

TW Editor:
Alan Good

Tulsa Wheelmen



Cancer
Treatment
Centers
of America®

at Southwestern Regional Medical Center

Winning the fight against cancer, every day.®

Newsletter



May, 2007

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It's okay to come out of the starting blocks fast as long as you build upon that momentum. That is the task of the Tulsa Tough organizers in 2007. By all accounts we got off to a very good start in last year's inaugural event. Make no mistake about it, though, the committee members dream big and have much more in store for Tulsa Tough in the years to come.

Racing was the central feature in 2006 and will always be a key component of Tulsa Tough. Prize money has increased slightly from \$72,500 to \$75,000. We plan for the purse to continue to grow over time. Friday night's QuikTrip Blue Dome Criterium has been modified slightly and will pass by every bar in the Blue Dome District. Thanks to sponsorship by LDF Distributors, area bars will offer \$2 Guinness. Other additions, include a street party featuring Fire Dancing by LumiNa Mundi and music by Jacob Fred Jazz Odyssey. The Saturday and Sunday courses will remain the same as 2006, with enhanced entertainment and other features.

Our rides are where we expect our greatest growth to come. Thanks to major sponsorship from The Children's Hospital at Saint Francis, we were able to launch initiatives focused on health and fitness: The Saint Francis Health & Fitness Challenge, and the Tough Kids Challenge.

The Saint Francis Health & Fitness Challenge is designed to encourage everyone to

start wherever they are and make health and fitness a priority. The Tulsa Tough Rides are within reach of nearly anyone. The rides feature a team competition with awards based on participation. There is no extra cost to register as a team. Just get four or more people, go to the website (may be done separately) and sign up in one of the following categories:

Businesses - everyone must work for the same employer
Schools - everyone is a student at the same middle school or high school
Open - any group that wants to get together and form a team

Awards will be given as follows:

Most Finishers - any distance or combination of distances, could ride 50 km, 100 km or 100 mile
Most Cumulative Miles - all riders added together regardless of distance
Highest Average Mileage Per Rider - total miles ridden divided by number of registered team members

The Tough Kids Challenge is a collaborative effort between the Tulsa Little 100 and Tulsa Tough. It seems every few months we read new statistics about how little exercise our nation's adolescents receive, and how much time they spend in front of televisions or with computer games. Whether you believe the studies or not, no one can doubt the benefits of cycling as not only exercise but as a non-motorized mode of transportation. Tulsa Tough and Saint Francis wish to plant

that seed in the minds of Tulsa's youth. The first 300 middle or high school children who participate in the Little 100 and a special 10 km Ride on Sunday will receive a new bicycle! We hope to build upon this program and put hundreds of youth on bicycles each year.

As a final addition to our health and fitness initiatives, Tulsa Tough joins the fight against cancer through an affiliation with the Lance Armstrong Foundation's LiveStrong campaign. Cancer survivor Steven Bourke and Tulsa Tough are combining efforts to support LAF in finding a cure for cancer. Five dollars from every Ride entry fee will go directly to the Lance Armstrong Foundation, and every race and ride participant will receive a yellow wristband.

No event of the magnitude of Tulsa Tough exists or grows without broad-based support. We must continue to build upon the support we have from the cycling community and from the business community. If we do, we will have an event which draws over 10,000 cyclists to Tulsa each June and becomes a magnet for economic development and commerce downtown and along the Arkansas River. Aren't you glad you got in on the ground floor?



TULSA TOUGH RIDE & RACE

Surviving the Cat 5's by Joey Bayles

The NWA Spring Classic was to be my first road race. Being somewhat new to the sport I already had the butterflies that accompany new challenges. I got there early and was relieved to see some teammates I had already gotten to know from the Thursday night crits. It looked like there were going to be 6 Wheelmen in the 5s, which reinforced the belief that there would be safety in numbers. I was surprised to see several old friends from freewheel running the registration. I believe they were even more surprised to see me in a race, asking what class I would be racing in, as they did not know. As they properly pinned my number on to save me from later embarrassment, I was getting advice on how a road race would play out. This was followed by a disclaimer that this was the Cat 5's so really anything could happen and to be careful.

As we were lining up for the start, the Cat 3 girls were receiving their instructions. One of the girls asked, if the 5's caught up with them what were they supposed to do? I overheard the comment that it might be wise to ride neutral till the cat 5s went through,

because they are the Cat 5's!

