable of operating such a machine in close proximity to fragile things of any kind. The utter hypocrisy is wanting a National Energy Policy that does not include Conservation and Alternative Energy Sources - And Conservation includes alternative transportation. And Kiss My grits if it isn't utter hypocrisy to get your panties in a wad about fast food places making people fat and then cancel out ways that people can go and get relatively safe physical exertion. By the way, did anybody catch whoever it was impersonating Charlie Davis on the on-list the other day? Somebody got on here and used CD's email return address and said universally good things about another person, I was worried that Charlie must have come to no good, but I see he's back on the list again . . . Ha! Sorry Charlie!



Tulsa Wheelmen Club News

MEMBERSHIP CORNER

AUGUST 2003

New Members:

A BIG WELCOME to the following riders have recently joined the Wheelmen. See you on the road.

CHRIS	ANDERSEN
CHARLES	CASE
BRANDON	COWART
CHRIS	FOSTER
MITCH	HOUTMAN
JESSE	LEHRMAN
CHARLES	MARTIN
HENRY	MELIKIAN
HECTOR	MENDOZA
BRIAN	O'CONNELL
ERIC	SACK
JOHN	SHARPE
JEFF	SHEPHERD
HAYDEN	TE RUKI
JASON	WARD
JEFF	YEATS

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>Expiration Date</u> <u>(yearmonth)</u>
SAMMY DAVIDSON	200308
ALICIA WARLICK & CHERI, DOYLE	200308
NEIL MOODY	200308
ALEX BRADLEY	200307
CHUCK CYPERT	200307
CRAIG DICKSON	200307
WILLIAM & HEIDI GAULT	200307
FRANK GRUNKOWSKI	200307
BILL SCHULNEER	200307
JONATHAN,BEN,JERRY,NANCY, SILK	200307
WL. (BILL) STITH	200307
ED J. WAGNER	200307
DIAN ROSE	200306
SCOTT COLLINS	?

Electronic Newsletter Delivery:

Hey all you high tech smoothies! How about signing up for your Wheelmen Newsletter by email?

The Newsletter is now available each month in electronic format, as a .pdf file attached to an email message. Delivery is more timely and convenient, and it significantly cuts production and delivery costs for the Club. Several members are already receiving their Newsletter this way. We want to hear from others.

If you are interested, please take a minute NOW to call or email your choice to either Marc Delametter - **918-749-4075**, delafam@sbcglobal.net, or Rod Harwood - **918-336-7546**, rod_h@sbcglobal.net

OLD NORTH ROAD DOG TRAINING

To the cycling groups that ride by my home on Old North Road in Sand Springs. I will be out in front of my home, working with my dog on Wednesday nights, to correct his desire to chase bike riders.

He is a well trained animal, friendly, a titled field trial retriever with a bad desire to chase cyclists. While keeping him indoors on Wednesday evenings is the ultimate prevention, I would like to address the situation head on and curb his desire to chase cyclists.

Please ride by as you would normally and do your best to ignore the dog. I will be out in front of my home with the dog, on leash (controlled), for at least the next four weeks or as long as it takes to correct this habit. While the correction administered to the dog may seem harsh. Please understand that it is recommended by a canine behaviorist, and is intended for the longer term protection of the dog and of course the riders that use Old North Road. My hopes are that with the number of cyclists that use Old North Road, we should be able to change the behavior quickly.

While I do not wish to harm our family pet. Your safety is the key issue here, not the short term correction of the animal. I appreciate your help in understanding the situation.

Thanks in advance, Al Quinn

ALPINEER



Tulsa Wheelmen

INFO PAGES

AUGUST 2003

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 7th

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

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

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

Saturdays/Sundays, Tailwind Training Ride, noon. (Switches to 8:00am on April 26, 2003) (4/C/c-d), 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 (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. Contact John Power for more info (Year round).

Mountain Bike Riding

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

^PUT YOUR RIDE HERE^

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

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: rodh@ionet.net



UPCOMING EVENTS

Mon. - Sat. August 4th - 9th, Master's Nationals, Louisville, Ky.

Sat. - Sun. August 9th - 10th, Tour of Kansas City Bike Race. See flyer inside this newsletter.

