



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

March 2004

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 29 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon	March 1	2	3	4	5 The Primavera Road Race, Austin, TX	6 Tulsa Wheelmen Winter Party – 7:00pm Uno’s Pizzeria – 61st and Memorial: See details in newsletter.
7 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, 1:00pm The Primavera Road Race, Austin, TX	8 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	9 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	10 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	11	12	13 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
14 Salt Creek Circuit Race – Tulsa Wheelmen Event	15	16 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	17 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	18	19	20 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
21 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, 1:00pm Johnson Plumbing Cycling Classic	22	23 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	24 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	25	26	27 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
28 Cow Skin Circuit Race – Tulsa Wheelmen Event	29	30 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	31 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	April 1	2	3 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
4 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, 1:00pm DAYLIGHT SAVINGS TIME BEGINS	5 DoT Ride, 4000 N. Hwy 169, 6 p.m.	6 Tuesday Night World Championship Ride – Riverside Drive and Southwest Blvd. 6:00pm	7 West Bank Ride (NOT a Wheelmen Promoted Ride)	8	9	10 First Avery Drive Time Trial – Tulsa Wheelmen Event



N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 3

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

March 2004

IMPORTANT NOTICE

WHEELMEN WINTER PARTY AND SILENT AUCTION MARCH 6TH

It's here. On March 6th at 7:00pm the Tulsa Wheelmen will host our winter party and silent auction. The event will be at Uno's Pizzeria at 8221 East 61st Street, Tulsa. 61st and Memorial. The cost is \$15.00 per person and that includes pizza and drinks (beer).

There are lots of cool items up for auction this year with proceeds going to the Tulsa Wheelmen to help fund our advocacy and racing programs. Big thanks go to Tim Carrigg and Greg Saunders for putting this year's event together. Thanks a lot guys. If you have any questions about the event don't hesitate to call Tim. His number is listed in the Wheelmen Officers section on the back of this Newsletter. See you there.

THE GUEST EDITOR'S PEN FOR MARCH 2004

By

MALCOLM McCOLLAM

TIME TO CHECK YOUR INSURANCE COVERAGE

With daylight savings time just around the corner, now is the perfect time to check your insurance coverage. Odds

are you will not be involved in a bicycle-vehicular accident. But if you ever are, this little ounce of prevention will be well worth it. Here's what I recommend to all my cycling clients:

Property Insurance. If you own a home, your homeowners insurance may cover damage to your bicycle, helmet and clothing. If you are not a homeowner, obtain renters insurance. You should have it anyway, for the contents of your apartment or residence.

Medical Insurance. Make certain you are covered under an individual or group health insurance policy. Believe it or not, many people completely overlook their medical insurance coverage when involved in a bicycle-vehicular accident. Carry a spare copy of your medical insurance benefits card with you at all times on the bike. Most insurance companies provide multiple copies, so stick one in your saddlebag with your spare tubes. If someone you are riding with has to check you into the hospital, it will make the process go smoother.

Automobile Insurance. Yes, that's right. Your automobile insurance can provide a valuable source of recovery and should not be overlooked. There are two primary types of coverage you should make sure you have: medical payments and uninsured/underinsured motorist (this is sometimes referred to as "UM") coverage.

Medical payments coverage provides dollar-for-dollar benefits if you incur medical expense as a result of an accident involving a vehicle. Bicycle-vehicular accidents qualify for this coverage. The amount of med-pay coverage available generally depends upon the size of the policy. Most people

carry \$5,000 to \$10,000 med-pay coverage, and this is generally adequate, given the existence of other available sources.

UM coverage, in my opinion, is absolutely essential. I have seen many people make the mistake of opting out of this coverage in an effort to save a few dollars in premiums. Don't do it! It's not that expensive, and the benefits it can provide are well worth the premiums. If, for example, you are the victim of a hit-and-run accident, your UM insurance covers you. Likewise, if you receive injuries due to the fault of a vehicular driver, and those injuries exceed the insurance coverage available from that driver, your UM coverage can save the day.

The amount of UM coverage you carry may not exceed the limits of your general liability coverage in Oklahoma. I generally recommend people carry at least \$100,000 UM coverage; more, if you can afford it. If you have to raise your liability coverage to get this much UM, please consider doing so. In my practice, I have seen too many cases - tragically - where the vehicle driver at fault had minimal coverage, the cyclist received severe, or even fatal, injuries, and the cyclist had no UM coverage. Do not do this to yourself and your family.

If there is one message I can get across through this article, it is to check your UM coverage. Here is hoping you never need to use it.

Happy riding.





Tulsa Wheelmen Club News

ADVOCACY UPDATES

By Sandra Crisp

Kids 2 Bicycle Training Course

League Cycling Instructors: Tom Brown, Sandra Crisp, Gary Parker, and Brian Potter

March 15 - 18, 2004/1 to 3 PM daily
Location: Hicks Park
3443 S. Mingo Rd.
Tulsa OK

Fee: \$40.00

Description:

Kids II Course: For children ages 9-14, in this League of American Bicyclists Course children will learn the traffic rules & skills to bike safely on neighborhood streets. Bring bike each day. Participants will receive helmets donated by the Tulsa Wheelmen. Will meet Monday through Thursday, March 15 - 18, from 1 to 3 p.m. Cost \$40.00...pre-payment required.

To register for this course, contact: Rhonda Freiner
918-669-6355
rfreiner@ci.tulsa.ok.us
<http://www.cityoftulsa.org/Parks/>

FreeWheel Seminars

The following FreeWheel Seminars are held (Unless another location is given) at the much appreciated

OSU College of Osteopathic Medicine, Health Sciences Center at 1111 W. 17th St. or better known as 17th and Southwest Blvd. in Tulsa.

