



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

February 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
January 26 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	27	28	29 Urban Assault Ride, 7 p.m., 41st & Riverside	30	31	February 1 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon
2 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	3	4	5 Urban Assault Ride, 7 p.m., 41st & Riverside	6	7	8 CompuTrainer Racing – Eastland Mall - Tulsa
9 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	10 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – UPPER LEVEL ROOM 7:00PM	11	12 Urban Assault Ride, 7 p.m., 41st & Riverside	13	14 Valley of the Sun Stage Race	15 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon Valley of the Sun Stage Race
16 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon Valley of the Sun Stage Race	17	18	19 Urban Assault Ride, 7 p.m., 41st & Riverside	20	21	22 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon Walburg Road Race, Austin, TX.
23 KeyStone Mtn Bike Race Pace Bend Road Race, Lake Travis, TX.	24	25	26 Urban Assault Ride, 7 p.m., 41st & Riverside	27	28	March 1 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon
2 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon 12 Miles of Hell Mtn Bike Race	3	4	5 Urban Assault Ride, 7 p.m., 41st & Riverside	6	7	8 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon

N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 2

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

February 2003

EDITORIAL FOR FEBRUARY 2003

By
Malcolm McCollam

What once was arguably the most active and vibrant cycling club in Oklahoma has become a rudderless ship. In a year when the Tulsa Wheelmen should be celebrating its twenty-fifth anniversary, no one is coming to the party.

Flip to the last page of this newsletter and look at the list of officers. Our by-laws require five positions to be filled: President, Past President, President Elect, Secretary and Treasurer. Of these five, only two are currently occupied: Past President and Treasurer.

A list of Tulsa Wheelmen accomplishments reads like a history of the major cycling related events in this state in the last quarter century. Tulsa Wheelmen were instrumental in beginning FreeWheel. Our club promoted several major regional cycling events, including the 1989 Williams Cup Criterium, which boasted a \$10,000 purse. Tulsa Wheelmen provided the technical advice and assistance, which enabled St. Francis Hospital to stage the bicycle time trial in the first Corporate Challenge. Three years ago when the Corporate Challenge organizers considered canceling the bike race, Tulsa Wheelmen were instrumental in revamping and even growing the event. Wheelmen organized and promoted long-standing touring events like the T-Town Trek (now the Great Tulsa Bike Ride) and the Tough-One, in Eureka Springs, Arkansas. The list could go on and on. And do not forget, the

Tulsa Wheelmen bicycle club is a two-time winner of the USCF's Club of the Year award.

How, then, with this history and list of accomplishments does the Tulsa Wheelmen find itself with no one at the helm? Does anyone care? Is anyone going to do anything about it? **HELP WANTED: CEO.** No experience required. Passion for cycling required. Apply within.

Examination of how this happened is important, but not nearly as important as what happens next. Will this ship continue to drift aimlessly until it is simply out of sight of the cycling community? While I do not pretend to have the answers, a few things are obvious. The club is in need of rescue. The club needs leadership. The club needs to re-invent itself and evolve if it is going to survive as a viable entity in the future. It will not just happen.

Malcolm

BICYCLE QUOTE OF THE MONTH

"One if the most important things you can do to improve your cycling is to train with weights."

"Regardless of your body type, the strength gains from weight training more than outweigh any minor increases in size."

Fred Matheny, author of "Weight Training for Cyclists".

GREAT TULSA BIKE RIDE NEEDS A LEADER

By Brian Meahan

As you may already know, the 2003 GTBR is deep into the planning stages, but currently they are lacking a ride director for the coming edition.

The wheelmen have had a long association with the GTBR through this position. I know that the subject of our continued association has come up at several of our board meetings and our unanimous position has always been to continue the level of support that we have given in the past. To do so, however, we need to provide the Tulsa Riverparks folks with a point person or persons to act as ride director this year.

If any of you or anyone that you can think of would be willing to take this on for the coming event, please let me know as soon as possible.

