

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, 2008

Volume 31, Number 4

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The Learning Curve of Categories by Davis Hale

The first three races of this season have definitely confirmed one fact: There is a huge learning curve from each Category of racing. One may refer to this learning curve as an adaptation to speed, however, I see the change more in the dynamics of racing. Category 5 racers are usually new and anxious to flex their muscles. This type of erratic effort usually ends up with multiple wrecks and unorganized breakaways. When I jumped from Cat 5 to 4, I noticed riders more likely to work together and stay in a group. Most 4 races I entered came down to a group sprint.

The jump from 4 to 3 was a significant reality check. Category 3 races are more team oriented and the attacks are more severe. Rarely will one rider be able to hold off a chase

group. These races involve more tactics and ability to read the race and know when to extend the most effort. I realized in Cat 3 races, the strongest rider does not always win. On any given day, a different person can decide to hammer down and surge to victory.



Obviously the largest difference in Categories is from 3 to 1/2. Precision is the key in this category. I noticed gaps are more difficult to close and jumps are extremely hard and fast. There are also attacks after attacks after attacks. And then there will be a counter attack. This level of racing involves quick decisions being made in extreme oxygen debt. Riders

dropped from the field very rarely can chase back on. Then there is the issue of the gutter. Good racers at this level will use all means necessary to eliminate the slipstream of the draft (if you are on an opposing team). Communication between teammates is critical in these races. One hesitation and you are 10 riders back struggling to hang on.

Regardless of each learning curve, our team is dedicated to helping new riders learn more about their Category. Most anyone can adjust to the jump in speed from each Category upgrade, it just comes down to who can suffer the most.



TULSA TOUGH RIDE & RACE



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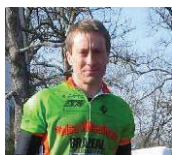
May 2008: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						8AM-"No Wimps" 8AM Racer 's Training Ride OKC TT series #2 Tour de Tulsa Johnson's SR (KS)
4	5	6	7	8	9	10
8AM-"No Wimps" Ride 8AM Racer's Training Ride Johnson's SR (KS)		<i>TW Crit Series</i>		Joe Martin SR (AR)	Joe Martin SR (AR)	8AM-"No Wimps" Ride 8AM Racer 's Training Ride Joe Martin SR (AR)
11	12	13	14	15	16	17
8AM-"No Wimps" Ride 8AM Racer's Training Ride Joe Martin SR (AR)	CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	<i>TW Crit Series</i>		Tour of AR (Russellville, AR)	Tour of AR	8AM-"No Wimps" Ride 8AM Racer 's Training Ride Tour of AR
18	19	20	21	22	23	24
8AM-No wimps 8AM Racer's Training Ride Tour of AR						8AM-No wimps 8AM Racer 's Training Ride
25	26	27	28	29	30	31
8AM-No wimps 8AM Racer's Training Ride		<i>TW Crit Series</i>			Tulsa Tough (May 30-June 1st)	8AM-No wimps 8AM Racer 's Training Ride Tulsa Tough