Times are 7:00 to 8:30pm . Enter from SW Blvd. Turn East on 17th, and hang a left and park where you can. Enter through doors recessed in between buildings and guard will direct you to auditorium. Room 007

- March 25
"Learn from Monica's mistakes" Monica Wright talks about the latest in camping gear and what we will need for camping purposes for FreeWheel, and from her experience, things we won't need to take.

"Cycling Etiquette" Sandra Crisp, League Cycling Instructor, Cycling Advocate for the Tulsa Wheelmen, Talks on the rules of the road how to treat cars and cyclists that you may encounter, and where to ride on the road.

- April 12th
"How to Put A Box Around Your Bike" And get yourself out of a bind! The best way to do it if you are putting the bike on the truck to Dennison, or even going somewhere by plane.

"Nickie's FreeWheel Packing Demo" or "how does she get all that stuff into those little bags?" Nickie Hall-Hensley unpacks her bags onstage no holds barred. If you've never seen this demonstration of efficiency in packing, then here's your chance. If you have, then you know that you'll learn something new every time.

- April 22nd
"FreeWheel: The Rest of The Story" Q&A and anything else you want to talk about. We've covered a lot of topics, and this evenings for you. We'll answer FreeWheel questions, bicycling questions or any other questions you might have!

DATA



DATA 3, a local Tulsa company, continues to win business and grow in 2004

- **Innovative e-business solutions**
- **IT hosting and managed services**
- **Application Development/Programming**

- No Project too big or too small-

Let **DATA3** help you
And your business
Thrive.

Call 237-4400



BEVERLY BERRY VOLUNTEER OF THE MONTH

January's Beverly Berry VOM award goes to Beth Delametter. Beth won the award for her efforts to organize the after Polar Bear ride events. Thanks Beth for your hard work and congratulations.

Brian Meahan



TW RACING NEWS

AVERY DRIVE TIME TRIAL SERIES

By Marc Delametter

If you're apprehensive about racing your bicycle. If you're worried about riding in a pack with a bunch of people you don't know. If you're a Triathlete in need of racing experience. If you're a regular bike racer and you're needing some time-trial experience. If you think that you haven't had the opportunity to race a "Time Trial", like Lance Armstrong at the Tour de France, well do we have a HUGE, HUGE opportunity for you.

The Tulsa Wheelmen, in cooperation with the City of Tulsa, Tulsa County and Tulsa County Parks are sponsoring a THREE RACE TIME TRIAL SERIES. Even better this Series will be held on Avery Drive. Yes, that is correct, Avery Drive. Some would say, the coolest rode in Tulsa.

But there is more good news. The road will be completely closed to traffic. Wow. Think about it. Riding down the middle of Avery Drive on your bike, going as fast as you want with no auto traffic to contend with. This is really a special deal.

Wait, there's more. There's prize money. OH MY GOSH. There's \$1,500 in prize money to split between all categories. This is a series prize and you get to throw out your slowest time and only count your fastest two times. This just keeps getting better and better.

Wait, wait there's more. This series is open to all cyclists, not just Wheelmen Members. Yes, that is correct, anyone that wants can race. Now, that is really cool.

The Wheelmen Members that pulled off this coup are Keith Franklin, Jeremy Stitt and John Power. Way to go guys. The flyer for this series is included in this newsletter. But, if you have any questions please don't hesitate to call John Power at 918-625-0985 or 918-663-0094.

The first race of the series is April 10th. So you better start training. One final note. There is a field limit for this event so I suggest you consider getting to registration early so you don't get left out in the cold.

OFFICIALS CLINIC TO BE HELD MARCH 6TH

There will be a USCF Officials clinic coming up on the 6th of March. Those attending and completing the clinic, with payment of license fee, will be qualified to officiate both

USCF and NORBA races. The clinic will take place in Okla. City, (venue yet to be determined) and will last about 6 hours. License fee is \$35.00. I have a list of 12 showing interest so far. Please contact me if you have questions or would like to take part.

Jack McNeal
918-272-1250 home
918-260-2283 cell
smiljack2@prodigy.net

RACE REPORT FROM AUSTIN

By Marc Delametter

Six Tulsa Wheelmen racers ventured down to Austin, Texas on the Weekend of February 21st and 22nd to participate in the first races of the Texas Cup Series. They included Brandon Cowart, Kary Cummins, Keith Franklin, Darren Brazeal, Rich Chillingworth and me (Marc Delametter).

Our trip was very successful for many reasons. First and foremost, we got a great result. Keith Franklin scored a second place finish in the Walburg Road Race on Saturday in a field of 65 to 70 45+ racers. Rich and Darren finished in the top twenty in that race. Kary finished 13th in the 35+ race (field size of about 75 racers) although he assured us that he wasn't that far up the field at the finish. Results for Brandon (Pro 1,2) and myself weren't readily available at press time, but I believe Brandon finished with the pack on Saturday and I believe I was in the top 30.

On Sunday Rich and Brandon raced the Pro 1,2 race and Rich hung in for seven of twelve 6.2 mile loops before the speed and the previous days events took their toll on his legs. Even though official results are not yet available I believe Brandon finished with the main field. Kary, Keith and I raced the cat 3 race. Kary and I finished with the main field in a huge field sprint of about 80 riders. Keith had a mechanical mid-way through the race and had to drop out. Darren raced the 45+ event later in the day and finished in the pack after a field sprint.