Sun. August 10th, Mannford Mtn. Bike Race. See flyer inside this newsletter.

Sun. August 17th, Port Road Time Trial. See flyer inside this newsletter.

Sat. August 23rd, Hotter N Hell 100 Bike Ride. See event information inside this newsletter.

Sat. September 6th, DAM JAM.
www.damjambicycle.com

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

McCollam & Glassco

ATTORNEYS AT LAW
A Professional Association

ALPINEER





MORE . . .

WHEELMEN INFO

AUGUST 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: I have Giant CFR Team road bike for sale. \$1000 or best offer -Size- 55cm

-Carbon Frame & Fork

-Full Ultegra components

-Rolf Vector Comp wheels

-Flight Deck computer

-Wellgo pedals

-New cables, cassette(11-27), and chain end of last year

-Frame is yellow with graphics

Jason Ward 369-4169

jasonw661@yahoo.com

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.

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.

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

Managing Editors **Marc & Beth Delametter**
delafam@sbcglobal.net
 hm: 918-749-4075

Copy Editors **Marc & Beth Delametter**

Racing Editor **Open**

Mountain Biking Editors **Open**

Multi-Sport 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 **Rich Chillingworth**
 hm: 832-9086 richchill@cox.net

Race Director **OPEN**

Training Adv. **Dennis Oliphant** 744-6737

MTB Director **Open**

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

Touring Advocacy, Commuting Dir

Tulsa Wheelmen Newsletter

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

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 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



ADVENTURE CYCLING
 association
 AFFILIATED CLUB

INSIDE THIS ISSUE

WHEELMEN HAVING A GREAT YEAR
 DOGS, DOGS, DOGS
 TPT JUNIORS ROCK
 RACE FLYERS ATTACHED

Mannford Mountain Bike Race

add dog logo

Sunday, August 10th 2003

Start time: 8:00am

Directions: Mannford, Oklahoma is located West of Tulsa on Highway 51.

To Race: At the stop light in Mannford, go North about a ½ mile on Basin/coonrod road until you see the sign for the New Mannford Ramp (just pass the railroad tracks) then turn right (east) at the end of this road is parking and registration.

Registration: Opens at 7:00am. Close 15 minutes prior to race time/ Sorry no pre-registration for this event.

Course Description: A 5 mile fast loop on old fire roads and trails next to lake keystone. No long or steep climbs with some interesting rocky and sand sections.

Expert - 11am - cash-awards / Sport 9am - merchandise-awards / Beginner 8am- awards
Expert and sport racers is \$20, all others \$15

Categories:

<u>Expert Class</u>	<u>Sport Class</u>	<u>Beginners Class</u>	<u>Juniors M/F</u>
Women	Women	Women	under 18
Senior 19+	Senior	Senior	under 16
Master 30+	Master 30+	Master 30+	under 14
Master 40+	Master 40+	Master 40+	under 12
Master 50+	Master 50+	Master 50+	under 10
	Single Speed	Clydesdales	expert under 18

Promoter has the right to change categories according to race day turn out and conditions.

kid's race is saturday, august, 9th

Lodging:

Camping: RV and Tent camping will be available on site.

Sponsored by K.O.R.S.

Promoted by Randall Clayborn

Race Hotline (918) 241-2776 Active 48 hours before event.

Thanks You to the following sponsor: *Add Logos*

American Heritage Bank *add logos*

Subru *add logos*

ClifBars *add logos*

K.O.R.S.



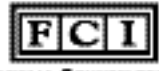
The 40th Annual



AUGUST 9TH -10TH

See course maps and registration at our website:

www.kcbscracing.org



FINANCIAL COUNSELLORS, INC.



RUDY PROJECT
Dedicated Civil Engineer



Tour of Kansas City

7906 Aberdeen

Prarie Village, KS 66208

KCBC



The 40th Annual



\$12,000 Cash Prizes!

