



Tulsa Wheelmen Newsletter



October, 2006

Are You Getting Enough Iron? by Tom & Lenka

Volume 29, Number 9

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Iron is one of the trace minerals that is essential for proper functioning of the human body. Because iron is part of hemoglobin and myoglobin, which are proteins responsible for the ability of the red blood cells to transport oxygen, it is very important for athletes to obtain adequate amounts of iron from their diet. The most common symptoms of iron deficiency include general fatigue, muscle fatigue, impaired endurance, weakness, and cold intolerance. The consequences of not consuming enough iron range from mild to severe, depending on the length and degree of iron deficiency. If the condition is left untreated for an extended period of time, an athlete may develop iron deficiency anemia.

Although data on iron deficiency are not consistent in the literature, some sources indicate that the prevalence of iron deficiency is as high as 37% among athletes. This is significantly higher compared to the general population. Some of the factors that put athletes at a higher risk for iron deficiency include gender, large training volumes, and inadequate nutrient intake. Although female athletes are more susceptible to iron deficiency due to the monthly loss of iron through menstruation, both female and male athletes may become deficient in iron. For many athletes, iron deficiency develops over time due to the inability to match iron intakes

with an increased need for oxygen, and thus hemoglobin and myoglobin, during endurance exercise.

The best way to detect a potential problem with your iron status is to have a doctor check serum iron along with other markers of iron deficiency and anemia. While hemoglobin ability to transport oxygen directly depends on iron, hemoglobin does not represent an accurate indicator of your iron status. In fact, hemoglobin levels usually don't fall until an athlete experiences the last stage of iron depletion known as iron deficiency anemia. Therefore, checking your level of serum ferritin and transferrin, the storage and transport forms of iron in your body, is a better approach for evaluating the iron status.

The Recommended Dietary Allowances for iron is 8 mg/day for males and 18 mg/day for females. There are two types of iron found in foods, heme and nonheme iron. Heme iron is found only in animal foods and the human digestive tract is able to absorb approximately 35% of this type of iron. Plant foods contain only nonheme iron and only about 10% of this iron is absorbed by the body. The best sources of iron include low-fat red meat (i.e., beef), different types of beans, dried fruit, and spinach. In addition to the iron naturally found in foods, many products on today's market are enriched or fortified with iron, such as grains,

breads, breakfast cereal, granola bars, and energy bars. To meet their increased needs for iron, athletes should consume a variety of iron-rich foods, including heme, nonheme, and fortified iron.

Similarly to other minerals, iron absorption may be compromised by other substances, including tea, coffee, and foods and beverages rich in calcium and fiber. Therefore, you should avoid consuming these foods at the same time with your iron-rich snack or meal. For example, drink your morning coffee 1-2 hours before or after you eat a bowl of iron-fortified cereal. Lastly, iron can become toxic if consumed in extreme doses. While it is difficult to consume too much iron from natural foods, some athletes may be at risk for iron toxicity because of large doses of supplemental iron they take on a daily basis. For that reason, the Tolerable Upper Intake Level for iron for both males and females was established at 45 mg/day.



