

TULSA WHEELMEN



**THE OFFICIAL NEWSLETTER OF
THE TULSA WHEELMEN CYCLING CLUB &
THE TULSA TOUGH RACING TEAM**



April/May 2011
Volume 33, Number 2

Tulsa Tough - Making it Look Easy

2011 Season Starting with a Bang for Race Team

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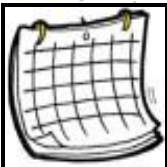
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By—TW Editor

It didn't take long for the winter work-outs to turn into winning race days for the Tulsa Tough and Tulsa Tough Elite teams. Results have been pouring in from both local and regional races; making Tulsa Tough a fierce opponent all the way from Cat 5's to the field of elites.

Through April 10th, 102 race days had produced 75 top-ten finishes and 27 podium positions.



Jay Blankenship & Janne Hamalainen dish out the pain at the Salt Creek Criterium.

Race teams can check out the upcoming events on page 3 or on the website:

<http://www.tulsawheelmen.com/events.php>

Also, team members, remember to log your results. Good Luck!

Local Racer Needs Our Help...

On the night of April 1st, local cyclist and Team Soundpony racer Gabe Speth was riding his bike on 15th St. and was hit by a motorist. The motorist fled the scene and after being found soon after, Gabe was rushed to St. John's Medical Center in critical condition. Gabe suffered serious brain trauma and has been as St. John's ever since. He continues to fight and has made progress, but faces a very long road ahead. Updates on Gabe, events, donation opportunities and even a line of T-Shirts are listed on the Gabe Speth website. Check out the link and find a way to get involved.



<http://gabespeth.info/default.aspx?siteid=4>

Podium Count Thru 4/10/11			
Racer	Place	Count	
William Radler	1	2	
Chad Cagle	1	1	
Gary Breipohl	1	1	
Helene Carabin	1	2	
Mathew Ankney	1	1	
Rafael Santiago	1	1	
Sam Roberts	1	1	
Tim Carrigg	1	1	
Chad Cagle	2	1	
Edgardo Delgado	2	1	
Garrett Grow	2	1	
Gary Breipohl	2	1	
Helene Carabin	2	1	
Janne Hamalainen	2	1	
Kyle Freeman	2	1	
Rafael Santiago	3	3	
Helene Carabin	3	2	
Aubree Dock	3	1	
Chad Cagle	3	1	
Gary Breipohl	3	1	
Janne Hamalainen	3	1	
Jason Waddell	3	1	

On the Web: www.tulsawheelmen.com

Tulsa Tough Women—Smoking it at Fort Davis Hammerfest

By Hélène Carabin

This is one of my favourite races of the whole year and I always write an article about it because there is always something interesting happening at that race. The start is in altitude so the performance of each of us really depends on tolerance to lack of oxygen! I got Liz into coming last year and we both decided to go down there. Of course, we also went down with my husband Gil, our son and his Nanny, as well as a few team mates of Paul. So we rented a really nice house just 1 miles from downtown. We all arrived on Thursday night so that we could pre ride the Saturday hill climb course. This was followed by a nice dinner with wine and friends. We knew that the week end would be very hard, however, because the forecast was for very high winds each day.

Stage 1: Road Race Hill Climb, 16 miles, from Fort Davis to the top of McDonald observatory. They usually start all women (cats 1-4) together for this one so we must have been about 30 at the start. We were not too sure what to expect from the other cat 1,2s but I had noticed that one was listed as "US Mountain Bike Development Team". So I must admit that this scared us off a little. It started very aggressive, which is very untypical for a women's race, especially for a hill climb! There were 2 girls who, even though not on the same team, seemed to help one another. So for the first time, we actually got to the first climb quite fast. And, as expected, these 2 girls went, and they went hard! At the top of the hill, we were 4, those 2 girls, a cat 3 girl, and myself. Liz was right behind, but wisely decided to take it her own speed and not blow herself up. I managed to stay with them for another 3 or 4 hills and then had to back off, they were just too strong. I got to the top about 2.5 minutes behind them, in 3rd place. Liz was about 2 minutes behind me, in 5th place.