TULSA WHEELMEN 2002 AWARDS ANNOUNCED

Wheelmen of the Year - Randall Clayborn

Most Improved Racer - Russell McMahon

Masters Racer of the Year - Tim Carrigg

Racer of the Year - Dale Mondloch
Congratulations to all.



Tulsa Wheelmen Club News

WINFIELD VELO SWAP MEET

By Ron Shufflebarger

Start getting your stuff together because the "WINFIELD VELO SWAP MEET" will happen rain or shine MARCH 15TH, starting at 8:00a.m. to 4:00p.m., at the FAIRGROUNDS in WINFIELD, KS. Admission is \$3.00 per person with 16 and under free, no extra charge for tables etc.

This is a great area for the meet with heat, bathrooms, and plenty of space inside and outside in the fairgrounds. Last year we had people from T-Town, Oklahoma City, Wichita, and points north and south from that. I believe everyone had a great time and would hope that the ones who were here will help pass the word on. This is also a chance, not only to sell and buy stuff, but also to bring that favorite bike to show and just plain talk bike. We also had a couple of clubs and groups set up to show their jerseys etc., if you are in a group/club and want to set up a table, please do. There are some tables available but if you have a lot of stuff to sell it would behoove you to bring your own table and chairs. Some of the local biking kids will be running a concession stand with great chocolate cookies, soft drinks, and other goodies. I will be sending out fliers to most of the shops in Oklahoma City, Wichita, Tulsa, and some other small towns. If you want a flier I could email it to you or send it snail mail.

Please, fill free to forward this on to other individuals and groups because I'm sure I won't get them all. This is not a commercial swap but one for bikers by bikers. There will also be some shops and dealers setting up and I certainly invite other shops to come, if you don't want to fly your colors then at least bring some of that stuff under the work bench and we won't tell anyone you were here. I'll have a better weighing scale than I had last year so we can measure to the gram or hang that steel on the hook to the ounce (liar, liar, tires on fire).

I'll also have some maps if anyone wants to take a gravel road ride, paved road ride, or get direction to New Horizons. I'll be posting a couple more times before the VELO MEET but fill free to bring your bike/bikes to show, your extra gear, let's speak bike, and get to know each other. Please, watch out for each other, each other's property, items should be biking related, and no alcohol. So if you are Dirt, BMX, Roadie, Bent rider, Techno, Racer, or Upright citizen, come to Winfield with your family and friends to share that biking passion with other cyclists on March 15th.

Thanks, Ron Shufflebarger www.ronleshuff@cox.net
Ph. 620-221-2911

LAB CERTIFIED INSTRUCTOR PROGRAM

By Gary Hamer

INCOG has scheduled with the LAB the League Certified Instructor Program for Saturday and Sunday April 5th and 6th.

The certified instructor program provides participants with the certification and instruction to teach Bicycle Education to novice cyclists and groups. The program will combine in class instruction and on the road riding technique/safety instruction.

We must have 10 people committed and sign up for the Tulsa program before the LAB will commit an instructor and resources. You must contact the LAB at 202-822-1333 and ask to speak with the League Certified Instructor Program Coordinator to get the forms and be added to the Tulsa site list. The program costs \$175 and includes instructional materials. You must also be a member of the League of American Bicyclists to participate in the certification program. You can read more about the LCI course at the League website at www.bikeleague.org.

If you have any other questions you can contact me at 584-7526. Gary Hamer INCOG Transportation Planner

TULSA WHEELMEN GENERAL MEMBERSHIP MEETING ANNOUNCEMENT

When: Monday, February 10th 2003

**Where: Mazzios at the Farm – Upper Level
Meeting Room**

What Time: 7:00pm

Topics of Discussion:

- **GTBR**
- **2003 Officers**
- **Race Calendar**

**Show up a few minutes early, order dinner
and eat while we meet. This meeting will not
last more than 1 hour.**



Tulsa Wheelmen Club News

MEMBERSHIP CORNER

By Rod Harwood

Membership Renewal Reminder

Memberships expire the month indicated on your Newsletter mailing label. See membership form in Newsletter for renewal info.