We lined up 57 strong including 6 brand new white CTCA jerseys. As we were receiving our instructions it was premised that we were the cat 5's and to be careful. After the third time I have heard this warning, maybe someone was trying to tell me something.

We were off. We would speed up then slow down, with everybody trying to find his place in the Peloton. There was a lot of mumbling about the changes in speed. I knew the proper place should be shielded in the center, but my place would be the side for a quick exit if need be. Finally they sped up and there was no more slowing down. The Peloton was splitting, just like on TV. I grabbed hold of a wheel determined to make the spilt. I knew that if I could hang on to this wheel I would not be dropped. Then I heard a shout and the wheel I was hanging on to was now going down. I was now in my first wreck after years of recreational riding. I heard "are you ok", with my reply "yes how about you". We get up, untangle the bikes, and fought desperately to unwedge my chain. The second group went by, with a couple of CTCA riders

"Joey you Ok". My new friend and

me were now in last place, with everybody out of sight by the time we got everything put back together. We rounded a corner and traffic was backed up, in both lanes. As we got closer I became thankful it took so long to get untangled. A group that had passed us had a terrific wreck on a decent. At least 4 are lying by the side of the road bleeding profusely. Two Wheelmen have also been involved, bleeding but up and walking. Now I am the one asking "Mark you all ok?" Like a human calculator I was able to determine that by the first half of the race 3 of the CTCA riders have gone down, and I have wrecked in 100% of my road races. My new best friend and me now worked together. We have slowly begun to catch up with some riders and worked our way up with a dramatic 7-man sprint to a 34th place finish. I ordered the photo to commemorate it.

After being a Police Officer for 23 years I suppose I look at rookies with the same disbelief that the Cat 1s- 4s look at us Cat 5s. The rookies of this race will soon Cat up, looking in horror at the next class of riders. As for me I hope to survive my next Cat 5.

Top Finishers: Flint Ridge (top 5)

Heidi Gault	W4	1st
Lauren Miller	W4	2nd
C. Thigpen	W123	3rd
Kary Cummins	3	3rd
Davis Hale	4	3rd
Phil Stauner	4	4th
Dustin Weaver	5	4th
Ben Thigpen	M50+	4th
Eric Melton	P1/2	5th
Alan Good	M40+	5th

Cowskin Road Race (top 5)

Gary Breipohl	M50+	1st
Ben Thigpen	M50+	5th
Janne H.	P1/2	4th
Kary Cummins	3	3rd
Davis Hale	4	2nd
Phil Stauner	4	3rd
C. Thigpen	W123	3rd
Heidi Gault	W4	1st
Lauren Miller	W4	3rd
Barb Landreth	W4	4th

Bob Herbert Stage Race Results

Heidi Gault	Women-4	1st
Lauren Miller	Women-4	2nd
Janne Hamalainen	1/2	4th
Kyle Freeman	4/5	4th
Davis Hale	3	7th

Tulsa Wheelmen News

- **Davis Hale** Category Upgrade 4 to a 3. Congrats Davis!

Volunteer of the Month - Jeremy Stitt

He did a great job helping with the clothing design, order and distribution. He also promoted a race and continued his great support of the web site. The new gear looks great!

Team Mate of the Month - Mitch Houtman

Mitch did a great job getting off the front this month in multiple races including Salt Creek and Sand Springs. His hard work made it easier for his team mates and was instrumental in Kary's win in the Sand Springs race.

Racer of the Month - Gary Breipohl

This was a tough choice with a lot of riders with great results. Gary came out ahead with a win and many top five finishes. Gary was a very consistent performer for the team this month. He worked hard against some tough fields to get his wins and impressive finishes