Saturday's race was on a tough, open rolling course with high winds. Kary described the racing as "gutter ball". Basically you rode as hard as you could at the tail of the echelon in the gutter for 50 miles. Sunday's race was on a rolling course at Lake Travis. You were either going up hill or down all day long.

All of the fields were huge which made for fun racing all around. Now I can't wait until we can race on our home turf at Salt Creek and Cow Skin Bay. See the flyers in the Newsletter concerning those races.



ALPINEER



Official Race Announcement

For the 14th straight year, Peloton Racing Organization and The Lago Vista Chamber of Commerce present

1972 – 2004 **“The Primavera”** 1972 - 2004
The 33rd annual at the 33rd annual
Primavera **Lago Vista, TX** **Primavera**



March 6th & 7th, 2004

This is a TXBRA Texas Cup event

Texas Racing Post Climber's series event

USCF permit pending * all events will be held rain or shine * all

USCF rules apply.



Category	Distance	Entry Fee (daily)	Start time Sat. & Sun.	Places each day	Prizes - same each day
Masters 35+	40 miles	\$25.00	8:10	10	\$300
Masters 45+/55+	32 miles	\$25.00	8:30	5/3	\$125/\$50
Cat 5a	22 miles	\$25.00	8:31	5	Trophies
IV	40 miles	\$25.00	10:15	8	\$250
Women I - IV	40 miles	\$25.00	10:16	8	\$300
Wm IV/Juniors/ Jr 10-14	20/20/16	\$25.00/\$10.00/\$10.00	10:30	3/3/3	Trophies
Pro I, II, III	80 miles	\$25.00	12:30	20	\$1300
III	50 miles	\$25.00	12:31	10	\$475
Cat 5b	22 miles	\$25.00	12:40	5	Trophies

Cat III men competing in the I,II,III race and Cat IV women competing in the Women I-IV race will not be eligible for Texas Cup points. Second race on same day is only \$10.

- Saturday, March 6th & Sunday the 7th, 2004 in Lago Vista, TX (25mi. West of Austin on the northern shores of Lake Travis).
- Road races will be held on the beautiful, scenic (and hilly) Lago Vista road course. Loop is 5.5 miles on Saturday & 4.4 miles on Sunday. Same racing schedule for both days.
- Preregistration: Go online to <http://www.bikereg.com>
- Late registration: Saturday/Sunday opens at 7:30am at the start/finish area & closes 15 mins before each race(\$5 one-time surcharge applies) Also, one day & annual USCF licenses are available at registration.
- Accommodations: The Shores @ Lago Vista – call 267-7181 locally or 800-438-6493 & Travis Lake Resort & Restaurant—www.travislakeresort.com 512-267-3088. Lago Vista Rentals 512-267-2202. Trails End 512-267-2901. The Shores & The Resort are adjacent to the Start/Finish area. Ask for special race rates. Rooms are large & will house 4-6 people.
- Directions: From I.H. 35 (north of Austin), go west on F.M. 1431, 21 miles to Lago Vista. Go left (south) on Lohman's Ford for 3 miles, then right on Boggy Ford for 2 miles, then left on American Drive to Start/Finish and THE SHORES/THE RESORT.
- For info. call Don Hutchison @ 512-441-0661 or email Jay Swann at theswanngroup@austin.rr.com
- Help keep our race site clean; and please be respectful of our Lago Vista residents. Thank you.
- **Online registration will close on 3/1/2004 at midnight.**

Online Registration at www.bikereg.com

The official Online Registration of the Texas Cup!

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**See the race website at:**

***[www.theprimavera.net](http://www.theprimavera.net)***

# SALT CREEK CIRCUIT RACE

at Salt Creek in Mannford, OK

## March 14<sup>th</sup>, 2004

### The First Race in the Tulsa Wheelmen Spring Series

RACE DIRECTOR – Marc Delametter (918-749-4075) [delafam@sbcglobal.net](mailto:delafam@sbcglobal.net)

**Course Description:** 3.2 mile circuit of rolling hills and soft wide turns. This course is in the shape of a bone – one long straight road with a loop at each end. The course will be closed to traffic and finishes on a slight uphill.

#### Directions:

**From Tulsa:** Go west on Hwy 51. Just before the city of Mannford on the north side of the road will be the entrance to Salt Creek North.

**From OKC:** Go east on I-44. Exit at highway 48 and go north to the intersection of highway 51. Turn east onto highway 51 and go through the stoplight in Mannford. Just past the bridge you will see the entrance to Salt Creek on the north side of the highway.

**Registration:** Open at 8:00am and will be open all day. There is NO pre-registration! Registration closes 15 minutes before each race. Second and third race entry fee discounted \$5.

**\$900 IN CASH PRIZES!**

| <br>US Army Corps<br>of Engineers® |  | Categories | Start Time | Fee  | Prizes | Places | Distance/Laps |
|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------|------------|------|--------|--------|---------------|
|                                                                                                                       |                                                                                     | 5's        | 9:00       | \$15 | Awards | 3      | 16m/5         |
|                                                                                                                       |                                                                                     | Master 35+ | 10:00      | \$20 | \$150  | 4      | 19m/6         |
|                                                                                                                       |                                                                                     | 4/5's      | 11:00      | \$20 | \$150  | 4      | 19m/6         |
|                                                                                                                       |                                                                                     | Women Open | 12:00      | \$15 | \$100  | 3      | 16m/5         |
|                                                                                                                       |                                                                                     | 3/4's      | 1:00       | \$20 | \$200  | 5      | 32m/10        |
|                                                                                                                       |                                                                                     | Juniors    | 2:00       | \$15 | Awards | 3      | 16m/5         |
|                                                                                                                       |                                                                                     | 1/2/3's    | 3:00       | \$25 | \$300  | 7      | 48m/15        |

Special Thanks to the Oklahoma Army Corps of Engineers for allowing us to use the Salt Creek area!