at Southwestern Regional Medical Center

Winning the fight against cancer, every day.*

TW Top Individual Results for 2006

Gary Breipohl	Hell's Kitchen	1st
Randall Clayborn	Harber Meadows	1st
Amanda Erwin	Cowskin	1st
Keith Franklin	OC Crit	1st
Darren Fritz	Harber Meadows	1st
Janne Hamalainen	Sea Otter RR	1st
Janne Hamalainen	Flint Ridge	1st
Karen Harwood	Speedwheel	1st
Barb Landreth	OK ST TT	1st
Nathan Leigh	Harber Meadows	1st
Phil Stauner	Tulsa Tough	1st
Ben Thigpen	NWA Classic RR	1st
Cheryl Thigpen	Joe Martin SR	1st
Cheryl Thigpen	Bob Herbert SR	1st
Randall Clayborn	Wicked Witch RR	1st
Gary Breipohl	Wicked Witch RR	2nd
Randall Clayborn	OK State TT	2nd
Randall Clayborn	KS ST Crit Champ.	2nd
Randall Clayborn	NWA Classic RR	2nd
Keith Franklin	Hotter N Hell RR	2nd
Kyle Freeman	Wicked Witch RR	2nd
Scott Gibson	Flint Ridge	2nd
Scott Gibson	Primavera II	2nd
Traci Haines	Wichita RR	2nd
Janne Hamalainen	Tour of KC-cir	2nd
Janne Hamalainen	La Mirada GP	2nd
Karen Harwood	Port City Crit	2nd
Jennifer Johnson	Cowskin	2nd
Barb Landreth	Speedwheel	2nd
Barb Landreth	Flint Ridge	2nd
Barb Landreth	Port City Crit	2nd
Nathan Leigh	OC Crit	2nd
Nathan Leigh	NWA Classic RR	2nd
Brian Metz	Harber Meadows	2nd
Brian Metz	Salt Creek	2nd
Tom Shriver	Wichita RR	2nd
Ben Silk	Campus Cor. Crit	2nd
Ben Silk	Speedwheel	2nd
Ben Thigpen	Wichita RR	2nd
Ben Thigpen	Joe Martin SR	2nd
Ben Thigpen	Bob Herbert SR	2nd
Jim Bohanon	Tulsa Tough	3rd
Jim Bohanon	Cowskin	3rd
Jim Bohanon	Port City Crit	3rd
Randall Clayborn	TX State Crit Chps.	3rd
Kary Cummins	Port City Crit	3rd
Amanda Erwin	Port City Crit	3rd
Darren Fritz	OC Crit	3rd
Darren Fritz	Tulsa Tough	3rd
Heidi Gault	Flint Ridge	3rd
Will Gault	Flint Ridge	3rd
Scott Gibson	Salt Creek	3rd
Alan Good	Salt Creek	3rd
Traci Haines	Speedwheel	3rd
Traci Haines	NWA Classic RR	3rd
Janne Hamalainen	Tulsa Tough	3rd
Karen Harwood	NWA Classic RR	3rd
Karen Harwood	Cowskin	3rd
Karen Harwood	Salt Creek	3rd
Barb Landreth	Port City Crit	3rd
Nathan Leigh	Primavera I	3rd
Andrew McAdoo	Tulsa Tough	3rd
Jay Small	NWA Classic RR	3rd
Phil Stauner	Campus Cor. Crit	3rd
Phil Stauner	Joe Martin SR	3rd
Ben Thigpen	Wichita TT	3rd
Ben Thigpen	Wichita RR	3rd
Cheryl Thigpen	Wichita TT	3rd

Chris Cauthon	Port City Crit	4th
Randall Clayborn	Harber Meadows	4th
Randall Clayborn	GS Tenzing Crit	4th
Kary Cummins	Port City Crit	4th
Edgardo Delgado	Cowskin	4th
Edgardo Delgado	Port City Crit	4th
Darren Fritz	Wicked Witch RR	4th
Will Gault	Bob Herbert SR	4th
Scott Gibson	Redbud Classic RR	4th
Scott Gibson	Port City Crit	4th
Alan Good	Harber Meadows	4th
Karen Harwood	Tulsa Tough	4th
Karen Harwood	Tulsa Tough	4th
Janne Hamalainen	Hotter N Hell RR	4th
Barb Landreth	Cowskin	4th
Nathan Leigh	Flint Ridge	4th
Brian Metz	Wicked Witch RR	4th
Jay Small	Flint Ridge	4th
Sean Stevens	Salt Creek	4th
Ben Thigpen	Flint Ridge	4th
Cheryl Thigpen	Speedwheel	4th
Jim Bohanon	Salt Creek	5th
Kary Cummins	Wichita RR	5th
Amanda Erwin	Port City Crit	5th
Kyle Freeman	Tulsa Tough	5th
Scott Gibson	San Dimas SR	5th
Alan Good	Cowskin	5th
Traci Haines	Cowskin	5th
Traci Haines	Port City Crit	5th
Janne Hamalainen	San Luis Rey RR	5th
Pete Lantz	Wicked Witch RR	5th
Nathan Leigh	Bob Herbert SR	5th
Nathan Leigh	Primavera II	5th
Josh Lewis	Flint Ridge	5th
Andrew McAdoo	Cowskin	5th
Scott Posey	Cowskin	5th
Tom Shriver	Fayetteville RR	5th
Jeremy Stitt	Campus Cor. Crit	5th
Jeremy Stitt	Port City Crit	5th
Jeremy Stitt	Wichita TT	5th
Cheryl Thigpen	Flint Ridge	5th
Cheryl Thigpen	Wichita RR	5th