Stage 2: Time trial, 16 miles. Liz and I knew that this would be a hard one. The winds were gusting at 50 mph and constant at 25-30 mph, even though they were expected to decrease to about 20-25mph by the time would start right after 5PM. Liz and I were hoping to make up a little time there since we had heard that those 2 girls did not have TT bikes. The good thing that Gil gave us feedback about the wind and... the fact that there were wild

fires heading to the TT course. A few minutes later, Monty Maughan (a 60+ guy on the PG 13 team) told us that the TT had been cancelled due to wild fires. And then, the REAL TT started. Our son and the Nanny were at the observatory with no cell connection, so no way to contact them to tell them to come back. The fires were getting closer to the house. We were watching them progress with the binoculars.

Then the house owner called us and told us to get out, quickly! So we took the most valuable things (the bikes) and ran out. One of Gil's team mate came with his big truck and picked all the bikes up. Gil and I left the clothes behind (and I stupidly forgot my "wallet – a Ziploc bag with credit cards in it) and my Keanon glasses!

(Continued on page 7)

Monthly Awards



Feb/March 2011 Racers of the Month

Male: Rafy Santiago
Female: Helene Carabin

Feb/March 2011 Teammate of the Month

Male: Mark DeLozier
Female: Cheryl Thigpen

Recent Upgrades

Rafael Santiago	4 to 3
Rebekah Dilley	4 to 3
Aubree Dock	3 to 2

Tulsa Represents on the West Coast

Tulsa Tough Elite Team member Janne Hamalainen headed west and struck gold at the Sea Otter Classic in Monterey, CA. The Sea Otter Classic was held the weekend of April 16-17. It began in 1991 and has grown into one of the largest Grand Fondo, elite race and consumer expo events in the region with over 8,000 participants and 50,000 athletes. Janne competed with some of the best racers in the country and reached a 4th place in the Masters 45+ Circuit Race on Saturday. Sunday, however, Janne found himself at the front of the field and atop the podium in the 72 mile Masters 45+ Road Race; even beating the current reigning Masters National Champion.



Congratulations Janne!

APRIL 2011

Visit www.tulsawheelmen.com for updates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Iron Pig TT Fayetteville, AR Little River Chlng Ashdown, AR
3 Bazaar Rd Rc Bazaar, KS Tour of Flanders VSHD - 3:00 CST	4	5 TW Training Crit Series Tulsa, OK	6	7	8	9
10 Bella Mira Crit OKC, OK Lincoln Road Race Lincoln, AR Paris Roubaix VSHD - 3:00 CST	11	12 TW Training Crit Series Tulsa, OK	13	14	15	16
17	18	19 TW Training Crit Series Tulsa, OK	20	21	22	23 OKC Velo TT OKC, OK Fleche Wallonne Recap VSHD 5:00
24 Liege Bstn Liege VSHD - 2:00 CST	25	26 TW Training Crit Series Tulsa, OK	27	28	29 CGSC TT Lowemont, KS	30 Tour de Hills Harrison, AR Woo Hoo Ladies Crit Leavenworth, KS Woo Hoo Ladies TT Lowemont, KS

May-11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 J Sheehan RR Leavenworth, KS The Bike Rte Spr TT Fayetteville, AR Tour de Romandie Recap VSHD 12AM	2	3 TW Training Crit Series Tulsa, OK	4	5 Joe Martin Stage Race Fayetteville, AR	6 Joe Martin Stage Race Fayetteville, AR	7 Joe Martin Stage Race Fayetteville, AR
8 Joe Martin Stage Race Fayetteville, AR	9	10 TW Training Crit Series Tulsa, OK	11	12	13	14 OKC Velo TT OKC, OK
15 Amgen Tour of Cali VSHD 4:00 CST	16 Amgen Tour of Cali VSHD 4:00 CST	17 Amgen Tour of Cali VSHD 4:00 CST	18 Amgen Tour of Cali VSHD 4:00 CST	19 Amgen Tour of Cali VSHD 4:00 CST	20 Amgen Tour of Cali VSHD 4:00 CST	21 Amgen Tour of Cali VSHD 5:30 CST
22 Palmer Snd Sprgs Crit Sand Springs, OK Amgen Tour of Cali VSHD 5:30 CST	23	24 TW Training Crit Series Tulsa, OK	25	26	27	28 Gary Gikmn Crit Dallas, TX
29 GS Tenzing Crit Ft. Worth, TX	30 GS Tenzing Crit Ft. Worth, TX Memorial Day	31 TW Training Crit Series Tulsa, OK				

Who's in the Hoods: **Aubree Dock**

1. When did you start riding/racing bicycles and why?

I raced one race in 2008 to try it out and immediately got hooked, I hung up my skates following the end of my 2008 season (I was playing roller derby) and started racing the beginning of 2009!