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

USCF Permit Pending. USCF rules apply - helmets required. All racers are required to have a current USCF license in hand. Parents or guardians must sign entries for riders under 18. Each race will be scored separately. Promoters reserve the right to combine classes, cancel classes, adjust course length and start times. Fields with fewer than 7 competitors will be combined with other fields and not scored separately.





DICKSON STREET CYCLING CLUB PRESENTS THE...  
**JOHNSON PLUMBING CYCLING  
CLASSIC**

at

**HELL'S KITCHEN**

USCF PERMIT PENDING

HOGUEYE, AR  
MARCH 21, 2004  
REGISTRATION OPENS AT 9:00  
RACES BEGIN AT 10:00

PROMOTOR: BEN UPCHURCH 479-444-9652 OR 479-263-0647 OR EMAIL  
SBKUPCHURCH@CS.COM

**PURSE \$1450**

**ENTRY FEE \$20 CITIZEN \$12 - NO LATE FEES**

**CATEGORY, PRIZE LIST AND MILEAGE BREAKDOWN:**

|                    |                                        |            |
|--------------------|----------------------------------------|------------|
| 1,2,3 -            | \$350 7 PLACES (120/75/60/50/40/30/25) | 60.9 MILES |
| 3,4 -              | \$325 6 PLACES (100/65/55/45/35/25)    | 60.9 MILES |
| 4,5 -              | \$250 5 PLACES (90/60/45/30/25)        | 40.6 MILES |
| WOMEN OPEN         | \$100 3 PLACES (50/30/20)              | 40.6 MILES |
| MASTERS 40+        | \$250 5 PLACES (90/60/45/30/25)        | 40.6 MILES |
| MASTERS 50+        | \$175 4 PLACES (70/45/35/25)           | 40.6 MILES |
| CITIZENS MEN/WOMEN |                                        | 20.3 MILES |

**COURSE DESCRIPTION:** 20.3-MILE LOOP WITH ROLLING HILLS AND the hell's kitchen climb. PARKING WILL BE LOCATED AT THE HOGUEYE CHURCH AND THE FIELD ACROSS THE STREET. STAGING AREA WILL BE THE EAST SIDE OF THE HOGUEYE MALL. FINISH LINE WILL BE APPROXIMATELY .5 MILES SOUTH OF HOGUEYE. NUMBERS ON THE RIGHT. *THIS COURSE WILL HAVE FOUR LEFT HAND TURNS WHICH WILL HAVE AMPLE CORNER MARSHALLING SO PLEASE TAKE IT EASY IN THOSE TURNS AND WATCH FOR TRAFFIC.*

**COURSE DIRECTIONS:** WC (WASHINGTON COUNTY ROAD) 28 FOR 4.0 MILES. *Very fast downhill left hand turn onto wc21 for 7.7 miles. This road includes a .5 mile climb. As pavement comes to an end on wc 21 riders will take another left hand turn onto wc215 for 2 miles. This includes the 1.2 mile long 'hell's kitchen' climb. Finally riders will take one more left-hander onto hwy 265 into hogeye for 6.6 miles.*

**DIRECTIONS TO COURSE:**

**FROM NORTH OF FAYETTEVILLE** - FROM I-540 TAKE THE CATO SPRINGS RD EXIT (#60) TOWARDS HOGUEYE FOR 9.6 MILES. PARKING WILL BE CLEARLY MARKED. THIS IS THE SAME STAGING AREA AS THE OLD JOE MARTIN COURSE.

**FROM SOUTH OF FAYETTEVILLE** - FROM I-540 TAKE THE WEST FORK EXIT (#53) AND HEAD WEST OVER I-540. TURN RIGHT ONTO HWY 156 AND PROCEED 4.3 MILES TO HOGUEYE. STAGING AREA WILL BE ¼ MILE EAST OF HOGUEYE ON HWY 170.

\*PROMOTOR RESERVES THE RIGHT TO PROMOTOR COMBINE CATEGORIES, ADJUST START TIMES AND CHANGE PRIZE LIST.

TO PREREGISTER PLEASE SEND CHECK PAYMENT AND STANDARD ATHLETES RELEASE FORM TO:

BEN UPCHURCH  
ATTN: HELL'S KITCHEN  
4737 PLYMOUTH ROCK PLACE  
FAYETTEVILLE, AR 72704

# COW SKIN CIRCUIT RACE

located at Cow Skin Bay in Westport, OK

## March 28<sup>th</sup>, 2004

### The Second Race in the Tulsa Wheelmen Spring Series

RACE DIRECTOR – Russell McMahon (918-494-3531) rxmcmahon@saintfrancis.com

#### Course Description:

A 3 1/2 mile circuit with demanding hills at Cow Skin Bay/Westport, Oklahoma. This course starts out with a long 1/2 mile climb, winds around and over some rolling terrain and finishes on a gradual decent.

#### Directions:

**From Tulsa:** Take highway 412 west and exit at West Port. At the stop sign, turn left and immediately turn right (north) into the Cow Skin area. Follow the signs to the parking lot.

**From OKC:** Go east on I-44. Exit at the Keystone/highway 48 exit. Go north on 48 until it ends. Cross straight over and follow the access road to the first stop sign. Turn right into the Cow Skin area and follow the signs to the parking lot.

