

TW Editor:
Alan Good

Tulsa Wheelmen



Newsletter

October 2009

Volume 31, Number 7

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Har-ber Meadows Race Report by Kary Cummins

For most this race marks the end of the racing season. However, for me this year it marks only my second race of the year. It was really fun to be racing again and with it being only my second race, it was fun and exciting. I even brought my camera, which usually is reserved for only the first few races of the year. I took a few pictures and wanted to share them with everyone. I apologize if I missed anyone. Also, these are just my thoughts. If I get it wrong, please, give us your own race reports which I'm sure will be more accurate.

Cat 4-5 Race

The Cat 4-5 race was the first I could watch. We had Bob LeMaster in this one. The weather was overcast all day with a pretty still wind from the East. This made for a gutter-fest on the back stretch. Bob seemed to be very attentive and made a couple of attempts to get in a break, but it just wasn't to be. I think it ended up being a pack sprint. Good job, Bob. It's hard to be in a race of about 40 and not have teammates. As with many 4-5 races it looked like a race of attrition.

Cat 4 Masters 30+/Masters 55+

The Cat 4 Masters 30+ / 55+ race was next. With a small field we had three racers. A strong 55+ rider got off the front solo for most of the race. The rest of the pack looked content to just ride around in circles. Our guys finished strong with yet another pack sprint finish. I don't have the results or entry sheets so I don't know every in the race, however I think Ivan Rodriguez (TT rider on the right) got 3rd.



It was a pretty sight. They were there for at least half the race. However there were too many strong teams not represented in the break and our two were pulled back. But wait... Immediately Chris Moore countered. It was perfect. However he was alone and again the pack reeled him in. But wait... A second counter by none other than Kyle Freeman. He tried to wait for others to bridge across, but no one came. Again, the pack was relentless and pulled him back. This set it up for a sprint finish which would have had one of our best riders contending for the win, Ben Silk, but he flatted with less than two to go. The rest of the team positioned themselves well, and Chris Moore had enough time to recover from his earlier efforts to throw down a vicious sprint, getting 3rd out of the fierce competition. It was pretty to watch. If you weren't there, you missed a really good display of teamwork. Nice job guys!!



Cat 3-4

The Cat 3-4 race was awesome. We had at least 5 strong riders. It was great to see that they talked before the race and had a plan. It was apparent early on what that was when Ben and Alan got off the front together.



See page 2 for rest of race report



TULSA TOUGH RIDE & RACE

Tulsa Tough Race Team sets record with 58 wins in 2009 breaking the previous record of 41 wins from 2008! See page 6

Harber Meadows Race Report (Continued) by Kary Cummins

The Women's Open race was next. Rabyne Rogue was our lone woman in the race. It looked very dynamic but with a small field it looked hard for them to get any sustained hard efforts to get a group away, that was until close to the end of the race. Three got away and with all of the major teams represented, it was hard for any organized chase to form. Rabyne didn't make the break but made the most of it with the win of the pack sprint finish. I think that gave her 4th for the race. Good job Rabyne.

We were represented well in this one. We had some fresh blood along with a few that had doubled up on the day. Janne, Chris Z and Jeremy were the fresh meat. Yes, Jeremy. He came out of retirement in order to start his training for cross. Also, he swore that Shane told him it was a duathlon. Right... Anyway, you know Chris. He wanted us to make the race hard. I, on the other hand, didn't. A nice easy race with a sprint finish was all I needed. Well, Chris got his wish. It was hard. I spotted the Arkansas State Championship jersey and was glued to his wheel. OUCH!! He laid down some attacks that were fierce. I was able to cover a few but had to let Janne, Chris and Shane do the rest. Jeremy tried to make it hard as Chris mentioned in our pre-race meeting. He got on the front and put the hammer down. However, no one was willing to let him recover after his hard pull. This made for a short day for him, but was helpful for the overall outcome of the race.



With the crosswind now blowing the hardest of the day, the gutter was where everyone wanted. This proved to be a dangerous spot for our own Ben Silk. 4 people trying to occupy the same spot at the same time doesn't usually work. Ben got bumped and banged into, which lead to him going down hard. It all happened just to my front and left. It was a thing of beauty and seemed to go on for minutes. Ben fought the good fight to stay rubber side down. With his right leg clipped out, flying all over trying to regain his balance and control, I thought he was going to pull it off, however, the last bumper in the pinball game he was a part of sent him down and into the curb. I hope you're okay, Ben. For what it's worth, it was a sight to see. And for the rest of the race everyone only occupied one spot at a time.



There were so many attacks and counter-attacks it was hard to count. Chris, Janne and Shane got in several but nothing stuck. Until, somehow Chris found the right one. This break had the right teams and the right amount of horsepower. It worked. The rest of us tried our best to protect the break's lead. The gap hovered around the 25 second mark which proved to be just enough. Chris gave it everything he had for the sprint and led all the way until the last 20 feet of the sprint, which was where the other Chris (AK State Champion) nipped him on the line.

