



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

April 2004

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 28 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon Cow Skin Circuit Race	29	30 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41 st and Riverside	31 Wednesday Night Trail Ride, 6:30pm 41 st and Riverside	April 1 April Fools Day – Watch out for Calls From Steve Webb	2	3 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon Racing on the River TT
4 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, 8:00am NW ARK. SRPING CLASSIC ROAD RACE	5 DAYLIGHT SAVINGS TIME BEGINS	6 Tuesday Night World Championship Ride (TNWC) – 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
11 No Wimps - Tailwind Ride, 8 a.m.	12 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	13 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	14 West Bank Ride (NOT a Wheelmen Promoted Ride)	15	16	17 No Wimps - Tailwind Ride, 8 a.m. BOB HERBERT STAGE RACE
18 No Wimps - Tailwind Ride, 8 a.m. BOB HERBERT STAGE RACE	19	20 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	21 West Bank Ride (NOT a Wheelmen Promoted Ride)	22	23	24 No Wimps - Tailwind Ride, 8 a.m.
25 No Wimps - Tailwind Ride, 8 a.m.	26	27 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	28 West Bank Ride (NOT a Wheelmen Promoted Ride)	29	30	May 1 Second Avery Drive Time Trial – Tulsa Wheelmen Event
2 No Wimps - Tailwind Ride, 8 a.m.	3 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	4 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	5 West Bank Ride (NOT a Wheelmen Promoted Ride)	6 First Summer Weekly Criterium Series Race	7	8 No Wimps - Tailwind Ride, 8 a.m.



ALPINEER

N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 4

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

April 2004

THE GUEST EDITOR'S PEN FOR APRIL 2004: RACE REPORTS

SALT CREEK CRITERIUM REPORT By Craig Waldron

The Wheelmen are largely about being fast. You don't have to be fast to be a Wheelman, but a desire to get faster is a great reason to want to be one.

This past Sunday (March 14, 2004) the Wheelmen sponsored a criterium out at the Tulsa Safety Training Facility. As the newest rider on the Stagiaires Team it was awesome to get to race with so much encouragement. I had encouragement yelled at me from the sidelines. I also had encouragement and instruction given to me during the race by Gary Parker, who selflessly took more than his share of pulls to help keep me racing. It was also a great opportunity to listen to veteran riders describe and help dictate strategies in the other races of the day.

The master's race was a textbook example of how a team can work together to manage a breakaway as well as the pack. To watch it all play out in real time and have it explained in detail made for a great day.

Anyone interested in getting faster and/or learning how to race and/or wanting to understand racing strategy really does need to look into the Wheelmen, Wheelmen training rides and the local racing.

Some newer riders are worried about getting dropped during the training rides. As I mentioned I'm a new, second year rider. As the racing season has drawn near I have been dropped from my last two weekend rides. The good news is that as the racing season arrives so does the nice weather and more riders. The last weekend ride, I was on, ended up splitting into three groups. The slowest of which could accommodate all but the newest of riders. Each weekend ride will be different, but even a dropped rider will most always have a tailwind to help them get back to their car.

If you're like me and a newer rider or if the desire to get faster and stronger has been nagging at you, I encourage you to check out the web site for future events and training rides. Its Tuesday already and I'm still dreaming about the races.

To everyone out there I appreciate the patient looks of pity when I asked a boneheaded question, and the encouragement given both during and after the heat of battle.

HELL'S KITCHEN ROAD RACE: RACE REPORT By Kary Cummins

It sucked!!

Did the 3/4's. Suppose to do 3 laps. Only did 2. The hill was very steep. The second time I was hoping that I wouldn't have to walk.

From the gun 2 guys attacked. The field chased them down by the first 1.5 mile hill. At the top (I think) a counter attack

went with Pat Zimmerman, a Mathis Brother and someone else (I think Tyson). The blocking started forming on the front so I pushed my way through and started going. I was only hoping to spark the pack, but no one was coming. I new I couldn't catch them myself. After a few miles I noticed a Mercy rider coming up. I waited for him and we worked together for awhile. He was stronger than I so on the next hill he dropped me. I was still just hanging out and Tom French bridged up. He really needed someone to work but I was hurting and worried about the HILL.

On the HILL he took off. Just after the top the pack finally caught me. Then I just sat in until the HILL again. It split up pretty good. Tim (Carrigg) and I just rode in and back to the car.

The 1,2,3 race sounded like it was pretty good. Janne got 6th and Brandon got 7th. Brice (Jones) and another guy were ahead of the field over 10 minutes, I think. Janne had a 27 (tooth cog) and Brandon needed a 25. He only had a 23. They did 3 laps.