**Registration:** Open at 9:00am and will be open all day. There is NO pre-registration! Registration closes 15 minutes before each race. Second and third race entry fee discounted \$5.

#### \$900 IN CASH PRIZES!

| <br>US Army Corps<br>of Engineers® |  | Categories   | Start Time | Fee  | Prizes | Places | Laps |
|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------|------------|------|--------|--------|------|
|                                                                                                                       |                                                                                     | 1/2/3s       | 10:00      | \$20 | \$350  | 5      | 5    |
|                                                                                                                       |                                                                                     | 4/5s         | 11:00      | \$20 | \$225  | 5      | 4    |
|                                                                                                                       |                                                                                     | Masters 35+  | 12:00      | \$20 | \$225  | 5      | 4    |
|                                                                                                                       |                                                                                     | Women Open   | 1:00       | \$20 | \$100  | 3      | 3    |
|                                                                                                                       |                                                                                     | Juniors      | 1:00       | \$15 | Awards | 3      | 2    |
|                                                                                                                       |                                                                                     | Citizens (5) | 1:00       | \$15 | Awards | 3      | 2    |

Special Thanks to the Oklahoma Corps of Engineers for allowing us to use the Cow Skin area!

USCF Permit Pending. USCF rules apply - helmets required. All racers are required to have a current USCF license in hand. Parents or guardians must sign entries for riders under 18. Each race will be scored separately. Promoters reserve the right to combine classes, cancel classes, adjust course length and start times. Fields with fewer than 7 competitors will be combined with other fields and not scored separately.



VENTURE PROPERTIES



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



## Bob Herbert Memorial

Sponsored & Promoted by Team BMC, and held under USCF race permit

# \$4000 TOTAL CASH

|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Rules:</b> | <p>This is a stage race based off total points awarded versus time. Participants must race in all three events to qualify for the prizes. We will not allow participants to enter just one or two events for any reasons. After the third event, the top six participants in each race will be awarded the prizes below. Placing in the point's classifications shall be determined by adding the points awarded at each stage. The following shall apply to the 1<sup>st</sup> to 15<sup>th</sup> places respectively in all except the prologue. 25, 20, 16, 14, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1 point. In the prologue, the following points scale shall apply to the 1<sup>st</sup> to 10<sup>th</sup> places respectively. 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1 point. If you have questions, then email <a href="mailto:bmcrider@juno.com">bmcrider@juno.com</a>. The promoter has the right to combine categories. All USCF rules apply.</p> |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Prize List

| CLASS                                        | FEE  | POOL  | 1 <sup>ST</sup>                | 2 <sup>ND</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> |
|----------------------------------------------|------|-------|--------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Men 1, 2                                     | \$50 | \$669 | \$189 medal<br>Winners t-shirt | \$158 medal     | \$127 medal     | \$96            | \$65            | \$34            |
| Men 3                                        | \$50 | \$669 | \$189 medal<br>Winners t-shirt | \$158 medal     | \$127 medal     | \$96            | \$65            | \$34            |
| Men Masters 35+                              | \$50 | \$669 | \$189 medal<br>Winners t-shirt | \$158 medal     | \$127 medal     | \$96            | \$65            | \$34            |
| Men 4                                        | \$50 | \$573 | \$163 medal<br>Winners t-shirt | \$136 medal     | \$109 medal     | \$82            | \$55            | \$28            |
| Men Masters 45+                              | \$50 | \$573 | \$163 medal<br>Winners t-shirt | \$136 medal     | \$109 medal     | \$82            | \$55            | \$28            |
| Women Open                                   | \$40 | \$469 | \$133 medal<br>Winners t-shirt | \$111 medal     | \$89 medal      | \$67            | \$45            | \$24            |
| Men 5<br>Men Masters 50+<br>(combined event) | \$40 | \$378 | \$108 medal<br>Winners t-shirt | \$90 medal      | \$72 medal      | \$54            | \$36            | \$18            |

| CLASS        | FEE  | POOL | 1 <sup>ST</sup>          | 2 <sup>ND</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> |
|--------------|------|------|--------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Junior Men   | \$20 |      | Medal<br>Winners t-shirt | Medal           | Medal           | Medal           | Medal           | Medal           |
| Junior Women | \$20 |      | Medal<br>Winners t-shirt | Medal           | Medal           | Medal           | Medal           | Medal           |

## Prologue

|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Start:</b>          | Saturday April 17, 2004 at 9am                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Location:</b>       | Bella Vista, Arkansas. Take the Lancashire (HWY 340) exit. Go west on Lancashire for 4.3 miles until you come to HWY 279 intersection. Go straight into the Highlands area of Bella Vista for another 3.9 miles until you come to Tiree Park.                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Race Course:</b>    | It is a straight out 3.5-mile course with a slight up rise at the beginning. The start area will be in front of Tiree Park. The finish area will be in front of Highlands Methodist Church. Start times will be in 30-second increments. Once registration closes, the race officials will create the start time roster in the order below. Once completed, the start times will be posted by the start line for everyone to review. This will be held rain or shine, but the promoter has the right to postpone or cancel if the weather is too dangerous.                                                                                                                              |
| <b>Registration:</b>   | Pre-registration is preferred, but entries will be accepted the day of the race. There are no late fees. Money will be reimbursed to riders who have pre-registered but don't show up race day or the race gets cancelled due to bad weather before it ever gets underway. The registration desk will open at 7am, and will close at 8:15am. Make checks payable to Boston Mountain Cyclists and send with a 2004 USA Cycling Standard Athlete's Release Form to: Jeff Harris, 8 Blakeney Lane, Bella Vista, AR 72714. All racers will be required to sign a 2004 USA Cycling Standard Athlete's Release Form. All racers under 18 must have a parent or guardian sign the release form. |
| <b>Family Benefit:</b> | To encourage more participation in the women's, junior men, or junior women events, I have extended this benefit. For any participating male racer whose wife, son(s), or daughter(s) would like to race, then each of their individuals entry fee will be \$5 each. The only qualification is that you register at the same time and show proof at the registration desk on Saturday morning.                                                                                                                                                                                                                                                                                           |