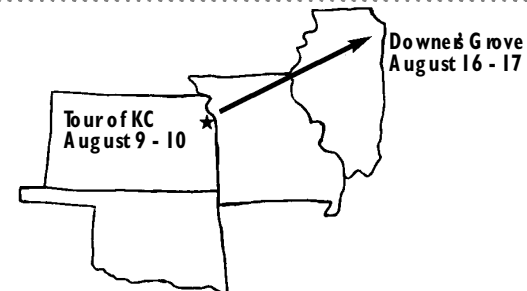
Saturday, August 9th

**Cliff Drive Classic
Kids Races**

Where to Stay:

- Seville Plaza Hotel (newly renovated)
43rd & Main; Kansas City, MO
816/561-9600 ask for KCBC rate \$69
- Holiday Inn & Suites - Overland Park
8787 Reeder Rd (near crit course)
913/888-8440 ask for KCBC rate \$59
- Microtel Inn & Suites - Overland Park
8750 Ballentine (near crit course)
913/541-2664 ask for KCBC rate \$52

Racing the Midwest?



Sunday, August 10th

**OPGrand Prix Criterium
Kids Races**

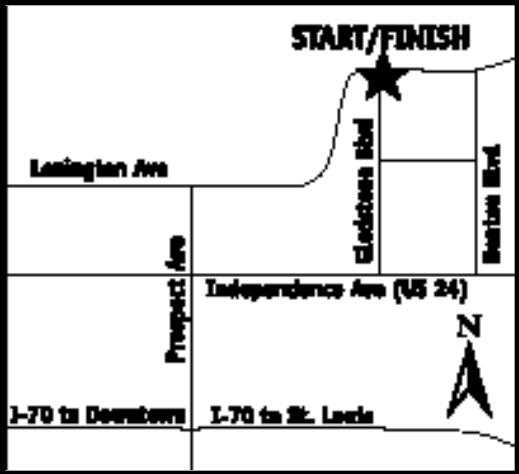
Where to Eat:

**Saturday night and Sunday morning:
(located on Sunday's criterium course*)**

- Scavuzzo's Italian - Show race # for \$5 pasta special. Waffles, pancakes and more on sunday (1 block east of turn #3)
- Eckerd Drug Store - gatorade, drinks, supplies (on Marty, after turn #2)
- Mildred's Coffee Shop - coffee, sandwiches (across from stage area)
- The Other Place - variety menu (between turn #3 and turn #4)
- Papa Keno's Pizza - thin and by the slice (inside turn #1)
- The Pub on Sante Fe - variety menu (just south of the stage)
- The Dragon Inn - chinese (on 80th before last turn)

***Please support these local merchants so we may continue to use this great course!**

CLIFF DRIVE CLASSIC CIRCUIT RACE Saturday, August 9th



Sponsored by:
Kansas City Missouri
Neighborhood Tourism Development Fund
and Old Northeast Inc.



category	time	laps/distance	prize	places	entry*
masters 40+	8:30am	7 laps / 20 miles	\$350	6	\$25
masters 50+	8:30am	7 laps / 20 miles	\$125**	4	\$25
beginners/cat 5 men	9:30am	4 laps / 11 miles	trophies	3	\$20
women	9:31am	4 laps / 11 miles	trophies	3	\$20
womens open	10:30am	7 laps / 20 miles	\$500	10	\$25
womens cat 4	10:31am	5 laps / 14 miles	\$100	3	\$25
kids races	11:30am	various	medals	all	free
cat 4/5	12:00pm	7 laps / 20 miles	\$800	12	\$25
cat 3	1:00pm	9 laps / 25 miles	\$1000	12	\$25
pro 1/2	2:30pm	18 laps / 50 miles	\$2500***	20	\$30

OP GRAND PRIX CRITERIUM Sunday, August 10th

category	time	laps/distance	prize	places	entry*
masters 40+	8:00am	35 min + 5 laps	\$350	6	\$25
masters 50+	8:00am	35 min + 5 laps	\$125**	4	\$25
womens open	8:45am	35 min + 5 laps	\$500	10	\$25
womens cat 4	8:46am	35 min + 5 laps	\$100	3	\$25
beginners/cat 5 men	9:30am	25 min + 5 laps	trophies	3	\$20
women	9:31am	25 min + 5 laps	trophies	3	\$20
cat 4/5	10:15am	40 min + 5 laps	\$800	12	\$25
kids races	11:00am	various	medals	all	free
cat 3	11:30am	45 min + 5 laps	\$1000	12	\$25
pro 1/2	12:30pm	75 min + 5 laps	\$2500***	20	\$30