BEVERLY BERRY VOLUNTEER OF THE MONTH

February's Beverly Berry VOM award goes to Tim Carrigg and Greg Saunders. Tim and Greg planned and organized our winter party this past month. They did a great job. Thanks for you hard work guys

Congratulations

Brian Meahan



TW RACING NEWS

MORE HELL'S KITCHEN RACE REPORTS By Brian Meahan

A group of about 15 or so Wheelmen ventured over to Hogeye Arkansas for the Inaugural Johnson Plumbing Road Race on a course that Ben Thigpen best described as not having an inch of flat road. You were pretty much either going up or down the whole time (seemed like a lot more up than down) and featured the Hell's Kitchen climb which was 1 1/2 miles long with the final 1/4 mile at 15%. Imagine doing the Killer hill at the Port of Catoosa twice and then doing Turkey Mt. and that's pretty close to what this was like. All I can say is it was cold, windy and steep.

Some of the brief results that I caught for the Wheelmen are below.

Men's 4/5

- Mitch Houtman - 1st place (I believe this was Mitch's first road race. Awesome)
- Gary Briepohl - 7th place
- Jeremy Stitt - 11th place (took the sprint from the first chase group)
- Craig Waldron stuck it out to finish his first road race on a very difficult course

Men's 40+

- Darren Brazeal - 3rd place
- Ben Thigpen - 2nd (in the chase group)
- Pete Lantz - 7th or 8th in the chase group I think

Men's 1/2/3

- Janne Hamalainen - 6th
- Brandon Cowart - 7th Place

Someone may have to correct me on these as I was picking them up from many different conversations, but all in all, the Wheelmen have continued their incredible start to the year with some great racing by all.

MORE HELL'S KITCHEN RACE REPORTS By Gary Breipohl

I entered the 4/5. You probably saw the report from Brian. I stuck with the first group over the hill on both climbs. The last time 4 Tyson boys, about 15 years old, went over first. Mitch and I were 6th & 7th over the hill. I helped him over the top as the grade flattened and he more that reciprocated by pulling me to the kids over the next three miles. We were joined by two others in the chase.

Mitch then made a very smart move by playing gatekeeper over the next couple of miles and letting the kids pull. Then when the sprint came, he was fresh and won by a wheel. I didn't ride a smart sprint and got tangled up with another rider, snapped one of his spokes on my derailleur. Nobody went down, but it unnerved me enough where I lost my "jump." I then regaining sprinting form and was closing fast at the line for 6th place, losing by a wheel.

In some ways I wish I had ridden the Master's as it would have been fun to help Darren. I suspect I would have had similar results...hanging on the hills but not able to close out with a sprint.

LOCHMOOR CRITERIUM RACE REPORT By Brian Meahan

A few brave souls (or gluttons for punishment) made the trip over to Arkansas March 7th for the first of the Lochmoor crits.

Unfortunately, Saturday's great riding weather made a fast exit and Sunday turned out chilly and windy. The course was a pretty straightforward loop with a fast downhill backstretch and then an uphill grind into 20+ mph head and cross winds. I missed most of the masters 40+ race, but it looked as though Adam Pratt was in a two man chase group going after the lead break. Not sure how that turned out as I managed to cut my arrival time as close as possible, only showing up about 15 minutes before the 4/5 race started.

The 4/5's started with the usual start line attacks. The first couple of laps were the normal sprint and slow down affairs up to about 15 minutes into the race where a couple of back to back attacks blew me out the back. Adam, racing again stuck with the lead group and was still with them when they caught me with 3 or 4 laps to go. There was one Tyson guy up the road and about 6 more in the lead group so I figured to just sit in the group and finish out the race when for some unknown reason, Tyson starts attacking off the front after their own guy (?). Not sure what was up with that, but I was once again blown out the back (btw. thanks for hammering my legs on Saturday Stitt). I didn't see the finish so Adam will have to fill everyone in on how he placed.