TW Top 10 by Cat:

Women:	44
Master's:	39
Cat 3:	39
Cat 5:	32
Cat 1/2:	30
Cat 4:	21

**Scoring in the Top Five for 2006:**

Randall Clayborn (Cat 2/M)	8
Nathan Leigh (Cat 3)	8
Scott Gibson (Cat 1)	7
Karen Harwood (W-Cat 3)	7
Janne Hamalainen (Cat 1/M)	6
Barb Landreth (W-Cat 4)	6
Ben Thigpen (Cat 3 & M)	6
Cheryl Thigpen (W-Cat 4)	6
Traci Haines (W-Cat 4)	5
Jim Bohanon (Cat 4)	4
Darren Fritz (Cat 5)	4
Amanda Erwin (W-Cat 4)	3
Kary Cummins (Cat 3 & M)	3
Alan Good (Cat 3)	3
Brian Metz (Cat 4)	3
Phil Stauner (Cat 4)	3
Jeremy Stitt (Cat 3)	3
Gary Breipohl (Cat 3/M)	2
Edgardo Delgado (Cat 5)	2
Keith Franklin (Cat 2/M)	2
Kyle Freeman (Cat 5)	2
Will Gault (Cat 2)	2
Andy McAdoo (Cat 5)	2
Tom Shriver (Cat 3 & M)	2
Ben Silk (Cat 3)	2
Jay Small (Cat 4 & M)	2
6 Tied with 1 top 5 result	6

Tulsa Wheelmen**Victories 15****Top 5 109****Top 10 205**

ALPINEER

TULSA WHEELMEN

RACE TEAM UPDATE



Janne Hamalainen finished 2nd at Tour of KC in the Master's race and 6th in the pro 1/2 race



2006 Tulsa Wheelmen
Racers of the Month

Scott Gibson	March
Janne Hamalainen	April
Cheryl Thigpen	May
Phil Stauner	June
Ben Silk	July
Janne Hamalainen	August

2006 Tulsa Wheelmen
Teammates of the Month

Kary Cummins	March
Alan Good	April
Nathan Leigh	May
Karen Harwood	June
Jeremy Stitt	July
Randall Clayborn	July

Wicked Witch RR

Randall Clayborn has been on fire lately as he captured 2nd place in the 1/2/3 race at the Wicked Witch Road Race on August 5th in Kansas.

Other Wicked results:

Gary Breipohl	2nd M35+
Kyle Freeman	2nd Cat 5
Brian Metz	4th Cat 3/4
Darren Fritz	4th Cat 5
Pete Lantz	5th M45+

Tour of KC-Circuit

Janne Hamalainen finished in 2nd place in the Tour of KC in the Master's 40+ circuit race. Janne also placed 6th in the pro 1/2 race.

Tour of KC-Crit Top Performers

Brian Metz (cat 4/5), Ben Thigpen (Master's 50+) and Cheryl Thigpen (W1/2/3) all finished 6th place in their respective categories.

HHH RR-Results

Keith Franklin was TW's top performer with his 2nd place finish. Janne Hamalainen grabbed 4th place in the Pro 1/2 race

HHH Crit Results

Ben Silk	13th
Alan Good	17th
Nathan Leigh	26th

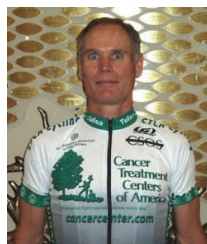
Gateway Cup Results

Nathan Leigh finished 14th & 20th in the Cat 3 race. Josh Lewis over the 4 days finished 25th, 31st, 40th and 71st in the pro 1/2 races

US Criterium Results

Janne Hamalainen finished 23rd at the US Criterium National Championships on August 19th. Keith Franklin followed him by finishing in 28th place. The two competed in Downer's Grove, IL in the Master's Cat 1/2/3 race on Saturday.