First Name	Last Name	Expiration Date (year month)
JERRY	ATCHISON	200303
JIM	BOHANAN	200303
MATTHEW	BURRIS	200303
CHRIS	CAUTHON	200303
RANDALL	CLAYBORN	200303
DAVE & MARY	HYDRICK	200303
JOE	LEDERER	200303
SARA	LITTLE	200303
KATHY	LOSOS	200303
CHARLES	PARMAIN	200303
JOHN R	POWER	200303
BILL	VEATCH	200303
DOUG	WERHANE	200303
STACY	LORIMOR	200302
JOE	LYTLE	200302
JON W.	SEEKINS	200302

RIDING CONSULTANT NEEDED

By Marc Delametter

The Tulsa Green Country Chapter of the Juvenile Diabetes Research Foundation International (JDRF) is please to offer you a RIDE TO CURE DIABETES consultancy to provide coaching services to participants representing JDRF for the 2003 Ride to Cure Diabetes.

This is a pretty interesting deal. JDRF is looking to hire an experienced rider as a coach for several participants in the "Ride to Cure Diabetes". They contacted me the other day and asked if I could help them find someone to fill this position. The terms and conditions of the coaching agreement were too lengthy to include in this newsletter but I have attached to the newsletter a copy of the 2003 Ride to Cure Diabetes flyer.

If you are interested in talking to someone about this position call Kristen at 918-481-5807 or e-mail her at kcrew@jdrf.org

McCollam & Glassco

ATTORNEYS AT LAW

A Professional Association



Electronic Newsletter Delivery

The Newsletter is now available each month in electronic format, as a .pdf file attached to an email message. Delivery to members who have online computer access 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, rodh@ionet.net.

ALPINEER





TW RACING NEWS

AS GOOD AS IT GETS RACE CALENDAR

Noted below is the "As good as it gets" race calendar. It's as good as it gets because this is the best information we have available today. As flyers get produced and more details emerge I will post them in the newsletter. If you can't find a race this season it not for a lack of events. Good luck.

MOUTAIN BIKE RACING

12 Miles of Hell - March 2nd
Elk City - March 23rd
Turkey Mountain - April 13th
RDR Oklahoma City - May 18th
Roman Nose - June 15th
Manford, Oklahoma - August 24th
Ark City - September 7th
NW Arkansas Mt. Bike Champ. - Sept. 13th & 14th
SS Clear Bay - October 5th
Springhill - October 5th
Steed - November 2nd

ROAD RACING

Computrainer Race (Tulsa) - February 8th
Walburg Road Race Classic (Austin, TX) - February 22nd
Pace Bend Road Race (Austin, TX) - February 23rd
Salt Creek Circuit Race (Tulsa) - March 16th
Lake McMurtrey Duathlon (Stillwater) - March 23rd
Belle Chase Criterium (Ft. Smith) - March 23rd
Cowskin Bay Circuit Race (Tulsa) - March 30th
Racing on the River Time Trial (Tulsa) - April 5th
Port Road Time Trial (Tulsa) - April 6th
NW Ark. Spring Classic Road/Circuit Race - April 12th & 13th
Bob Herbert Stage Race (Bella Vista, Ark) - April 26th & 27th
Tour of the Gila (Silver City, NM) - April 30th thru May 4th
Tulsa Wheelmen Crit Series Begins - May 1st
Star Signs Stage Race (Lawrence, KS) - May 3rd & 4th
Joe Martin Stage Race (Fayetteville, Ark) - May 9th thru 11th
CARVE Crit. & Road Race (Little Rock) - May 24th thru 26th
Port Road Time Trial (Tulsa) - May 25th
Race with the King (Tupelo, MS) - May 31st & June 1st
Port Road Time Trial (Tulsa) - June 29th
Port Road Time Trial (Tulsa) - July 20th
Saturn Criterium (Springfield, MO) - July 27th
Tour of Kansas City (KC) - August 2nd & 3rd
Masters Nationals (Louisville, KY) - August 4th thru 9th
OKC Velo Stage Race (OKC) - August 9th & 10th
Port Road Time Trial (Tulsa) - August 17th
Gateway Cup (St. Louis, MO) - August 29th thru Sept. 1st
Lowell Twilight Criterium (Lowell, Ark) - Sept. 20th
Belle Chase Criterium (Ft. Smith) - Sept. 28th
Port Road Time Trial (Tulsa) - Sept. 28th
Mercy Celebrity Criterium (Ft. Smith) - October 4th