## Prologue start order

| CLASS                  |
|------------------------|
| Junior Women           |
| Junior Men             |
| Men 5, Men Masters 50+ |
| Women Open             |
| Men Masters 45+        |
| Men 4                  |
| Men Masters 35+        |
| Men 3                  |
| Men 1, 2               |

## Circuit Race

|                     |                                                                                                                                                                                                             |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Start:</b>       | Saturday April 17, 2004 at 12pm.                                                                                                                                                                            |
| <b>Location:</b>    | Bella Vista, Arkansas close to Tiree Park.                                                                                                                                                                  |
| <b>Race Course:</b> | It is a 3-mile circuit that has an uphill finish. Each event has two groups on the circuit at one time. Start times will be 4 minutes apart so to separate the two groups. This will be held rain or shine, |

but the promoter has the right to postpone or cancel if the weather is too dangerous.

## Circuit start order

| CLASS                     | START  | DISTANCE | LAPS |
|---------------------------|--------|----------|------|
| Junior Men / Junior Women | 12pm   | 12 miles | 4    |
| Men 5, Men Masters 50+    | 12pm   | 21 miles | 7    |
| Women Open                | 1:30pm | 24 miles | 8    |
| Men Masters 45+           | 1:30pm | 27 miles | 9    |
| Men 4                     | 3pm    | 27 miles | 9    |
| Men Masters 35+           | 3pm    | 30 miles | 10   |
| Men 3                     | 4:30pm | 30 miles | 10   |
| Men 1, 2                  | 4:30pm | 30 miles | 10   |

## criterium

|                                |                                                                                                                                                                                                                                                                                                           |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Start:</b>                  | Sunday April 18, 2004                                                                                                                                                                                                                                                                                     |
| <b>Location:</b>               | Lowell, AR. Take HWY 71 bypass to Bentonville, and then take exit 78 to HWY 264. Go east on HWY 264, turn on South 6 <sup>th</sup> Street on the right hand side of McDonalds. The criterium course will be around the NW Arkansas business buildings in front of the Arkansas Democrat Gazette building. |
| <b>Race Course:</b>            | The course is a .5 mile closed course with 3 left hand corners and 1 fast sweeping turn around the Northwest Arkansas business buildings. This will be held rain or shine, but the promoter has the right to postpone or cancel if the weather is too dangerous.                                          |
| <b>Next Years Race Course:</b> | Next years course will be held in downtown Bentonville. Due to pending construction around April of this year, I had to cancel the idea of having it there this year.                                                                                                                                     |

## Criterium Start Times

| CLASS                                  | START TIME | DURATION        |
|----------------------------------------|------------|-----------------|
| Junior Men / Junior Women              | 8:30am     | 20 min + 2 laps |
| Men 5, Men Masters 50+                 | 9:10am     | 30 min + 2 laps |
| Women Open                             | 10:00am    | 40 min + 2 laps |
| Masters Men 45+                        | 11:00am    | 50 min + 2 laps |
| Men 4                                  | 12:10pm    | 50 min + 2 laps |
| Kids ages 3 - 5 tricycle and big wheel | 1:30pm     | 50 yard dash    |
| Kids ages 6 - 7 Bicycles               | 1:45pm     | 70 yard dash    |
| Masters Men 35+                        | 2:00pm     | 60 min + 2 laps |
| Men 3                                  | 3:20pm     | 60 min + 2 laps |
| Men 1, 2                               | 4:40pm     | 60 min + 2 laps |



The Tulsa Wheelmen present:

# AVERY DRIVE TIME TRIAL SERIES

on Avery Drive in Tulsa, OK

**April 10<sup>th</sup>, May 1<sup>st</sup>, and June 12th 2004**

RACE DIRECTOR – John Power (918-625-0985 or 918-663-0094) bicyclr@cox.net

**Race Description:** This is a series of three 10K time trials over the popular rolling hills of Avery Drive. Start/Finish will be at the base of Chandler Park. Riders will go out to Hwy 97 and back. Avery Drive will be closed to all traffic. Each rider's best two times will be added to determine the series winners.

**Directions:**

**From OKC/Tulsa:** From I44, take Highway 75 North to Southwest Blvd. Exit on Southwest Blvd and go north to West 23<sup>rd</sup> street. Go west on 23<sup>rd</sup> (it turns into 21<sup>st</sup>) to the start finish line at Chandler Park. Follow the signs to registration up the hill in Chandler Park.

**From Kansas/Arkansas:** From Highway 51 and Highway 75, go south to West 23<sup>rd</sup> street. Go west on 23<sup>rd</sup> (it turns into 21<sup>st</sup>) to the start finish line at Chandler Park. Follow the signs to registration up the hill in Chandler Park.

**Registration:** The **field will be limited to 150 racers** each day to open Avery Drive by 10:00am. Rider start times will be assigned at registration. Registration opens at 7:00am and closes at 9:00am. First rider starts at 8:00am and riders will be sent off in 30 second intervals. There is NO pre-registration.