On Sunday, August 20th both Janne and Keith raced in their respective USCF categories with Janne finishing 53rd (Cat 1) and Keith finishing 50th in the Cat 2 race.



Cat 2 racer Keith Franklin

Surviving the Extra Miles at HHH100 by Nathan Leigh

Alan, Ben, and I descended down to Wichita Falls for the HHH 100 Cat 3 road race and crit. For those that have never done this event, it's worth doing at least once. Staging is in the dark with the roll out at dusk. There are motorcycle escorts and a police car for a lead vehicle. It's an amazing experience and a chance to feel like a Euro-pro. At the same time, something about an event of this size results in the chance for a cluster of issues that you don't get at a low-key local event. Most of the 11,000 are recreational cyclists with the goal of completing their first century, and many decide not to wait for the official start to get underway. So during the first 10 miles down a divided highway, the peloton is blasting along at 28+mph flying past tandems, recumbents, and a lot of camel-back wearing cyclists traveling between 10-12 mph: a recipe for disaster. So the organizers tried something different this year with a new route for the

USCF race. While the tourists and ride participants continued west of Wichita Falls, the race took a shortcut north with additional roads east of town planned for later in the day.

After 20 miles we entered the first cross wind section of the day. As riders began to fight for space along the edge of the road, it didn't take long for the first crash of the day to occur. Unfortunately, it occurred right in front of me and I wasn't left with many options. I started to grab brakes, but instinct kicked in and I did something that I'm neither proud of or hope to ever try again - I bunny hopped over a downed racer. I didn't stop to check, but I'm pretty sure I cleared the guy. I was shaken up by this for a while, as I wasn't sure how injured he was or if I might have contributed to further injuries.

(Continued on page 6)

Tulsa Wheel Victorious at Harber Meadows Crit (9/9/06)

The Tulsa Wheelmen had a strong day in green with wins in the Master's, 3's and 5 races at Harber Meadows Crit in Springdale, AR.

The Wheelmen were lead by Randall Clayborn's victory in the Master's 45+ race. Randall also grabbed 4th in

The Master's 35+ race as well.

The 3's race saw a break with 6 laps to go and had Alan Good lead out Nathan Leigh to get their 1st victory of the year for the 3 team. Alan finished 4th.

Darren Fritz captured the win in the 5 race then finished 17th in the 4/5 race.

Brian Metz finished 2nd for TW in the 4/5 race.

Josh Lewis was the top finisher in the 1/2/3 race getting 7th place.

Tulsa Wheelmen News: Janne Hamalainen earns TW Racer of the Month

Teammate of Month

Randall Clayborn named TW Teammate of the Month for August!

Randall Clayborn "at a Glance"

- August 2006 Teammate of Month
- 1st Place @ Harber Meadows
- 2nd Place @ Wicked Witch RR
- 8 top five finishes leads the team in 2006



Janne's Top Results "At a Glance"

- April & Aug 2006 "TW Racer of Month"
- 2nd Place @ Tour of KC (Master's)
- 6th Place @ Tour of KC (Pro 1/2)
- 4th Place @ HHH Pro 1/2 road race

What his teammates had to say:

"Janne had an outstanding August. Tour of KC, USCF Crit Nationals and HHH are some of the races he had great results in. This is Janne's second time receiving this award in 2006. Great job!"



Volunteers needed for officer positions!

The Tulsa Wheelmen urgently need members to fill several officer positions. These positions help keep this wonderful club running.

Positions Open:

Treasurer, Race Director,

Advocacy (thank you Sandra for all your articles and help!)

Please contact Tim Carrigg if you can help!

Reminders:

Don't forget to fill out your race team application (available online now). We would like to have all applications submitted by **October 6th**. Team will be selected **November 1st**.

A huge thank you goes out to all those who volunteered this year with the races in 2006 and to all the sponsors for your assistance.

Avery Drive Clean Up-lots of volunteers will be needed for this project. Please contact Tim Carrigg.



Advertisements & News

Personal apology goes out to the Tulsa Wheelmen member that sent me an article last month about training. My computer has had a lot of technical problems this month including my e-mail which has deleted your article. Please re-send again and I will try to get it in a future newsletter. Again sorry!