Tulsa Wheelmen

Meet the Team (Name-Race Category) New Team Member for 2008



Tom Shriver-3



Nathan Leigh-2



Brian Metz-3



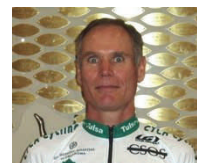
Kary Cummins-2



Chris Cauthon-4



Alan Good-3



Keith Franklin-2



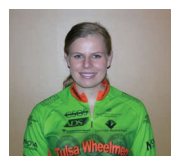
Dustin Weaver-4



Ben Thigpen-3



Cheryl Thigpen-3



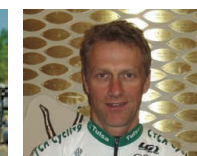
Traci Leigh-4



Phil Stauner-3



Mark Delozier-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-2



Heidi Gault-3



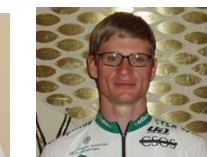
Jeremy Stitt-3



Jim Bohanon-3



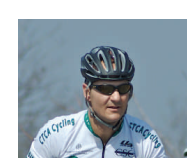
Edgardo Delgado-4



Scott Gibson-1



Randall Clayborn-3



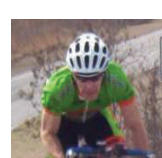
Greg Ingram-3



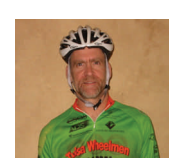
Ben Silk-3



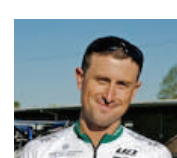
Byron Harvison-4



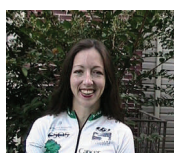
Gary Breipohl-3



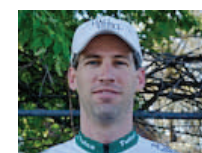
Pete Lantz-4



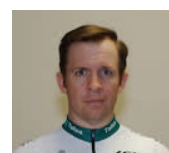
Eric Melton-2



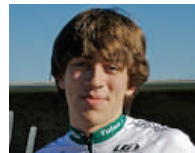
Lauren Miller-3



Kyle Freeman-4



Darren Fritz-4



Ben Grabow-4



Rafael Santiago-4



Davis Hale-2



Mitch Houtman-3



Chris Zenthoefer-2



Joey Bayles-5



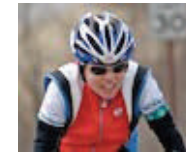
Jeff West-4



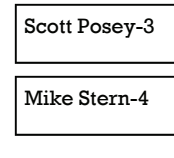
Chris Genske-4



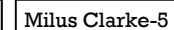
Todd Reed-4



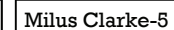
Helene Carabin-3



Scott Posey-3



Mike Stern-4



Milus Clarke-5

Don Tardiff-5

Rob Chance-5

Rich Gulotta-5

John Allen-3

Jay Blankenship-2

Andy Malcom-1

Shane Carter-3

Brett Clark-5

James Hiatt-5

Mark Jackson-5

Ryan Kruger-5

Robert Lemaster-5

Don Renberg-5

Ivan Rodriguez-5

Jim Buchan-3

Alex Schneider-3

Christian Verry-4

Corbin Wantland-5

What is up with Coconut Oil? By Lenka Shriver



Question: I know olive oil is supposed to be healthy but I have recently heard that coconut oil is healthier than olive oil and helps with weight loss. Should I replace olive oil in my diet with coconut oil?

Answer: Olive oil has great health benefits because of its chemical structure and biochemical function in the body. It is composed primarily of monounsaturated fatty acids that have the ability to lower LDL cholesterol (the "bad" cholesterol) in the blood. The health benefits of olive oil have been demonstrated by research studies in the Mediterranean region where a higher consumption of olive oil and olives has been directly linked to a reduced risk of heart disease in the local populations (hence the "Mediterranean Diet").

Although coconut oil has become more popular over the last few years and some people even promote a "coconut diet" as a cure for

a variety of health issues including overweight and thyroid problems, I definitely do not recommend substituting olive oil with coconut oil in your diet. Coconut oil is very high in



saturated fat (approximately 92% in coconut oil is saturated) and thus has the same negative effect on your cholesterol levels as saturated fats that are found in animal food sources such as butter, high-fat meats and dairy. The current recommendation of the American Heart Association and the American Dietetic Association is to consume less than 30% of total calories from dietary fats while limiting the consumption of saturated fats to less than 10% of your total energy intake. At the

same time, many of us should work on increasing the proportion of calories we consume from healthy fats, such as monounsaturated fats found in olive oil and polyunsaturated fats found, for example, in fatty fish like salmon. Trans fats (trans fatty acids found mainly in processed foods) should be kept to a minimum in our diets because of their negative effect on blood



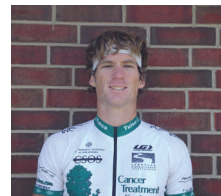
cholesterol (increasing LDL cholesterol and decreasing the "good" cholesterol-HDL). Luckily, the Food and Drug Administration now requires that the food manufacturers add information about trans fat to all food labels so consumers like us can make healthy food choices.