The performance of the day had to have been put in by Keith Winn. Racing in the 1/2/3 race, as one of the few riders without several teammates, Keith did a great job of being patient as one small group after another attacked, only to be reeled back in. Seemed like every break was missing someone from one of the stronger teams so the odd team out would go to the front to pull it back together. Meanwhile, Keith just went about business sitting in the front half of the



TW RACING NEWS

LOCHMOOR CRITERIUM RACE REPORT

(continued)

By Brian Meahan

group bidding his time. With about 4 laps to go, a strong looking group of 3 got away and looked like they were going to make it stick, but Tyson missed the move and was hammering on the front trying to bring them back. At the start of the bell lap, the 3 still had about 10 seconds on the group when one guy made a strong bridge and by the second turn it was a group of 4 heading into the fast downhill section. The pack lit it up at this point and brought everything back together coming into the last turn for the finish which was a long uphill drag into a crosswind. One guy (I think from Mercy) attacked hard and got a good gap, meanwhile Keith was out of the saddle sprinting in about 6th place. Half way up the home stretch, Keith had passed 2 of the guys in front and was battling it out for what looked to be a tight 3rd place finish. All in all, it was an incredible job capped off by an awesome sprint. Way to go Keith.

SALT CREEK CRITERIUM RACE RESULTS

Cat 5		
William Gault	Tulsa Wheelmen	1
Darren Brazeal	Tulsa Wheelmen	2
John McAllister	Tailwind Cyclists	3
Jason Ward	Tulsa Wheelmen	4
Dennis Beckmann	Tulsa Wheelmen	5
Matthew Miller	Tailwind Cyclists	6
Jeffrey Harris	BMC	7
Brian Smith	Tailwind Cyclists	8
Jesse Lehrman	Tulsa Wheelmen	9
Gary Parker	Tulsa Wheelmen	10
Craig Waldron	Tulsa Wheelmen	11

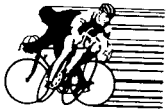
Masters 35+		
Ben Thigpen	Tulsa Wheelmen	1
Keith Franklin	Tulsa Wheelmen	2
Barry Haley	DSCC	3
Kary Cummins	Tulsa Wheelmen	4
Mr. Webb (Steve)	Tulsa Wheelmen	5
Keith Winn	Tulsa Wheelmen	6
Greg Shinn	Tulsa Wheelmen	7
Tim Carrigg	Tulsa Wheelmen	8
Darren Brazeal	Tulsa Wheelmen	9
Rich Chillingworth	Tulsa Wheelmen	10

4/5s		
Joey Mesa	Unattached	1
Jeremy Stitt	Tulsa Wheelmen	2
Russell McMahon	Tulsa Wheelmen	3
Will Gault	Tulsa Wheelmen	4
Mitch Houtman	Tulsa Wheelmen	5
Wade Colwell	Tyson	6
Shane Carter	BOT	7
Leonard O'Toole	Mercy	8
Sean Turbeville	Los Malos Racing Club	10

Women's Open		
Stacey Bertsch	Mercy	1
Priscilla Cazor	Unattached	2
Miranda Quigley	OBRU	3
Dawn Tyler	Unattached	4
Vivian Chwalinski	Unattached	5
Shaune Colwell	Tyson	6
Cheryl Thigpen	Tulsa Wheelmen	7

3/4s		
John Brest	CTE	1
Dave Billingsly	CTE	2
Brian DuVall	CTE	3
Buster Brown	Carve Bike Team	4
Roger Lomshek	Tailwind Cyclists	5
Thomas French	Team Power Train	6
Russell McMahon	Tulsa Wheelmen	7
Ronnie Cookson	CTE	8
Andres Angulo	Tyson	9
Jacob Irwin	Tyson	10

1/2/3s		
Blake McMahon	Team Power Train	1
Brandon Cowart	Tulsa Wheelmen	2
Jacob Lasley	Unattached	3
Alexander Welch	Team Power Train	4
Jacob Irwin	Tyson	5
Thomas French	Team Power Train	6
Robert Newell	DSCC	7
Keith Franklin	Tulsa Wheelmen	8
Eric Melton	CRRC	9
David Billingsly	CTE	10
Ben Silk	Team Power Train	11
Brian DuVall	CTE	12



TW RACING NEWS

WINTER SPIN COMES TO AN END

By Brian Meahan

Thanks to Malcolm McCollam for teaching the Wheelmen winter spin classes and to all of the folks who attended. Also, thanks for everyone's patience waiting for the new bikes to finally arrive.

Although the Wheelmen winter spin class is through for this season, several people had asked about attending other spin and/or group exercise classes. So we have set it up with Global Fitness for Wheelmen members to attend any of the spinning or other group exercise classes for the same \$7 rate. The classes are on a first come first serve basis so there is no sign up and with all of the new bikes there shouldn't be any problem accommodating everyone (makes it great for those rainy days that you don't want to ride outside).