Alan

Congrats & thanks **Darren Fritz** for taking on the role of interim secretary. Welcome!

Welcome **Ben Grabow** to the Tulsa Wheelmen and the Cat 5 team!



Stolen!

Trek 9.8 carbon fiber mountain bike -black, blue, white & red

Mavic Crossmax SL wheels, yellow selle Italia saddle, Easton carbon fiber handlebars, FSA carbon crankset, XT front and XTR rear derailleurs, Thomson stem and seatpost, Fox FRLT fork with dingy, white rabbit fur fork boots, XTR shifters and brakes

If you see this bike, please secure it and call **Brian Franklin** (918-521-8117)

October 2006: Rides & Events

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i> Mercy Crits (AR) Sooner Stampede	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i> 8 AM No Wimps Noon Racer Training Ride Endurance MTB race (Watonga, OK)
<i>8</i> 8 AM No Wimps 1 PM-Race Training Ride	<i>9</i> General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i> 8 AM No Wimps Noon, Racer Train.
<i>15</i> 8 AM No Wimps 1 PM-Race Train.	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i> 8 AM No Wimps Noon Racer Train.
<i>22</i> 8 AM No Wimps 1 PM-Race Train. Lake McMurtry MTB race Stillwater, OK	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i> 8 AM No Wimps Noon-Race Train.
<i>29</i> 8 AM No Wimps 1 PM-Race Train.	<i>30</i>	<i>31</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i> 8 AM No Wimps Noon-Race Train.

IN THE ZONE

by Mark TeRuki



Overtraining; Detecting & Avoiding

Despite the common use of the term overtraining, and the great scientific interest in the subject, it remains a rather vague and somewhat subjective condition. There is no simple test to diagnose the problem, and so it is often a matter of deduction and elimination of other possible causes that ultimately leads to the conclusion that one is suffering from the condition. This being the case, it is imperative that you as an athlete know yourself well and understand your normal response to normal training stress, so that if the situation arises, you are able to act quickly to prevent it becoming worse.

Definition: Overtraining can be defined as an imbalance between the anabolic (building up) and catabolic (breaking down) processes of the body, in response to stress.

The term "overreaching" is used to define a short term condition that can be remedied in a matter of days to a week or two.

Overtraining is a more chronic condition requiring several weeks and up to several months to recover from.

Contributing Factors: A major mistake athletes make in diagnosing this condition is not taking into account ALL possible factors that may have contributed to their decline in performance. Not only are training and racing volume and intensity important, but ANY emotional stress, travel, recent medical/health issues, inadequate nutrition and hydration practices, environmental stress such as extreme heat, humidity, and altitude. All these can factor in to the development of overtraining syndrome.

Signs and symptoms: If you suspect a case of overtraining, look for 4 or more of the following common signs; **unexplained** underperformance (i.e. performance that can't be explained by obvious factors such as injury, disruption of training, etc), **excessive** fatigue, poor recovery, reduced maximal heart, increase in waking heart rate, "heavy" muscles sensation, change in normal sleeping pattern

(especially the inability to sleep despite excessive fatigue), changes in appetite, increased susceptibility to upper respiratory tract infections and other illnesses, loss of desire to train and race, increased anxiety and irritation, depression, an inability to focus, sudden weight fluctuations.

Recognition and Prevention: Number One – know thyself...the more you monitor your own body and recognize the signs it give you (and it does), the better you will be at staying on top of this. Along with this goes, keep a training diary. In it track things like your weight, waking heart rate, physical sensations such as muscle soreness, your mental state, as well as all your training and racing data. Keep your diaries from previous seasons, it will amaze you at what they reveal when you look back on them. Vary (periodize) your training to ensure periods of increased training stress followed by recovery periods. Finally practice good nutrition and hygiene.