2003 12 Miles of Hell **By Michael LaSorsa**

The 16th Annual 12 Miles Of Hell is on for 2003. This year's race will be March 1st and 2nd, the run and pre-ride on Saturday the 1st and the mtb race/tour and road ride on Sunday the 2nd.

Online registration is already open at:
http://www.active.com/event_detail.cfm?event_id=1026897

Entry fee is \$20 received by February 15th with a \$5 late charge after that. Please make a note of a change with t-shirts and registration. T-shirts will only be given out to pre-register entries. If you want a t-shirt, you must pre-register. The artwork for the shirt is done and it looks just as good as years past, if not better. A big change in the shirt will be a NEW color. The \$20 pre-registration fee includes the long sleeve t-shirt and a water bottle. This year's water bottles will be a 21oz. Specialized little big mouth, an excellent bottle, the first 400 to register will get a water bottle.

There's a big change in the race course this year, a lot of it will be going backwards compared to years past. Most of the singletrack I have laid out to go backwards, and in doing so, I was able to keep the Kevinator in, just what you'll wanted to hear. The west end is back in with a little help from mother nature, if it's to wet, it's hard to get it in. A new finish, I'm working on replacing the downhill finish with a singletrack section on the south side of the Start hill.

This years 12 MOH will be the kick off for the Oklahoma Tour de Dirt series with points awarded. 10 points will be awarded for starting the race and another awarded for finishing. 12 MOH is not a NORBA race, you do not need to hold or purchase an annual or one day license to race. That doesn't mean we don't get the racers, they come, along with a whole lot of you that don't race every weekend. There's an addition to the road ride, there's now a 32 mile route to go along with the 22 mile route. I have all the information posted on the 12milesofhell.com website, you can register online at active.com or print out an entry form and mail it.

The trail is in need of some traffic, Jeff and I will be riding it this Saturday and maybe on Sunday. We will ride most of the race course, we might leave out some of the fireroads. We'll ride at a fairly steady sport pace, not sure what time yet, I will post that later in the week. Everyone is welcome to come that will be able to keep that pace. You have any questions, please email. Michael LaSorsa 12 MOH Race Director



Tulsa Wheelmen

INFO PAGES

FEBRUARY 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. Highway 169, 6 p.m. (Sp/Su/Fal). Ends 11/1

Tuesday Night World Championships Ride (4/C/d) Starts at the West River Parks, 17th & Jackson, 6 p.m., 40 mile training ride. Very fast. (Sp/Su/Fal). Ends 10/1

Tuesday Night Ride, (3/C/c) Starts at 17th and Riverside, 5:45pm, 40 mile training ride. (Sp/Su/Fl.). Ends 11/1

Wednesday, West Bank Ride, (3/D-E/b-c) 17th & Jackson--the West Bank River Parks, 6 p.m. (Sp/Su/Fal). Ends 11/1

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

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

Sat. Feb. 8th: CompuTrainer Racing; See flyer in this newsletter.

Fri. Sat. Sun. Feb. 14th, 15th & 16th: Valley of the Sun Stage Race; See flyer in this newsletter.

Sat. Feb. 22nd: Walburg Road Race Classic, Austin, Texas., Cary Smith, 512-350-4892, csmith51@austin.rr.com

Sun. Feb. 23rd: Pace Bend Powerhouse Gym Road Race, Pace Bend Park - Lake Travis, Texas., Russ Carr, russe@pop.net

Sun. Feb. 23rd: Keystone Mountain Bike Race; See flyer in this newsletter.