May 2007: Rides & Events Calendar

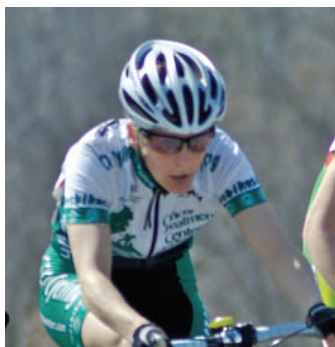
Visit www.tulsawheelmen.com for an extended list of upcoming events.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>29-Apr</i></p> <p>8 AM Racer's Training Ride</p> <p>Cushing Crit</p> <p>Cushing, OK</p>	<p><i>30-Apr</i></p>	<p><i>1-May</i></p> <p><i>TW Crit Series</i></p>	<p><i>2</i></p>	<p><i>3</i></p>	<p><i>4</i></p> <p>Tin Man TT</p> <p>Kechi, KS</p>	<p><i>5</i></p> <p>8AM Racer 's Training Ride</p> <p>Scare Crow Crit</p> <p>Wichita, KS</p> <p>JB Mem. Crit (Cressen, TX)</p>
<p><i>6</i></p> <p>8 AM Racer's Training Ride</p> <p>Cowardly Lion RR (Atlanta, KS)</p> <p>Mineral Wells RR (Palo Pinto, TX)</p>	<p><i>7</i></p>	<p><i>8</i></p> <p><i>TW Crit Series</i></p>	<p><i>9</i></p>	<p><i>10</i></p>	<p><i>11</i></p> <p>Joe Martin SR</p> <p>Fayetteville, AR</p>	<p><i>12</i></p> <p>8AM Racer 's Training Ride</p> <p>Joe Martin SR</p> <p>Fayetteville, AR</p>
<p><i>13</i></p> <p>8 AM Racer's Training Ride</p> <p>Joe Martin SR</p> <p>Fayetteville, AR</p>	<p><i>14</i></p> <p>CTCA/General Mem. Mtg</p> <p>6:30 PM</p> <p>Race Meeting to follow at 7:30 PM</p>	<p><i>15</i></p> <p><i>TW Crit Series</i></p>	<p><i>16</i></p>	<p><i>17</i></p> <p>TriPeaks SR</p> <p>Russellville, AR</p>	<p><i>18</i></p> <p>TriPeaks SR</p> <p>Russellville, AR</p>	<p><i>19</i></p> <p>8AM Racer 's Training Ride</p> <p>TriPeaks SR</p> <p>Russellville, AR</p>
<p><i>20</i></p> <p>8 AM Racer's Training Ride</p> <p>TriPeaks SR</p> <p>Russellville, AR</p>	<p><i>21</i></p>	<p><i>22</i></p> <p><i>TW Crit Series</i></p>	<p><i>23</i></p>	<p><i>24</i></p>	<p><i>25</i></p>	<p><i>26</i></p> <p>8AM Racer 's Training Ride</p> <p>Gary Glickman Crit (Dallas, TX)</p>
<p><i>27</i></p> <p>8 AM Racer's Training Ride</p> <p>GS Tenzing Crit (TX)</p>	<p><i>28</i></p> <p>Texas State Crit Championship (Fort Worth, TX)</p> <p>Category based</p>	<p><i>29</i></p> <p><i>TW Crit Series</i></p>	<p><i>30</i></p>	<p><i>31</i></p>	<p><i>1</i></p> <p>Tulsa Tough Races</p> <p>June 1-3</p>	<p><i>2</i></p> <p>8AM Racer 's Training Ride</p> <p>Tulsa Tough Races</p> <p>June 1-3</p>

TULSA WHEELMEN WOMEN'S TEAM



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Heidi Gault



Rider Summary:

#9 National Ranking in RR (2007); started 2007 on fire with 4 wins (Bob Herbert SR, Cowskin, Flint and NWA) and a 2nd place finish at Salt Creek...2005 Oklahoma State Crit Champion in Women Master's 35+...2nd on women's team in wins (1) in 05...helped guide women's team to 5 victories in 05...raced in expert field in cross country/mountain biking capturing 2 wins and a 2nd place...1st & 2nd place in 2005 OK Cyclocross Series.

Recent Road Race Results:

Race	Date	Category	Results
2007			
Bob Herbert Stage Race (AR)	4/21-22/07	W4	1st
Cowskin (OK)	4/15/07	W4	1st
Flint Ridge (OK)	4/14/07	W4	1st
NWA Classic RR (AR)	4/1/07	W4	1st
Salt Creek (OK)	3/11/07	W4	2nd
2006			
Flint Ridge (OK)	4/1/06	W1/2/3/4	3rd
Salt Creek (OK)	3/4/06	W1/2/3/4	8th
2005			
OK State Crit Championship (OK)	6/4/05	W-M35+	1st
OK State RR Championship (OK)	6/5/05	W-M35+	3rd
Cowskin Circuit Race (OK)	4/2/05	W1/2/3/4	5th
Salt Creek Circuit Race (OK)	3/5/05	W1/2/3/4	6th

Other Top Career Results:

Salt Creek Circuit Race (OK)	3/4/06	W1/2/3/4	8th
OKC Velo Cyclocross	10/30/05	W-SR18+	1st
Turkey Mountain XCC	4/24/05	Expert SR19-39	1st
Tom Steed Great Escape/XCC	11/6/05	Expert SR19-39	1st
OK Velo Cyclocross (OK)	12/18/05	W-SR18+	2nd

Rider Info

Hometown:	Tulsa, OK
Born:	Wichita, KS
Height:	5-4
Weight:	115 lbs.
Race Age:	37
USCF Cat:	4
USCF Exp:	2 years

Racing Info

Career Victories*	5
Career Top 5*	9
Career Top 10*	12
Tulsa Wheelmen	2 YRS

*Career Stats 1/05-4/07



USCF Rankings

National:	#9 RR
	#187 Crit
OK Ranking:	#1 RR
	#5 Crit

2007 VeloCup Standings (thru Cowskin)							
Teams	Salt Cr	SS	HK	NWA	Flint	CS	Standings
CTCA/Tulsa Wheelmen	156	240	169	313	259	308	1445
Mercy Cycling Team	277	158	205	241	170	201	1252
Oklahoma City Velo Club	204	46	39	135	119	141	684
HRRC / Trek Stores	86	175	70		140	128	599
Boston Mountain Cyclist	49		126	167	67	51	460
Tyson Racing	57	88	76	60	36	61	378
Dickson Street Cycling Club	11	11	68	74	28	22	214
Team Soundpony	46	83	35	24	15	8	211
Jelly Belly Cycling Team	75		27		52	41	195
Bicycles of Tulsa	18	39		28	38	32	155
University of MinnCycling/Twin C	49		101				150
CRRC/Canadian River	32	15	7	28	24	40	146
Team Hotel San Jose	83	58					141
Team X	32				36	31	99
Austin Flyers	37				35	27	99
Central Arkansas Velo/CARVE			19	66			85
The Bicycle Store	13			1	35	35	84
Team West End	42	41					83
Team Power Train	7	13	7		42	10	79
Big Shark Racing	76						76
Fossil 1 Racing	22	7	20	7	14	3	73
The Ride	65						65
Matrix Cycling Club		28	27				55
Nova Cycle Sports Foundation Inc. 1		52					53
FCS Cycling Club	46				5		51
Pedalers Racing Team	26		13				39
Fast Girls Slow Guys		10	23				33
Competitive Cyclist		21	2				23
Colonel's Army	16						16
Dent Wizard/Maplewood Bicycle			15				15
Organicathlete				12			12
Team Undiscovered	8		3				11
Melting Pot				9			9
Memphis Velo Smith & Nephew Cycling Club				9			9
Buffalo River Cyclists				6			6
Columbia Bike Club Race Team		5					5
Ozark Cycling Club			4				4
GP Velotek						2	2
Recycled Cycles Racing		2					2
OZ Racing					1		1
— Memphis Motor Werks			1				1

Tulsa Wheelmen

Stat Corner

Career Wins (2004-Present)

Bold = Active Race Team Member

Keith Franklin	13
Will Gault	13
Ben Thigpen	11
Janne Hamalainen	9
Jeremy Stitt	5
Gary Breipohl	5
Tim Carrigg	4
Mitch Houtman	4
Mark McClay	4
Marcela Nova	4
Rich Chillingworth	3
Kary Cummins	3
Heidi Gault	3
Davis Hale	3
Keith Winn	3
Chris Cauthon	2
Darren Fritz	2
Devin Gilpin	2
Malcolm McCollam	2
Russell McMahon	2
Cheryl Thigpen	2

(Note: 2 or more career wins)

USCF Season Wins

Bold = Active Race Team Member

Will Gault	2004	12
Keith Franklin	2004	9
Janne Hamalainen	2004	6
Ben Thigpen	2005	6
Jeremy Stitt	2004	5
Tim Carrigg	2004	4
Mark McClay	2004	4
Marcela Nova	2005	4
Ben Thigpen	2004	4
Rich Chillingworth	2004	3
Keith Franklin	2005	3
Heidi Gault	2007	3
Davis Hale	2007	3
Mitch Houtman	2005	3
Keith Winn	2004	3
Gary Breipohl	2007	2
Chris Cauthon	2005	2
Darren Fritz	2006	2
Devin Gilpin	2006	2
Janne Hamalainen	2006	2
Russell McMahon	2004	2
Cheryl Thigpen	2006	2