(Cont'd from page 3) Surviving the Extra Miles at HHH 100 by Nathan Leigh

Also, sometime in the confusion of the crash a few more riders joined the break to make it a dangerous group of nine. As the group reformed, Alan was in the main pack, but Ben was dropped due to a front flat. Out of nowhere Keith Franklin blasted by our group leading a strung out masters field. They were on a shorter 100K loop, but had started 15 minutes late and caught our field. So the masters were yelling at us to neutralize so they could pass, but the 3s were yelling that we still had a break up the road. So this resulted in a rather large mess of riders in one large angry group. Just as we were starting to get along with our older brethren, a follow vehicle came up beside us yelling "Cat 3s, you are off course!!!" So the younger half of the group makes a u-turn and rides back about a half mile to the last turn to get back on the

right route. Along the way we picked up a few dropped riders, including Alan who was chasing back on after a flat. A glimmer of hope appeared down the road as I could see a slow moving truck. A small chase group formed and I jumped on as we grinded away in pursuit. Sure enough we caught up with our wheel truck that was following 4 riders that were riding piano. I talked to the driver and found out that he figured 8 were up the road in the break. Not ideal, but a top ten might still be a possibility.

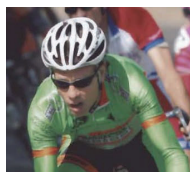
At this point we were around mile 68, which would put the second feed zone somewhere around the next corner at mile 72. Somewhere around mile 76 I completely ran out of water. At mile 86 we enter a town with no sign of a bike race. No road markings and no course marshal. A little ways down the road the

follow vehicle surprisingly pulls into the parking lot of a small town gas station. The driver hops out and declares, "I have no idea where we are." WHAT?! Survival mode kicks in and we raid the store like riders from a 1900's Tour de France*. The driver proceeds to buy as much bottled water as he can carry while we fill up every empty bottle we were carrying. After examining a map, it is determined that we missed an unmarked turn and traveled 12-15 miles further south than we should have. Wichita Falls was 15 miles due West, but that was along 287 - a busy highway. This left the safest route home a road traveling 15 miles north, followed by another 17-20 miles west. So we regroup and death-marched our way north with the temperature well past the 100deg mark. After reaching mile 101.1, a truck stops to pick

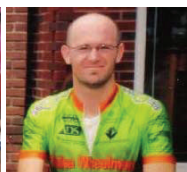
up a few riders. Game over for me, as I call it a day and hop in. Alan continued on and finished with around 120-125 miles in his legs. It is estimated that the only riders that actually completed the correct 100mile route was the 8 riders from the break, four of which broke away around mile 9.

So after eating and cleaning up back at the host house, Alan and I share our war stories with our hosts. At some point we stopped talking long enough (we must have been eating) for them to ask Ben, "how far did you ride?" His eloquent answer – 30 miles!! Ben had stopped figuring he had a rear flat, but he found it to be ok. So the wheel truck continued on his way before he realized that it was actually his front wheel that was flat. So he waited around for the first chance to sag back to town. Proof that the quiet ones are the smart ones.