On the last lap Shane and I tried our best to deliver Janne to the last corner so that he could take the pack sprint. Our efforts came up a little short with me not being in such great shape, and Janne was left on his own for about the last half of the lap. Janne being Janne gave everything and dug deep, but it wasn't to be. He still had a lead going into the last corner but the teams with sprinters were able to get them to the 200 meter line and they did the rest. I was so far back that I didn't get to see the finish. We'll have to wait for the results to see how it all shook out.

Thanks guys. It was an awesome race. Fun. Hard. Exciting. Painful. Teamwork. Everything that we do this for.

Hope to see you all out for the Soundpony Crit in Tahlequah next weekend. It will be the final race of the year as far as I know. And will definitely be the last for me this year. See you there.

Kary



Tulsa Wheelmen Stat Tracker: Wins by Year

2009:	58*
2008:	41
2007:	39
2006:	22

* Team Record



October 2009: 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 Racer's Training Ride
4 8 AM Racer's Training Ride	5	6 <i>Fall Cross Practice</i> 5:30-7pm	7	8	9	10 8AM Racer's Training Ride
11 8 AM Racer's Training Ride OBRU Cyclocross (OKC, OK)	12 CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	13 <i>Fall Cross Practice</i> 5:30-7pm	14	15	16	17 Sandsprings CX (OK)
18 Chandler Park CX (Tulsa, OK)	19	20 <i>Fall Cross Practice</i> 5:30-7pm	21	22	23	24 Purcell CX (Purcell, OK)
25 Purcell CX (Purcell, OK)	26	27 <i>Fall Cross Practice</i> 5:30-7pm	28	29	30	31 <i>Halloween</i> Chandler Park CX (Tulsa, OK)

Tulsa Wheelmen

Stat Corner

2009 Race Days

Andy Malcom	35
Will Gault	31
Nathan Leigh	30
Cailean Carlberg	29
Helene Carabin	27
Paul Miller	27
Lise Olivier	26
Ben Silk	26
Lauren Miller	24
Chris Zenthoefer	24
Edgardo Delgado	23
Rabyne Rogue	23
Alan Good	20
Ivan Rodriguez	20

2009 TW Award Winners

Teammate of the Month:

Edgardo Delgado	August 2009
No pick	July 2009
Janne Hamalainen	June 2009
Garrett Grow	May 2009
Paul Miller	April 2009
Jeff West	March 2009

Racer of the Month:

Lise Olivier	August 2009
Ben Silk	July 2009
Janne Hamalainen	June 2009
John Brestovansky	May 2009
Rabyne Rogue	April 2009
Helene Carabin	March 2009

USCF Season Wins

Bold = Active Race Team Member

Helene Carabin	2009	16
Will Gault	2009	12
Will Gault	2004	12
Janne Hamalainen	2009	10
Helene Carabin	2008	10
Keith Franklin	2004	9
Will Gault	2008	6
Janne Hamalainen	2004	6
Todd Reed	2008	6
Ben Thigpen	2005	6
Lauren Miller	2007	5
Jeremy Stitt	2004	5
Tim Carrigg	2004	4
Davis Hale	2007	4
Mark McClay	2004	4
Marcela Nova	2005	4
Ben Thigpen	2004	4
Shane Carter	2008	3
Rich Chillingworth	2004	3
Keith Franklin	2005	3
Heidi Gault	2007	3
Mitch Houtman	2005	3
Andy Malcom	2008	3
Lise Olivier	2009	3
Keith Winn	2004	3
Ben Silk	2009	3
Phil Stauner	2007	3
Gary Breipohl	2007	2
Chris Cauthon	2005	2
Kary Cummins	2007	2
Darren Fritz	2006	2
Will Gault	2007	2
Devin Gilpin	2006	2
Davis Hale	2008	2
Janne Hamalainen	2006	2
Rob Lemaster	2008	2
Russell McMahon	2004	2
Lauren Miller	2008	2
Rabyne Rogue	2009	2
Cheryl Thigpen	2006	2
Chris Zenthoefer	2008	2
Chris Zenthoefer	2007	2

(Note: 2 or more season wins)



Career Wins (2004-Present)

Bold = Active Race Team Member

Will Gault	32
Helene Carabin	26
Janne Hamalainen	20
Keith Franklin	13
Ben Thigpen	12
Lauren Miller	8
Jeremy Stitt	7
Todd Reed	6
Davis Hale	6
Gary Breipohl	5
Tim Carrigg	5
Ben Silk	5
Chris Zenthoefer	5
Kary Cummins	4
Mitch Houtman	4
Andy Malcom	4
Mark McClay	4
Marcela Nova	4
Phil Stauner	4
Cheryl Thigpen	4
Shane Carter	3
Rich Chillingworth	3
Heidi Gault	3
Rob Lemaster	3
Lise Olivier	3
Keith Winn	3
Chris Cauthon	2
Darren Fritz	2
Devin Gilpin	2
Alan Good	2
Malcolm McCollam	2
Russell McMahon	2
Rabyne Rogue	2