- Race Rules:**
- Saturday**
- No free lap •Wheel vehicle will follow
 - Wheels in/Wheels out •No hand-ups except pro 1/2
 - Pro 1/2 water/feed zone on hill
- Sunday**
- Free lap rule applies •Wheels in/Wheels out
 - Absolutely no hand-ups
- GENERAL**
- All USCF rules apply •No late fees •No sleeveless jerseys
 - ANSI/SNEL helmet required
 - Promoter reserves right to combine or alter races



Kids Events



Races for children are held both days.

Saturday, 11:30am
Cliff Drive Course
Sunday, 11:00am
Downtown OP Course.

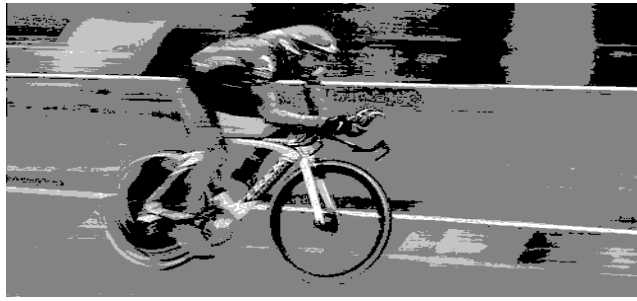
Children must be registered with a
parents or guardian's signature
20 minutes prior to event.
No entry fee.

approximate age	category	distance
3yrs & under	tricycle	50 yards
5yrs & under	training wheel	200 yards
8yrs & under	mt bike/bmx	400 yards
12yrs & under	mt bike/bmx	1 lap
15yrs & under	mt bike/bmx	2 laps

Note: Prize payout will be to nor more than 50% of the field. For example if there are 20 cat 3 men in the race, the payout will be for 10 places.
* entry fee reduced by \$10 for 2nd entry on same day
** masters 50+ may also win masters 40+ prize money
*** bonus \$1250/5 places based on cumulative points (\$500, 300, 200, 150, 100)

BONUS \$1250
5 Places

Tour of Kansas City CHAMPION
Determined by highest combined race points (20pts for 1st, 19pts for 2nd, ...1pt for 20th). Racers must enter both races to be eligible for title and bonus prize money. In the event of a tie, placings will be determined by highest finisher on Sunday. (Pro 1/2 only)



2003 PORT ROAD TIME TRIAL & HILL CLIMB A MONTHLY RACE SERIES



15 km Out & Back Time Trial
followed by
1/2 mile, 12% Grade Hill Climb

Wheel Bicycle Shop
601 S Boston
Tulsa

5 Sunday Mornings in 2003:
18 May, 29 June, 20 July, 17 August, 28 September

Start/Finish at Port Road Texaco at entrance to Port of Catoosa,
Hwy 266 x Hwy 167, NE of Tulsa ~4 mi N of Catoosa, OK

4 Scoring Classes for TT:
Men, Masters Men 45+, Women, Juniors
No Classes for Hill Climb



On-site Registration Only → 7:45 to 8:45 am
First TT Rider Starts Course → **9:00 am**
First Hill Climb Rider → 10 min after last TT finisher.
In both events, riders start at **30 second intervals**
in order of registration.