Meet the Team



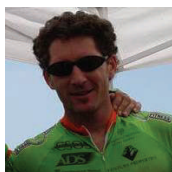
Malcolm McCollam Cat 3



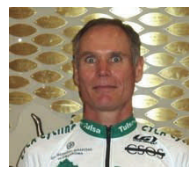
Nathan Leigh Cat 3



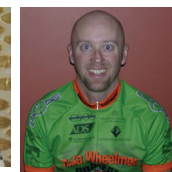
Jay Small Cat 4



Kary Cummins Cat 3



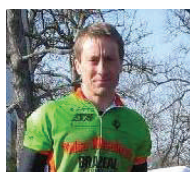
Keith Franklin Cat 2



Alan Good Cat 3



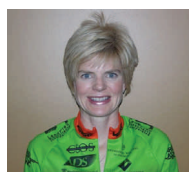
Craig Waldron Cat 5



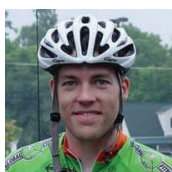
Tom Shriver Cat 3



Ben Thigpen Cat 3



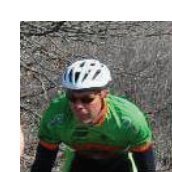
Cheryl Thigpen Cat 3



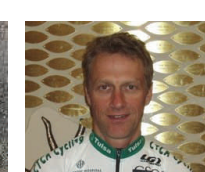
Jeremy Stitt Cat 3



Lenka Humenikova Team Nutritionist



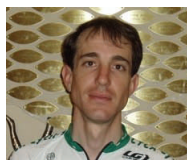
Chris Cauthon Cat 4



Janne Hamalainen Cat 1



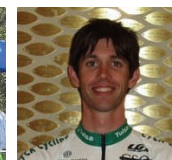
Ben Silk Cat 3



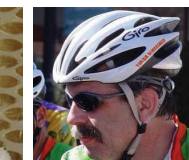
Will Gault Cat 2



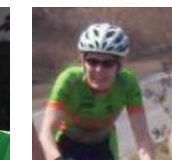
Marc Delametter Cat 3



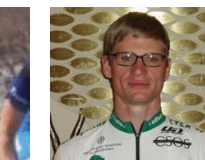
Josh Lewis Cat 2



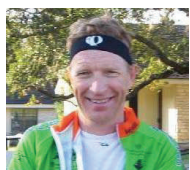
Brian Meahan Cat 4



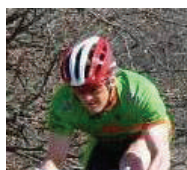
Heidi Gault Cat 4



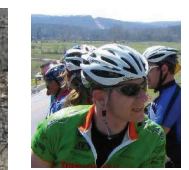
Scott Gibson Cat 1



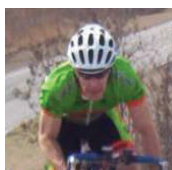
Tim Carrigg Cat 3



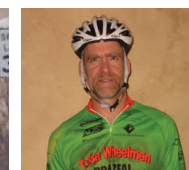
Russell McMahon Cat 3



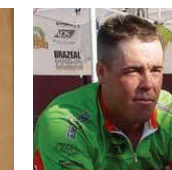
Jim Bohanon Cat 3



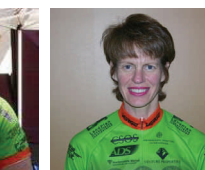
Gary Breipohl Cat 3



Pete Lantz Cat 4



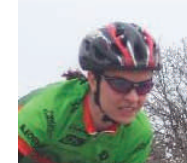
Joe Lederer Cat 4



Barb Landreth Cat 4



Karen Harwood Cat 3



Jennifer Johnson Cat 4



Amanda Erwin Cat 4



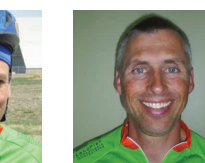
Traci Haines Cat 4



Randall Clayborn Cat 2



Edgardo Delgado Cat 5



Phil Stauner Cat 4



Brian Metz Cat 4

Bud Almond Cat 5

Darren Brazeal Cat

Rich Chillingworth Cat 2

Kyle Freeman Cat 5

John Power Cat 3

Darren Fritz Cat 5

Ben Grabow Cat 5

Greg Ingram Cat 3

Brandon Johnson Cat 4

Andy McAdoo Cat 5

Darrell Meinen Cat 3

Scott Posey Cat 3

Charlotte Sanderson Cat 5

Rafael Santiago Cat 5

Josh Seabolt Cat 5

Greg Shinn Cat 3

Sean Stevens Cat 4

Steve Webb Cat 3

Tulsa Wheelmen Info Pages (October 2006)

Ride Classifications

MILES	TERRAIN	AVG SPEED
1-Under 10 miles	A-Flat	a-4-8 (leisure)
2-10 to 20 miles	B-Grades	b-7-12 (touring)
3-20 to 40 miles	C-Some hills	c-13-17 (fast)
4-40-70 miles	D-Many hills	d-18+ (racing)
5-75-120 miles	E-Severe hills	

Important Notice: The Tulsa Wheelmen only support responsible bicycle riding. Riders on Tulsa Wheelmen rides acknowledge cycling is a potentially dangerous sport and will hold harmless individually and as a group the Tulsa Wheelmen, its members and sponsors. Helmets are required. All traffic laws are to be obeyed.