(Note: 2 or more career wins)

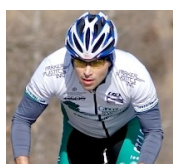


Tulsa Wheelmen

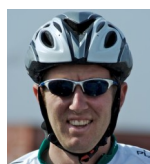
Meet the Team (Name-Race Category) New Team Member for 2009



Nathan Leigh-2



Shane Carter-2



Brian Metz-3



Kary Cummins-2



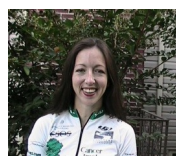
Chris Genske-4



Alan Good-3



Keith Franklin-2



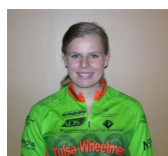
Lauren Miller-3



Ben Thigpen-3



Cheryl Thigpen-3



Traci Leigh-4



Phil Stauner-3



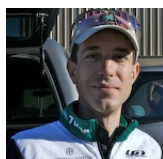
Don Tardiff-5



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-1



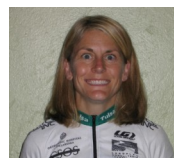
Edgardo Delgado-4



Jeremy Stitt-2



Jim Bohanon-3



Heidi Gault-3



Dustin Weaver-4



Chris Zenthoefer-2



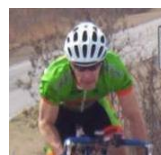
Eric Melton-2



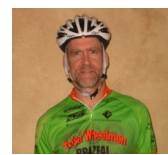
Ben Silk-3



Helene Carabin-2



Gary Breipohl-3



Pete Lantz-4



Paul Miller-4



Brandon Johnson-4



Kyle Freeman-3



Darren Fritz-4



Todd Reed-3



Rafael Santiago-4



Jeff West-4



Mitch Houtman-2

Andy Malcom-1

Rob Chance-5

John Allen-3

Rob Lemaster-4

Christian Verry-4

Milus Clark-4

Rebecca Byers-4

James Hiatt-4

Ivan Rodriguez-4

Scott Posey-3

Mike Stern-4

Eric Andelin-4

Alex Bradley-3

John Brestovansky-3

Jay Blankenship-2

Jim Buchan-3

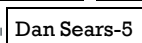
Richard Gulotta-4

Doug Wheeler-5

Tina Fountain-4

Lise Olivier-2

Austin Roberts-3



Rae Mcsweeney-4

Sam Roberts-4

G. Sellmeyer-4

Kara Holland-4

Patrick Sadler-4

Lori Ginn-4

Cory Hair-5

Sean Lang-5

Cailean Carlberg-2

Shawn Depew-1

Chris Moore-3

Garrett Grow-3

Rabyne Rogue-3

John Fisher-5

Kyle Shay-4

Kevin Frankenburger-4

Nich Fernandez-5

Julie Swagerty-4

Kendall Johnson-5

Scott Rodehaver-5

David Lawrence-5



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	Johnson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr 5th
Sat/Sun	Racer's Training Ride	35th & Riverside	8 AM	4/C/c-d	Year round
Sun	"No Wimps" 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.

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

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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.

Tulsa Wheelmen Staff

Newsletter Staff

Editor: **Alan Good**

Hm: 405-612-4847

newsletter@tulsawheelmen.com

Distribution: **Tom Potter**

437-9419

Web Site: **Kary Cummins**

Kary.Cummins@level3.com

Officers

President: **Tim Carrigg**

Hm: 918-645-1143

president@tulsawheelmen.com

Treasurer: **Edgardo Delgado**

treasurer@tulsawheelmen.com

President Elect: **Open**

Secretary: **Lauren Miller**

secretary@tulsawheelmen.com

Membership Director: **Tonja Pitzer**

membershipdirector@tulsawheelmen.com

Race Team Director:

Chris Zenthoefer

raceteamdirector@tulsawheelmen.com

Avery Drive Clean-up:

Open

CCP: **Ren Barger**

ccpdirector@tulsawheelmen.com

Advocacy Director: **open**

Webmaster: **Kary Cummins & Jeremy Stitt**

Race Event List: **Lauren Miller**

eventlist@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 Traci Haines, Membership Director (info on left)



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



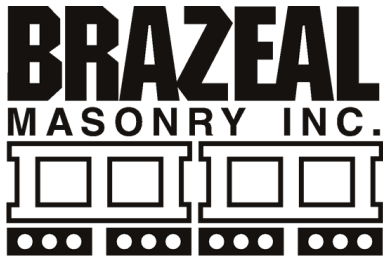
Inside This Issue

Har-ber Meadows by Kary Cummins

Race Stats

Monthly award winners

2009 Tulsa Wheelmen Sponsors



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www.tulsawheelmen.com