Sun. March 16th: Salt Creek Circuit Race; See flyer in this newsletter.

Sun. March 30: Cowskin Bay Circuit Race; See flyer in this newsletter.

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

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MORE . . . WHEELMEN INFO

FEBRUARY 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: Cross Bike:

2003 K2 Enemy Cyclo-cross bike, Size Medium. If anyone is interested in looking at it, there is a review on the cover of cyclingnews.com. check it out and email me if you are interested. It is only a couple of months old with very few miles.

Mat Ankney doubleflatted@aol.com

FOR SALE: Yakima Anklebiter Bike

Rack. Includes anklebiter mount, full tray, wheel straps and all hardware. I also have a second anklebiter mount that I'd like to get rid of also. The anklebiters are both used, but the tray, straps and mounting hardware are new. if interested, email me privately thanks Brian Meahan bmeahan@datathree.com

FOR SALE: 2000 Colnago Crystal.

55cm, perhaps 100 miles on frame. Hardly ridden. White, yellow, purple fade. Columbus steel tubes, chrome head lugs. Full Campy Chorus 9 speed. Look 296 pedals. Great looker and rider. \$1200 firm. Call Mike Pierce @ 587-7015 (o) or 693-3247 (cell).

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 ISTEALegislation.

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.**

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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, 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
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Tulsa, Oklahoma 74152-0242

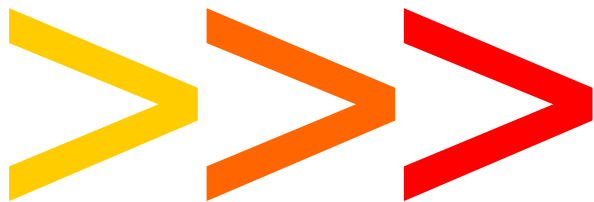
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ADVENTURE CYCLING
association
AFFILIATED CLUB

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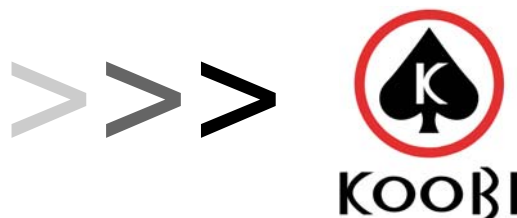


RIDE

Monterey, CA May 29-June 1, 2003

100, 62 or 31 mile ride on May 31

Navigate the rolling hills of Fort Ord, pass by historic Fisherman's Wharf and Cannery Row and pedal through beautiful Carmel on the spectacular Monterey Peninsula.



Take the challenge to ride in the Inaugural JDRF Ride to Cure Diabetes in Monterey, CA

SCHEDULED

Welcome Reception on Thursday Night

Bike Checks on Friday Morning

Carbo-Loading Dinner on Friday night

Saturday Ride and Celebration Festivities (Dinner included)

Breakfast all 3 mornings (Friday-Sunday)

Reach your fundraising goal and JDRF covers:

- FREE training with local cycling coach
- Roundtrip Airfare to Monterey, CA
- Bike Transportation
- 3 nights hotel at the Hyatt Regency
- All meals
- Entry into the exclusive JDRF ride
- Jersey & T-shirt
- And much more.....

Be a Part of JDRF History >>>>

Ready, Set, Ride! The Juvenile Diabetes Research Foundation is set to give you the experience and wee k-end of a lifetime. The Ride to Cure Diabetes is a 3-day adventure with incredible people from across the country plus an exhilarating 1 -day ride through spectacular Monterey, California. Variable route distances make this ride open to new or experienced participants and you will enjoy a celebration at the finish line including music, food and fun. Most importantly, once you reach your fundraising goal – you will have the rewarding experience of making a major contribution towards finding a cure for diabetes.

Learn more about the Ride to Cure Diabetes by attending an information session on:

Thursday, January 23 at 5:30pm
Warren Clinic 1st Floor Conference Room
6600 South Yale Ave., Tulsa

For more information contact Kristen at 918/481-5807

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