2. What was your first race bike and where is it today?

My first race bike was my 2009 Specialized Ruby Pro and I'm proud to say, though she's been beat up a bit in a few crashes, I'm still racing/riding her every day!!!

3. What's your proudest moment on the bike and what goals do you have for 2011?

That's a toss up between 2nd at Crit Nationals in 2009 and Gateway Cup 2010, where I won 2 of the 4 days and won the overall leaders jersey! Great way to end my season!

4. Do you have a favorite piece of cycling equipment?

My Easton carbon tubulars are the shiz-nit!! So light and fast...oh and they look good too! :)

5. What's on your iPod?



My favorite pre-race music: Metallica and Bacon Shoe. YouTube them...they are, let me say, unique.

6. What's your training schedule?

I'm coached by Adam Mills, of Source Endurance, so it's up to him, but I ride between 8-15 hours a week depending on my work load, race schedule and whether it be a build week or not.

7. What's your next major cycling purchase?

Hmmm...I'd like a power meter, but I'm holding off right now. I may go big and get a new road bike next year...but we'll see if the bike budget allows it!

What's Online?

A few of the TW's favorite cycling related websites...

www.cyclingnews.com

www.adv-cycling.org

www.bikefed.org

www.bikeplan.com

www.okfreewheel.com

www.istea.org

www.bikeleague.org

www.mountainbike.com

www.usacycling.org

www.olympic-usa.org

www.velonews.com

www.okbike.org

www.velominati.com

www.bikesnobnyc.blogspot.com

stevetilford.com

www.spokemagazine.com

www.cyclingtipsblog.com

yoeddy.blogspot.com

Know the Rules...

Rule #40: Tires are to be mounted with the label (or badge) centered directly over the valve stem. Pro mechanics do it because it makes it easier to find the valve. You do this because that's the way pro mechanics do it. It also looks better for photo opportunities.

-Courtesy of Velominati.com

Know Your Gear...Coffee???

Riding or not, most of us would consider coffee an essential part of every day life. If you're like me, you've painted yourself into the corner of withdrawal if the hour of 9:00am passes without a hit of something caffeine-laced. Well, it's been the legend of lore for years that cycling and coffee just sort of go together. Nothing kicks off a ride or keeps the hammer down than a little pre-race bump. So, what's up with that? Well, former pro cyclist turned professor, Robert Motl, sat down to figure out just that. After a laborious study involving college kids, 400mg caffeine pills, intense lab workouts and even placebos, the data supported the beliefs many cyclists have known for years. Caffeine acts as a natural pain blocker for joints and muscles, and no matter if the subject was a regular coffee drinker or rarely drank any caffeinated beverage, both reported a benefit in the way they performed, felt and recovered. Now some of the more notable names in cycling are getting in on the act. More known for headsets than French Roast, Chris King has even rolled out a signature line of coffees. So, next time you're oiling up the double chain-ring, don't forget about the double-shot espresso. The data proves...400 watts never felt so good.