## \$1,500 IN CASH PRIZES!

Entry fee is for each race in the series. Prize payouts are for series winners and are paid out after the last race.

|  | CATEGORY    | ENTRY FEE | PRIZES | Places |
|-------------------------------------------------------------------------------------|-------------|-----------|--------|--------|
|                                                                                     | Men 1/2/3   | \$15      | \$275  | 4      |
|                                                                                     | Men 4/5     | \$15      | \$175  | 4      |
|                                                                                     | Junior      | \$15      | \$175  | 4      |
|                                                                                     | Women       | \$15      | \$175  | 4      |
|                                                                                     | Women 40+   | \$15      | \$175  | 4      |
|                                                                                     | Masters 35+ | \$15      | \$175  | 4      |
|                                                                                     | Master 45+  | \$15      | \$175  | 4      |
|                                                                                     | Master 55+  | \$15      | \$175  | 4      |

## Special Thanks to the Tulsa County Parks for their generous support!

USCF Permit Pending. USCF rules apply - helmets required. All racers are required to have a current USCF license in hand. Parents or guardians must sign entries for riders under 18. Riders will be assigned start times at registration. Promoters reserve the right to combine classes, cancel classes, adjust course length and start times. Fields with fewer than 7 competitors will be combined with other fields and not scored separately.



VENTURE PROPERTIES



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



**Oklahoma's FIRST**

# **Tour de Cure**

**Tulsa, Oklahoma**

**Saturday, June 26, 2004**

## **The Facts**

**Diabetes is the fifth-deadliest disease in the United States and there are 18.2 million people who have it. Of these, roughly one-third are unaware they have the disease.**

**WHAT:** A single-day fundraising bicycling tour to help find a cure for Diabetes  
Choose from routes of 100K (62 miles), 50K (31 miles) and 25K (15 miles)  
Riders raise a minimum of \$100

**WHEN:** Saturday, June 26, 2004

**WHERE:** All rides start at OSU – Tulsa, located in Tulsa's Historic Greenwood District  
Register now at [www.diabetes.org/tour](http://www.diabetes.org/tour) or call Dale at (918) 492-3839 x603

**WHO:** You! As a Team Captain, a Team Member, an Individual, a Phantom Rider, or a Volunteer.

For more information, watch for upcoming flyers in your neighborhood bike shop or bike club newsletter or call Dale Roberson (918) 492-3839 x6038, or email Mary Womble, 2004 Chair [mwomble@bswintl.com](mailto:mwomble@bswintl.com)



# MORE . . .

## WHEELMEN INFO

## MARCH 2004

**\*!?! ?!**  
**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:** 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](mailto:soner_tunay@yahoo.com) tel: 617.596.7497

**FOR SALE:** 2003 Mavic Ksyrium SSC SL's WITH 12-23 cassette/skewers. 3t Zepp 110 mm stem, 26.0 clamp Wheelset: Chris King Hubs, Campagnolo Tubular Rims, 28 hole, approx. 1475 grams, all silver. Retail Over 700.

**\*\* Orbea XLR8R Frame\*\*--55 centimeter, Columbus XLR8R tubing throughout, Columbus Carbon wishbone seat stays. Contact me privately with any offers, Thanks again, Tom French**

**FOR SALE:** 54cm Saeco Cannondale Caad 5 Aluminum Frame. Carbon fork with Aluminum steerer. Campy integrated headset. Good condition. Some scrapes and scratches on the paint, but nothing major. No dents. Missing little plastic cable guide that fits below bottom bracket shell. How much: \$280.00. Contact: (918) 640-1422 or [brmcmahon@yahoo.com](mailto:brmcmahon@yahoo.com). Thanks, Blake McMahon

*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 10<sup>th</sup> 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](mailto:delafam@sbcglobal.net). **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

### BICYCLE WEB SITES

**Adventure Cycling:** [www.adv-cycling.org](http://www.adv-cycling.org). Information on bicycle touring in the United States and worldwide.

**Bicycling Magazine:** name says it, [www.bicyclingmagazine.com](http://www.bicyclingmagazine.com).

**Bikes Belong! Coalition:** [www.outdoorlink.com/bikes-istea](http://www.outdoorlink.com/bikes-istea)

Congressional bicycle advocacy.

**Bicycle Federation of America:** [www.bikefed.org](http://www.bikefed.org)

Bicycle issues and advocacy.

**Bike Plan Source:** [www.bikeplan.com](http://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 22<sup>nd</sup> Annual Bicycle Tour, June 12-19.

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

Update information on the upcoming ISTE A legislation.

**League of American bicyclist:** [www.bikeleague.org](http://www.bikeleague.org)

Bicycle advocacy.

**Mountain Bike Daily:** [www.mountainbike.com](http://www.mountainbike.com)

Mountain bike stuff.

**Oklahoma Runner Magazine:** [www.runningnetwork.com](http://www.runningnetwork.com)

Information Oklahoma running events.

**Runner-Triathlete:** [www.runningnetwork.com/RunTriNews](http://www.runningnetwork.com/RunTriNews). Triathlon and running information by region.

**The San Francisco Exploratorium:** [www.exploratorium.edu/sport/](http://www.exploratorium.edu/sport/)

The Science of Bicycling, facts and information.

**Sydney Morning Herald:** [www.smh.com.au](http://www.smh.com.au) Because the 2000 Olympics is closer than we think.

**Transportation Policy Project:** [www.islandnet.com/~litman](http://www.islandnet.com/~litman)

Discussion of positive and negative bicycling issues impacts. (Super site!)