Congratulations to our two award winners for March.

Teammate of the Month goes to Davis Hale. Many people sent in their nominations after hearing about his selfless act of stopping in the NWA race to give Janne a wheel.

Racer of the Month was earned by Will Gault. He already has a 1st, 4th and 5th to his credit with a lot of racing still to come.



Davis Hale
March 2008
Teammate of the Month



Will Gault
March 2008
Racer of the Month

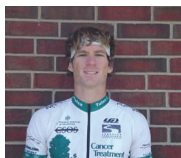
StatCorner



Will Gault captured the victory by storm at NWA Classic road race in very wet conditions



Shane Carter got his 1st victory as a CTCA/TW racer at Flint Ridge circuit race in Kansas, OK.



Davis Hale, Helene Carabin and Todd Reed all captured wins in OKC Velo's time trial series #1 on Saturday (4/19).

2008 OKC Time Trial Series #1 on 4/19/08

M1/2/3:		
Davis Hale	1st	18:45
M4/5:		
Todd Reed	1st	18:48
Kyle Freeman	5th	19:23
W1/2/3:		
Helene Carabin	1st	21:08
Mixed:		
Carabin/Hale	1st	19:10

2008 NWA Top Results

3/30/08

Cat 1/2:

Will Gault	1st
Chris Z	3rd
Jay Blankenship	5th
Kary Cummins	6th
Eric Melton	7th
Andy Malcom	8th
Janne Hamalainen	9th

W1/2/3:

Lauren Miller	2nd
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Cat 3:

Shane Carter	7th
Alan Good	8th

Cat 4:

Paul Miller	16th
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Cat 5:

James Hiatt	13th
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Master's 50+

Scott Posey	1st
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2008 Bazaar RR

4/5/08

Cat 1/2/3:

Andy Malcom	2nd
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Cat 4:

Christian Verry	6th
Edgardo Delgado	13th
Dustin Weaver	14th
Jeff West	15th

Cat 5:

James Hiatt	2nd
-------------	-----

2008 Bazaar RR

4/5/08

Master's 50+

Scott Posey	5th
Gary Breipohl	7th

2008 Flint Ridge Top 10 Results 4/12/08

Cat 1/2:

Janne Hamalainen	3rd
Davis Hale	7th
Will Gault	8th
Chris Z	9th

Women's Open:

Heidi Gault	5th
Lauren Miller	9th

Cat 3:

Shane Carter	1st
Alex Schneider	4th
Alan Good	8th

Cat 4:

Dustin Weaver	8th
Christian Verry	9th
Todd Reed	10th

Cat 5:

Rich Gulotta	9th
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Master's 40-50

Jim Bohanon	5th
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Master's 50+

Edgardo Delgado	2nd
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2008 Ft. Davis Hammerfest Stage Race 4/12-13/08

Women Cat 3:	GC
Helene Carabin	3rd

2008 Rocky Mount Stage Race 4/12-13/08

Women Open:

Lauren Miller	10th
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Cat 4:

Paul Miller	15th
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Scott Posey (no picture available) won the Master's 50+ race at NWA

Tulsa Wheelmen Info Pages

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	5:30 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Wed	Wed Night Ride	Jackson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr-Oct
Sat/Sun	Racer's Training Ride	31st & Riverside Parking lot	8AM (Summer time)	4/C/c-d	May-Oct
Sat/Sun	"No Wimps" ride	Wright School	8AM	4/C/d	All Year

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.

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

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

BRAZEAL
MASONRY INC.

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**

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.

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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

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!

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 Tonja Pitzer, Membership Director

(info on left)



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

Inside This Issue

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Race Team Results

Coconut Oil by Lenka Shriver