Please note that not all of the bikes have spd pedals, but you can bring your own pedals and swap them out for the class. There is a schedule of all the classes at <http://www.globalfitnessusa.com> and the spin classes are listed below

M-W-F	6:00 am and 10:45 am.
T-TH	5:45 pm.
SAT	8:00 am.

TOP SIX THINGS TO DO BEFORE A RACE

By Brian Meahan

Top 6 things to do before a race (6 through 2 I had to relearn the hard way at the first race of the year)

6 - Pack everything the night before. Don't load it in the car yet so you'll have a chance in the morning to double check those four essential items (helmet, shoes, license and bike). You can pretty much race without anything else, but these you've got to have.

5 - Take everything with you even if you don't think you'll need it. Arm warmers, leg warmers, tights, jackets, cold weather and rain gear even if its the middle of august in Texas and there is no rain forecast. The stuff doesn't take that much room and its much better to have it and not need it than get stuck in a cold snap or thunderstorm without it (it has been known to snow in Texas at odd times of the year).

4 - Plan to arrive earlier than you think you need to. It never fails that you'll miscalculate the drive time or get delayed. By allowing extra time, you'll be able to warm up and prepare for the race without being stressed out.

3 - Get to the start line in the front half of the group. Don't dally around lining up or trying to make up for your missed warm-up. Those last few minutes won't matter anyway and you're much better off being in the front half of the group for a fast start rather than trying to work your way through the field.

2 - Expect the race to start fast. Every race, especially the cat 4/5 races, seems to start out fast. If you expect that and are ready for it you can position yourself early. If it does start out slow, you'll have an easier start and you'll still be amped-up and ready to go with the first attacks.

1 - Have fun. Cycling is much too hard of a sport to do if you're not having fun.

RACE TEAM PHOTO ATTACHED

Included in this newsletter is a black and white copy of the Race Team and Stagiaire Team photo taken at the March 14th Salt Creek Criterium. You can view the color photo at www.tulsawheelmen.com. Just click on Club Information and Tulsa Wheelmen Race Team. Boy don't those guys look fast.

Race Team Members Include:

Name/Category

BenThigpen/3
Brandon Cowart/1
Brian Meahan/4
Greg Shinn/3
Janne Hamalainen/3
Jeremy Stitt/4
Kary Cummins/3
Keith Franklin/3
Keith Winn/3
Marc Delametter/3
Tim Carrigg/3
Will Gault/4

Stagiaire Team Members Include:

Name/Category

Craig Waldron/5
Dale Mondloch/4
Darrell Meinen/3
Jim Bohanan/4
John Power/3
Malcolm McCollam/3
Mitchell Houtman/5
Rich Chillingworth/2
Russell McMahon/5
Adam Pratt/4





ALPINEER





Tulsa Wheelmen Club News

LITTLE 100 VOLUNTEERS NEEDED

By Adam Vanderburg

Dave Whittingham, Marketing Manager, of Inside Communications and publisher of VeloNews, Inside Triathlon, Peak Sports Press, Peak Sports Gear, Ski Racing, VeloGear, VeloPress, and VeloSwap is currently working with industry leaders and potential partners to help underwrite a national Little 100 program.

Dave's expectations are very ambitious and he hopes to see a pilot program in 4 - 5 other cities this fall. Further, he sees a much bigger campaign in 2005. He thinks the program can be run by local or state advocacy groups around the country. Marin County, Boulder, Madison, and Portland were all briefly mentioned. Advocacy organizations across the county are very strong right now and growing. I would expect to see a formal press release before summer.

Our local event continues to grow interest among Tulsa County Schools. Although we have a working board I'm a little concerned about the demand and need for sponsors and volunteers to reach all the schools and help with teaching necessary skills on "how to" race the Little 100. The opportunity to put Tulsa on the map with this program is very exciting but we need help. Please email or call me anytime if you would like to help, be a volunteer, or sponsor.

Thanks,
Adam Vanderburg
Little 100 Race Director

Adam can be reached at Lee's Bicycles on Peoria at 743-4285

ADVOCACY UPDATE

By Sandra Crisp

KIDS 1 (and other BikeEd classes):

The second Kids 1 class was held recently at Hicks Park. LCIs Tom Brown, Gary Parker and Brian Potter all showed up to offer their support and assistance. The class went pretty well, especially since the other 3 LCIs contributed lots of good information and testimonials. We ended up having 6 adults sign up (each bringing at least 1 child) and a couple showed-up not on the list. The recreation director counted 20 parents and children. Some of the adults present expressed interest in attending a Road 1 class if we have one in Tulsa. The full charge for this class would be around \$40 for the instructors and materials.