**The Tulsa Wheelmen Web Site:** [www.tulsawheelmen.com](http://www.tulsawheelmen.com)

**USA Cycling:** [www.usacycling.org](http://www.usacycling.org) National and regional schedules.

**U.S. Olympic Committee:** [www.olympic-usa.org](http://www.olympic-usa.org)

Olympic information including cycling.

**VeloNews:** [www.velonews.com](http://www.velonews.com) The journal of bicycle racing.

# BECOME INVESTED IN TULSA BICYCLING

## JOIN THE TULSA WHEELMEN!

### 2004 Tulsa Wheelmen Membership and Renewal Application

Membership expires one year from the last day of the month of enrollment date.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone (Hm): \_\_\_\_\_ (Wk): \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone (Day): \_\_\_\_\_ (Eve.): \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

The Tulsa Wheelmen, as a volunteer bicycle organization, expects members to help with at least two activities during the year.

I will be calling to help with \_\_\_\_\_ Racing \_\_\_\_\_ Touring \_\_\_\_\_ Advocacy \_\_\_\_\_ Events \_\_\_\_\_ Officers/Committee

Why did you decide to join the Tulsa Wheelmen? Friend \_\_\_\_\_ Other \_\_\_\_\_

Would you like to receive the newsletter electronically? Yes \_\_\_\_\_ No \_\_\_\_\_

The Tulsa Wheelmen will be publishing a list of members to members only. If you do not wish to be included in the list or if you wish to have part of the information excluded, indicate so by circling those items which you do not wish to have published:

**Name Address Home Phone Work Phone**

Annual Membership Dues: Adult: \$20, Family: \$25, High School Students or Over 65: \$10

**Note:** Memberships expire one year from month of enrollment. Amount enclosed: \$ \_\_\_\_\_

Make checks payable to: **Tulsa Wheelmen**, P.O. Box 52242, Tulsa, OK 74152-0242

Signature (of parent if applicant under 18): \_\_\_\_\_ Date: \_\_\_\_\_

**I acknowledge that cycling is a potentially dangerous activity and will hold harmless individually and as a group, the Tulsa Wheelmen and its members. Helmets are required to be worn by all cyclists on all Tulsa Wheelmen rides.**

\*\*\*\*\*

To verify Tulsa Wheelmen membership for a bike shop, detach below this line with address label attached.

### TW MEMBERSHIP + BIKE SHOPS = DISCOUNTS!

Identify yourself as a Tulsa Wheelmen member by using your Tulsa Wheelmen Newsletter address section (on the other side), and receive up to 10% off on regular purchases from Tulsa area bike shops.

*Buy from a community bicycle shop.*

**Bicycles of Tulsa ..... 665-2453**  
**Cycles International ..... 252-7696**  
**G. Oscar's Bicycles ..... 582-1711**  
**Lee's Bicycles ..... 743-4285**  
**Lee's BikeMart ..... 250-8130**  
**Oklahoma Velo Sports .... 587-0574**  
**Sun & Ski Sports ..... 254-0673**  
**Tom's River Trails Bicycles**  
**..... 481-1818**  
**T-Town Bicycles ..... 492-8696**  
**Venable's Bicycles ..... 749-7563**  
**The Wheel Bike Shop ..... 587-5927**

### TULSA WHEELMEN RIDE GUIDELINES

The Tulsa Wheelmen membership only supports responsible bicycling. The guidelines listed below are reminders to those participating in Tulsa Wheelmen rides of the kind of bicycling expected. Please ride responsibly and ask the same of others.

#### ***Tulsa Wheelmen Ride Guidelines:***

1. Ride courteously and responsibly, obeying the rules of the road.
2. Always ride with your helmet on and secure.
3. Never ride more than two abreast, especially in a group. **Two by two looks sharp to drivers and other riders, and it's state law.**
4. Pass other cyclists on the left, i.e., never on the right, especially in a group.
5. Communicate your position to other riders, e.g., "I'm on your left."
6. Should another rider have a flat, verify that they have the situation under control. Offer to help.
7. Should you be involved in an accident with another rider, stop, check for injuries, exchange names. This is more than just a good idea; **as a vehicle operator, it's the law.**

### TULSA WHEELMEN BENEFITS

By joining the *Tulsa Wheelmen*, you can take advantage of several benefits:

1. You join your voice with hundreds of others promoting responsible bicycling in Tulsa.
2. You support a wide range of weekly training bicycle rides.
3. You support annual bicycling tour events.
4. You join a club that presents the most complete bicycle racing program in the state.
5. You join a club affiliated with the *Oklahoma Bicycle Coalition* and the *League of American Bicyclists, Adventures Cycling* and the *United States Cycling Federation*.
6. You receive discount pricing at area bicycle stores.
7. You receive the most dynamic state bicycle newsletter and free classified ads for members.
8. **Most importantly you are providing a place to work in support of bicycling for advocacy, racing, and road riding purposes in the community.**

## **Tulsa Wheelmen Newsletter Staff**

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## **Tulsa Wheelmen Newsletter**

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

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10<sup>th</sup> 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.



**Northwestern Mutual  
FINANCIAL NETWORK®**



**TULSA WHEELMEN**  
P.O. Box 52242  
Tulsa, Oklahoma 74152-0242

RETURN SERVICE REQUESTED



**ADVENTURE CYCLING**  
association  
**AFFILIATED CLUB**

**INSIDE THIS ISSUE**  
WHEELMEN PARTY UPDATE  
ARE YOU PROPERLY INSURED  
RACE FLYERS ATTACHED