(Note: 2 or more season wins)

2007 Team Results

Wins:	9
2nd place:	10
3rd place:	15
Top 5:	54
Top 10:	83



2007 Individual Wins

Heidi Gault	3
Davis Hale	3
Gary Breipohl	2
Kary Cummins	1
Janne Hamalainen	1
Lauren Miller	1

2007 Top 3

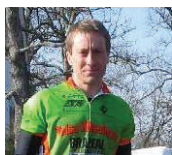
Kary Cummins	5
Davis Hale	5
Lauren Miller	5
Heidi Gault	4
Gary Breipohl	3
Will Gault	2
Tracy Haines	2
Ben Thigpen	2
(8 tied with 1 top 3 result)	



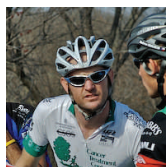
Note: Statistics through
Cowskin Road Race

Tulsa Wheelmen

Meet the Team (Name-Race Category) New Team Member for 2007



Tom Shriver-3



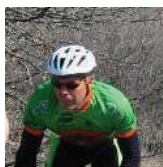
Nathan Leigh-2



Brian Metz-4



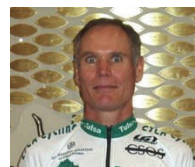
Kary Cummins-3



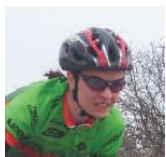
Chris Cauthon-4



Alan Good-3



Keith Franklin-2



Jennifer Johnson-4



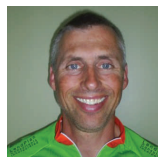
Ben Thigpen-3



Cheryl Thigpen-3



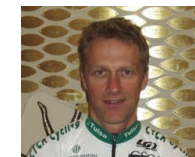
Traci Haines-4



Phil Stauner-4



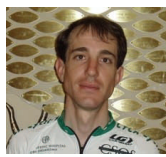
Amanda Erwin-4



Janne Hamalainen-1



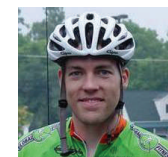
Tim Carrigg-3



Will Gault-2



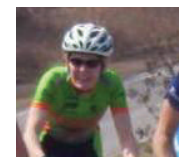
Edgardo Delgado-4



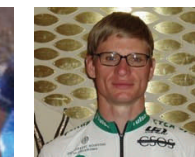
Jeremy Stitt-3



Jim Bohanon-3



Heidi Gault-4



Scott Gibson-1



Randall Clayborn-2



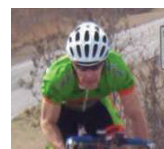
Greg Ingram-3



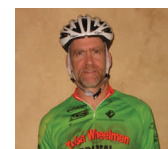
Ben Silk-3



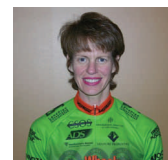
Russell McMahon-3



Gary Breipohl-3



Pete Lantz-4



Barb Landreth-4



Brandon Johnson-4



Kyle Freeman-4



Darren Fritz Cat 4



Ben Grabow -5



Rafael Santiago-4



Davis Hale-3



Mitch Houtman-3

Eric Andelin-4

Joey Bayles-5

Elizabeth Berman-4

Milus Clarke-5

Mark Delozier-5

Eric Doswell-5

Chris Genske-5

Byron Harvison-4

Andy Malcom-1

Eric Melton-2

Lauren Miller-4

Don Tardiff-5

Dustin Weaver-5

Jeff West-5

Tulsa Wheelmen Info Pages (May 2007)

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	

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 ride	4000 N. Hwy 169	6 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Sat/Sun	Racer's Training Ride	45th & Madison	8 AM	4/C/c-d	Year round
Sun	Racer's Training Ride	Wright School	8 AM	4/C/c-d	Year round

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.

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

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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

newsletter@tulsawheelmen.com

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



THANK YOU!

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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 Traci Haines, Membership Director (info on left)



Tulsa Wheelmen

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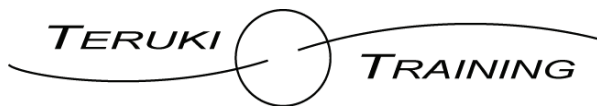
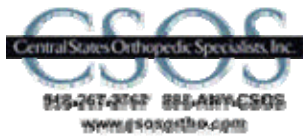
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