- TW Editor





Meet the 2011 Team



For complete roster visit www.tulsawheelmen.com/racers.php

Denotes New Team Member



Zach Earnest—Cat 2



Jay Blankenship—Cat 2



John Fisher—Cat 4



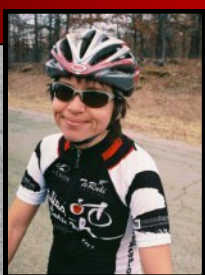
Kyle Freeman—Cat 3



Lauren Miller Cat—3



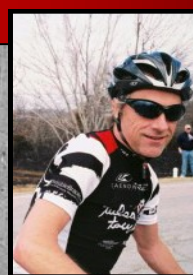
Kevin Frankenburger—C4



Helene Carabin—Cat 2



Kary Cummins—Cat 2



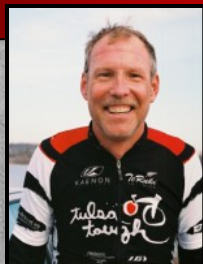
Janne Hamalainen—Cat 2



Tim Carrigg—Cat 3



Dustin Weaver—Cat 4



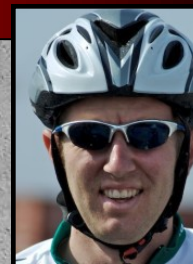
Paul Miller—Cat 3



Scott Haus—Cat 4



Sam Roberts—Cat 4



Brian Metz—Cat 3

2011 KITS ARE IN



Contact Kendall about getting yours...

Cell: [918-269-8561](tel:918-269-8561)

Saint Francis Tulsa Tough Goes Grand Fondo

The Saint Francis Tulsa Tough will be June 10th-12th. While we will keep with the same high caliber racing we've been known for, this year we will be making some changes to our tour rides including:

Chip timing for all riders

King & Queen of the Mountain Competition

7:30am Start Time for All Rides

Redesigned Finish for Saturday in Brady District

For more info: tulsatough.com & click "NEWS"

!!!REGISTRATION FOR RIDES NOW OPEN!!!

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	

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

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	BOT ride	4000 N. Hwy 169	5:30 PM	3/D/c-d	Starts Apr 6th
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 6th
Sat/Sun	Racer's Training Ride	31st & Riverside	10AM	4/C/c-d	Year round
Sun	"No Wimps" Ride	Wright School	Check listserve	4/C/c-d	Year round

"Training is like fighting with a gorilla. You don't stop when you're tired. You stop when the gorilla is tired."

- Greg Henderson

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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 Galen Martens at

glmartens@gmail.com

Tulsa Wheelmen

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Tulsa, OK 74152-0242

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)



(Continued from page 2) Gil's team mate headed straight back to OKC, but he had Liz's bikes and some of our stuff. But we had to head towards the observatory to get our son and the Nanny. After about 10 miles, we finally caught up with them and then had to race down to Fort Davis. When we got a cell line, we call Gil's team mate to ask him to wait somewhere so that we could swap the bikes, but we were waiting to see if we could go back into town to get our remaining things. Next thing we knew, the police was passing by shouting "head north!!". So we did. We met with Gil's team mate

and swapped what we had to swap and Liz continued her way towards home. We had to go back to Alpine where we had left the plane. But instead of 24 miles from Fort Davis to Alpine, it took 150 miles because the road was closed. We ended up spending the night at Alpine.

Stage 3: Hurdle Race. The last stage was to try and get our stuff back from the house. Gil and I woke up early and headed to the 24 miles road between Alpine and Fort Davis. We had come by the previous day hoping that we may be able to go sleep at the house that night but the rangers told us that the police would turn us back, even though it was our decision if we wanted to take the risk to take that road. When we arrived at the start of the road, there was that one builder guy who just said "no". We tried to explain to him that we were willing to take the risk offered by the rangers the previous night but all is said was "no". Can we call the police? "no". Ok, fine, I just went, and then we started seeing the devastation... Electrical poles were still burning, all the ground was black, and the smoke was still amazingly thick. The house was still standing, thanks to the fire workers, but the surrounding was gone. The metal gate had fallen on the ground because it used to be held by wooden poles. We got our things and headed back to Alpine. We heard later than from 20 to 30 houses in Fort Davis were completely destroyed. This is the worst disaster they had seen in a long time. The bike race becomes quite trivial when you realise what some of those people will have to

go through.

Liz and I will certainly be back next year, if anything to contribute to the recovery of the town. This is a truly beautiful part of Texas and it was heartbreaking to see it burn that way.

A description of the fire can be found at: <http://www.reuters.com/article/2011/04/11/us-wildfires-texas-idUSTRE7383DF20110411>

-Hélène Carabin

Before



After



Wheelmen in the News...

Check out Malcolm McCollam & Tonja Pitzer plus a comprehensive article on cycling in Tulsa in the April issue of :

TULSA PEOPLE MAGAZINE

WWW.TULSAPEOPLE.COM



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