Weekly Rides (rides roll on time)

DAY	RIDE	LOC	TIME	TYPE	NOTES
M-F	Bike-to-work Day	Home to work	You pick	You pick	Save the planet
Mon	Dot T ride	4000 N. Hwy 169	6 PM	3/D/c-d	Starts Apr 5th
Tues	World Champ ride	River Parks, Riverside & SW Blvd	6 PM	4/C/d	Day-light savings time (Apr-Oct)
Tues	Fixed gear trail ride	41st & Riverside	6 PM	3/A/c	Starts Jan 6th
Wed	Night Trail Ride	41st & Riverside	6:30 PM	3/A/c	Starts Jan 7th
Thur	Summer Crit Series	Holiday Hills Safety Training Facility	6 PM	1/A/d	Runs May-Sept
Sat/Sun	Racer's Training Ride	45th & Madison	Sat-12 noon Sun-1 PM	4/C/c-d	Year round
Sat/Sun	No wimps ride	45th & Madison	8 AM	4/C/c-d	Year round

Mountain Bike Riding:

Any day Call-up & Ride, Call Pat at Bicycles of Tulsa, 918-665-2453, or David at T-Town Bicycles, 918-496-8696

MALCOLM LAW
THE LEGAL SPECIALIST



Re-Cycle-It classified ads run for 2 months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 10th of the month.** Other rates are available upon request. Make check payable to Tulsa Wheelmen. Mail ad directly to TW Newsletter Editors, P.O. Box 52242 Tulsa, OK 74152-0242 or e-mail a club officer. **DO NOT PLACE ADS BY PHONE**

Bicycle Web Sites:

www.adv-cycling.org

www.bicycling.com

www.outdoorlink.com

www.bikefed.org

www.bikeplan.com

www.okfreewheel.com

www.istea.org

www.bikeleague.org

www.mountainbike.com

www.runningnetwork.com

www.tulsawheelmen.com

www.usacycling.org

www.olympic-usa.org

www.velonews.com

www.okbike.org

Take Action: Who you gonna call or write?

City Problems?

Mayor's Action Center:

596-2100, Fax 596-9010.

Tulsa City Councilors: mail 200 Civic Center, Tulsa, OK 74103; ph.918-596-1900, fax 596-1964.

City Animal Shelter: 669-6299.

State Highway Problems?

(e.g. Port Rd, Hwy 97/51), Oklahoma Highway Dept, Ed Kellogg, P.E.; P.O. Box 660, Tulsa, OK 74101, phone 918-838-9933.

Tulsa County Rd Problems?

(e.g. Avery Drive, Wekiwa road), Tulsa County Engineer, Ray Jordan, 596-5730, fax 596-4647.

Tulsa County Traffic Problems?

Tulsa County Sheriff
918-596-5601.

Riverparks Authority, 707 S. Houston, Suite 202, Tulsa, OK. 74127.

Air Quality/Ozone Alert?

Tulsa City-County Health Dept. 918-744-7664.

Tulsa Wheelmen Staff

Newsletter Staff

Editor: Alan Good

Hm: 405-612-4847

goody@okstate.edu

Distribution: Tom Potter

437-9419

Web Site: Kary Cummins

Hm: 918-748-8858

Kary.Cummins@wiltel.com

Officers

President: Tim Carrigg

Hm: 918-645-1143

tcarrigg@parkerplastics.net

Treasurer: Beth Delametter

Hm: 918-749-4075

nolfamily@cox.net

President Elect: Open

Past President: Brian Meahan

Secretary: Darren Fritz

Hm:

darrenfritz@yahoo.com

Membership Director:

Marc Delametter

Hm: 918-749-4075

nolfamily@cox.net

Race Team Director:

Keith Franklin

kflandplan@aol.com

Race Director: Open

Avery Drive Clean-up:

Tom Potter 437-9419

Advocacy Director:

Open

Hm:

Team Nutritionist:

Lenka Humenikova

www.tulsawheelmen.com

Tulsa Wheelmen Newsletter

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

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10th of the month prior to publication. Send submissions to Alan Good at goody@okstate.edu

The *Tulsa Wheelmen* appreciate the support of **QuikTrip** and would like to thank **QuikTrip** for printing this month's newsletter.

THANK YOU!

Event sponsors, volunteers and event directors.

Sign Up A New Member. Your recommendation ensures that the club will grow!

Membership and Address Correction

If you are a member and not receiving your newsletter, contact Marc Delametter, Membership Director at nolfamily@cox.net



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

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HHH 100 by Nathan Leigh

In The Zone

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www.tulsawheelmen.com