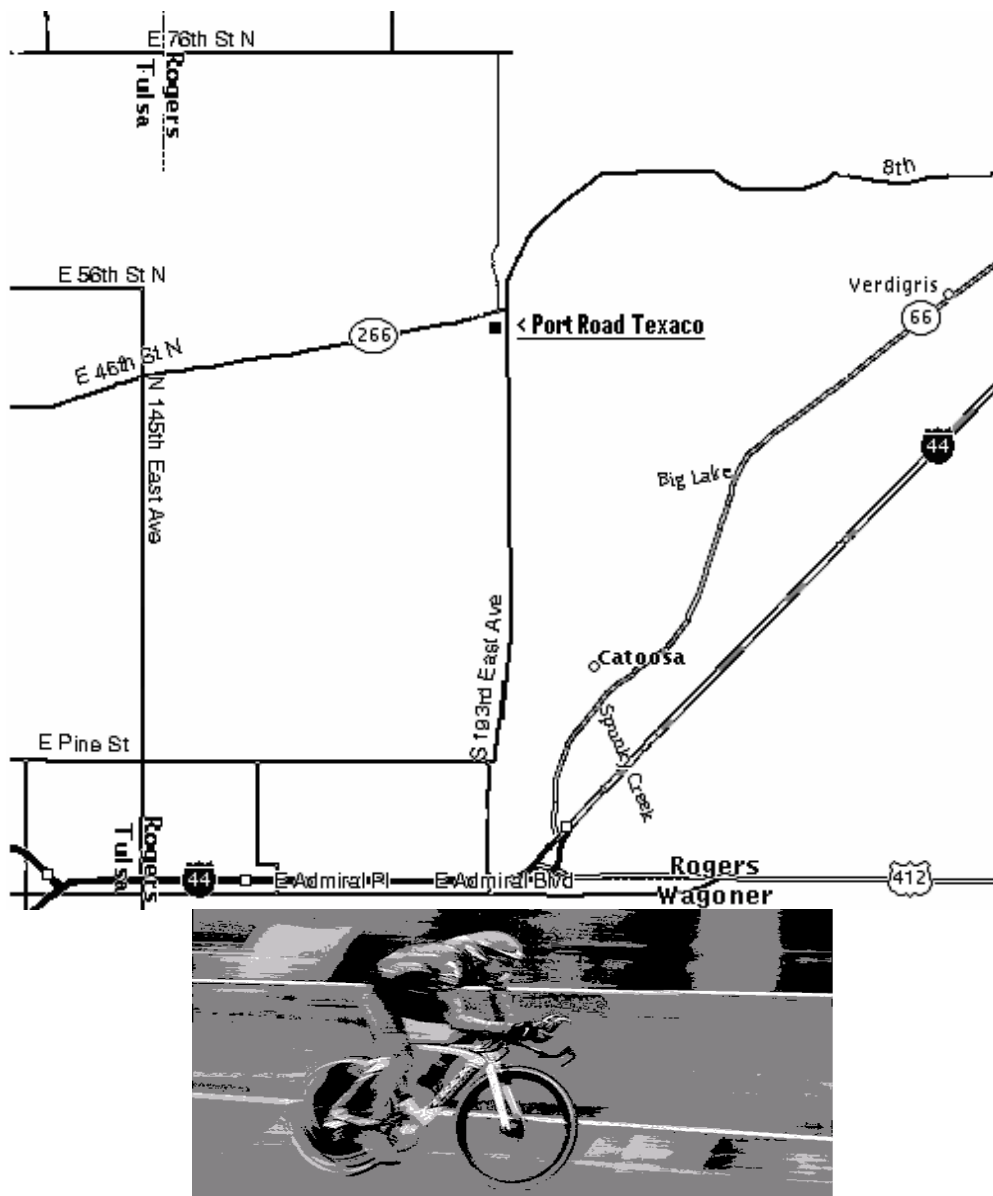
Registration Fee: **\$5.00**
Registration includes Bike Weighing, Drinks, Personal Time Records
Must be USA Cycling licensed rider to participate
Licenses available on race days: one day - \$5.00, annual - \$50.00

Events Will Proceed Rain or Shine

No Cash Prizes: • Ribbons for First Three Places in Each TT Class & Overall HC
End of Season Plaques for: • Lowest Three Combined TT Times for Each Class
• Fastest Overall TT of the series
• Fastest Hill Climb (must have done TT same day)
• Fastest Combined TT+HC Time of the series

Held under US Cycling Federation Event Permit # 03-pending
2003 USCF rules apply, incl. helmets required. Parent or guardian must sign for rider under 18 years of age.
Promoter reserve the right to combine classes, adjust course length and start times.

Promoter: Rod Harwood, 918-336-7546 , rod_h@sbcglobal.net



2003 PORT ROAD TIME TRIAL & HILL CLIMB A MONTHLY TRAINING SERIES



Tulsa Wheelmen
P.O. Box 52242
Tulsa, OK 74152-0242

place
stamp
here

[mailing label]