As a reminder, the four of us (Tom, Gary, Brian and me) are teaching a Kids 2 class for 9 - 14 year olds at Hicks Park during Spring Break. The Wheelmen are sponsoring this class only to the extent of promoting it and furnishing helmets to children who don't have them. OBC is providing administrative support. Tulsa Parks is furnishing the facility. Kids 2 is a heavily on-bike course similar to the adults Road 1 course.

Bike Summit and OBC:

I attended the National Bike Summit in Washington D.C. in March along with Adam Vanderburg. We had meetings scheduled with the entire Oklahoma legislative delegation except Istook. Last year, we met with about half the Congressmen and their staff and the other half with their transportation staff person. The National Organizations have considerable interest in Inhofe because of his leadership role on Transportation in the Senate.

Exodus Hose:

I'd spoke to you about the Exodus House pilot project to provide two individuals with commuting set-ups this year. Everyone I've spoke with likes the idea. The director of Exodus House is for it. Adam Vanderburg has told me he sees a real need for this type of outreach throughout our area. Libby Stalter (Freewheel Director) has even offered to give us all the unclaimed bike stuff they've accumulated from Freewheel. I'll keep you informed as this project progresses.



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Homelife Association

presents



Saturday, April 3, 2004

**5K Run and
10K Time Trial for Bicycles**

Your chance to race on Riverside Drive!

For more information, call:

(918) 745-1114

proceeds support Homelife Association
a not-for-profit organization which provides residential
services to individuals with developmental disabilities.

The Tulsa Wheelmen present:

AVERY DRIVE TIME TRIAL SERIES

on Avery Drive in Tulsa, OK

April 10th, May 1st, 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 23rd street. Go west on 23rd (it turns into 21st) 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 23rd street. Go west on 23rd (it turns into 21st) 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



***|?! ?!**
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 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. 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 10th of the month.** Other advertising rates available upon request. Make check payable to **Tulsa Wheelmen**. Mail ad directly to Marc or Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135. or e-mail to delafam@sbcglobal.net. **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

BICYCLE WEB SITES

Adventure Cycling: www.adv-cycling.org. Information on bicycle touring in the United States and worldwide.

Bicycling Magazine: name says it, www.bicyclingmagazine.com.

Bikes Belong! Coalition: www.outdoorlink.com/bikes-istea

Congressional bicycle advocacy.

Bicycle Federation of America: www.bikefed.org

Bicycle issues and advocacy.

Bike Plan Source: www.bikeplan.com

Great site for community bike planning information. (Yes, Tulsa planners, other people have already invented the wheel.)

FreeWheel Oklahoma:

<http://www.okfreewheel.com>.

Information about FreeWheel Oklahoma 22nd Annual Bicycle Tour, June 12-19.

ISTEA: www.istea.org

Update information on the upcoming ISTEA legislation.

League of American bicyclist:

www.bikeleague.org.

Bicycle advocacy.

Mountain Bike Daily:

www.mountainbike.com.

Mountain bike stuff.

Oklahoma Runner Magazine:

www.runningnetwork.com.

Information Oklahoma running events.

Runner-Triathlete:

www.runningnetwork.com/RunTriNews.

Triathlon and running information by region.

The San Francisco Exploratorium:

www.exploratorium.edu/sport/.

The Science of Bicycling, facts and information.

Sydney Morning Herald: www.smh.com.au

Because the 2000 Olympics is closer than we think.

Transportation Policy Project:

www.islandnet.com/~litman.

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

The Tulsa Wheelmen Web Site:

www.tulsawheelmen.com

USA Cycling: www.usacycling.org

National and regional schedules.

U.S. Olympic Committee:

www.olympic-usa.org.

Olympic information including cycling.

VeloNews: www.velonews.com

The journal of bicycle racing.

BECOME INVESTED IN TULSA BICYCLING

JOIN THE TULSA WHEELMEN!

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.**

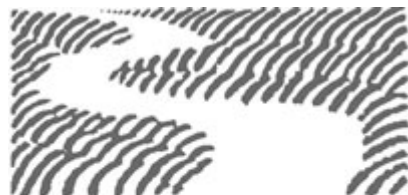
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Tulsa Wheelmen Newsletter

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 10th of the month prior to publication. Send submissions directly to **Marc & Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135** or to **Tulsa Wheelmen Newsletter Editor, P.O. Box 52242, Tulsa, OK 74152-0242**.

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



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

RETURN SERVICE REQUESTED



INSIDE THIS ISSUE
RACE REPORTS
RACE RESULTS
RACE FLYERS ATTACHED

